

## Saguache commissioners tap into aquifer data

BY PATRICK SHEA

**SAGUACHE** — After Saguache County Commissioners added agenda items and scrutinized minutiae in their latest minutes, they kicked off their Jan. 3 meeting with an eye on reduced aquifer measurements from the Rio Grande Water Conservation District (RGWCD).

“I just looked at Well 10 pretty closely,” Commissioner Tom McCracken mentioned, referencing one data point west of Saguache Creek and north of Center. “It

looks to me like unless there is some significant recovery between December and January, we’re going to start the year again lower than last year.”

McCracken noted how the aquifer made a slight recovery during the past two months, but “it’s still lower than it was last year. We’re supposed to be recovering the aquifer right now, even with [RGWCD] Subdistrict 5 not pumping for a while.”

In 2022, the Colorado Division of Water Resources shut off some Subdistrict 5 wells for a spell.

“During the last Subdistrict 5 meeting,” Commissioner Tim Lovato added, “they had to — by the first of the year — come up with the percentage they would pump this year for their SWSP [Substitute Water Supply Plan]. They chose to go with 85 percent.”

Factored over a five-year running average, this 15 percent reduction is half of the percentage designated for the last two years. Lovato added that Saguache Creek only ran at 50 percent of its normal flow last year. At the same time, the groundwater

irrigators only pumped 52 percent of their normal consumption. However, these twin reductions of roughly equal percentage didn’t cancel each other out in the final tally. The groundwater table measurements are low.

With headwaters near Table Mountain, Saguache Creek flows into the upper north side of the San Luis Valley and quickly dives underground to trickle south unseen. Even the signs that identify Saguache Creek near the town of Saguache are now unreadable. They

have faded from blue to white like old jeans.

San Luis Creek also goes underground before intersecting with Saguache Creek in the Closed Basin Project area. Without a surface outlet to the Rio Grande, the basin earned its name for collecting water at the low point of San Luis Lakes. The basin earned its Bureau of Reclamation funding as a mitigation measure for compliance with the Rio Grande Compact of 1939.

The San Luis Lakes are dry today. *Please see DATA on Page 2A*

### Shorts

#### Winter Barn Dance Series begins Jan. 13

**SOUTH FORK** — The first community dance and social of the Winter Barn Dance Series begins on Friday, Jan. 13. The first dance is from 7 to 10 p.m. at the South Fork Community Building, 0100 Silver Thread Lane.

Cost is \$10 per adult; \$5 per child/teenagers 17-years-and-younger; children 5-years-and-younger are free. No charge for active U.S. military and veterans.

Drawings for door prizes will be held throughout the evening. Refreshments available.

#### Alamosa Local Marketing opens grant application window

**ALAMOSA** — The Alamosa Local Marketing District is now accepting grant applications for 2023. Grant funding is available for marketing projects designed to promote or enhance destination travel to Alamosa. Projects must be related to the promotion of tourism, arts and culture, or public events.

The grant process is competitive. Eligible projects promote tourism, arts and culture or public events in Alamosa County. Applicants must be a nonprofit organization. Preference will be given to projects promoting travel to Alamosa, and projects that target travelers from outside the San Luis Valley.

Applications will be accepted until Feb. 28, with funds to be awarded by March 31. For more information, call 719-589-9385 or email [director@alamosa.org](mailto:director@alamosa.org). The application can be downloaded at [www.alamosa.org](http://www.alamosa.org).

## Moffat Trustees discuss future water discussions

BY PATRICK SHEA

**MOFFAT** — During their meeting on Jan. 3, the Moffat Board of Trustees scheduled a work session to better prepare for the legal and



Photos by Patrick Shea

**Moffat Mayor Cassandra Foxx and Town Clerk Nina Magee connected online with water attorney Megan Gutwein during their Town Board meeting on Jan. 3.**

logistical questions they face with state-mandated water requirements. As the Colorado Department of Public Health and Environment (CDPHE) applies pressure, attorneys representing Area 420 and the Town of Moffat will look into alternatives for coming into compliance.

While water law attorney Megan Gutwein fielded a few questions online, Ann Bunting

attended the meeting in person to clarify key points.

Bunting has data and a deep understanding of the town’s wells. At issue is Well Number 5, a well shared by Area 420 and the town with connections to other wells. Recorded levels of lead, copper, and other contaminants require

*Please see TRUSTEES on Page 6A*



The Moffat Town Board discussed well water projects and licensing issues during their meeting on Jan. 3, prompting more questions than answers (and adding more working sessions to address the issues).

## Charity hoopers can help Center fire victims

BY PATRICK SHEA

**CENTER** — Two nights before Christmas, a house fire in Center displaced a family that will soon receive help rebuilding their lives with money from a charity basketball tournament scheduled

for Jan. 15 in the high school gym.

Starting at 8 a.m., games will run all day with food available for sale. Fans will pay \$5 for admission, and the registration fee for each team is \$30. In addition to other donations, all proceeds will go to the family.

For more information about registering for the tournament or helping the fire victims, contact the Center Police Department at 719-696-4913.

Considering the fire’s devastation, CPD Police Chief

Aaron Fresquez offered words of advice for Center residents. He said to get “carbon monoxide and fire detectors. Try to keep an eye on your electrical. If you have a wood stove, make sure your chimneys and stuff are clean.”

## Valley-Wide Health Systems and Southeast Health Group merge

CONTRIBUTED

**ALAMOSA** — The Board of Directors of both Valley-Wide Health Systems and Southeast Health Group (SHG) voted on Dec. 15 to merge the two entities in order to better serve clients.

In a combined statement from Dr. Jania Arnoldi, President/Chief Executive Officer of Valley-Wide, and Dr. JC Carrica, Chief Executive Officer of SHG outlined the benefits of this change:

“We have always worked closely to meet the needs of our communities, especially where our service areas overlap in the lower Arkansas Valley. Formally merging the companies will help both entities

overcome workforce shortage, breakdown access to care barriers, create communication efficiencies across the many health care services we collectively provide, and focus more attention on innovation.”

Combining organizations of this size will take some time, but our goal is to complete the merger by June 30, 2023. Both Carrica and Arnoldi wanted it to be clear to their employees and the community that

*Please see MERGE on Page 6A*

**Valley-Wide Health Systems and Southeast Health Group are merging companies, with an expected completion date of June 30, 2023.**

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# YOUR NIGHT SKY

BY DARLENE DANKO

## New Year

Jan. 4 is also when Earth is closest to the Sun for the year. Since Earth's orbit is mostly circular, being closer to the sun doesn't make a difference in our temperatures, even though we'll be 3 million miles closer than we'll be in July. It's Earth's tilt that causes the seasons.

Currently we're tilted away from the Sun while the southern hemisphere is tilted towards the Sun, which is why it's winter here and summer down there.

Comet Lovejoy is coming this way from the southern hemisphere. If this sounds familiar to you, it's because this is the 5<sup>th</sup> comet discovered by Australian amateur astronomer Terry Lovejoy. This one is Lovejoy Q2. Currently, it's visible with binoculars but is expected to soon be visible with unaided vision.

This Lovejoy has an orbit of 11,500 years, and its orbit is steeply inclined to the plane of our solar system. So, it's climbing up high in the sky. Currently, it's visible to the lower right of Orion mid evening in the southeast to early morning in the west.

On Jan. 7 it will be closest to Earth and is becoming brighter each night. Right now, you can look before dawn. While you're looking for the Quadrantid meteors, see if you can find Lovejoy. By Jan. 9, you should be able to look around 8 p.m. before the moon rises. By then it will be to the right of Orion, about level with his belt. Just look for a star with a tail. You probably won't see the Quadrantid meteor showers since the Full Moon is on Jan. 6, but you may see a few.

Look high in the east-southeast to see the Moon and Mars about 2 1/2 degrees apart above Aldebaran in Taurus the Bull. Venus is in the WSW, then look east to see Saturn. Jupiter is in the south, and only Venus is brighter. Mars shines bright enough to see it. Mars shines bright enough to see the moon between Jupiter and Mars.

Reminder that I'm only doing every other week for the next 3 months, and then I'm going to retire. If you are interested in doing this article, reach out to Valley Publishing at 719-852-3531.



# OBITUARIES

## Staff Sgt. Bobby Lee Mahannah

Staff Sgt. Bobby Lee Mahannah, 82, passed away peacefully surrounded by friends and family at the Veterans Community Living Center at Homelake in Monte Vista, Colo., on Dec. 29, 2022. Bobby was a decorated veteran who served in the Vietnam War and retired from the United States Army with 20 years of service.

Bobby was born on April 26, 1940, in Delta, Colo., to his parents Jacob Mahannah and Margaret Ream Mahannah. Prior to being drafted in the US Army in 1963, Bobby was employed as a farmer for 7 years. He attended Spirit Lake High School in Spirit Lake, Idaho, and later received his GED in 1972.

A Vietnam War veteran, Bobby served two combat tours from July 1967 to July 1968, and January 1971 to December 1971. He participated in the Vietnam Counteroffensive Phases III, IV & V, the TET Counteroffensive in 1968, the Vietnam Counteroffensive Phase VII, and Vietnam Consolidation I and II. His awards include, the Army Commendation Medal, six Good Conduct Medals, the National Defense Service Medal, the Vietnam Service Medal, the Army Service ribbon, the Overseas Service ribbon with 3 tours, Republic of Vietnam Gallantry Cross with Palm, the Republic of Vietnam Campaign Medal with the 1960 Device, the Republic of Vietnam Gallantry Cross Unit Citation with Palm, Master Aircraft Crewman Badge, and the Expert Marksman Badge (M-16).

During his 20 years of service, Bobby was stationed at Ft. Leonardwood, Mo.; Ft. Chaffee, Ark.; Ft. Bliss, Texas; Ft. Benning, Ga.; Ft. Huachuca, Ariz.; Ft. Hood, Texas; Ft. Wainwright, Ark.; Ft. Rucker, Ala.; Ft. Riley, Kan.; and Ft. Eustis, Va. His distinguished career included duty as an Engineer Equipment Maintenance Helper, Multi Engine Aircraft Repairman, Single Engine Airplane Maintenance Chief, Airplane Repairman, Senior Aircraft Mechanic, Airplane Mechanic, Airplane Technical Inspector, Aircraft Quality Control Supervisor, Instructor, and Observation Airplane Repairer. As

denoted on a performance evaluation, "SSG Mahannah has performed all assigned and implied duties in an outstanding manner.

He is a conscientious noncommissioned officer with a keen technical knowledge of aviation maintenance policies and procedures. SSG Mahannah has the rare and uncanny ability to transmit this knowledge in a clear, concise, and tactful manner to the students. He is a professional noncommissioned officer in every sense of the word. His pronounced "can-do" attitude is directly responsible for the high degree of success the Surveillance Airplane Branch now enjoys." Bobby retired from the US Army on 1 Nov 1983 as a senior aircraft mechanic with the rank of staff sergeant.

Bobby was married in June 1967 to Bonnie Jean James of Montrose, Colo., and they had three children, Michael Wayne, Jesse Lee, and Judy Lynn Mahannah. After retiring from the US Army, Bobby and his family chose to settle in the town of Monte Vista, Colo.. After moving to Monte Vista, Bobby started working in the local potato industry. He worked for several local companies for over 25 years.

Bobby was an honorable, humble, and kindhearted man that selflessly sacrificed for his country, his community, his family, and his friends. He gave to those in need when he could, and at times when he knew would present difficulties for himself. Bobby was a giving person that asked for nothing in return.

In his free time, Bobby had a passion for gardening, woodworking, and fishing. Bobby loved spending lots of time with his beloved grandchildren. His grandchildren fondly called him Papa, Pops, and Grandpa. Bobby was a kind, loving, and compassionate grandfather and he cherished the time spent with his family. He always put his family first and supported his grandchildren with his unconditional love.

Bobby was preceded in death by his father Jacob Mahannah, his aunt Iona Wood, his sisters Dorthy Mahannah,



Lois Mahannah, and Betty Mahannah Hess; his brother Donald Mahannah, and his former wife Bonnie James. He is survived by his mother Margaret Ream Mahannah of Cedaredge, Colo.; his son Michael Mahannah and wife Misty, with his grandchildren Brenden, Tyler, and Katyrina of Grover, Colo.; his son Jesse Mahannah and wife Nadia, with his grandchildren Courtney and Alex of Georgetown, Texas; his daughter Judy Mahannah, with his grandchildren Samantha and Michael Zaydel and great-granddaughter Elizabeth Zaydel, Alyssa and Stevie Malstrom, Jordan Mahannah Vigil, and Meaghan Molder Mahannah of Monte Vista, Colo.; Keith Vigil of Monte Vista, Colo.; and many beloved extended family members and friends.

The family wishes to express their heartfelt thanks and appreciation to the staff at the Veterans Community Living Center at Homelake for their kindness, compassion, and exceptional treatment of Bobby while he was entrusted to their care.

In lieu of flowers, the family requests donations be made in SSG Bobby Mahannah's name to the Veterans Community Living Center at Homelake, P.O. Box 97, Homelake, CO 81136. Flowers may be sent to Strohmayr's Funeral Home, 205 S. Broadway, Monte Vista, CO 81144. A graveside service will be held at 2 p.m. on Thursday, Jan. 5, 2023, at the Homelake Veterans Cemetery.

## DATA

Continued from Page 1A

as water flows through a 42-mile conveyance channel to the Rio Grande. Covering a long swath through the center of the valley, the Closed Basin project includes 115 miles of pipeline laterals, 170 water salvage wells, and 132 observation wells.

After a break and an executive session for personal personnel issues, the board received an update from Theresa Jehn-Dellaport, the founder and principal of Quantum Water and Environment. She outlined timelines for requesting grant funding from the Rio Grande Basin Roundtable. Jehn-Dellaport's company is pitching in \$10,000 for the \$385,000 project. They are looking to install monitoring equipment that, if properly maintained, could provide data indefinitely.

"The unconfined aquifer within the study area will benefit from enhanced information," Jehn-Dellaport explained. "We also want

to understand how the unconfined aquifer works with surface water. If you pump the unconfined aquifer, how does that affect Saguache Creek and the wetlands?"

The board approved the grant proposal summary for submission, pending removal of the "Draft" watermark before the Rio Grande Basin Roundtable meeting on Jan. 10. The group will likely approve or respond on the same day.

Other than Subdistrict 5, no other RGWCD subdistricts have widely announced a percentage reduction in pumping for 2023. All six subdistricts hold rolling quarterly meetings from January through March, starting with the full RGWCD Board of Directors at 10 a.m. on Jan. 17 (via ZOOM and at the RGWCD headquarters in Alamosa). Subdistrict 5 will meet in the same room on Jan. 18 at 5 p.m. Subdistricts 2 and 6 meet in February, followed by Subdistricts 1, 3, and 4 in early March.

## SERVICE ANNOUNCEMENT

### Jack Welsh

A celebration of life for Jack Welsh, of Creede, will be held at 1 p.m. on Jan. 7 at Red Community Church. Snacks and drinks to follow.

## OBITUARY POLICY

Valley Publishing charges a flat fee of \$50 for each obituary published. Pending arrangements or death notices run for no charge.

This charge affects funeral homes, as well as family or other representatives, that directly place obituaries. All paid obituaries will continue to be published on our

website(s) for no additional fee.

In the event the newspaper errors in publishing an obit, corrections will be made and the obit will be rerun. If the errors are on the part of the submitting party, an additional fee will be assessed. Obituaries can be emailed to: bwilliams@valleypublishinginc.com or call 719-852-3531 for more information.

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# OPINION & EDITORIAL



Courtesy photo

Clouds over a windmill farm outside Oakley, Kansas.

## Marketing 101

You don't have to be in the sales industry to understand the importance of marketing to any successful business. We see evidence of that from watching television as there are seemingly more ads than entertainment content these days.

I know it works because I recall from my childhood the Rice-A-Roni ad that had a little jingle: "Rice-a-Roni, the San Francisco treat." Now I am not sure if I ever did eat any of that rice, but I do know that I did go out to San Francisco and rode the streetcars, so I guess the advertisement did work on me.

And that advertising model has now transferred into our news, so it seems as if there is a race of sorts to have the latest and greatest to get a market share of listeners to tune in to their programs. The issue today is that not only do they report the news, but they make a lot of it up trying to outdo the other networks.

Running out of other news they turn to the weather and often are seen trying to make a bad day out of a sunny one. But nowhere do they shine more in the "stretching the truth" department than when a good storm comes along.

Just this past week we had a good snowstorm rage across our country and the weather folks pulled out the terminology book of the month to identify just how bad it was going to be. I think this one was named "the storm of the century" not to be confused with "the storm of a lifetime", "the storm to end all storms", "a 100-year storm", "a 250-year storm" and last but not least, "a 500-year winter cyclone" that they used last year.

All these names are an attempt to get the public to glue themselves to the boob tube and thereby make the networks more money. It also causes a run on the bread and milk as people rush out to the store just sure they will run out of both of those over the next two days that the snow hangs around.

Now Ol' Dutch has seen his share of big storms himself and having survived the April Fool's Day storm of 1997 it's pretty hard to impress me with these latest white dumplings. For it was back on that day that I was stuck in a snow drift that covered up the locomotive I was on out in Western Kansas.

I don't mean to make less of this last storm than what it was, it's just that with the never-ending news on the television, we are inundated with up-to-the-minute reports of the same news over and over and over all day long.



Trout Republic by Kevin Kirkpatrick

But as long as I can remember there have been storms and they were named after some place or people like the Great Snow of 1717, The Schoolhouse Blizzard, The Groundhog Day Gale, the Halloween Blizzard, and of course Snowzilla and to really get the blood moving, Snowmeggedon.

Most of my life was spent in Kansas and when a big winter snowstorm was approaching they simply said we were going to have "blizzard conditions." Schools remained open because no mother in their right mind was going to let their kids stay home and drive her crazy all day long.

So, we bundled up and headed out the door and people with jobs simply slowed down and made their way to work just like any other day of the year. And yes, we got snowed in but the news being sparse in those days simply made mention of the good snow for the farmer's crops and we moved on.

There is a lot of talk about how storms are getting worse due to global "something" but it appears to Ol' Dutch that they are presented as worse only because that kind of news sells. A solid dumping in the mountains is good news as it relates to money in the bank from skiers anxious to pay to fall down a mountain.

So, get out there and enjoy the winter as soon enough we will be sweltering under the summer sun in the Drought of the Ages, the Horrid Heatwave of 2023 and last but certainly not least, the Summer from Hell.

*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.*

## 'Energy gap' nobody wants to tussle with

Many Western states have declared they will achieve all-renewable electrical goals in just two decades. Call me naïve, but haven't energy experts predicted that wind, sun and other alternative energy sources aren't up to the job?

Alice Jackson, former CEO of Xcel energy's Colorado operation, was blunt at a renewable energy conference in February 2020: "We can reliably run our grid with up to 70% renewables. Add batteries to the mix and that number goes up to just 72%."

Grid experts now say that Jackson's number is 80%, but still, how will that utility and others produce that missing power?

Bill Gates and a raft of other entrepreneurs see the answer in small, modular nuclear reactors, pointing to the small nuclear engines that have safely run America's nuclear submarines for decades.

Here's what we know about these efficient reactors: They're built-in factories, and once in operation they're cheap to keep going. Each module is typically 50 megawatts, self-contained, and installed underground after being transported to its site. The modular design means that when more power is needed, another reactor can be slotted in.

Breakthrough features include safety valves that automatically send coolant to the reactor if heat spikes. This feature alone could have eliminated disasters like Fukushima or Chernobyl, where water pumps failed and cores started melting down.

If small nuclear modules don't fill the renewables gap, where else to find the "firm power" that Jackson says is needed? The Sierra Club calls on pumped hydro and geothermal as sources of reliable electricity you can just flip on when renewables slow down. But the best geothermal spots have been taken, and pumped hydro has geographic limits, and environmental resistance.

Another proposal is linking grids

across the country for more efficiency. The idea is that excess wind blowing in Texas could be tapped after the sun goes down on California's solar farms. This holds incremental promise but progress has been routinely blocked by conservative lawmakers.

There's also the cost argument — that renewables are cheaper. In a fossil-fuel-dominated grid that's true. However, MIT points out that as renewables dominate the grid, on-demand forms of power rise in value.

The extreme danger to the grid is the dreaded "dunkelflaute," a German word for cloudy, windless weather that slashes solar and wind power generation for weeks.

So, the problem remains: To avoid rolling blackouts, we need reliable power at the right times, which are usually from 5-8 p.m. That's when people come home and fire up their gadgets and appliances.

The increasing demand for electricity only adds to the problem: A 2020 Washington Post article predicted that electrification of the economy by 2050 would result in a usage bump of 38%, mostly from vehicles. Consider Ford's all-electric F150 Lightning, cousin to the bestselling gasoline F150. The \$39,000 entry-level truck was designed to replace gasoline generators at job sites, meaning vehicle recharge happens when workers go home, just as renewables flag.

This calls into question what many experts hope car batteries can provide — doing double duty by furnishing peak power for homes at night.

Longer-lasting storage batteries have long been touted as a savior, though Tara Righetti, co-director of the Nuclear Energy Research Center at the University of Wyoming, has reservations. "There are high hopes that better batteries will be developed. But in terms of what is technically accessible right now? I think nuclear provides an appealing option."

Meanwhile, small nuclear reactors are underway, with Bill Gates' TerraPower



Writers on the Range by Dave Marston

building a sodium-cooled fast reactor in the coal town of Kemmerer, Wyoming. One 345-megawatt reactor, which generates enough electricity for 400,000 homes, will be paired with a molten-salt, heat storage facility.

Think of it as a constantly recharging battery in the form of stored heat. In the evening as renewable power flags, it would pump out 500 megawatts of power for up to 5 hours.

These reactors also tackle the little-known problem of cold-starting the electrical grid after an outage. In 2003, suffering a blackout, the Eastern grid could not have restarted with renewables alone.

However, we choose to close the energy gap, there's no time to lose. Wild temperature swings have grid operators increasingly nervous. California has come close to rolling blackouts, and temperatures in the West now break record after record.

As our climate becomes more erratic, reliable electricity is becoming a matter of life and death.

*Dave Marston is the publisher of Writers on the Range, writersontherange.org, an independent nonprofit dedicated to spurring lively conversation about the West. He lives in Colorado.*

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# RGC Sheriff presents awards and Purple Heart during commissioner meeting

**BY LYNSIE FERRELL**  
**RIO GRANDE COUNTY** — Rio Grande County Sheriff Anne Robinson gave two awards to two deputies and presented the Purple Heart to Undersheriff Heath Hart during the commissioner meeting on Dec. 28. Robinson will also be presenting Hart with the Medal of Valor in coming days for his heroism during an active shooting incident on Nov. 7, 2022.

Sheriff Robinson began her presentation of awards by recognizing Patrol Deputy Taylor Weber for his exceptional performance of duties while serving Rio Grande County. "This first award is a letter of commendation for an act of kindness he performed for a member of our community who was a little down on their luck," said Robinson.

During his patrol earlier in year, Deputy Weber came across a family stranded at the South Fork truck stop located along Highway 160 and with the help of the local victim advocate was able to get the family into a hotel room for the night and after transporting the family to the hotel, went to the store and purchased food with his personal funds to give to the family.

"Deputy Weber demonstrated compassion and caring not often seen in law enforcement professionals. Because of his actions, the family had food and shelter for the night. Deputy Weber positively represented this agency as well as the law enforcement profession as a whole," said Robinson.

Next, Undersheriff Hart presented Deputy Louise Pierce with an award commending her for her work while on dispatch during the active shooter incident on Nov. 7, 2022.

"On Nov. 7, at 10:27 a.m. I was doing a follow up on a stolen vehicle and I ended up locating the vehicle and the driver tried to allude me. It was then after the vehicle came to a stop that the driver opened fire on me. During that time, I was communicating with Communications Deputy Louise Pierce. She was able to coordinate resources and send multiple agencies to the location during that chaotic time as well as keep a detailed record of the events that were occurring. She stayed calm and collected on the radio, which enabled the responding officers to do the same. She was also performing the daily operations

of the communications area and acted above and beyond during a very stressful situation. She performed her duties to the highest standard, bringing credit to herself and the Rio Grande County Sheriff's Office as well as law enforcement as a profession," said Hart.

Pierce was presented with a letter of commendation and a certificate for her work performed during the incident.

Robinson then presented Undersheriff Hart with a Purple Heart award for his service to the community during the same incident.

"With the negative press law enforcement has been getting across the country, I think it is important to recognize these good acts that there have been some conversation about whether law enforcement should be referred to as guardians or warriors and I really don't care about the verbiage, we're protectors but I do think there comes a time when we have to be warriors and I think this situation on Nov. 7 we had a fantastic warrior on our side working for the Rio Grande Sheriff's Office," said Robinson.

The letter of commendation written to Undersheriff Hart for his service to the community outlined the events of Nov. 7, all of which were the reason behind receiving the Purple Heart award. Robinson read the letter to the public, highlighting the brave acts of Undersheriff Hart and the injury he sustained during the incident.

"Upon stopping, the driver got out of the stolen vehicle with a pistol in hand, shooting at Undersheriff Hart while he was still in his patrol vehicle. The Undersheriff practiced sound judgement and tactical skills diving for cover behind his dashboard. At the first available opportunity, Undersheriff Hart got out of his vehicle and pursued his assailant, who had ran up the road and was attempting to get into another vehicle. The assailant was shot in the exchange of gun fire and was ultimately taken into custody," Robinson said.

Undersheriff Hart was injured during the incident, he was shot under his left arm.

"Undersheriff Hart displayed bravery, determination and heroism in pursuing and apprehending a violent offender at great risk to his own life," said Robinson.

Undersheriff Hart has been cleared to return to active duty.



Rio Grande County Sheriff Anne Robinson presented a letter of commendation to Taylor Weber for going above and beyond for a family in need in July of 2022.

Photos by Lyndsie Ferrell  
 Rio Grande County Sheriff Anne Robinson presented Undersheriff Heath Hart with the Purple Heart for his bravery and tactical response to the Nov. 7, 2022, active shooter incident that occurred in Lower Alpine outside of South Fork.



Rio Grande County Undersheriff Heath Hart presented a letter of commendation to Communications Deputy Louise Pierce for her calm, collective and detrimental service as dispatcher during the incident of Nov. 7, 2022.

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# SLV GO! seeking public input on survey

CONTRIBUTED

The San Luis Valley Great Outdoors (SLV GO!) Coalition is seeking input on the San Luis Valley Conservation and Outdoor Recreation Survey. This survey will collect community input in regard to resident and visitor satisfaction, priorities, and perceptions of outdoor recreation and natural resource management in the SLV.

Survey participants will have the opportunity to win a gift card from Kristi Mountain Sports in Alamosa, a free ski or snowboard rental at 8200 sports in South Fork, or a raft trip for two with Mountain Man Rafting out of South Fork. The survey will take approximately 15 minutes and is available in both English and Spanish. To take the survey, go to [www.surveymonkey.com/r/PFQGYTR](http://www.surveymonkey.com/r/PFQGYTR) or [www.slvgo.com](http://www.slvgo.com).

The SLV GO! Coalition is part of the Colorado Outdoor Regional Partnerships Initiative, a statewide initiative funded by Colorado Parks and Wildlife and Great Outdoors Colorado to support efforts that advance conservation and outdoor recreation planning at the regional level. The SLV GO! Coalition was selected as one of seven regional partnerships in 2021 to develop a regional conservation and recreation plan, in which regionally identified priorities will help inform the Statewide Comprehensive Outdoor Recreation Plan.

Through an extensive and inclusive public engagement process, including but not limited to the survey, the coalition is seeking community input to

identify conservation and outdoor recreation priorities that will build the foundation of the valley-wide conservation and outdoor recreation plan. This plan will provide actionable strategies and tactics for coalition partners to ensure conservation and outdoor recreation are in balance.

In 2014, the SLV GO! Coalition underwent a similar process in which they developed the SLV Trails and Recreation Master Plan to lay the foundation for improving the San Luis Valley's outdoor recreation opportunities. The plan sought to address common themes that emerged from public outreach and the 2014 survey:

- The need for better information (e.g. maps, guides, signs) and more promotional media/tools to raise awareness of existing recreational opportunities.
- The desire for more connectivity among communities and linkages between existing trail systems, towns and recreation areas.
- The desire for more trails and a variety of trail experiences
- The concern for lack of recreational activities and programs geared towards SLV youth
- The desire for a wide range of recreational experiences across the Valley that caters to a broad base of residents and visitors.

Almost nine years later, it's time for the coalition to revisit their work and see if SLV GO! and partners have made progress addressing these community needs. The only difference is that now, the SLV GO! Coalition is planning



Photo by Maddy Ahlborn

The San Luis Valley Great Outdoors (SLV GO!) Coalition is seeking input on the San Luis Valley Conservation and Outdoor Recreation Survey. Visit [www.slvgo.com](http://www.slvgo.com) to find the survey.

with conservation at the forefront. In addition to building increased awareness of the region's recreation resources and facilitating greater exploration and enjoyment of the SLV's outdoors, the coalition is asking the community "What are your conservation values, and how do we maintain these values while managing for increased recreation?"

The coalition recognizes proactive management solutions, combined with public education,

are necessary to care for land, water and wildlife, and to provide the protections needed to maintain quality recreation opportunities.

For more information about the SLV GO! Coalition and the Colorado Outdoor Regional Partnership Initiative, visit [www.slvgo.com](http://www.slvgo.com).

The San Luis Valley Great Outdoors (SLV GO!) Coalition was formed in 2013 as a coalition by a group of citizens, educators, and community leaders who recognized

the tremendous opportunity to enhance recreational experiences, improve wellness, and connect communities across the six-county region of the San Luis Valley in southern Colorado. Today, the coalition is a partnership between

land management agencies, land trusts, local government, nonprofits, economic development agencies, agricultural entities, outdoor recreation users, sportsmen, and conservationists.

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# Monte Vista Crane Festival to celebrate 40th anniversary

CONTRIBUTED

**MONTE VISTA** — March in the San Luis Valley brings frequent snowfall, strong winds, and the annual return of the area's oldest visitors — Sandhill Cranes. Although cranes have been migrating through the Valley's wetlands for centuries, this year marks the 40th anniversary of the event dedicated to showcasing the majesty of the cranes and their habitat: The Monte Vista Crane Festival.

Launched as a small, local event in 1983, the Monte Vista Crane Festival is now one of the biggest tourist attractions of the year for the sleepy town located 15 miles west of Alamosa in southern Colorado.

Today, crane watchers come from far and wide to take in the spectacle of 20,000 or so Greater Sandhill Cranes and a few thousand Lesser Sandhills gathering, loafing, feeding, and interacting with each other in pristine wetlands framed by the towering, snow-capped peaks of the Sangre de Cristo range.

To celebrate 40 years of community and cranes, the 2023 Monte Vista Crane Festival will feature the world premiere of "Where the Cranes Meet the Mountains," a short documentary film about the unique experience of the San Luis Valley migration, and the different ways wildlife and nature impacts people. The film was made possible through a grant from the Colorado Tourism Office (CTO), and was produced by local filmmaker and water activist, Christi Bode of Moxicran Media.

"While I still get just as excited each spring when I first hear, then see the cranes, this year's festival is extra special," said Deb Callahan, Monte Vista Crane Festival organizer and Friends of the San Luis Valley National Wildlife Refuges president. "Thanks to Colorado Tourism, the success of 40 years of putting on this festival has been immortalized in the video project by Christi Bode. Otherwise, the roots of the festival are the same as year

one — celebrating these amazing birds and using that platform to heighten awareness of how our beloved cranes fit into a larger picture of land and water conservation and sustaining the critical biodiversity that makes the San Luis Valley so remarkable."

The March festival will also feature special crane tours and talks from wildlife experts, including a keynote address by Dr. George Archibald, co-founder of the International Crane Foundation.

There will also be an arts and crafts fair, and plenty of opportunities for bird enthusiasts to spend time enjoying the thousands of cranes, waterfowl, numerous wintering bald eagles and other raptors that flock to the open waters and abundant food of the San Luis Valley on their way north from their wintering grounds at the Bosque del Apache National Wildlife Refuge in New Mexico.

Tickets for the 40th Anniversary of the Monte Vista Crane Festival go on sale Jan. 1, 2023. For more information about tours, speakers, and other special events, visit [mcranefest.org](http://mcranefest.org).

## SAGUACHE COUNTY SHERIFF'S REPORT

**SAGUACHE COUNTY** — The following information was provided by the Saguache County Sheriff's Office for the period between Dec. 26, 2022, and Jan. 2, 2023.

Sheriff staff dealt with three deceased people in Villa Grove, Saguache, and the Baca Grande Property Owners Association south of Crestone. They also arranged four ambulance rides, conducted two search and rescue operations and a welfare check, managed a suicidal subject in Moffat, and responded to a civil dispute in Crestone.

Deputies handled criminal mischief in Villa Grove, a sex offense in Saguache, suspicious activity in Crestone and Center, theft in Saguache and Moffat, and an animal problem in Gunnison County.

A fire in Saguache required staff, and they monitored 14 controlled burns during the week. They also transported inmates, fielded a call about a protection order violation in Center, and issued a warrant in Saguache. Deputies patrolled Saguache six times.

On Dec. 27, officers joined a high-speed chase along Highway 114. To divert resources at the time, someone dialed 911 and falsely reported a hostage situation south of Saguache on Highway 285. Officers apprehended

the speeder while staff from multiple agencies responded quickly to defuse the ruse about a hostage.

### ARRESTS

- A 23-year-old Saguache man was held on \$10,000 bail for charges of theft in Larimer County, vehicular eluding in Saguache County, third-degree assault, reckless endangerment, and a domestic violence summons and complaint.

- A 39-year-old man was arrested for failing to appear in Saguache County court for three separate charges. Total bail was \$2,250.

- A 58-year-old Alamosa woman was arrested and detained for driving under the influence of alcohol, drugs, or both.

- A 61-year-old Center man was arrested and released after paying a \$7,500 bond for the unlawful distribution, manufacturing, dispensing, sale, and possession of unlawful material.

- A 31-year-old Crestone man was arrested for illegally cultivating between seven and 30 marijuana plants without proper licensing.

- A 45-year-old was arrested and detained on \$3,000 bail for failing to appear in Arapahoe County Court.

- A 40-year-old Center man was arrested for failing to appear in court for a misdemeanor charge in Saguache County.

## MERGE

Continued from Page 1A

no layoffs will come as a result of this decision and that their dedicated employees are what will make this a successful transition.

"The opportunity to merge came at the right time," Carrica said. "Southeast Health Group has emphasized the importance of treating mental health and physical health needs simultaneously for nearly a decade, but sustaining the service was very difficult because of reimbursement rates. As Valley-Wide continues to grow their integrated model across southeast and south-central Colorado, it just made sense to bring our expertise in outpatient and residential behavioral health. The 111 years of combined health care experience of our organizations creates a very powerful combination for our patients, but it is our end goal to provide a 'no wrong door experience' moving forward."

Similarly, Arnoldi looks forward to the services Valley-Wide will provide, as well as the leadership and expertise needed for whole-person healthcare.

"The missions and visions of the two companies, as well as our leadership styles complement each other very well. During our discussions about the merger, it was important to keep our patients and the community at the center of our decision. Bringing our two organizations together, will truly

build an integrated system that helps to ensure our patients get the services they need when they need it. This decision supports the vision of Valley-Wide to be the innovative community leader in advancing the highest level of whole-person health for all. Rural Colorado deserves a more integrated, coordinated, and comprehensive model of healthcare services. The model makes sense, I've seen it work, and I am excited to get started," Arnoldi said.

As the merger progresses, clients will receive letters via the US Mail in late February or early March with the changes they can expect to see. Their partners in health care and referral agencies can expect additional information soon as well.

Both entity's websites and social media platforms will be regularly updated as changes occur. Signage, sponsorships, and marketing efforts can be expected to change to reflect the single Valley-Wide entity over the next six months.

Public Q&A sessions will be scheduled in the near future. Questions about the merger can be directed to either Krista Martinez, Director of Executive Support at Valley-Wide, [MartinezK@valley-widehealth.org](mailto:MartinezK@valley-widehealth.org), 719-587-1010 or Jennifer Pollmiller, Communications Director at SHG, [JPollmiller@shgco.org](mailto:JPollmiller@shgco.org), 719-363-1595.

## TRUSTEES

Continued from Page 1A

mitigation.

Gutwein emphasized her legal knowledge and deferred to engineering experts for implementation.

"As I understand it," Gutwein explained, "there are a couple potential solutions. One idea is to try to connect several wells through a distribution system so they can run through one treatment plant. From a legal perspective, that idea would work just fine."

Trustees agreed to meet again on Jan. 17 to formulate questions and plan more — legally and logistically.

Before the water presentation, Town Attorney Seth Walker reported information about the new Colorado law requiring payment for plastic bags. Implementation varies across the state, and Walker has questions about the plastic bag fee. What would the town like to do? How would they determine penalties and enforce them?

"Some municipalities follow the letter of the law," Walker explained. "They have increased penalties. They have increased the bag fee in municipalities. Some places are more hands-off."

For the sake of administration,

Walker added, "I would at least recommend some type of resolution or an ordinance that would incorporate how these funds are to be used. There are five categories for how these funds can be spent."

Walker noted how they should plan for treasury management.

In addition to researching the software system that trustees approved buying toward the close of the meeting, Town Clerk Nina Magee also completed her training and became a Notary Public. As soon as her stamp arrives, she can begin providing this service at Moffat Town Hall.

## Stop Relying on the Unreliable

Our feelings are extremely unreliable, yet it is amazing to me how often we rely on them. I believe that feelings are often a Christian's number one enemy, and they can keep us from truly living in the perfect will of God because the enemy can so easily use them against us. Now, I'm not saying that our feelings are evil; they just dwell in a part of us that is so easily attacked by the enemy—our soul. So it's vitally important for us to learn how to manage them.

### Complex Beings

We are complex people, made up of three parts: spirit, soul and body. Our spirit is where God comes to live when we are born again; it is our connection to Him and the Holy Spirit. The soul is made up of our mind, will and emotions and it tells us what we want, think or feel. Since the spirit and soul are so closely connected, it can be a challenge to know when what you want is something God wants or something you want. In order to live beyond our feelings and follow God's will for our lives, we need to follow something that is much wiser and more dependable than feelings—the Word of God.

Sometimes we can confuse feelings with the will of God, but there is one thing that can help us determine what is coming from our spirit or our soul. Hebrews 4:12 (AMP) says it best: "For the word of God is living and active and full of power [making it operative, energizing, and effective]. It is sharper than any two-edged sword, penetrating as far as the division of the soul and spirit [the completeness of a person], and of both joints and marrow [the deepest parts of our nature], exposing and judging the very thoughts and intentions of the heart."

This scripture is showing us that we can never be led by the Holy Spirit, who lives in our spirit as born-again believers, until we allow ourselves to be led by God's Word. When you get confused trying to decide what you should do in any situation, always look to His Word. Because if that feeling or

desire does not agree with the Word, it is wrong.

### God's Word

The Bible is our instruction book for life! It teaches us godly principles so we can think, talk and act like God. Jesus said in John 8:31-32, "...If you abide in My word [continually obeying My teachings and living in accordance with them, then] you are truly My disciples. And you will know the truth [regarding salvation], and the truth will set you free [from the penalty of sin]."

It's so wonderful to know there is an answer for every problem in the Word of God. Even when there isn't a specific answer for a specific situation, you can find the wisdom and discernment you need from God to make the right decision according to His will. God's Word sets us free from wondering if something is God's will or our own.

For example, we all have times when we get offended because people do things that hurt us or are just wrong. It's not always easy to forgive, but Luke 11:4 says, "...For we ourselves also forgive everyone who is indebted to us [who has offended or wronged us...]" So we don't have to wonder if we should forgive others.

It's also God's will for us to live free of anxiety and worry. First Peter 5:7 says to cast "all of your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully." When we trust God and "cast our cares" on Him, we can walk by faith and not be led by feelings of anxiety and fear.

God's Word is our reliable source when our emotions flip-flop, but we have to know the Word for ourselves for it to keep us on the right track.

### Know His Word

The Word is our tool to help us separate the truth from the lies of our flesh or the enemy, but we need to do more than just read the Bible; we have to study it. While it's good to go to church and hear teaching from



the Word or listen to it on TV, CDs, online, et cetera, you can't just be spoon-fed the Word and think that is all there is. It's when you invest time studying the Word for yourself that you really get a deeper understanding about God's direction for your life personally.

I want to encourage you to make it a priority to spend time with God, studying His Word. It's absolutely the best thing you can do. And as you begin to follow the Word of God, you'll find it becomes easier to stop relying on your feelings for the direction you need. Remember that God is always reliable because He is the Almighty God who is perfect, and He never changes. He loves you so much and has great plans for your life. It is time for you to gain freedom from your unreliable emotions by trusting in the Word of God!

For more on this topic, order Joyce's *four-teaching resource Why Do I Feel the Way I Feel?* You can also contact us to receive our free magazine, *Enjoying Everyday Life*, by calling (800) 727-9673 or visiting [www.joycemeyer.org](http://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 *BATTLEFIELD OF THE MIND* and *LOVING PEOPLE WHO ARE HARD TO LOVE* (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](http://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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# Adams State School of Business honors Desiree Quintana

**CONTRIBUTED**  
**ALAMOSA** — Family and friends of Desiree Quintana gathered with Adams State University School of Business faculty to honor her memory at a plaque dedication on Friday, Dec. 16.  
 Quintana was in her final month of classes when a tragic automobile accident took her life on April 3. In

one of her final assignments, read by School of Business Director Liz Thomas-Hensley, Quintana said how much she loved her sons and how they enriched her life and made it meaningful.  
 The plaque dedicated to Quintana is on a large rock outside the main entrance to the School of Business Building.

“This way, we will keep Desiree’s memory alive,” Thomas-Hensley said. “She was a great student and person.”  
 At the time of her death, Quintana qualified for graduation and received her Bachelor of Arts degree posthumously at the 2022 Adams State Spring Commencement Ceremony.

# Colorado receives \$3.9M planning grant to continue innovation of statewide early childhood system

**CONTRIBUTED**  
**DENVER** — The Colorado Department of Early Childhood (CDEC) has been awarded a \$3.9 million 2023 Preschool Development Birth through Five (PDG B-5) Planning Grant by the U.S. Department of Health and Human Services’ Administration for Children and Families. The grant will support innovations that address gaps in the early childcare and education system for children ages birth to five and emerging challenges and needs resulting from the COVID-19 pandemic.  
 The PDG B-5 planning grant, part of the federal Every Student Succeeds Act, will support the state’s continued efforts to build infrastructure and scale effective strategies and programs that address new challenges facing the early childhood workforce, children’s physical and social-emotional well-being and meeting the needs of Colorado families. Some of Colorado’s strategies include efforts to:  
 • Increase the availability of business practice supports to early care and education professionals

• Initiate a pilot to implement workforce compensation strategies and develop a comprehensive statewide qualification system and/or career ladder  
 • Build on current opportunities for family voice to be incorporated into state and local decision-making;  
 • Develop messaging and materials to increase awareness and engagement of home visiting programs.  
 Colorado will also update the 2019 Colorado Shines Brighter B-5 Needs Assessment and the Colorado Shines Brighter B-5 Strategic Plan with an expanded focus to include the impact of COVID-19, the needs of the early childhood workforce and opportunities to better support children with special health needs.  
 “A strong early childhood system leads to a stronger Colorado. The PDG B-5 planning grant is an opportunity to build on our current progress and strengthen our existing infrastructure to better support children, families and the early childhood workforce,” said Dr. Lisa Roy, Executive Director of the Department of Early Childhood.  
 Since 2018, Colorado has received \$39.3 million in federal PDG B-5

funding, including a three-year renewal plan to implement strategies identified in the State B-5 Strategic Plan. As a result of the funding, Colorado has achieved the following:  
 • Strengthened the state’s ability to collect and analyze early childhood workforce data to inform strategies to recruit, retain, and provide professional development opportunities leading to a more diverse and qualified workforce  
 • Invested in collaborative community planning activities to increase awareness of and access to B-5 programs and services  
 • Developed a statewide Early Childhood Mental Health (ECMH) support line to improve parents and caregivers access to mental health consultation  
 • Increased access to quality early childhood environments for all children including children with special needs  
 • Established a state-level Family Voice Council to inform policy decisions and practices.

**Saguache County Sales Tax Grants now available!**  
 The Saguache County Board of Commissioners will be taking Grant Applications for Saguache County Sales Tax Grants until 3:00PM, Friday, February 17, 2023.  
 To be eligible grant applications must be for either: Emergency Services/Public Health and Safety; Youth and Senior programs, projects, or organizations; or Renewable Energy projects/Business Opportunities and Job Creation.  
 Grant applications are available on our website at [saguachecounty.colorado.gov](http://saguachecounty.colorado.gov) - use “sales tax grant application form 5” or you can contact the Saguache County Administration office at 719-655-2231 to request a copy of the grant application.  
**No. 1658 published in the Center Post Dispatch, Thursday, January 5, 12, 19 and 26 and February 2 and 9, 2023.**

**Saguache County Board of Commissioners Seeks Saguache County Planning Commission Members**  
 Saguache County Board of Commissioners are seeking members and alternates from:  
 Town of Saguache surrounding area – member and alternate  
 La Garita/Center area – member and alternate  
 Town of Center and surrounding area – member and alternate  
 Cochetopa area – alternate  
 Moffat and surrounding area – member and alternate  
 Hooper and surrounding area – alternate  
 Villa Grove and surrounding area – member and alternate  
 At Large for All of Saguache County – alternate  
 Crestone and surrounding area – member and alternate  
 The representative must be a property owner or property manager and reside in the area they are interested in representing. Regular member terms are for three years and the alternate terms are for one year.  
 Saguache County Planning Commission meets on the last Thursday of each month in the Road and Bridge meeting room. The Planning Commission may also have work sessions throughout each month to work on the Saguache County Master Plan and different items.  
 If you are interested, please send a brief letter of interest stating qualifications and interest to: Saguache County Land Use, Attn: Amber Wilson, PO Box 326, Saguache, CO 81149 prior to Friday, January 13, 2023. Should you have any questions please call Amber Wilson at 719-655-2321.  
**No. 1657 published in the Center Post Dispatch, Thursday, December 15, 22 and 29, 2022 and January 5 and 12, 2023**

**PUBLIC NOTICE**  
 Colorado Gators Inc., 9187 Pyrite Circle, Mosca, Co, 81146, (719) 580-2306, has filed an application for a Construction Materials (112) Reclamation Permit with the Colorado Mined Land Reclamation Board under provisions of the Colorado Mined Land Reclamation Act. The proposed mine is known as Mystic Soil, and is located at or near Section 22, Township 41N, Range 10E, 6<sup>th</sup> Prime Meridian.  
 The proposed date of commencement is Spring 2023, and the proposed date of completion is, Fall 2033. The proposed future use of the land is industrial/commercial and rangeland.  
 Additional information and tentative decision date may be obtained from the Division of Reclamation, Mining, and Safety, 1313 Sherman Street, Room 215, Denver, Colorado 80203, (303) 866-3567, or at the Saguache County Clerk and Recorder’s office; 501 4<sup>th</sup> St. Saguache, CO, 81149, or the above-named applicant. A complete copy of the application is available at the above-named County Clerk and Recorder’s office and at the Division’s office.  
 Comments concerning the application and exhibits must be in writing and must be received by the Division of Reclamation, Mining, and Safety by 4:00 p.m., 20 days after the publication of this notice.  
*Please note that under the provisions of C.R.S. 34-32-101 et seq. Comments related to noise, truck traffic, hours of operation, visual impacts, effects on property values and other social or economic concerns are issues not subject to this Office’s jurisdiction. These subjects, and similar ones, are typically addressed by your local governments, rather than the Division of Reclamation, Mining, and Safety or the Mined Land Reclamation Board.*  
**No. 1656 published in the Center Post Dispatch, Thursday, December 15, 22 and 29, 2022 and January 5, 2023.**

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 †Interactive Services: ADT Command Interactive Solutions Services ("ADT Command") helps you manage your home environment and family lifestyle. Requires purchase of an ADT alarm system with 36-month monitoring contract ranging from \$45.99-\$59.99/mo. with QSP (24-month monitoring contract in California, total fees ranging \$1,103.76-\$1,439.76), enrollment in ADT EasyPay, and a compatible device with internet and email access. These interactive services do not cover the operation or maintenance of any household equipment/systems that are connected to the ADT Command equipment. All ADT Command services are not available with all interactive service levels. All ADT Command services may not be available in all geographic areas. You may be required to pay additional charges to purchase equipment required to utilize the interactive service features you desire.  
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# ASU kinesiology students and volunteers benefit from Larry Holder Study

**CONTRIBUTED**  
**ALAMOSA** — It's a brisk fall morning in the Alamosa Recreation Center and the atmosphere in the large multi-purpose room is one of determination and optimism as cancer survivors of various ages and abilities take part in the Adams State University Department of Kinesiology Larry Holder Exercise and Cancer Survivorship program.

A whistle sounds and Inès Curti, Adams State kinesiology master's student calls out for the participants to switch stations. A participant moves from mat stretches to trapping an exercise ball between her back and the wall in a bent knee squat; another puts down the free weights and moves to the step-up platform; each of the 10-12 cancer survivors work out under the supervision of Adams State kinesiology students, directed by Curti.

program," Stan Lentz said. "The students are first-class, consummate professionals and nice people. They reaffirm my feeling about the future generations being able to run the show."

Throughout the sessions, undergraduate students aided in collecting heart rates and rate of perceived exertion (RPE) to measure the intensity of exercise at which participants are performing, how they feel, along with the progress of weights they are using over the course of the 10 weeks.

Undergraduate kinesiology senior Sebastian Ramirez said it was important to be comfortable in encouraging the participants to push through their comfort zone.

"I am so appreciative to have this opportunity. The participants are so positive and it has been a fulfilling experience," Ramirez said.

Graduate students focused more on exercise science education for participants and provided individualized attention to correct workout form, or provide modifications for exercises difficult to perform or out of reach. Additionally, all together students perform exercise testing on this special population, collecting data to produce a fitness age and measure overall physical fitness at the beginning and at the end of the program.

Nico Alvarez, a first-year graduate student, appreciated interacting with that specific population.

"We worked to adapt each exercise to each individual. They all had different needs," Alvarez said.

Alvarez and Ramirez went beyond the scheduled sessions in supporting the participants.

"This summer Sebastian and Nico helped me walk 2.5 miles in support of cancer research. They walked on either side of me," Suzanne Shriver said.

The Larry Holder Exercise and Cancer Survivorship program offered cancer survivors in the San Luis Valley the opportunity to participate in an individualized exercise program. Participants took part in a group setting three times per week for 10 weeks. The exercise sessions consisted of a warm-up; interval resistance training, with an emphasis on upper body, lower body, core strength, agility and balance; followed by cardio training and finally a cool-down with dynamic stretches.

"With three sessions being performed each week, participants

totalled the recommended 150 minutes of moderate physical activity per week," Curti added. "The exercise intensity progressively increased over the ten weeks which promoted muscle growth and endurance."

At the end of the study, the group results were calculated and the groups compared for changes in fitness and overall health. Kinesiology undergraduate and graduate students also helped with post-program evaluations.

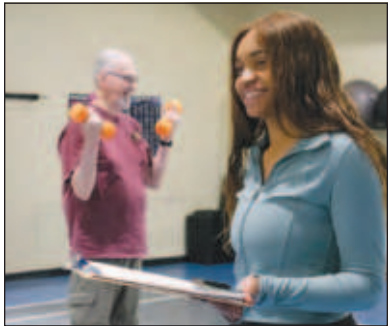
Gilbert Benton, a senior sports psychology major, said: "It is a definite plus to have this experience for my career path. Watching the cancer and exercise study participants progress has been an inspiration."

Every participant volunteer took part in the exercise program and were provided common nutritional supplements.

The program was funded through a two-year grant from the Colorado Cancer Coalition and the Adams State Kinesiology Department with support from the SLV Health Foundation, including the Larry Holder Memorial Golf Tournament. The study will continue during spring 2023 starting in mid-January with local funding support.



The Larry Holder Exercise and Cancer Survivorship program offers cancer survivors in the San Luis Valley the opportunity to participate in an individualized exercise program, at no cost.



Courtesy photos  
 Adams State kinesiology master's student Inès Curti encourages participants and supervises fellow grad students and undergrad kinesiology students throughout the Larry Holder Exercise and Cancer Survivorship program.



Adams State kinesiology undergraduate and graduate students receive valuable experience as they assist participants in the Larry Holder Exercise and Cancer Survivorship program.

"Working with people from different cultures and backgrounds and helping them improve their health, fitness, and wellness has been my favorite part of the study," Curti said. "I am in awe of the strength of the survivors after what they have been through to show up here and have the strength to work out."

The program began in 2018, when Danielle Smith, Class of 1996 and 2019, pursued the topic, "Investigating the Effects of a Supervised, Progressive, Eight-Week Physical Activity Program on Cancer Survivors' Health, Fitness and Quality of Life" in her graduate thesis.

Margie Clemmer has been participating in the program from its inception. "I've enjoyed having my exercise structured. I feel stronger at the end of each program. It is also helpful to be around other cancer survivors, it acts as an informal support group."

The compelling study was continued by the Kinesiology Department faculty, specifically Tracey Robinson, and Peggy Johnson, M.S. Each semester a graduate student is assigned to lead and supervise the sessions. The Colorado Cancer Coalition awarded the Kinesiology Department a two-year grant to continue research on the effects of exercise on cancer survivors. During the COVID pandemic, the program was on a hiatus and resumed in full last fall.

Stan and Julie Lentz signed up last spring and continued the program this fall.

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## Cactus Hill Farm keeps shepherding tradition alive

By DIAN DREKMANN

**CAPULIN** — Elena Miller-ter Kuile, owner of Cactus Hill Farm, comes from a lengthy line of sheep herders.

Originally from Espinola, N.M., through six generations, the family settled in Capulin. At one time, her great-great-grandfather had thousands of sheep and was considered a wealthy man.

Kuile also has strong family ties to Holland. When growing up, her father had to sell the sheep due to challenging times.

Kuile always retained her love of farming and for sheep. After going to college to study soil and agricultural development, she returned to the family farm and started Cactus Hill Farm with her father 10 years ago.

“I started with eight sheep from Northern Colorado and some from my neighbor,” she said.

Cactus Hill Farm has 400 acres and about 250 sheep—different breeds all which have different types of wool.

“Wensleydale sheep have curly hair,” Kuile said. “LBDs have long hair. Merino sheep are very popular because the wool quality is fine and soft, and not scratchy, which makes Merino sheep wool very wearable. Churro sheep have a very coarse fleece. Their wool is used more for rugs, as well as for colcha embroidery.”

Kuile breeds sheep whose wool works well for clothing. She specializes in custom yarns and clothing.

Sheep come in assorted colors, which affects the color of the wool. Some wool is dyed with natural pigments. For example, a local yellow bush called rabbitbrush is used to create a beautiful yellow color.

Kuile also uses a company in Craig called Yampa Valley Fiber Works which takes the raw fleece that has been sheared and spins it into yarn. Kuile uses acid dyes to create brilliant colors like lime green and bright orange.

Kuile recently converted an unused shed into her yarn shop where she makes her creations.

*Please see HERDING on Page 3*



Photo by Diane Drekmann

Cactus Hill Farm of Capulin has more than 250 sheep.



File photo

The Sangre de Cristo National Heritage Area (NHA), one of the most highly acclaimed areas among federally designated NHA sites, has been reauthorized for another 15 years, staving off the 2024 designation expiration. Sangre de Cristo NHA encompasses 3,000 miles and spans Costilla, Conejos and Alamosa counties as well as portions of Saguache and Rio Grande, including the Great Sand Dunes National Park and Preserve.

## SdCNHA reauthorized for another 15 years

By PRISCILLA WAGGONER

**ALAMOSA** — The Sangre de Cristo National Heritage Area (NHA), one of the most highly acclaimed areas among federally designated NHA sites, has been reauthorized for another 15 years, staving off the 2024 designation expiration.

Federal reauthorization guarantees funding for the NHA from the National Park Service will continue

through 2037.

Sangre de Cristo NHA encompasses 3,000 miles and spans Costilla, Conejos and Alamosa counties as well as portions of Saguache and Rio Grande. According to the Sangre de Cristo NHA website, the area includes the Great Sand Dunes National Park and Preserve, Baca National Wildlife Refuge, the Sangre de Cristo Wilderness, the South San Juan Wilder-

ness, Sangre de Cristo Wilderness Area, San Luis Wilderness Study Area, Monte Vista National Wildlife Refuge, Alamosa National Wildlife Refuge and the Medano-Zapata Ranch. Other features include the Trujillo Homestead, a National Historic Landmark.

On Friday, Dec. 23, U.S. Colorado Senators Michael Bennet (D) and *Please see SdCNHA on Page 3*

## Ice Fest takes on 90s theme

*Save the dates, Jan. 27-29*

By KEITH R. CERNY

**ALAMOSA** — It will be a flashback to the 1990s when the 14th annual Rio Frio Ice Fest returns here Jan. 27-29, 2023.

Organized by the City of Alamosa Parks and Recreation, Alamosa County Chamber of Commerce and “Visit Alamosa,” the Ice Fest Committee chose “The 90s” theme to give the festival a whole new theme and look. Several 1990s related events are planned as well as ice sculptures depicting that era.

Headlining the event is the unique Rio Frio 5K race on the

frozen Rio Grande, conditions permitting, but the race will go on regardless of ice conditions on Saturday morning, Jan. 28.

With ample water back at Blanca Vista Park, just north of town, the popular polar plunge, ice carousel and ice skating will return on Sunday, Jan. 29 starting at noon.

New this year will be an “air band” competition sponsored by the Alamosa Kiwanis Club Saturday afternoon on San Juan Avenue between Main and Fourth, headquarters for many events including the famous “Fire and Ice” bonfire at 7 p.m.

Festivities begin Friday night with race packet pickups at Milagros Coffee House at 6 p.m. and a cross country/luminaria ski event at Blanca Vista Park.

*Please see FEST on Page 3*



File photo by Keith R. Cerny

An estimated 170 runners and walkers participated in the 2022 Rio Frio Ice Fest 5K on Saturday shown starting at the Cole Park baseball field. Sponsors are expecting a possible record turnout this year.

# Keep winter blues away with fun outdoor opportunities

By **LYNDSIE FERRELL**

**SAN LUIS VALLEY** — Though the San Luis Valley hasn't seen much snow at the lower elevations, the high country is a winter wonderland with depths reaching upwards of four feet and plentiful opportunities to enjoy winter outdoor recreation this year.

The South Fork Visitor Center announced last week that their ice-skating rink is ready for use. The rink is in Rickle Park on the east side of town. Thanks to the efforts of the South Fork Friends Foundation, the Town of South Fork and several benefactors, the rink also offers free skates and a warming shed for public use. Next to the rink is a small sled-ding hill, perfect for gliding down on a sled and a warm winter afternoon enjoying the snow.

South Fork is at the center of more than 300 miles of trails that can be accessed through several Forest Service roads leading into the back country. Many of the trails that have immediate access from town or just beyond are groomed and cared for year-round.

Snowmobiling is one of the more popular activities in the area due mainly to the access to trails throughout the region. Places like Beaver Creek and Cross Creek offer about 23 miles of passable trails for more experienced riders and offers views of the San Juan Mountains along Forest Service Road 359.

Fox Mountain and Park Creek trails are a great way to get out in the backcountry on Park Creek Road 380. This trail leads to large open

meadows that can be a snowmobiler's dream of a winter play land with plenty of room to reach high speeds and glide over the powder that usually resides there in the dead of winter.

Besides snowmobiling, some look for more quiet activities. Winter can be a very peaceful time of year when the world takes a deep breath and silently holds it until spring. The area is rich in cross-country skiing trails that offer spectacular views and a chance to see plentiful wildlife. Local organizations like the Powder Busters and Silver Thread Outdoor Club host outings to these trails which they also help keep groomed throughout the winter. A free map is located at the South Fork Visitor Center for those who wish to learn



Courtesy photos

**Winter in the San Luis Valley comes with a wide range of activities to enjoy.**

where these hidden gems are.

Other activities also include ice fishing at the many reservoirs in the area like Beaver Creek which is easily accessible during winter months. Other ice fishing locations include Tucker Ponds and Big Meadows Reservoir which requires either snowshoes, cross-country skiing or snowmobiles to gain access, but the trip is worth the effort with lakes packed full of late season fish.

Winter in the San Luis valley is a wonderful time to see what the Colorado lifestyle is all about, though caution is needed when venturing

out into the back country, especially if it is for the first time. Many local groups, like the two listed above, are a great way to get an introduction to what people need to know about the mountains during the winter months.

Some of the simpler things to remember holds true no matter what season it is and that is to inform people of where you plan to adventure, when you plan to return and to always be familiar with the surroundings before venturing out into any area. For more information, visit the South Fork Visitor Center online at [www.southfork.org](http://www.southfork.org).



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# San Luis Valley Area Extension Office Recruiting Master Food Safety Advisor Volunteers

**SAN LUIS VALLEY** — The San Luis Valley Area Extension Office is recruiting volunteers who will attend in-depth training sessions to be held in Jan. 17-20 on food preservation and safety, and afterward will share their knowledge by volunteering in the community. The intensive training will cover food safety and prevention of foodborne illness, methods of canning, pickling, freezing and dehydrating. Master Food

Safety Advisors must apply for selection to be in the program, must attend all training, work cooperatively with other volunteers and give a minimum of 30 hours of service each year to the community by sharing their knowledge and teaching others. Application due by January 6th. For more information, contact Janae Naranjo at 719-852-7381 or [janae.naranjo@colostate.edu](mailto:janae.naranjo@colostate.edu).

# SdCHNA

Continued from Page 1

John Hickenlooper (D) both issued statements celebrating the reauthorization after they introduced the “Colorado National Heritage Areas Reauthorization Act” in March of this year. That legislation ensured the Sangre de Cristo NHA plus Cache La Poudre and South Park, the other two NHAs in the state, continue to receive National Park Service (NPS) funding through 2037. “People come to Colorado’s National Heritage Areas to learn about the rich and diverse history of our state,” said Bennet. “Ensuring these

National Heritage Areas continue to receive funding through the National Park Service will preserve our state’s story and culture for future generations.” “Colorado’s public lands, especially those that honor our past and diverse history, make us great. That’s why we fight so hard for the next generation,” said Hickenlooper. “As the Chair of the Sangre de Cristo National Heritage Area Board and Conejos County Commissioner, I would like to thank Senator Bennet for all his hard work getting us another 15 years of funding through

this reauthorization effort. The Sangre de Cristo National Heritage Area has been an incredible resource in helping preserve and restore historic sites within the San Luis Valley. Without the resources provided from the National Park Service, we would not have had the means available to make these projects happen. It has definitely been a blessing to this area. The economic impact to our counties has been tremendous,” said Mitchell Jarvies, Conejos County Commissioner and Chair of the Sangre de Cristo NHA.

# HEARDING

Continued from Page 1

She sells her yarn online and at wool markets in Salida and Santa Fe. Kuile also talked about the business about sheepherding. She shared some facts about sheep. Sheep love cold weather and are well suited for the extreme Colorado climate. Their hair grows faster. Unlike cows that can roam open range without supervision, sheep need people to keep the herd together and dogs to protect the sheep. Sheep can be used for wool or meat. Kuile lets her sheep graze in the pasture during the day. At night, dogs herd the sheep into corrals to protect them from predators. Once a year, usually in April, all the sheep go into the barn for lambing season. “Sheep, like everything, is subject to what is most profitable in the industry,” Kuile said. “White wool is more desirable than black wool. Merino sheep are the most

popular. There are hundreds of kinds of sheep, yet alternative types, or heritage breeds, don’t gain attention because they don’t make a profit in the industry.” They are called hair sheep and are only used for wool. Sheep are not the only source of income on Cactus Hill Farm. They are blessed to have some of the oldest water rights in Conejos County. Therefore, they can sustain their large herd of sheep. Elena and her father also sell hay and grow an ancient grain called emmer, similar to wheat. Jessica Larriva of Tumbleweed Bakery in Monte Vista uses the organic products of Cactus Hill Farm. Cactus Hill Farm is on Facebook. Their email is [emillerterkuile@gmail.com](mailto:emillerterkuile@gmail.com). The website is [www.cactushillfarm.com](http://www.cactushillfarm.com). To order custom yarn, clothing, or other organic products, call Kuile at 719-849-9164.

# FEST

Continued from Page 1

again snow conditions permitting. Race packet pickup continues Saturday from 8-9:30 a.m. at the Alamosa Senior Center in Cole Park, followed by the race start at 10 a.m. on the bordering Rio Grande. Race awards will be given at 1 p.m. on San Juan Avenue. Ice carving demonstrations begin Saturday at noon downtown and the information tent will be manned from 12-3 p.m. at Main and San Juan Avenue. Weather permitting, the SOCO Ice Bowl disc golf tournament, will

be from 12-2 p.m. Saturday at the disc golf course north of town. The new “Rio Frio Flight” will offer drink and snack samples from 3-4 p.m. on San Juan, featuring a drink “luge,” carved from a block of ice, and possibly an “ice bar.” Downtown merchants, restaurants and bars are planning to feature 90s music and possibly movies from the era and are encouraging attendees to wear their best 90s attire. For more details, go to [www.riofrioice.com](http://www.riofrioice.com) or [rioraces.com](http://rioraces.com).

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### CLUES ACROSS

1. Towards the mouth or oral region
5. A way to season
8. North-central Indian city
12. Emaciation
14. Actress de Armas
15. A way to score in basketball
16. Odd
18. Scripting languages on IBM machines
19. A right of local jurisdiction
20. Hard, colorless compound
21. Diving seabird
22. Wild goat of the mountains
23. Not shortened
26. Someone who learns from a teacher
30. Is inclined
31. Still asleep
32. Antidepressants (abbr.)
33. Town in Surrey, England
34. Indian music patterns
39. Birth control means
42. People tend to be on one
44. A way to keep meat moist
46. Home of the Crimson Tide
47. Pasta type
49. Late 1990s rapper
50. One circuit of a track
51. Surrounded by water
56. Late “Growing Pains” actor Thicke
57. Married couples say it
58. Drool
59. Sicilian city

### Solution to last week’s puzzle

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

1	2	3	4		5	6	7		8	9	10	11	
12				13		14			15				
16					17		18		19				
20							21			22			
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26	27	28	29				30						
31							32						
33									34	35	36	37	38
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	47						48						
49					50			51		52	53	54	55
56					57			58					
59					60				61				
62					63					64			

60. Airline worker perk (abbr.) against
61. Grayish-black mixture
62. Systems, doctrines, theories
63. Midway between east and southeast
64. Athletes who get paid
27. The neural structure consisting of the brain and spinal cord
28. Expresses surprise
29. Have a debt to
35. Businessman
36. State on India’s western coast
37. Practice of managing financial risks (abbr.)
38. Patty Hearst’s captors
40. Put into service
41. 10-year periods
42. Crony
43. Surgical clamp
44. Leave unable to move due to lack of wind
45. Where rockers work
47. Valleys
48. Ancient lyric poem
49. Wise men
52. It lights a room
53. Assert
54. Fifth Roman Emperor
55. Ancient Greek city in Thrace

### CLUES DOWN

1. Genus of owls
2. Hindu queen
3. Cain and \_\_\_
4. Hindu female deity
5. Islamic calendar month
6. Changes posture
7. More stubborn
8. Give work to
9. Round maps of the Earth
10. Gathered fallen leaves
11. Popular credit card
13. Separation of church and state
17. Founder of Sikhism
24. They \_\_\_
25. Where you find the milk
26. Institute legal proceedings



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| <b>ANNOUNCEMENTS</b><br>01 TICKETS<br>02 CARD OF THANKS<br>03 MEMORIALS<br>04 LOST & FOUND<br>05 NOTICES/BAZAARS<br>06 PERSONALS<br><b>EMPLOYMENT</b><br>07 HELP WANTED<br>08 WORK WANTED<br>09 EMPLOYMENT SERVICES<br><b>FOR RENT</b><br>10 APARTMENTS<br>11 ROOMS<br>12 HOUSES<br>13 MOBILE HOMES<br>14 BUSINESS PROPERTY<br>15 WANTED TO RENT<br>16 VACATION<br><b>REAL ESTATE</b><br>17 REAL ESTATE<br>18 LOTS & ACREAGE<br>19 FARM & FARMLAND<br>20 BUSINESS PROPERTY<br>21 MOBILE HOMES<br>22 PROPERTY WANTED | <b>MERCHANDISE</b><br>23 LAWN & GARDEN<br>24 GARAGE SALES<br>25 AUCTIONS<br>26 ANTIQUES<br>27 APPLIANCES<br>28 HOUSEHOLD GOODS<br>29 MUSICAL ITEMS<br>30 ELECTRONICS/COMPUTERS<br>31 HEALTH<br>32 FUEL & HEATING<br>33 BUILDING MATERIALS<br>34 OFFICE EQUIPMENT<br>35 HEAVY EQUIPMENT<br>36 MISCELLANEOUS<br>37 WANTED<br>38 MACHINERY, TOOLS & EQUIPMENT<br>39 SPORTING GOODS<br>40 AUTO PARTS<br><b>FARMER MARKET</b><br>41 FARM EQUIPMENT<br>42 FEED & SEED<br>43 FARM PRODUCTS<br>44 FARM SERVICES | <b>ANIMALS</b><br>45 ANIMAL BREEDING<br>46 PASTURE FOR RENT<br>47 HORSES & CATTLE<br>48 PETS & SUPPLIES<br>49 ANIMAL CARE<br>50 LIVESTOCK<br><b>RECREATIONAL</b><br>51 BOATS & EQUIPMENT<br>52 CAMPING EQUIPMENT<br>53 TRAILERS<br>54 SNOWMOBILES/ATV'S<br>55 R.V.'S/CAMPERS<br><b>FINANCIAL</b><br>56 BUSINESS OPPORTUNITY<br>57 INVESTMENTS<br><b>TRANSPORTATION</b><br>58 MOTORCYCLES<br>59 VEHICLES WANTED<br>60 CLASSIC CARS<br>61 4X4'S<br>62 VANS<br>63 TRUCKS<br>64 AUTOS FOR SALE<br><b>SERVICES</b><br>65 PROFESSIONAL SERVICES<br>66 CHILD CARE |
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## RATES

**15 Words or less for 4 weeks - 4 publications**  
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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.  
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### 05 Notices

If you believe in the oneness of a humanity, equality of men and women, elimination of prejudice, harmony of science and religion; contact BahaiFaithFriends@gmail.com for Zoomlink Casual conversation, or call 719-849-0310 (1-25)

**WE BUY ANTLER: Great NEW FALL Price:** Tell us the code "ELK17" and you will get \$17/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 ANONYMOUS AND ALCOHOLICS ANONYMOUS** Please visit [slvaa.org](http://slvaa.org) or call 719-937-5083.

### 07 Help Wanted

**Ranch hand wanted** - Full-time position south of Monte Vista. \$1,800-plus monthly salary, depending on experience. 3-bedroom house including utilities provided. General ranch work, including handling livestock, irrigating, hay-

ing and equipment maintenance. Mechanic and welding experience preferred. Tractor operating and livestock experience required. Please call 719-496-6543 if interested. (1-18)

**Janitorial** - Experienced individual and or company needed for janitorial services with responsibilities for cleaning Saguache County facilities. This is a Full-time position working 32 to 40 hours a week, with variable hours which include evening and/or early morning work times. Starting salary will be \$15.05/hr. To view the job description and an application they are available at Saguache County Administration office 505 3rd Street, Saguache or printable at [www.saguachecounty.colorado.gov](http://www.saguachecounty.colorado.gov). Call 719-655-2231 for more information. Position opened until filled. Saguache County is an EEO employer. Valid Driver's License, Drug testing which includes marijuana and a background check will be required also a physical exam may be required for final applicants. (1-4)

## PART-TIME SALES

Valley Publishing has an immediate need in advertising sales (part-time). Any sales experience is appreciated but will train. Email resume to General Manager Brian Williams at [bwilliams@valleypublishinginc.com](mailto:bwilliams@valleypublishinginc.com)

Monte Vista Head Start is accepting applications for a **Lead Teacher**. This position is Full Time 38 hours/week. The Lead Teacher must have a minimum of an AA. Applica-

tions are available at the Monte Vista Head Start, 2863 Sherman Ave., Monte Vista, Colorado. For more information, you may contact the director by email, [director@mvheadstart.org](mailto:director@mvheadstart.org) or call 719-852-3215. An employment application must be complete. Position open until filled. (1-4)

### 12 Houses for Rent

**3 bedroom on 5 acres, mile west of Del Norte.** \$650/month. \$700/ deposit. 719-395-1793 - non-texting number. (1-11)

**Very nice 2 bedroom, 1 bath duplex** in Monte Vista, W/D

and one-car garage. \$900/month, includes, water, sewer, & trash. No Pets, non-smoking 303-589-5455. (1-4)

### 17 Real Estate For Sale

**35.71 acres between Monte Vista and Alamosa on County Line Road**, borders highway, good grass, easy access, power and ready to build on. Priced \$109,000. Call **Bruce at Stefens & Company Realty Inc** 719-873-1700. TFN

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Selling 23 - Coming 2 Year Old Bulls - PAP Tested at 8100ft Elevation  
ALL 23 SALE BULLS UNDER 40 PAP - 13 SALE BULLS UNDER 35 PAP

Sale Catalog Available By Request



BW	+2.7
WW	+45
YW	+69
Milk	+27
M+G	+50
REA	+53
MARB	+21

**MF 776E Ribstone Domino 128J - PAP 37**



BW	+2.3
WW	+51
YW	+83
Milk	+23
M+G	+48
REA	+62
MARB	-0.01

**MF 755E Dandy Domino 139J - PAP 32**



BW	+4.6
WW	+59
YW	+96
Milk	+21
M+G	+51
REA	+48
MARB	-0.08

**MF 755E Dandy Domino 164J - PAP 39**

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### Dental Hygienist in Monte Vista

Providing quality, preventative oral health care to adults and children.

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# Valley Wide Classifieds

good water rights out of Carnero Creek, fenced, new 200 pipe corral calf feedlot, good production and locations. Call **Bruce at Steffens & Company Realty Inc** 719-580-0770.

**For sale 40 acres vacant land** on C.R. 5 in Conejos County. No close neighbors and a very beautiful view. Motivated seller 719-588-7315 (1-11)

**32 Fuel & Heating**  
**NEED FIREWOOD?** Call **Elam at Cozy Glo LLC**. 719-480-5047. \$190 per cord. Delivery available. TFN

**Lump coal available**, supplement your wood heating by adding some lump coal. Burns clean, no soot, makes wood last longer. 719-849-8261 (3-1)

**36 Miscellaneous**  
**Propane Refrigerators Sold Here.** Call For Options and Prices. We Also Stock Solar Powered Refrigerators and Freezers. Bontrager's Variety Store, 9726 S. County Road 3E, Monte Vista. (719) 852-0500 TFN

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**SOLAR PANELS! 355 Watt and Smaller, We Stock Inverters, Charge Controllers, and Batteries in Brand Names of Outback, Magnum, Aims,**

**Rolls, and More. Custom Cables and PV Wire.** Bontrager's Variety Store. 9726 S. CR 3E Monte Vista. 719-852-0500. TFN

**38 Machinery, Tools, Equipment**  
Lightly used **Hitachi cordless 3.5" nailgun**, w/ battery, charger, bag. \$250 obo.

Mike evenings 719-256-5084. (1-11)  
New in-box **Honda 5hp gasoline motor w/reducer**. \$500 (save \$150). Mike evenings 719-256-

## Business Showcase

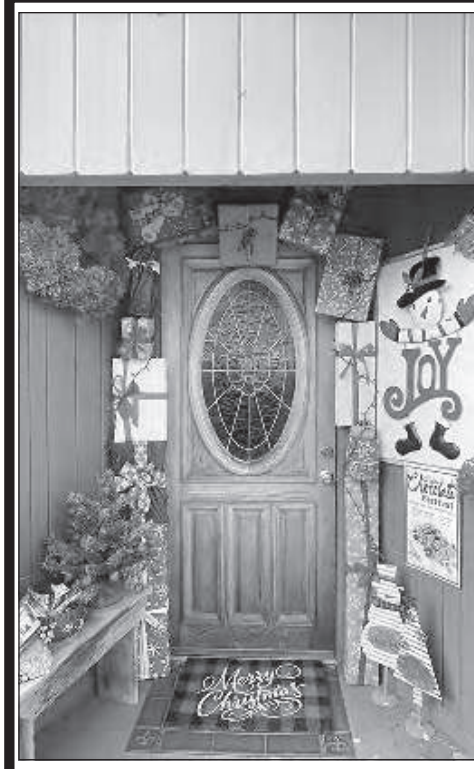
*It's a new year.*  
Time to get some cheerful snowmen to perk up your home!



**The Holy Moses**  
Mon.-Sat. 10:00 a.m. - 4:30 p.m.

**658-2848**  
**121 N. Main**  
**Creede**

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TV Support Holdings  
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**DIRECTV DEALER**

# Valley Wide Classifieds

5084 (1-11)

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OBO call 719-588-5780/719-974-9200 (1-25)

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(1-25)

## 65 Professional Services

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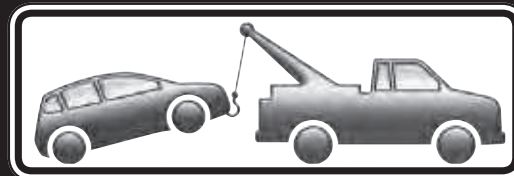
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*and More*



Courtesy photos

Smoke billows out of the front of an Alamosa home at 1661 W. Seventh St. as firefighters enter. No human injuries were reported but one pet cat was lost and another revived.

# AFD firefighters revive cat in Tuesday home fire

## STAFF REPORT

**ALAMOSA** — Firefighters revived one of two cats found in a burning residence Tuesday afternoon, Dec. 20, but unfortunately the second did not survive.

Alamosa Fire Department Capt. Zach Cerny said firefighters were called to 1661 W. Seventh St. just before 3:30 p.m. and found fire burning toward the rear of the home. It is believed the fire began in a laundry room, but the actual cause is still undetermined.

One young adult was in the home at the time, but no one was injured, Cerny said.

Flame was visible from the outside of the home and was knocked down to allow firefighters to enter and fully extinguish the blaze. Cerny said the laundry room and an adjacent room suffered fire, smoke and water damage.

AFD firefighters Johnny Quintana and Regis Gilmartin revived the cat by massaging it and administering supplemental oxygen.

Cerny said four AFD firefighting units were on scene as well as two from Colorado Department of Fire Prevention and Control, both



Alamosa Fire Department firefighters Johnny Quintana (left) and Regis Gilmartin revived a cat found Tuesday afternoon, Dec. 20, in a burning home by massaging it and administering supplemental oxygen.

providing a total of 12 personnel. Firefighters were on scene for about two hours and 20 minutes, he said.

**Conour** *Managed by Upper Rio Grande Animal Society*  
 www.urgasconouranimalshelter.org  
 If you are interested in adopting, call 852-3366  
 Open Tues.-Fri. 11 a.m. - 4 p.m. & Sat. & Sun. 1:30 - 5 p.m.  
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*We would like to express our deepest gratitude and appreciation to all those who have contributed to the success of the Upper Rio Grande Animal Society by contributions, donations, volunteering and general support at Conour Animal Shelter.*

**HAPPY NEW YEAR!!!! THANK YOU FOR A WONDERFUL YEAR OF SUPPORT AND ADOPTIONS! WE HOPE THIS NEXT YEAR WILL BE EVEN BETTER!**

Deckland is a Lab/Heeler mix, going on 5 months old and ready for his forever home! He's a very playful young pup who needs someone who can match his energy and great personality. Deckland is at a great age for training if you have the time and patience for. Come meet him today!



Jerry is a happy go lucky Shepherd/Husky mix that we believe is about 2 years old. He loves to play who shows his excitement by springing straight up with 4 paws in the air, play bows, and "sings." Jerry is a tad choosy on who his dog friends are but who isn't right? Come see if he's the fur family member you've been looking for!

## LOST & FOUND

Found 12/23/22 on North CR 1 East in Monte Vista



Bob and Ziggy are a bonded father and son pair ages 7 and 1. Bob (dad) is a Standard Poodle, and Ziggy is a NewfiePoo (a Newfoundland/Poodle mix). They're a great couple of dogs, partially potty trained, eager to learn new things, and go on new adventures! If you're up for the challenge stop by!



**Please note we are on a first come first serve basis.**  
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# San Luis Valley Area Real Estate

**SOLD**

Custom built, impeccable quality, full log home located just minutes from the town of South Fork, Colorado. This home and 1015 sq. ft. bunkhouse provides a total sq. ft. of 5458. Features in the home include a massive rock fireplace, 3 bedrooms, 3-1/2 bathrooms, loft that boasts a futon plus two-window beds, office, playroom, and a large living room for you to enjoy with family and friends. The wrap around deck will allow you to experience world-class high mountain views. Above the garage is a custom log guest quarters with a spectacular kitchen, bath, large living room, and bedroom combined into one unit. Bear Creek subdivision offers controlled access through a gated entrance. MLS #738155  
**107 Marmot Lane • South Fork**  
**Bernadette Gingrass • Steffens & CO. Realty**  
**(719)850-1993 • bernadette@steffenscorealty.com**

**IMPROVED PRICE \$649,900 THIS HOME YOU HAVE TO SEE TO BELIEVE!**

• 3 bedroom • 2 bathroom

This could be your new home. Amazing Custom - Built Full log Home - Entry room, living room, large kitchen with island, lots of cabinet space, laundry. This home has beautiful wrap around porches that offer great views of the mountains and cliffs. The attached double garage is 576 Sq. Ft. with concrete floor. The home is fully fenced. Additional 2,000 sq. ft. workshop. MLS#772697  
**181 Doe Circle • South Fork**  
**Bernadette Gingrass • Steffens & CO. Realty**  
**(719)850-1993 • bernadette@steffenscorealty.com**

**SOLD**

**\$433,000 MLS #789027**  
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**SOLD**

2,023 Sq. Ft. Mountain Oasis Home with Charm and Elegance in Lo Lomita at South Fork Ranches. This 3-bedroom 2 bath home with attached 675 Sq. Ft. 2 car garage is magical! Home is adjacent to BML Land & National Forest with amazing mountain views of Del Norte Peak, Beaver Mountain and Aqua Ramon from the front porch and additional large wrap around rear deck with concrete pad and hook up ready for your own personal hot tub. Open floor plan with kitchen, dining and living area beautifully hand troweled on walls with cathedral ceilings, wood floor, large bay windows, wood burning stove, propane rock fireplace, radiant floor heating and propane on demand water system. This home has three heat sources to keep you warm and comfortable all winter long. Master bedroom has large his & her master walk-in closets and patio door leading out to the back deck. Perfect place to enjoy your hot morning cup of coffee. The master bath has a beautiful large walk-in tile shower and dual sinks. There are two additional nice size guest bedrooms for your company to stay and enjoy. The kitchen overlooks the living area with large eat in counter and plenty of counter space and lots of built-in cabinets. There is a butler pantry for extra storage that features a beautiful, frosted glass door. This is an outstanding property with abundant wildlife surrounded by national forest and BML land and close to the mighty Rio Grande River, Wolf Creek Ski area and the Rio Grande Golf Resort. There is numerous hiking, four wheeling, mountain biking trails in the area for you to have fun and explore! Don't miss this opportunity! Start your adventure! call/text me and schedule your personal showing today! Price \$669,500 MLS #796518  
**115 La Lomita Circle • South Fork**  
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**(719)850-1993 • bernadette@steffenscorealty.com**

**SOLD**

Lot in great neighborhood with no HOA just a hop, skip and jump from the majestic South Fork River. This is the perfect place to build your dream home. Water, sewer, electricity and highspeed internet! Beautiful views and close to all the amenities the town of South Fork has to offer. Moments from the South Fork River as well as the mighty Rio Grande, World class fishing, hunting, hiking, snowmobiling, 4 wheeling and all things outdoors. Start your adventure and schedule your showing today!  
 Price can't be beat! **\$29,900** MLS#796452  
**63 Rivercrest Drive • South Fork**  
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**SOLD**

**Incredible views from this Mountain property!** Varied topography with mature Fir, Aspen, Pine and Pinion trees. This 5.02-acre property allows you several building sites to choose from. Paved roads located in gated Bear Creek subdivision. This property gives you great sun exposure with access to the forest service and a common area for homeowners located on 20+ acres of the Rio Grande River. Utilities and Good Well already in place 15 GPM. Gold Medal fishing, hunting and 4 wheeling just moments away. Not to mention fabulous skiing at Wolf Creek Ski Resort! Bring Your house plans this is the perfect property to build your Dream Home! Start your Adventure! Call and schedule your showing today! **\$149,500** MLS #795402  
**4495 Bear Creek Circle • South Fork**  
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**SOLD**

Beautiful 1,728 Sq. Ft. Mountain Home property, 3 beds, 2 baths with additional large lot. Welcoming entrance with enclosed front porch. Beautiful Kitchen with matching appliances and custom-made cabinets with soft close drawers that include spice rack and corner round with plenty of storage for all your cooking entertainment needs. Dining area just off the kitchen and living room area with propane stove and beautiful brick fireplace with wood burning stove in living area. Perfect place with beautiful views to curl up enjoy the fire and devour a good book. This home has three heat sources to keep you cozy and warm all winter long. Off back side of the kitchen is a bright sunroom currently being used for a wonderful craft room with large sliding door looking out to the back deck with stunning views of trees and mountains perfect for bird watching with the many varieties of birds that visit this area. Downstairs Master/guest bedroom with large closet and cozy picture window seat for bird watching. Wonderful place to just sit with your morning cup of coffee, relax and enjoy. Off the sunroom is door to large 2 car garage with huge workbench and cabinets for all your tools and woodworking needs. Upstairs you have an additional bath and two guest bedrooms with large windows where you feel as if you are sleeping amongst the beautiful pine trees. Off the sunroom and out the back garage door awaits a wonderful deck to the back yard with a gas grill hooked up to propane for grilling and entertaining friends and family. Out back you will be charmed by the little fly shop with electricity and all its storage amenities with extra shelving. There is an additional shed which is used and perfect for wood storage. This home is one you must see! Located in Ponderosa Country Estates with no HOA, paved roads and Town of South Fork water and sewer system. You will love visiting with the abundant wildlife that visits this neighborhood, moments from the Rio Grande River, Rio Grande Golf Club, Wolf Creek ski area and everything outdoors! Don't let this one pass you by! Won't last! Call me and schedule your personal showing today! **\$585,000** MLS #796641  
**484 Conifer Drive • South Fork**  
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**UNDER CONTRACT**

This South Fork Beauty checks all the boxes, both his and hers - and is a fun place for family and friends. Custom built Log home tucked in the trees and backs up to the National Forest. The majestic South Fork River and Mighty Rio Grande with world class fishing is just a short walk from the property. The main floor consists of an open kitchen, dining and living area with beautiful carved mantel stone fireplace with large log cathedral ceiling. Stunning entrance to behold! Custom designed kitchen with beautiful designer backsplash and large eat in counter space looking over the living area with custom soft close cabinets and plenty of storage and room for all your entertaining. Kitchen has wonderful large butler pantry with two electronic sinks and beautiful custom stained-glass door. The Detailed Check Boxes include radiant floor heating with four zones and two Rinnai on-demand water tanks. Light Touch lighting system and electrical in the floor. Master bedroom is on the main floor with sitting area with luscious mountain views. Master bath with beautiful large tiled walk-in shower. Guest bedroom and bath on main floor with elegant soaking antique tub. Upstairs spacious loft with two electronic skylights with rain sensors that will close automatically with additional sleeping areas including office space and additional large size bedroom with barn door and bath. Enjoy your 3-car garage with large workshop and more than enough room for all your mountain toys. Your family and friends will love the upstairs bungalow above the garage with kitchenette, living area, built-in beds additional bedroom and bath. Bring your family and friends to gather to enjoy the great outdoors! Borders National Forest, with streams, creeks, lakes rolling topography, open fields, pine, fir, aspen trees, mountain views and abundant wildlife! Beautifully designed home tucked peacefully into the woods and easily accessible to town, Wolf Creek Ski Area and the Rio Grande Golf Course Resort. Once in a lifetime Opportunity! This property perfectly captures the best of both worlds between outdoor recreation and exceptional entertainment. Start your dream and Call/Text me to schedule your personal showing today! **\$1,395,000** MLS #796960  
**47 Million Court • South Fork**  
**Bernadette Gingrass • Steffens & CO. Realty**  
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*\* \* \* There's No Place Like Home \* \* \**  
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 www.bernadettegingrassrealestate.com

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**Sandra Marquez — smarquez@valleypublishinginc.com**  
**Brian Williams — bwilliams@valleypublishinginc.com**

**SOLD**

Charming D-Log 1,807 sq ft 2-bedroom 2 bath mountain home with attached garage and circular drive. Your perfect get away or full-time residence located in the well sought-after neighborhood, Ponderosa Estates. This home has a large Master/Guest room upstairs with full bath that could easily be used for large family rec room or used as a bunk room with plenty of sleeping space for guest if so desired. You have lots of options! There is an additional room upstairs you can use for craft/hobby room or small home office. Top of the stairs landing is adorable sitting area that would make the perfect spot for a relaxing reading nook to enjoy a good book. This home has an open floor plan with eat in kitchen and large living room area with wood burning stove that will keep you cozy and warm all winter long. Kitchen door leads out to a nice back deck with large yard and beautiful views of the mountains. Perfect for that first hot cup of coffee in the mornings. Downstairs bedroom off the kitchen area has been used as the main bedroom with hallway bath and located on the main floor. This residence is close to town and only moments away from the Rio Grande River, Golf Club, and 20 minutes from Wolf Creek ski area. Off your front deck is a wonderful place for viewing all the male deer and wild turkeys that frequent this neighborhood! No active HOA and in an area that does allow short term rentals. Close to skiing, fishing, hiking, four wheeling, hunting and everything outdoors. Start Your Adventure! Call and schedule your showing today! **\$450,000** MLS #797758  
**298 Aspen Drive • South Fork**  
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*Dee is a 4th generation SOUTH FORK NATIVE with a love for the upper end of the San Luis Valley.*

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**810 Grand Ave, Del Norte**  
 Prime business location, 3,000 sq ft. BUSY CORNER LOT - Can become any business! MLS#779889 Call for price  
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**0 Old Homestead Road, Del Norte**  
 48 acres bordering National Forest. Easy, year-round access, both Forest Service Road AND a county-maintained road to the lot line. Ride out and enjoy without trailering your ATV or snowmobile.  
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**418 Loveland Road - South Fork**  
 .90 acres in Upper Alpine. No covenants, Air B&B OK. Call Dee Plucinski 719-873-5605. MLS #796652 \$38,000  
**Text 134123 to 25678 for more info**  
**Dee Plucinski Steffens & CO. Realty**  
**(719) 873-5605 dee@steffenscorealty.com**

**634 Arapahoe Road, South Fork**  
 3 bedroom 2 bath home on 0.36 acres. No covenants, Air B&B/VRBO OK. Great Views, incredibly well kept.  
**\$315,000** MLS #797774  
**Text 134108 to 25678 for more info**  
**Dee Plucinski • Steffens & CO. Realty**  
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