



Postseason basketball excites the Valley.

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Healthy habits to prevent acquiring infections.

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SLV Today

Democratic caucuses alert SAN LUIS VALLEY — The 2020 Colorado Caucuses will be held this Saturday at 2 p.m. At the Caucus one will have the opportunity to support his or her favorite candidates for all levels of Colorado government, help shape the Democratic platform, and make sure one's voice is represented. To find one's precinct, please visit the secretary of state web page. If one already knows his or her precinct number, he or she can find precinct their locations there.

Republican caucuses alert ALAMOSA — The Republican Caucuses will be held at the Ortega Middle School at 10 a.m., Saturday. All Republicans are urged to attend and must present a form of identification to register.

Rotary Club meets at Juanito's ALAMOSA — The Alamosa Rotary Club is pleased to announce that co-chairs Kathy Woods and Karla Shriver of Friends of Ski Hi Park will speak on Monday at noon at Juanito's Restaurant, 1019 6th Street.

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Mostly Sunny 62/30 Sun.: Sunny 58/26 Mon.: Partly Cloudy 59/24

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Charges dismissed against Medina

Reasonable doubt ends case vs. defendant accused of Fritz's murder

By DANIEL McKILLOP Courier Editor

ALAMOSA — Charges have been dismissed against Phillip Medina, who was one of the defendants, in the murder case of Mathias Fritz.

Jamie Teckenbrock, who is the mother of Fritz's children, received a letter from the District Attorney Robert S. Willett, which was dated Feb. 19.

"This letter is to inform you that this case was dismissed on February 18 for the following reason," said the letter from the DA's office. "Defense Counsel rejected any and all offers claiming that the Defendant is factually innocent."

Via email Willett, who is the DA of the Office of District Attorney, 12th Judicial District, put the above-mentioned quote in layman's terms.

"That was the position of Mr. Medina's attorneys with regard to their client's role in the case,"

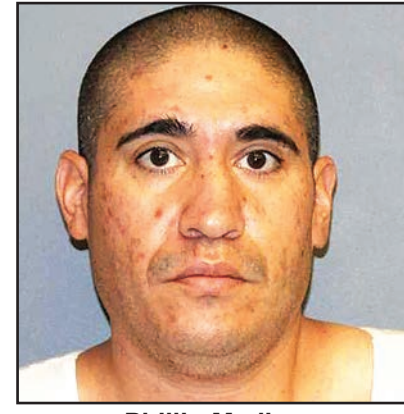


Mathias Fritz

Willett said. "As the other cases are still pending with co-defendant's, I am not at liberty to give any further information beyond what you may have access to in the court file.

"After all cases have been resolved through the legal process, I am willing to give whatever info I am ethically allowed to give."

Martinez and three other co-defendants, including Medina,



Phillip Medina

are charged with murder and numerous other charges in connection with Fritz's murder and the assault and shooting of Fritz's girlfriend Alma Salazar at Fritz's apartment on Aug. 9, 2018. Salazar survived the shooting.

The three other defendants, who were arrested in late October 2018 and charged with

See FRITZ page 3

"This could not be proven beyond a reasonable doubt. The issue was the inability to identify the Defendant being present at the scene of the crime. This case was unlikely to prevail at trial."

—Robert S. Willett DA of the Office of District Attorney, 12th Judicial District

'Swoop of the Cranes'



FOWL FLOCK TO REFUGE: Sand Hill cranes are the star attraction of this weekend's 37th annual Crane Festival in Monte Vista, but they're joined by thousands of other "fowl" friends, namely ducks and geese. Sightseers were already combing the grounds of the Monte Vista Wildlife Refuge on Thursday before official festivities kicked off Friday at Ski Hi Complex and around the area. More info can be found at mvcranefest.org.



TAKING IT ALL IN: Attendees at the 37th annual Monte Vista Crane Fest are expected to "flock" downtown to see 50 painted crane silhouettes on display there. The 5-foot tall crane pairs are cut from 12-gauge metal and were designed by various local artists and groups who will be competing for prizes. Festival-goers can vote for their favorites by scanning a code on each creation.

Courier photos by Keith R. Cerny

SLV Health expands air ambulance services

In a long-standing collaboration with Guardian Flight and Eagle Air Med, SLV Health is proud to announce the expansion of a new medical transport base in Alamosa at the SLVH Regional Medical Center.

In the spring of 2020, the new base will provide air medical transport services 24 hours a day, seven days a week to the communities of Alamosa County and the San Luis Valley.

"We are incredibly proud to be bringing an additional air medical asset to Colorado," said Vicky Spediacci, Air Chief Operating Officer for Global Medical Response, West Group. "We look forward to strengthening our service to Alamosa County and the San Luis Valley by providing a vital air medical resource to the community and providing local hospitals and EMS agencies with a dependable partner in patient care."

The Alamosa base will be staffed by highly trained and experienced pilots, flight nurses, and flight paramedics, and will be maintained by on-site aviation maintenance technicians. The Airbus H-125 helicopter operated at this base will be medically configured with the latest avionics and safety features.

"We are very pleased to have a Guardian Flight helicopter added to our EMS resources in the region," Konnie Martin, CEO of San Luis Valley Health said. "This new resource will be one more tool as we provide care to our community. It will have a positive impact in caring for critically ill patients. We appreciate our long-standing partnership with this team and look forward to the expanding services."

With the helicopter based in Alamosa at the Regional Medical Center, response times to accident scenes should be greatly shortened. "With shortened response times and additional resources available in the Valley, we will be able to better serve patients with critical illness. Severely injured and critical patients will have another option to improve their time to transfer to a higher level of care," added Eric Ball, MD, SLVH Emergency Department Medical Director.

Additional crew stationed in Alamosa full-time also will result in more jobs for the region. Guardian Flight is a participating provider in the AirMedCare Network (AMCN), and readers are encouraged to visit their website for more information on this air ambulance insurance program.



Courtesy photo

Payne tosses hat into ring

SAN LUIS VALLEY — Alonzo C. Payne has announced that he is running run as the Democratic candidate for District Attorney in the Twelfth Judicial District of Colorado.

"I will move forward with real criminal justice reform and improve the lives of all residents of the San Luis Valley," Payne said. "Our jails are overcrowded due in Colorado."

See DA page 3



Alonzo C. Payne

Daylight Saving Time begins soon

Most parts of North America will begin Daylight Saving Time at 2 a.m. on Sunday, respective to their time zones. In the European Union, "Summer Time" begins at 1 a.m. on the last Sunday in March, which this year will be March 29.

The change is made at the same

absolute time across all time zones respective to Greenwich Mean Time, which also is known as Universal Time. One reason DST is still practiced in many areas of the world is to push an hour of daylight from the morning to the evening and make better

See DST page 3

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Record

OBITUARIES

Kay Grant Faucette, 85

SANFORD — Kay Grant Faucette, 85, passed away in Arvada Colorado on Tuesday, March 3.

Kay was born on May 28, 1934 in Alamosa, the son of Kenneth and Edna Faucette. He grew up in Sanford Colorado and graduated from Sanford High School in 1952. Kay played basketball on the Sanford High School state championship teams of 1949 and 1950. He served his country in the Army and was stationed in Germany. Kay received a bachelors and master's degree from Adams State College where he played football, basketball, baseball, and track. He enjoyed a long career as a teacher, coach and counselor, mostly in Colorado. Early in his career he spent two years in Alaska which he loved and returned with family and friends many times.

Kay is survived by his three children, Valerie MacNeil, Jeff Faucette, and Steve Faucette all living in the Denver area. He was very proud of his children, five grandchildren and four great grandchildren. Kay is also survived by his sister, Kathie Child of Washington, and brother, Craig Faucette of Texas. He was preceded in



death by his parents, his wife Mary Lee Abel of Alamosa, and his second wife Pat Dixon of Montana.

Kay loved sports, fishing, travel, and spending time with his family.

Services will be held on Monday, March 9 at The Church of Jesus Christ of Latter-Day Saints, 6490 Quail Street, Arvada, Colorado. A viewing begins at 10:00 AM followed by the funeral service at 11:00 AM and a luncheon at noon. Burial will take place on a later date at Fort Logan National Cemetery in Denver.

All Veterans Funeral & Cremation is assisting with funeral arrangements, (allveterans.com).

Crashtyn Tremain Howell

ALAMOSA — Crashtyn Tremain Howell was called to heaven on March 3, 2020. Crashtyn was born on Nov. 21, 2018 in Alamosa, and was the beloved son and best friend of Apryl Behrens and Tre Howell.

He was also a cherished great-grandson of Lee-Roy Powers, grandson of Bob and Anita Howell of Antonito, and Robert and Vonetta Behrens of Alamosa.

Crashtyn had a smile and spirit that lit up a room. He loved spending time with his Mom and Dad and will always be kept in their hearts as their bestest friend. He went almost everywhere with Mom and Dad and in his life blessed them and many others with beautiful memories.

He loved riding his 4-wheeler, playing sports or with Dad's sports balls, reading books with Mom or Mi-Ma, taking baths, swimming, his bottle (bahbah), laughing-yelling-smiling and anything outside.

Crashtyn was full of energy from day one, bright-eyed and always exploring new things the world brought. Strong-willed and determined, Crashtyn would never give up on a task. He loved family hugs with him in the middle of Mom and Dad, a Crashtyn Sandwich. That love for attention stayed consistent everywhere, even when his aunt and cousin face timed him as a daily ritual. He loved the mountains with Grandpa and Mi-Ma



Howell and loved rolling around in his roller with Mi-Ma chasing him. His hugs could cure anything life faced you with. He loved visiting Grandpa Robert at work and stop in visits from Grandma Vonetta. He loved his first birthday and diving into his cake.

Crashtyn was on this earth for a little over a year but his impact and spirit gave a lifetime of love. He will always be Mom's "best bubba" and Dad's "little guy!" He will forever be a part of the hearts who got to meet him. He will be missed every moment of every day, but his love will live on.

"Lullaby, sleep tight, don't worry tonight. Son you are safe and loved, Jesus Christ is holding you above."

Crashtyn's memorial service will be held on Wednesday, March 11, 2020 at 11 a.m. at Rogers Family Mortuary in Alamosa.

Arrangements are in care of Rogers Family Mortuary of Alamosa. To leave online condolences for Crashtyn's family, please visit www.Rogers-Funerals.com.

ALAMOSA — Richard Andrew Johnson, Jr., 70, passed away at his home in Alamosa on Feb. 29, 2020. Richard was born on Feb. 12, 1950 to Richard Andrew Johnson, Sr. (Dick) and Mary Marjorie (Dunn) Johnson in Durango. Richard was an active member of the San Luis Valley Community for more than 65 years. He enjoyed collecting guns, shooting, reloading, and in his younger years, hunting. Richard was an active member of the

Richard Andrew Jackson Jr., 70

Rio Grande Sportsman's Club and International Single Shot Association and participated in many Schuetzenfest competitions at the NRA Whittington Center in Raton, N.M. He was a longtime member of the Alamosa Lions Club and received the Melvin Jones Fellowship Award for dedicated humanitarian services.

He is survived by his cousin Val Hobson of Mancos; his best friend who he considered his brother since they were 3 years old, Doug McLel-

lan, of Las Vegas, Nev.; uncles Ed Miller of Albuquerque, N.M., and David Hite of Tucson; along with other cousins, extended family and friends.

He was preceded in death by his parents Dick and Marjie; brother Larry Johnson; two infant sisters; Greer and uncle Charles Miller.

Rogers Family Mortuary of Alamosa is in care of the arrangements. A funeral service will be held on Monday March 9, 2020 at 6 p.m. at Rog-

ers Family Mortuary on Alamosa with a viewing beforehand starting at 5 p.m., also at Rogers Family Mortuary. A burial service on Tuesday March 10, 2020 at 1 p.m. at the Ignacio East Cemetery in Ignacio. In lieu of flowers Richard's favorite local charities are the Alamosa Ambulance Service and the "Friends of the 169" Train Restoration Group. To offer the family condolences or words of strength, please visit www.rogersfunerals.com.

ONGOING VALLEY MEETINGS

in Alamosa. Contact Dean Swift, 589-3499 or deanswiftseed.com

ALAMOSA — Veterans Therapeutic/Support Group meets every Monday from 5-6:30 p.m. at 315 State Ave. Ste 101, Alamosa. Call 588-8885 to register or email d.counselingservices@hotmail.com

SOUTH FORK — Kiwanis meets every Thursday at 8 a.m. at the Feelin' Good Coffeehouse in South Fork. Contact: Karen Miller, 719-873-5466 or email mkmillermink@aol.com

MONTE VISTA — The Alzheimer's Caregiver's Support Group meets on the second Thursday from 11 a.m. to noon at the Chamber of Commerce, 947 1st Avenue, Monte Vista. Call the Southern Colorado office at 719-372-5985.

ALAMOSA — TOPS (Taking Off Pounds Sensibly) CO 568, Alamosa, a non-profit weight loss organization, meets every Tuesday evening at the College Heights Baptist Church at 2035 Church Avenue in Alamosa. Weigh-in is at 5:30 p.m. with an informative meeting at 6:15. Anyone interested in having weight loss support is welcome to attend a free meeting or call Doris at 589-6396 for more information.

ALAMOSA — Search and Rescue meetings are the fourth Tuesday at the

Alamosa County Sheriff Office, 1315 17th St., at 6 p.m. Anyone interested in becoming a volunteer is welcome. Call Suzi at 719-588-9236.

ALAMOSA — The San Luis Valley Photography Club meets the first Wednesday at the Alamosa Public Library at 6:30 p.m. Contact Stephen Jensen at 379-0001 or slyphotostephen@gmail.com

ALAMOSA — Families Healing Families is a community-based organization that provides support and resources for families affected by the impact of substance abuse. They meet on the third Thursday at 6:30 p.m. at the Senior Citizens Center at 92 Rio Grande Ave. (on the north end of Cole Park) in Alamosa.

ALAMOSA — Peace Meditation at the Campus Ministry Office, Adam State University, Alamosa, is held on Thursdays at 5:15 p.m. Everyone is invited. Contact Candace Knowlan 805-886-6959.

ALAMOSA — American Legion Auxiliary Unit #113, Alamosa, holds its monthly meeting at 6 p.m. on the second Wednesday at the American Legion Building at 514 Fourth Street, Alamosa. Call Evelyn Espinola at 719-313-1466 or Alice Robinson at 589-0543.

ALAMOSA — Open drop-in meditation for

health, stress management and spiritual growth, is held at 10:45 a.m. the second Sunday of the month at St. Thomas Episcopal Parish Hall, 607 Fourth St., Alamosa, with Mountain Institute, A Kriya, Meditation & Lamplighting School. Contact Martin at 575-758-5876 or talentolocal@live.com

ALAMOSA — Youngsters are invited to the Alamosa Public Library Story Room every Friday morning to sing, color, dance, read, enjoy adventures, share with friends and giggle. Babies and toddlers are welcome at 9:30 a.m. and preschoolers at 11 a.m.

ALAMOSA — Free breast feeding classes are offered in Alamosa at the San Luis Valley Health Education and Conference Center on the second and fourth Mondays of each month from 3-4 p.m.

MONTEVISTA — Valley Fiber Art Guild — VFA is a group for anyone interested in fiber arts: knitting, crocheting, weaving and spinning. We work on our individual projects, sometimes do projects together and learn from each other. We meet the fourth Saturday of every month from 1 p.m. until 4:30 p.m. at 757 County Rd. 29, Monte Vista. Call or email Wanda Couzens-Smith for more information at (719) 852-5000 or wcouzenssmith@gmail.com

AA MEETINGS

VALLEY — The San Luis Valley offers many Alcoholics Anonymous groups.

A.A. members' primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Following are District 3 San Luis Valley AA 12-Step Meetings.

The 6th Tradition states that we are not affiliated with any outside organizations, but in the spirit of cooperation, we list these meeting schedules for friends and family. For information, call 719-937-5083.

SUNDAY
5:30 p.m. Sacred Heart Parish Center at 3rd and Edison, Alamosa
7 p.m. Town Hall at 108 W Galena Ave., Crestone

MONDAY
12 p.m. St. Thomas Episcopal Hall at 607 4th St., Alamosa
5 p.m. Women's Meeting at Masonic Hall, 598 Spruce St., Del Norte
7 p.m. Community Church on Main St., Creede
7:30 p.m. Creative Resource Center at 304 Walnut St., La Jara

TUESDAY
12 p.m. First Christian Church at 1st and State, Alamosa
8 p.m. Mountain View Presbyterian Church at 2nd and Broadway, Monte Vista

WEDNESDAY
12 p.m. First United Methodist Church at 2005 Mullens, Alamosa
6 p.m. Senior Citizen's

Building at 710 Main St., Antonito

6 p.m. Amistad of San Luis at 403 Main St., San Luis

7:15 p.m. RV Park in Blanca

7:30 p.m. Masonic Hall at 598 Spruce, Del Norte.

12 p.m. First Christian Church at 1st and State, Alamosa

THURSDAY
12 p.m. First Christian Church at 1st and State, Alamosa

12 p.m. Crestone Baptist Church, County Rd. T, Crestone

7 p.m. Community Church on Main St., Creede

7:30 p.m. Creative Resource Center at 304 Walnut St., La Jara.

7:30 p.m. Ables/Disables, Baptist Church at

751 Lincoln St., Monte Vista

FRIDAY
7 p.m. Sacred Heart School at 3rd and Edison, Alamosa.

SATURDAY
5:30 p.m. at 929 State Ave., Alamosa
6 p.m. Senior Citizen's Building at 710 Main St., Antonito.

8 p.m. Mountain View Presbyterian Church at 2nd and Broadway, Monte Vista

For schedule changes, please contact your group

service representative (GSR)

AL-ANON

TUESDAY
8 p.m. 15 Country Club Dr. Monte Vista

WEDNESDAY
5:30 p.m. SLV Behavior Health Group at 8745 CR 9S., Alamosa

THURSDAY
5:30 p.m. First Christian Church at 518 1st St., Alamosa

7 p.m. Crestone Town Hall, downtown Crestone (second and fourth Thursdays)



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School Menu

--- Monday ---

Mar. 9, 2020

BREAKFAST
Cereal
Teddy Grams
Juice & Fruit

ELEMENTARY
Hot Ham & Cheese
Tator Tots
Vegetable Bar

SECONDARY
Hot Ham & Cheese
Tator Tots
Vegetable Bar

An assortment of fresh fruit and canned fruit as well as fresh vegetables and canned vegetables will be offered weekly. Menu subject to change.

To sponsor the School Menu call 589-2553

COURIER POLICY ON OBITUARIES

The Courier charges \$30 for each obituary per day. Pending arrangements or death notices are free. This charge affects funeral homes, family or other representatives that place obituaries. All paid obituaries are published on www.alamosanews.com, for no additional fee.

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

To report crimes anonymously call San Luis Valley Crimestoppers at 589-4111.

Valley News

Land, Water, People

DST

Continued from Page 1

2020 Summer of Stewardship: Projects to get outdoors, give back

By SALLY WIER
Column

As the days grow longer, temperatures warm and Sandhill Cranes begin to return to the Valley, we are reminded that spring is not so very far away.

It's a nice time of year to think ahead to the joys that await in the coming Colorado spring and summer.

Before we know it, we'll be able to get out for hiking, biking, paddling, fishing, bird watching, camping and more. Here in the San Luis Valley we are all blessed to be surrounded by so much public land on the Rio Grande National Forest, Bureau of Land Management areas, a national park, three national wildlife refuges, state wildlife areas and more.

As we begin to make plans for summer adventures and outings, it's also a great time to think about spending some time outside to give back to the public lands we all love and need to collectively care for.

The summer of 2020 is gearing up to be a great summer of stewardship in the Valley, and there are many ways for folks of all ages and abilities to get involved.

Volunteers for Outdoor Colorado, a 36 year-old organization with a passion for enabling people

to become active stewards of Colorado's natural resources, will host six fun projects across the San Luis Valley this year. They will take place on the Rio Grande National Forest or on lands managed by the Bureau of Land Management San Luis Valley Field Office. The projects are:

- ▶ **Colorado Public Lands Day:** Erosion Rock Structures at Rio Grande Natural Area — May 16
- ▶ **BeaverBlitz! Citizen Science** at South Fork — July 18-19
- ▶ **Habitat Restoration and Moon Pass** — July 25-26
- ▶ **Weekend Crosscut** at Weminuche Wilderness — August 15-16
- ▶ **Weeklong Crosscut** at Weminuche Wilderness — August 24-28
- ▶ **Citizen Science: Abandoned Mine Mapping** at Los Mogotes — October 3-4

Details on all the projects, what work you'll be doing, and a link to register can be seen at <https://www.voc.org/volunteer>.

Many other stewardship projects all over the state are also listed on this web page.

Projects fill quickly and spots are available on a first-come, first-serve basis.

April, May and June projects are currently open for registration. Registration for projects in

July and beyond will open over the course of the season.

These projects will include building rock structures to prevent heavy sediments from eroding in the Rio Grande east of Antonito, hiking trails and collecting data on beaver presence and habitat, pulling oxeye daisies in the La Garita Mountains, clearing wilderness trails of fallen trees using traditional crosscut saws, and collecting data on old mine infrastructure west of Antonito.

Volunteers on VOC projects are provided with free camping, all required tools and equipment to do work well and safely and excellent meals provided by volunteer chefs.

Some projects are easily accessible by car while others are week-long backpacking trips into wilderness areas.

Other ongoing and smaller community-based stewardship projects will occur throughout the season, as well. Save the date for these fun and important volunteer days:

- ▶ **Tree Seedling Shade Cone Removal** at Lookout Mountain — July 9 — help remove plastic shade cones from tree seedlings for a reforestation project in the La Garita Mountains.
- ▶ **Fence Removal** at San Francisco Creek Wildlife Rehab Facil-

ity — Sept. 12 — join Colorado Parks and Wildlife to remove a barbed wire fence and improve important elk habitat outside of Del Norte.

▶ **Conejos Canyon BioBlitz!** — Join Rio Grande National Forest biologists for an evening training in a classroom setting in early July and then sign up to hike specific trails during the last two weeks of July to collect data on butterflies, bees, plants and more. Use the free iNaturalist app at any time to help us, too. Visit <https://www.inaturalist.org/> to sign up.

▶ **Goshawk Monitoring** at Conejos Canyon — fall 2020, date TBD

▶ **Ongoing** — high lake water sampling at remote alpine lakes on the Rio Grande National Forest.

▶ **And more to come.**

Want to get involved? Contact sally@voc.org or 719-852-6234. You can also email the SLV's volunteering e-newsletter. Updates and details on projects are sent throughout the year.

Wier is the San Luis Valley Volunteer and Partnership Manager — a collaborative role managed by Volunteers for Outdoor Colorado, the Rio Grande National Forest and the Bureau of Land Management San Luis Valley Field Office.

No. Conejos DBOE set to meet Wednesday

CONEJOS — There will be a special meeting for the North Conejos School District Board of Education on March 11 from 3:30-8 p.m. at the District Administration Building.

The sole agenda item will be interviewing a CMGC for the new Centauri High School replacement.

The regular Board Meeting for the North Conejos School District Board of Education will follow at 8 p.m. Agendas are available at the District Administration Office, 17890 US Highway 285, La Jara or on the web.

FRIENDS OF SKI HI PARK SET TO SPEAK

SAN LUIS VALLEY — The Alamosa Rotary Club is pleased to announce that co-chairs Kathy Woods and Karla Shriver of Friends of Ski Hi Park will speak on Monday March 9, at noon at Juanito's Restaurant, 1019 6th Street.

The Alamosa Rotary Club is hosting Co-Chairs Kathy Woods and Karla Shriver of Friends of Ski Hi Park for their March 9 meeting. Friends of Ski Hi Park are concerned individuals and members of user groups who see the need to move forward

the regional use Ski Hi Park master plan.

DOLA WILL MEET TUES.

DEL NORTE — Andrew Atchley will roll out DOLA's rural housing program at the URGED monthly breakfast meeting. The Upper Rio Grande Economic Development monthly breakfast meeting will be held at 7 a.m. Tuesday at the Windsor Hotel in Del Norte. This month's program is presented by Atchley, who is with Colorado Department of Local Affairs (DOLA). Mr. Atchley will roll out the new DOLA program for rural housing. URGED is urging the public

to join it for breakfast.

CONSERVATION DISTRICT MEETING

ALAMOSA — The Mosca-Hooper Conservation District will hold its annual meeting from 9 a.m.-noon on Wednesday, March 11 and from 9 a.m.-4 p.m. on Thursday, March 12, at the Alamosa County Meeting Room, 8900 Independence Way, Building A&B.

ASBM ON TUESDAY

ALAMOSA — Alamosa School Board Meeting at the Administration Building, 209 Victoria Avenue, Alamosa, CO at 7 p.m. on Monday.

DA

Continued from Page 1

large part to the criminalization of poverty and attempts to substitute incarceration for mental health and substance abuse treatment.

"Overzealous and unwarranted prosecutions have put such a strain on our criminal justice system that it is at a breaking point."

The county jails are overcrowded and don't have the resources to act as social worker, counselor and psychiatrist.

"If we don't help our counties with the strain on jail services and overpopulation, many of them will be ripe for violations of

civil rights," he added. "It is repulsive that the incarceration rate in the San Luis Valley is the highest in the state and amongst the highest in the nation."

"Currently our jails are full of people who have not been convicted of anything."

"If individuals have not been convicted of a crime they should be out in the community working and contributing to their families, not being a burden on local law enforcement."

"I will bring a different philosophy to the role of the District Attorney."

"We can treat addiction as a disease, just like we treat diabetes. We can reduce the impact of meth and opioids by reducing the demand. We can send convicted criminals to the

Department of Corrections, not private prisons in our backyard."

"I want to utilize every tool available to allow local law enforcement to concentrate on keeping our streets safe and not acting as babysitters to people who simply can afford bail."

As the only candidate who grew up in the San Luis Valley, he has a unique understanding of the socioeconomic issues that affect the Twelfth Judicial District and has a vested interest in creating a safe and prosperous place for his friends and family.

"I know the communities of the San Luis Valley intimately, and unlike the current carpetbagger from the front range, who

is running for this office, I never plan on leaving," Paynesaid. "We don't need people from the metro area telling us how to run our community, the people of the Valley are more than capable of managing our own community."

"I am tired of being told by front range interest what is best for our community."

"I am confident that when given the opportunity work with local law enforcement and community leaders, we can develop a model of prosecution that addresses criminal justice reform and keeps our home safe: the SLV way."

Announcement courtesy of Alonzo C. Payne, Attorney at Law.

Fritz

Continued from Page 1

degree murder are Shem M. Brown, 26, of Monte Vista, Robert P. Martinez, 29, of Del Norte, and Shawndon J. McVey, 25, of Texas, and most recently living between Monte Vista and Ala-

mosa.

After emotional statements from victims, friends and family of the victims, McVey, was sentenced to 24 years in prison followed by three years probation and payment of restitution. McVey appeared before Judge Michael Gonzales for his sentencing Aug. 9, one year to the day

of the brutal murder of Fritz and the attack on Salazar.

McVey pled guilty to conspiring to aggravated robbery as a crime of violence and second-degree kidnapping as a crime of violence.

Willett's letter explained the office of the DA's rationale for dismissing the case against

Medina: "This could not be proven beyond a reasonable doubt. The issue was the inability to identify the Defendant being present at the crime."

"This case was unlikely to prevail at trial."


Previous articles from the Valley Courier contributed to this report.

San Luis Valley Council

No. 2096

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Alamosa, Colorado



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Sacred Heart Catholic Church
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 ONWARD Cometh Soon PG
Sat & Sun. 1:30, 5:15, 8:10
 THE INVISIBLE MAN What you can't see can hurt you R
Sat & Sun. 1:30, 5:30, 8:10
 THE CALL OF THE WILD Based on the legendary novel PG
Sat & Sun. 1:30, 5:35, 8:05
 SONIC THE HEDGEHOG Gotta Go Fast! PG
Sat & Sun. 1:30, 5:30, 8:15
 BIRDS OF PREY Mind over mayhem - Margot Robbie R
Sat & Sun. 1:30, 5:15, 8:10
 1917 Time is the enemy R

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CALENDAR OF EVENTS

March

SUNDAY • 8	MONDAY • 9	TUESDAY • 10	WEDNESDAY • 11	THURSDAY • 12	FRIDAY • 13	SATURDAY • 14
International Women's Day Coffee Shop Hop: 10 a.m. until 2 p.m. The Roast and 10 a.m. until close Starbucks Softball vs Black Hills State University, S.D. 11 a.m. and 1 p.m. Softball Field	Women's Week: Begin Building Wall of Shame 12 p.m. until 1 p.m. through Friday Japanese/American Memorial Garden	Women's Week: Male Advocates and Allies Panel 12 p.m. McDaniel Hall 101 Women's Week: Open Mic 7 p.m. SUB CoRE Center Play: <i>The Twilight Zone</i> and <i>Myths and Bricks Project</i> 7:30 p.m. Xperimental Theatre	Women's Week: <i>Feminist Archaeology: Finding Women in the Past</i> 12 p.m. McDaniel Hall 101 Women's Week Film and Discussion: <i>Iron Jawed Angels</i> 7 p.m. Art Building 227 Play: <i>The Twilight Zone</i> and <i>Myths and Bricks Project</i> 7:30 p.m. Xperimental Theatre 719-587-8499	Faculty Lecture: <i>Communication Design: Heart and Place</i> Bill Tite 7p.m. Porter Hall 130 Free Women's Week: <i>The National Popular Vote</i> 7 p.m. McDaniel 101 Play: <i>The Twilight Zone</i> and <i>Myths and Bricks Project</i> 7:30 p.m. Xperimental Theatre Zacheis Planetarium: Free Movies 7 p.m. <i>Distant Worlds: Alien Life?</i> 7:45 p.m. <i>Supervolcanoes</i>	Women's Week: Tear Down the Wall of Shame 1 p.m. Japanese/American Memorial Garden Baseball vs Colorado Christian University 3 p.m. Baseball Field Women's Week: Happy Hour and Game Night 5 p.m. Square Peg Brewwerks Play: <i>The Twilight Zone</i> and <i>Myths and Bricks Project</i> 7:30 p.m. Xperimental Theatre	Zacheis Planetarium: Spring Break - No Movies Baseball vs Colorado Christian University 12 p.m. and 3 p.m. Baseball Field <p style="text-align: right;">www.adams.edu</p>
<p>Through March 12</p> <p>Cloyde Snook Gallery: <i>RECONSTRUCTION</i> by Kenny Nguyen</p> <p>Hatfield Gallery: <i>ex-votos</i> by Kenny Schneider, art alumnus</p> <p>Gallery Hours: 8 a.m. until 5 p.m. Monday through Friday</p>						

Opinion

Unfair prison system needs overhaul

Visiting any county jail or prison's waiting room, guests see that the justice jailing system is broken.

In one local jail, the new video visiting system is broke and works seldomly.

On the other side of the visiting cubicle, I'm told the inmate points out the poor and inaudible situation and nothing is done to correct the technology.

The video stalls and the voice sound like a slo-mo drunk robot.

The kin visitor also reaches out to a jailer, and his response: "Make do." In addition, the inmate submits a complaint to the company operating the system.

Still no improvement at the next weekly visit. When home, the family visitor also submits a ticket and no correction follows.

One visitor reported that the system finally worked, and both inmate and family heard and saw properly without random shutdowns and inaudible voice exchanges.

With the new video visiting system for this jail in one of our Valley's six counties comes the chance to visit via the family's computer at home.

Some problems like video quality and audio plague the set up but the video and audio is better than the choppy, slo-mo voice over the inhouse jail set up.

But the cost for this home opportunity, is obscene. Most of the families sitting in the waiting room cannot afford home computers, much less internet, or gasoline for their cars. So, the Inmate Canteen system charge \$8.95 administration fee for every communication deposit (or canteen deposit). For the small percentage with a computer at home paying \$8.95 out of \$20 for their month's allocation seems too high.

A kiosk at the jail only charges \$2 for canteen deposits up to \$300.

If a small admin fee can be charged there, why can't the online charge be the same. Plus, sometimes the family doesn't even have the money for gasoline to get to the jail.

In some jails, visiting hours are all week; in others, the visiting hours are limited to two hours on two days.

Time allowed for visiting is 15 to 30 minutes. Some county jails only allow two hours on only two days for family and loved ones to visit an inmate via this video system.

When eight people sign up and the visiting time is 30 minutes, the math adds up to well beyond the eight people.

In the middle of the winter, the waiting room's heat wasn't operational, and a county employee was asked about turning up the heat. He climbed under the one table in the room and turned up the one radiator. Thankfully he did that. But I wonder why someone isn't overseeing the well-being of the visitors?

Add all these things together, it seems like the families of accused inmates are in "jail" as much as the accused.

In Sweden, there's a different prison set up. A recent article in the Guardian, we learned the system there is balanced on rehabbing the inmates and the recidivism rates are a fraction of the U.S. system. "Some people have to be incarcerated, but it has to be a goal to get them back out into society in better shape than they were when they came in."

Beyond that, the U.S. system is broken because the poor and minorities spend more time in jail or prison than the population of "haves" do who can garner bail and costly representation.

Depending on the situation, that have-money person can seek the help needed to overcome bad habits; whereas, the person (who needs help) locked in jail suffers and so does the family of the accused long before the inmate is found to be guilty.

Wholly, the judicial system needs an overhaul for the fairness of all citizens who should be innocent until found guilty and should be helped to being part of our society.

—Nelda Curtiss is a former substance-prevention media specialist, journalist, and retired college professor who enjoys writing and fine arts. Contact her at columnsbynellie@gmail.com.

Nelda Curtiss



Movin' On With Nellie



To submit news, email: news@alamosanews.com
To submit sports, email: sjiron@alamosanews.com

Letters policy

Letters are welcome and encouraged. All letters submitted for publication in the Valley Courier must be typewritten, signed by the author, and must include a phone number and address where the author can be reached. Letters must not be libelous. The Courier will not run letters that are negative to specific businesses. The Courier's editorial board reserves the right to reject a letter for reasons it believes are appropriate. Letters may be subject to editing to fit available space, or exclusion from the Opinion Page. Please, no poetry. Please send signed letters to P.O. Box 1099, Alamosa, CO 81101 or email them to news@alamosanews.com. Letters to staff, not for publication, should be marked "personal."

Reader belatedly grieves dead father

DEAR HARRIETTE: My father passed away when I was 14 years old. Many think that it was traumatic, and it was, but I never had a great relationship with my father, so I hid my grief. My dad was negligent and abusive to me. There was never a day when he and I didn't fight. He never fed me, bought me new clothes or took me to my dance rehearsals. My father also didn't leave behind a will, so I did not inherit any money from him. So in short, I never had a close or loving relationship with my father. However, recently I have been having pains in my chest. It is hard for me to say, but I miss my father. Even though he did so many horrible things to my mother and me, I still miss him. Is it normal to feel this way? — Daddy Issues

DEAR DADDY ISSUES: Grief presents itself at different times in people's lives, often in a delayed manner — especially for people who had unresolved issues with loved ones before they died. It is normal for you to have conflicting feelings rising up about your dad. Yes, it makes sense that you could miss your

father and experience deep love for him even though he hurt your feelings. He was your dad.

Talk to your mother about what's happening to you. Since you are having physical pains associated with your emotions, it might be worth it for you to talk to a grief counselor. Perhaps your mother can arrange for this through your insurance, or you can speak to a guidance counselor at school to find out if you can get support through them during this time.

DEAR HARRIETTE: My husband has an old college friend who has come back into the picture. She is very nice, but I also find her a bit clingy. She is single, and she is constantly asking him to fix her up on dates.

My husband is in his 60s, and we've been married for many years. He is hardly on the dating scene. Sometimes I wonder if she is trying to steal his attention. She makes me uncomfortable. At the same time, my husband seems to be happy checking in on her from time to time. They go out for drinks and have gone to a museum. I went

with them once, but it wasn't fun for me. What can I do to ensure that this woman doesn't try to muscle in on my man? — Jealous

DEAR JEALOUS: There's a saying about keeping your enemies close. While she may not really be an enemy, she is a lonely woman. Rather than encouraging or even condoning drinks with her, invite her to join you guys at home for dinner and drinks.

Create comfortable opportunities for all three of you to be together. You can get to know her. You can welcome her into your home and make it clear what your life is like while also creating space for your husband to enjoy time with his old friend without too much space for her to make a move, if she is so inclined.

Harriette Cole is a lifestyle and founder of DREAMLEAPERS, an initiative to help people access and activate their dreams. You can send questions to askharriette@harriettecole.com or c/o Andrews McMeel Syndication, 1130 Walnut St., Kansas City, MO 64106.

Valley Gardening

BY RUTHIE BROWN

And other good stuff Girl Scout cookies, other treats

Life is good in the neighborhood ... kind of.

I had a wonderful young (age 10) woman come in and sell me some Girl Scout cookies. We talked a little bit. I showed her how to do a firm handshake and introduce herself proudly. I asked her how many cookies she had sold and she said "I did \$900 last year but not as many this year ... because of my dad." A light bulb went off in my little peapicking brain as I recognized who she was talking about. Her name is Kalissa Garcia and her grandparents are Anthony and Amanda. Her dad is Michael G. and he is one of the nicest young men I know. He is always smiling. He always has a laugh ... that laugh from the gut. He is battling cancer...for a long time.

I texted Michael and asked him to tell Kalissa that I would buy \$100 worth of cookies. Not that I need them, but I have a lot of great customers I can give them to. On Tuesday, this Kalissa walked into the store, proudly, with her Girl Scout vest on. She walked up to me, shook my hand firmly, told me who she was and what she was doing. She told me how her and some friends want to do some fundraisers this summer. I was inspired. This young lady is a tribute to her dad,

and her grandparents. Please include Michael in your prayers. Light a candle for him. Do something good today, and be thankful for all that you have.

OK ... I have to tell you that I do not like small rock used in landscaping. I hate it. I like dirt or soil. I like finding worms in the soil. I like being able to plant and transplant flowers. I like it when seedlings break through the soil and reach for the sunshine, the light. Aren't there even studies out that say gardening and getting dirt in your nails is healthy?

Here's a comment that I found on Google, "the sights, smells and sounds of the garden are said to promote relaxation and reduce stress." Remember ... if it is found online, it is true! In this instance, it is.

This week, across from the bowling alley in Olympian Park, a number of shrubs were dug up and thrown away. They were not dead. I took pictures of live green bark.

They had not been watered for at least two years that I know of, yet they were alive. I would think that's the type of plant material our city would want to showcase — water wise and all. I'm trying to figure out if it makes me more sick, or sad or disgusted. It is my (our) tax dollars that continue to redo landscaping every 4-5 years. We don't have money, supposedly, to hire someone to take care of what is planted, but we have money to destroy and replant, right?

Most of you all know that I did the city landscaping for 20 years (plus). The gardens were filled with perennials and shrubs and annuals. The gardens were all over town. They weren't perfect. Show me a garden that is. But they were beautiful enough that folks stopped to take pictures of them. Folks actually detoured through Alamosa to walk the garden — true story. It is my humble opinion that in over 30 years our city is no better looking than it was w-a-a-a-y back then. It makes me sad, very sad. It makes me want to get out in my volunteer gardens and do the best I can to bring some color and beauty to Alamosa. Did I mention, I hate rock?

Do you remember reading about the

Secretariat sculpture by local artist Jocelyn Russell? It's a pretty amazing story. What Jocelyn has done should make us all proud. Last year, she gave a program at Society Hall on the "birth" of the Secretariat commission — pretty amazing. And, next Sunday, March 15th at Society Hall, Jocelyn will host "the rest of the story" about the completion of the sculpture, delivery and installation. The program will start at 4 p.m.

This program will be co-sponsored by the GFWC Woman's Citizenship Club.

Jocelyn will be sharing with us the first glimpse of the proposed Crane Monument for Alamosa that the club is working on.

They (we) need the community to be involved on this project, so come on down and be excited with us. I'm thinking there will be refreshments, does that help you make up your mind? And it's free!

I have five openings left for the hanging basket class. Don't procrastinate. And ... turn your clocks ahead.

Write them

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Your FIRST Source for Local News

Living

Field notes of a Colorado sportsperson

By TRAVIS DUNCAN

Column

COLORADO SPRINGS —Welcome to “Field Notes of a Colorado Sportsperson” where, once a month, you’ll learn of my latest outdoor adventure and hopefully be inspired to get out and enjoy all that Colorado has to offer whether you enjoy hiking, mountain biking, camping, fishing, hunting or wildlife watching.

This monthly journal started last year when I joined Colorado Parks and Wildlife’s 2019 Rookie Sportsperson Program (RSP). My participation in the year-long program has ended but not my love of outdoor recreation. The RSP opened my eyes to all the possibilities that abound in our 41 state parks, our 350 or so State Wildlife Areas, other public lands and trails.

I can’t wait to go out and catch a few of the 90 million fish CPW stocks in our lakes and streams each year. I’m excited to try again to harvest my first wild turkey or pronghorn or other big game animal and fill my freezer with meat. I’m stoked to wander our thousands of miles of trails and refine my wildlife-watching skills by spotting as many of our state’s 950 species of wildlife as possible.

So after the final RSP banquet, I dropped the “Rookie” from the column title and launched into this new iteration of Field Notes, where I hope to highlight even more of the other fantastic outdoor opportunities in Colorado. This month, we’re talking ice fishing.

As part of the RSP, I went on our first ice-fishing expedition and learned some valuable lessons about the winter sport so popular in many state parks. I want to share them with you before the ice-fishing season ends so you still have a chance to get out on the ice and see for yourself.

One lesson involved life-saving advice about how to judge safe ice, equipment needed for a fun day on the ice, what to do if, heaven forbid, you fall in, and other techniques and secrets.

The other valuable lesson was simple: if you are lucky enough to land a trout, think about whether you want to keep it before tossing it back in the water. It may be the only fish you catch all day!

That was the case for us as we attended the CPW’s Ice Fishing 101 class at Manitou Lake just outside of Woodland Park in Teller County. My girlfriend, Jamey Hastings, joined 14-year-old daughter Natalie and me for the event.

For Ice Fishing 101, CPW Assistant Area Wildlife Manager Cody Wigner and District Wildlife Manager Tim Kroening provided instruction to our group of RSP participants.

For starters, Wigner assured everyone the ice we were standing on was very safe at 16 inches thick, noting that ice on a body of water should be at least 4 inches “of good clear ice” to be safe to walk out on. He explained that clear ice is dark and is the strongest.

“Be aware though, just because it’s four inches where you’re at, doesn’t mean it’s four inches everywhere,” he said.

Wigner also went over ice safety when in a big group. “Especially when it’s early or late in the season, it’s really important to walk in a single-file line and give space,” Wigner said. “The idea is, if one person goes in, the whole group’s not going in.”

What if the worst happens and you fall in?

“Stay calm,” Wigner said. “Get your elbows up on the ice. You want to go back the way you came from, where you know that it’s good ice. They do make safety devices, ice picks that can help you climb back up on the ice. Once you’re up, lay flat and roll. The big thing then will be getting dry and staying warm to avoid hypothermia.”

Next Wigner talked about equipment. He showed us the ice fishing poles we would be using, which were much shorter than typical fishing poles, so anglers can more easily jig with their bait as they sit over their ice holes. As for creating holes, Wigner offered good advice.

“To get started, you’ll need an auger to get through the ice,” Wigner said. “They make hand augurs. But the thicker the ice, the harder it gets. They also make gas and propane augurs. And, they’re a bit more expensive, but they also have new lithium ion electric battery augurs.”

Wigner reminded us that the maximum diameter of the holes allowed for ice fishing in Colorado are 10 inches. “You don’t want a big hole that a kid or even an adult could fall through,” he said. “And remember, when you’re done ice fishing, keep your hole exposed when you leave so others will know it’s there.”

Wigner suggested bringing an ice scoop to keep the hole clear of ice while fishing. And he recommended ice fishing huts for those hoping for a little extra protection from the wind and weather. There were a few set up already on the ice and we took turns using them throughout the day so we could see what it was like.

For lures, we used plastics meant to imitate mysis shrimp hooked with either mealworms or wax worms. Wigner told us that fishing between 5 and 15 feet of water was “going to be our sweet spot.” After a brief demonstration on some jigging techniques from Kroening, we all grabbed a pole, got our lures and bait set and got to fishing.

As soon as my daughter put her bait in the water, she had a fish on the line. She got a little nervous and handed the pole to me, and I reeled it in.

And here came my final lesson of the day. I didn’t think the rainbow trout was big enough to eat and threw it back, but later I regretted it. There’s no minimum length enforced for trout in most of Colorado’s waters, including Manitou Lake. I would later wish I had kept that one to eat because it would be the only fish we caught all day.

Luckily, other classmates did quite well, many catching their limit of four fish. A fellow angler gave us one fish to take home so we could cook one.

We cleaned our fish when we got home, drizzled some olive oil on it, wrapped it in some foil and threw it on the grill. It was only the second fish I had ever cleaned and cooked myself, and I think I did pretty well. We, of course, picked some bones out of our mouths as we ate.

For those still hoping to get in some ice fishing before the spring thaw, you’ll likely have to get outside of the Front Range. Ice will be gone within a week or so and many bodies of water are already open water. Your best bets are at some of the bodies of water below.

SOUTH PARK AREA

Eleven Mile Reservoir, Antero Reservoir, Tarryall Reservoir

NORTHERN COLORADO

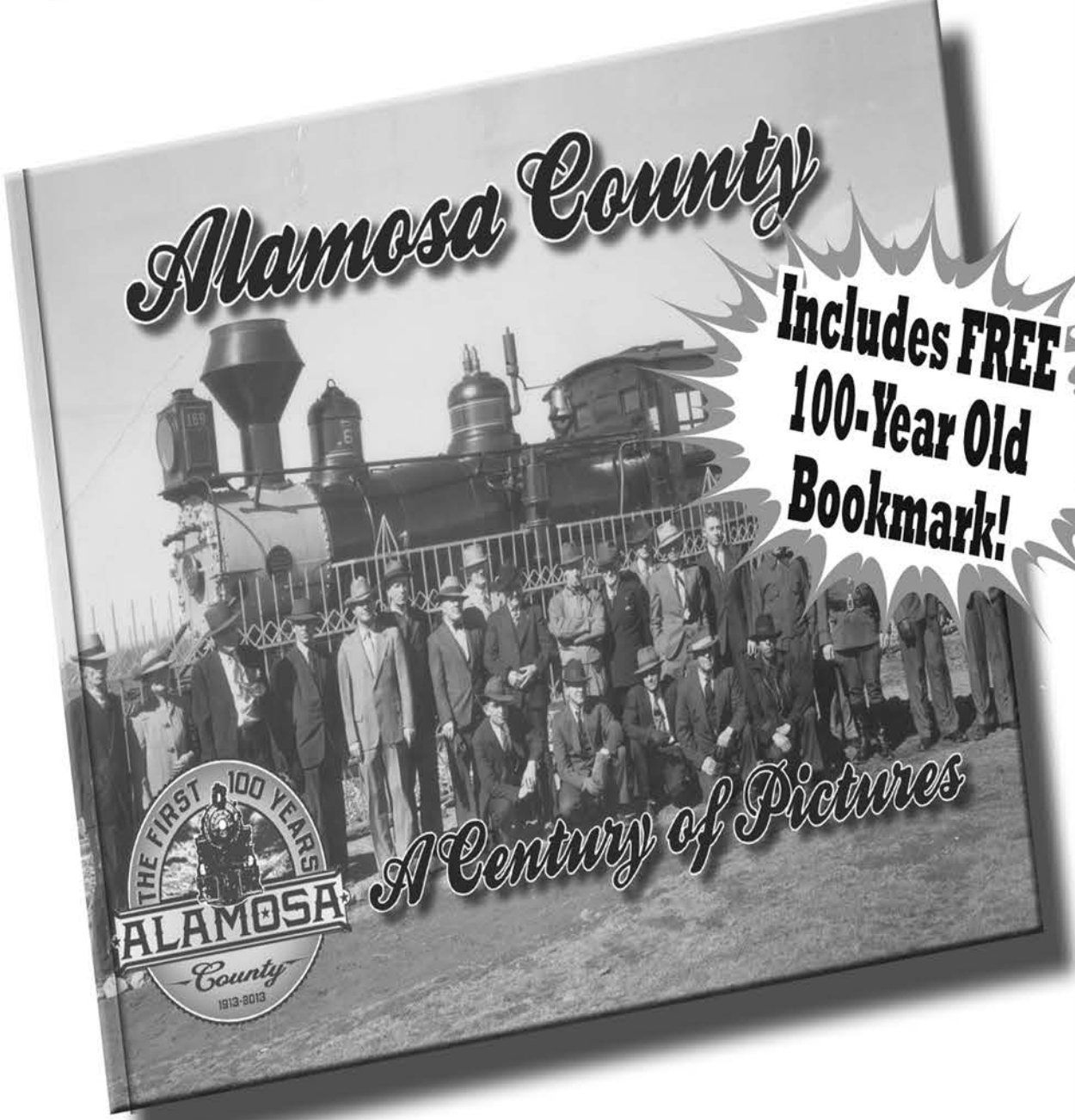
Granby Reservoir, Grand Lake, Williams Fork, Dillon Reservoir

Duncan is a public information officer for Colorado Parks and Wildlife in Denver. Travis has lived in Colorado nearly 20 years and loves the outdoors. If you have a question, please email him at travis.duncan@state.co.us



Photo courtesy of Colorado Parks and Wildlife / Travis Duncan
Dawn breaks over Manitou Lake north of Woodland Park in Teller County. It’s clear and cold — perfect ice-fishing weather.

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Limited Time Only



2205 State



Alamosa

Sports

Postseason prep basketball heats up

By **STEPHEN JIRON**
Courier Sports Editor

There was plenty of playoff action in both the 2A and 3A classes. All four 3A teams in state tournament play advanced to the Sweet 16 round. In 2A Sanford will have boys and girls playing for regional titles along with Del Norte girls.

The San Luis Valley boasts a competitive 3A class. Both schools Alamosa and Centauri had boys and girls in action and all four teams advanced in the state tournament to the Sweet 16. Centauri girls were at home against Kent Denver on Friday. The Falcons played consistent posting 28 points in the first half, 14 in each quarter led by 8 from Mia Garcia. Garcia would go on to lead the team in scoring with 18 points. At the break, Centauri was leading 28-21. Centauri would fend off a comeback attempt from the Sun Devils to take a 59-44 win advancing to their fourth meeting with Alamosa this season. Centauri is 3-0 against Alamosa this season.

Alamosa was in La Jara for their first game against Riverdale Ridge. Alamosa swept aside the Ravens behind a 23-point second-quarter burst that saw Terese Chavez and Devyn Mitchell combine for 11-points. The pair would tie for the team lead in scoring on the day with 12 points each. Though Alamosa was outscored in the second half they captured the 60-39 win to earn a rematch with Centauri. Centauri-Alamosa IV is slated for a 2 p.m. tipoff.

The Centauri boys are also hosting a quadrant of the state tournament, facing Salida in the first round. The Falcons took control of the game early taking a 15-10 lead in the first quarter led by 5 points from Alec Holman. Holman went on to lead Centauri in scoring with 18 points. The Falcons tacked on another 15 points in the second quarter and would go to the break leading 30-19. Centauri would not look back pacing the Spartans all the way to the game's 65-51 completion. Centauri will take on Manitou Springs Saturday at 3:30

p.m. with the winner going to Denver University next weekend.

Alamosa's boys were on the road in Denver for their foray into the 2020 state tournament. The Mean Moose dispatched Lamar by a score of 59-46. The win keeps Alamosa alive in tournament play and sets up a meeting with host team DSST: Byers for a ticket to the Great 8. Byers averages 60.7 points per game. DSST: Byers is led by Kyrie Thomas who is No. 3 in the 3A class posting 24.2 points per game.

In the 2A class, Del Norte girls hosted their regional tournament. Mancos was the Tigers' first opponent on Friday. Del Norte defeated the Blue Jays handily taking a 46-21 win. The win advances Del Norte to their regional championship where they will meet Peyton, the Bulldogs are led in scoring by the No. 6 scorer in the 2A class Kayleigh Mannerling who averages 17.4 points per game.

Sanford girls were on the road on Friday with a trip up to Fort Collins.

Sanford took on Hayden in the first round. Sanford edged Hayden 67-61 and will move on to meet the host Eagles on Saturday. Heritage Christian is led in scoring by Emma Johnson who posted 266 points in 16 recorded games.

The Sanford boys were home on Friday and were the lone 2A boys team to advance to a regional championship game. Sanford struggled with Telluride early on picking up seven fouls in the first quarter alone and going to the half all tied up at 17-all. The Green Machine settled in nicely in the second quarter stifling the Miners for 3 points in the third quarter eventually running away with a 49-30 victory. Ethan Larsen led Sanford in scoring with 14 points.

Sanford will take on Burlington, who upset Heritage Christian 53-49. Burlington at Sanford will take place at 2 p.m. on Saturday.

Center boys and girls fell in the first round of their regional tournaments along with Sargent girls and Del Norte boys.



Alamosa's Devyn Mitchell (5) drives against Riverdale Ridge on Friday.



Centauri's Ashtyn Haslett (34) fends off a Kent Denver defender on Friday.



Mason Claunch (12) avoids the Salida defense on Friday night.



Sanford's Ethan Larsen (21) gets some elevation against Telluride on Friday.

Courier photos by Stephen Jiron

Grizzlies set to challenge Yellow Jackets at home

BY **CORRI ZAIGER**
ASU Sports Information Assistant

ALAMOSA — Adams State Softball will no longer be traveling to South Dakota this weekend, rather the Grizzlies will host Black Hills State. Due to heavy snowfall and weather, the Yellow Jack field is unplayable. The Grizzlies instead are set to play in sunshine and temperatures in the upper 50's and lower 60's in Alamosa, Colorado.

Opponent
 Black Hills State (2-13, 1-7 RMAC)

When
 Saturday, March 7 (DH) 12 & 2 p.m.
 Sunday, March 8 (DH) 11 a.m. & 1 p.m.

Where
 Alamosa, Colo. — ASU Softball Field

Leading Off
 The Grizzlies are looking to snap a seven-game losing streak

from early RMAC competition. Adams State has completed two weekends of RMAC competition, falling to Regis and Colorado Christian.

The Grizzlies hosted the Cougars here at home last weekend, falling in the four-game series.

Quick Hits
 Adams State had a tough weekend hosting their first conference games at home.

The Cougars came through with a four-game sweep, winning 3-11 and 1-15 in day one, and 5-22 and 8-10 in day two.

Though the scores were not in the Grizzlies favor, Adams State put together some big at-bats, totaling 20 hits on the weekend, with four home runs in their final game on Sunday, March 1.

Grizzlies on the Bats
 Breck Smith is leading the Grizzlies with a .433 average with 8 RBIs on 13 hits and tops Adams State with four doubles.

Tyler Hays is also a big hitter for the Grizzlies, batting .389



with 9 RBIs on her 14 hits and leads the team with four home runs.

Samantha McDonald leads Adams State with 15 hits and 8 stolen bases while holding a .375 average.

Shelby Haskins also holds a big bat for the Grizzlies, maintaining a .382 average with 5 RBIs.

Other influential hitters for the Grizzlies are Analiese Rodriguez and Maya Romos-Moreno.

Rodriguez holds a .437 average and two home runs. Moreno leads the Grizzlies with the highest batting average of .750 from 6 hits on 8 at-bats.

In the Circle
 Jade Garbiso is taking charge for the Grizzlies on the rubber, leading Adams State with 30.2 innings pitched, facing 148 at-bats. With a 1-4 record, Garbiso leads the team with 16 strikeouts and holds an 11.45 ERA.

Taylor Sandoval has appeared in seven-game, starting in five, and has completed 24 innings so far in the early season, facing 124 at-bats. With 6 strikeouts and an 0-6 record, Sandoval holds an 18.00 ERA.

Kelty Key has also appeared in seven games and completed 15.0 innings while facing 75 at-bats. Key is second in the Grizzlies rotation with 8 strikeouts and a 15.00 ERA.

Scouting the Yellow Jackets

Black Hills State enters the weekend with a 2-13 overall

record and a tough 1-7 conference record.

The Yellow Jackets are moving into the weekend looking to break a five-game losing streak.

Black Hills State fell in a four-game pod series against Dixie State and MSU-Denver.

As a unit, Black Hills State is batting .234, with a team ERA of 9.11.

The Yellow Jackets are being led by Taryn Moan and Kindal Bethke. Each has 15 hits so far this season, with Moan holding a .395 average and Bethke holding a .341 average.

Crystal Amaral leads Black Hills State in the circle, starting in all seven of her appearances, completing 36.0 innings pitched, with 24 strikeouts in 157 at-bats. Amaral supports a 7.50 ERA.

On Deck

The Grizzlies will hit the road for a pod series hosted in St. George Utah.

Adams State will take on Colorado Mesa and Dixie State March 14 and 15.

Results

Adams State Baseball
March 6
 Dixie State 9, ASU 1

Adams State Basketball
Feb. 28
 ASU 63, Fort Lewis 57 (W)
 ASU 94, Fort Lewis 92 (M)

Prep Basketball
Feb. 28
3A Intermountain League
 Alamosa 50, Bayfield 29 (B)-3rd place game
 Pagosa Springs 50, Centauri 33 (G)-1st place game
 Centauri 47, Alamosa 46 (B)-1st place game
2A District 1
 Center 23, Sargent 21 (G)-3rd place game
 Center 55, Del Norte 51 29 (B)-3rd place game
 Del Norte 45, Sanford 41 (G)-1st place game
 Sanford 38, Crested Butte 31 (B)-1st place game

1A District 6
 SDC 39, Cotopaxi 14 (G)-1st place game
 Sangre de Cristo 70, Primero 35(B)-1st place game

March 6
3A State Tournament
 Alamosa 60, Riverdale Ridge 39 (G)
 Centauri 59, Kent Denver 44 (G)
 Centauri 65, Salida 51 (B)
 Alamosa 59, Lamar 46 (B)

2A Regional Tournament
 Del Norte 46, Mancos 21 (G)
 Sanford 49, Telluride 30 (B)

Sports Bulletin

Limon 79, Del Norte 45 (B)
 Rye 63, Center 19 (G)
 Ignacio 51, Sargent 29 (G)
 Sanford 67, Hayden 61 (G)
 Holly 70, Center 51 (B)

Adams State Lacrosse
March 2
 Otterbein University 17, ASU 7 (M)
March 4
 New England College 19, ASU 1 (W)

Adams State Softball
Feb. 29
 Colorado Christian 11, ASU 3
 Colorado Christian 15, ASU 1
March 1
 Colorado Christian 22, ASU 5
 Colorado Christian 10, ASU 8

Upcoming Events

Adams State Baseball
March 7
 12/ 3 p.m. ASU at Dixie State (DH)
March 8
 12 p.m. ASU at Dixie State

Prep Basketball
March 7
3A State Tournament
 2 p.m. Alamosa at DSST: Byers (B)
 2 p.m. Alamosa at Centauri (G)
 3:30 p.m. Manitou Springs at Centauri (B)

2A Regional Tournaments
 1 p.m. Peyton at Del Norte (G)
 2 p.m. Burlington at Sanford (B)
 2 p.m. Sanford at Heritage Christian (G)

1A Regional Tournaments - at Gunnison
 1 p.m. Sangre de Cristo vs Ouray (B)
 2:30 p.m. Sangre de Cristo vs DeBeque (G)

Adams State Lacrosse
March 7
 12 p.m. Davenport University at ASU (M)
 12 p.m. ASU at Johnson & Wales (W)
March 8
 12 p.m. ASU at Rockhurst (W)

Adams State Softball
March 7
 12 /2 p.m. ASU at Black Hills State (DH)
March 8
 11 a.m./1 p.m. ASU at Black Hills State (DH)

Adams State Wrestling
March 13
 NCAA DII National Tournament
 All Day ASU at Sioux Falls, SD

Schedules subject to change

Arby's All-Star Game

ALAMOSA — Adams State will be the home of the All-Star game sponsored by Arby's. Friday March, 27th seniors from all over the valley will take part in the annual All-Star Game. Admission is \$10, pre-school children admitted free. The festivities are set to begin at 6 p.m.

Lifestyle

‘Just concentrate’

Recently I was fortunate enough to travel to New Zealand. I tell you this, not to make you envious (you should be though, it's an amazing country), but to, of course, bring to light new driving tips.

Now, I have to say I've been driving for decades and have extensive additional emergency driver training, but I have never had to drive on the left side of the roadway, or sit on the right side of the car with a steering wheel in front of me.

The amount of concentration it takes to make a proper turn, or just driving back onto the roadway coming from say a parking lot and making sure I was on the correct side was huge. Every time I did something, I had to concentrate and give the action my full attention. Why? Because it was something new, and not just an old routine.

Even something as simple as using the turn signal lever took concentration. I found that the steering wheel is not the only thing not located on the "correct side." There were quite a few times I notified the drivers around me that I was go-

ing to turn by indicating it with a swoosh of the windshield wipers. I'm



Trooper Tips
Gary Cutler

sure over the years New Zealanders have learned that if someone has their windshield wipers on when it's a clear day, they must be going to make a turn at some point.

With that said, I'm always thinking about what my next topic will be for Trooper Tips, and being on vacation doesn't deter that. So, while sitting in the hotel after a day of driving down the road with my windshield wipers on I thought how can I turn this into an article.

Concentration came to my mind. I thought if we focused on driving more and didn't concern ourselves with the little things that take away

that focus things on the road will be better. Concentration could eliminate many if not all of our crashes. Concentrating on your surroundings by looking for road debris, animals, pot holes and stop signs allows you to be able to react sooner than later and, thus, eliminating a crash.

Concentrating on your speed, turn signals, and side-view mirrors, instead of the radio, heater, phone and the drink in the center console will continue to help eliminate those crashes.

Take that extra time to think about what you are doing and don't let it be a secondary thought or habit. Make it the priority. It is easy to let things we've been doing for years slide to the background and not something we concentrate on.

I know I give a lot more attention to my turn signal lever these days.

As always, safe travels!

By Master Trooper Gary Cutler, CSP Public Affairs
700 Kipling St.
Lakewood CO 80215
303-239-4583
Gary.Cutler@state.co.us
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Department of Natural Resources exposes coronavirus threat from wolves

GRAND JUNCTION — Friday, the Grand Junction Daily Sentinel published the latest information about the dangers of forced wolf introduction in Colorado.

Veteran Colorado wildlife expert, Greg Walcher, author of the op-ed "Dangerous to Mess with Mother Nature," points out that wolves are known vectors of many devastating diseases, including coronavirus. "You read that right. Wolves are among the Earth's primary carriers of coronavirus, the pandemic that is now sweeping the globe, having infected nearly 100,000 people and killed over 3,000 that we know about," wrote Walcher. See Mr.

"With wolves already proven to be in Colorado, and yesterday's first reports of coronavirus infecting our state, the whole idea of forcing these non-native apex predators on the public is more than absurd, it's deadly," said Denny Behrens, co-chair of

Colorado Stop the Wolf Coalition.

Also in opposition to forced wolf introduction are some 37 Colorado County Commissioner Boards that have come out against forced wolf introduction in the state.

Likewise, in 2016, Colorado Parks & Wildlife passed a resolution opposed to wolf introduction in Colorado. Then Governor John Hickenlooper also signed on to a letter with several other western state governors against wolf introduction in Colorado.

"Common sense and the best recent scientific evidence clearly shows that citizens deserve to know the truth, and the clear and present danger, from releasing wolves in Colorado," concluded Behrens.

Report courtesy of Colorado Stop the Wolf Coalition, PO Box 630552, Littleton, CO 80163.

‘Check Out State Parks’ program offers park entry for experiential learning opportunities at no cost

DENVER — Looking for ideas to help you plan your next outdoor adventure? Colorado Parks and Wildlife, in partnership with the Colorado State Library, offers the "Check Out State Parks" program to help Coloradans visit state parks at no cost and experience everything the great outdoors has to offer through hands-on learning.

The program is available statewide, makes Colorado state parks easily accessible, and provides a backpack filled with educational materials that recommend a range of outdoor activities to help you decide how to spend one's time in nature.

Nearly 300 Colorado libraries are participating in the "Check Out State Parks" program, including all public libraries, three military base libraries and publically funded academic libraries.

Local libraries promote the program with seasonal displays and have one or two adventure backpacks available for check out. Each backpack contains the following:

- ▶ Annual Colorado State Park Pass for free park entry (hang tag)
- ▶ Your Guide to Colorado's State Parks
- ▶ An activity ideas list
- ▶ Binoculars
- ▶ Leave No Trace — Outdoor Ethics

Card
▶ Educational materials: Fishing Basics Instruction Sheet, Colorado Trees and Wildflower Guide, Colorado Wildlife Guide, Night Sky Guide, etc.

Library patrons can check out the backpack and park pass for up to seven days and use it to visit any Colorado state park.

Colorado's 41 state parks are as diverse as the state itself, and they offer something for everyone. CPW asks participants to please share their experiences on social media by tagging #CheckOutColorado.

These interactive backpacks encourage one to immerse his or herself in nature and develop new skills as he or she explores different environments. From selecting the park and activity, to navigating park maps, observing wildlife and enjoying new landscapes, the opportunity to put nature theory into real-world practice can teach a variety of valuable life lessons.

For more information on educational programs, visit the CPW website. To learn more about supporting conservation through outdoor recreation, visit lifelifeoutside.co.

Report courtesy of Bridget Kochel, Statewide public information officer, 720-219-2919 / bridget.kochel@state.co.us.

Report finds flaws in BLM relocation efforts

DENVER—The Government Accountability Office today released a 14-page report warning that the Interior Department's plans for relocating the Bureau of Land Management headquarters out of Washington, DC did not establish key performance measures to determine if the reorganization was successful, did not fully consider the financial costs of the move, and did not adequately involve employees and key stakeholders in the reorganization process. Further, the report says that while roughly half of the employees identified for relocation have not accepted reassignment, the agency has no plan to recruit replacements.

The Center for Western Priorities released the following statement from Executive Director Jennifer Rokala:

"The GAO confirmed what we've known all along—Secretary Bernhardt's plan to

eviscerate the Bureau of Land Management is shoddy at best and dangerously incompetent at worst. Auditors found the agency did not have a plan with any metrics to measure success, didn't conduct a real cost-benefit analysis, and Bernhardt has no plan to recruit staff, even as career officials are quitting in droves. The scope of these deficiencies is absolutely stunning.

"This is an agency with more than 10,000 staff that manages one-tenth of the country. In dismantling the BLM headquarters in such a shoddy, irresponsible way, Secretary Bernhardt is playing with people's livelihoods and threatening our public lands.

Report courtesy of Aaron Weiss, Deputy Director, Center for Western Priorities, aaron@westernpriorities.org, 720-279-0019.

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Valley News



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'The Twilight Zone,' 'The Myths and Bricks Project' open Tuesday

By **KAITLYN KELLEY**
Special to the Courier

ALAMOSA— Brandon Billings and Kaleb Gideon Burris, Adams State University theatre majors, have prepared an evening of nostalgia and entertainment. Billings is directing three episodes of "The Twilight Zone," adapted for stage, and "The Myths and Bricks Project" is directed and performed by Burris. The plays will begin nightly at 7:30 p.m. March 10 through March 13, in the Xperimental Theatre.

It took months for Billings to prepare and create his adaptation of "The Twilight Zone." He spent his entire summer working and then coming home to watch the television show, all 156 episodes, before deciding on "Time Enough at Last," "Nightmare at 20,000 Feet," and "Eye of the Beholder." "The play adaptations include lots of twists and turns, making it more entertaining for the audience to watch on stage," Billings said.

Burris describes the one-person play, "The Myth and Bricks Project" as "really weird." The short one-act tackles issues such as miscomprehension in relationships, projecting emotions in order to avoid problems, and ultimately self-respect and self-care. "I find myself finding the most average way of approaching an issue or challenge and then I try to do the opposite and this play does that."

Billings is excited that John Taylor, Ph.D., professor of theatre and director of the theatre program, agreed to play the part of the late Rod Serling, who served as host and wrote 92 of the original shows. "This was a great project and along with working with theatre majors, I also collaborated with art students to create masks to be used in *Eye of the Beholder*." Billings has appreciated the opportunity to direct, which he realized he liked doing after taking a directing class. "I like to give reassurance to my actors and designers and make everyone feel good as they progress through the process. I am so proud of all of them." After graduating Billings plans to pursue a career in theatre, movies or television. He hopes to one day write and direct his own productions.

Being both director and actor was a good experience for Burris. "I keep in my mind what I am doing when on stage so I can consciously direct myself once I am off stage." After graduating Burris hopes to pursue an acting career that lets him travel, such as in Renaissance Fairs.

The Adams State University Theatre production, "The Twilight Zone" and "The Myths and Bricks Project," will open March 10 and continues nightly through March 13. Tickets are now on sale. The Theatre Box Office is open from 2:30 p.m. until 5 p.m. Monday through Friday. For tickets and information call 719-587-8499.

Binge watching: 'Twilight Zone'

Streaming television service providers and on-demand services offered by cable and satellite companies have opened the door for television fans to engage in marathon viewing sessions of their favorite shows.

Such sessions are now routinely characterized as "binge watching," in which people spend hours on end watching popular series such as "Game of Thrones," "The Walking Dead" and "Stranger Things," often watching multiple episodes in a single session.

The concept of marathon television programming is, perhaps surprisingly, not all that new. Television marathons have been broadcast on New Year's Eve and New Year's Day for decades. Many people include television marathons as part of their plans for the New Year, perhaps as a way to unwind after all of the festivities.

"The Twilight Zone" is perhaps the show most instantly associated with New Year's marathons. The revered series, which ran from 1959 to 1964, was written and produced by creator Rod Serling. "Twilight Zone" popularized the sci-fi genre while helping to launch the careers of performers such as Peter Falk, Burt Reynolds and Robert Redford, among others. Each year, the Syfy channel airs a "Twilight Zone" marathon on New Year's Day.

Another popular television marathon each New Year's Day is "The Honeymooners." New York City's PIX11 channel runs classic episodes beginning at 11 p.m. on New Year's Eve and continuing through the next day. "The Honeymooners" follows Ralph Kramden, a short-tempered bus driver played by Jackie Gleason who lives in a small Brooklyn apartment with his wife, Alice. The first episode aired in 1955.

New Year's Day television viewers are bound to find a marathon sometime between December 31 and January 3. Many stations put together their own marathons for this time of year. Otherwise, TV-lovers can catch up by streaming their favorite series as they relax at the end of the holiday season. TF181653

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Lifestyle

Healthy habits to prevent acquiring infections

Does anyone else feel ready for spring to arrive? I know I'm not the only one. Unfortunately, in the midst of birds chirping their sunny song, we are also hearing sneezes and coughs in the grocery store, classrooms and in our living rooms.

The flu and cold season is still upon us and it is important to be aware of everyday measures that can reduce your risk of getting sick and keep you healthy to enjoy the warmer weather. While your healthcare provider can help you manage symptoms once you are feeling ill, it is best to prevent getting sick altogether.

Here are a few tips to keep your immune system strong:

GET A GOOD NIGHT'S REST

- ▶ Toddlers and young children require 10-12 hours of sleep every day
- ▶ Adults need 8 hours of quality sleep every night

- ▶ Try and stop all screen time (phone, computer, tv) at least an hour before going to bed

STAY HYDRATED

- ▶ Drinking approximately eight 8 oz glasses of water a day is a good goal for remaining hydrated
- ▶ When you are sick, lots of clear fluids like water and herbal tea will help flush your body, soothe your throat, regulate your temperature and keep mucus secretions thin
- ▶ Coffee, soda, and alcohol should be

limited as they are often high in sugar and can cause dehydration. Remaining hydrated is key for good health!

EATING A BALANCED HEALTHY DIET

▶ While there are many popular diets, the best plan for your health is to increase the amount and variety of vegetables you eat while decreasing fried and processed foods or fast food meals

- ▶ Choose healthy snacks like nuts, fruit, chopped veggies, or yogurt to eat between meals
- ▶ Sugar should be considered a treat to have in very small quantities
- ▶ Have fun and be creative with your meals—try a new vegetable every week!

QUITTING SMOKING

▶ Smoking increases the risk of contracting infections and also makes most cold symptoms worse

- ▶ It doesn't matter how old you are or how long you've been smoking—quitting at any time will improve your health!

Hand hygiene

▶ Hand washing is an important way to reduce your risk of getting sick or infecting others

HealthWatch



Amy Blakeslee

▶ Wash your hands often with warm soap and water for at least 20 seconds

- Always wash your hands after using the bathroom, blowing your nose, coughing or sneezing.

▶ If you can't wash your hands, using alcohol-based hand sanitizer (with at least 60% alcohol) will help reduce the spread of infection

▶ Make sure to cough and sneeze into your elbow or into a tissue

▶ Avoid touching your eyes, nose, or mouth with unwashed hands

USE OF MASKS

▶ Face masks should be used by anyone with symptoms including cough, sneezing, or fevers

▶ If you are not experiencing these symptoms or caring for someone who is sick, it is not necessary to wear a mask

COVID-19

Coronavirus disease 2019 (COVID-19) is a respiratory illness first detected in Wuhan, China, that is now being found in other countries including the United States. Similar to influenza, COVID-19 can be spread through respiratory droplets when an infected person coughs or sneezes. While the current risk of contracting COVID-19 in Alamosa County is low at this time, it is important to be informed and practice preventative measures to protect yourself and the health of our community.

The symptoms associated with

COVID-19 include: fever, cough, and trouble breathing. Symptoms may appear 2-14 days after contact with the virus, however some infected persons have no symptoms or very mild symptoms. If you think you may have been exposed to COVID-19 or are experiencing these symptoms, your healthcare provider can evaluate you and help decide what the next steps should be.

There is currently no vaccine to protect against COVID-19 and no medicine that effectively treats this virus, which is why it is important to prevent acquiring this illness by practicing the healthy habits described in this article. People who are considered at higher-risk for contracting this virus are those who recently traveled to China or anyone who had contact with a sick person who recently traveled to that area or was diagnosed with COVID-19. The Centers for Disease Control and Prevention has developed specific recommendations regarding travel and what areas to avoid visiting at this time – you can check their website (www.cdc.org) before traveling internationally as well as for regular updates on this new virus.

Our health and the health of our community is worth protecting. Your participation in practicing these preventative and healthy habits will ensure that we all thrive this year. Three cheers for handwashing!

SLV Medical Wall of Fame Committee will recognize notable individuals

ALAMOSA — The San Luis Valley Medical Wall of Fame Committee will recognize notable individuals who gave of themselves for 20 years or more to their healthcare professions and their community.

Since 2016, more than two dozen honorees have received a place of distinction on the wall, located on the second floor for the SLV Health Regional Medical Center.

The reception will take place from 5 p.m. to 8 p.m. on Friday, May 15.

The event will take place at the SLV Health Education and Conference Center, 1921 Main Street, Alamosa.

There is no cost to attend the reception, and no registration is needed.

The 2020 class will induct Esther

Houser, Elton Reese, Dr. Joe Brown, Lois Booth and Ted Morrison.

The SLV Health Primary Care Team at Stuart Avenue Clinic would like to invite the public to a reception and ribbon cutting to celebrate the remodeled addition on the second floor.

Join them for ribbon cutting, refreshments and a tour of the state-of-the-art upgrade.

The event will take place on April 9 at 5 p.m. at 2115 Stuart Avenue, Alamosa, and all are welcome.

Donna Wehe, Director of Communications, San Luis Valley Health, 106 Blanca Ave., Alamosa, CO 81101, Phone: 719-587-1209, Fax: 719-587-6339.



Courtesy photo

Welcome
Amy Blakeslee, PA-C
to primary care at



Amy Blakeslee, PA-C, is a Physician Assistant from Salida, Colorado. Her work experience as a medical assistant, lactation consultant, and victim's advocate adds to her enthusiasm and desire to deliver primary, holistic care in a rural community, making her a great fit for SLV Health. In her free time, she loves to be outdoors and is excited to get involved with the SLV community.

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Public Notices

NOTICE TO BIDDERS
Sealed bids in an envelope marked: Town of Del Norte Upper Water Storage Tank Rehabilitation Project. The Town of Del Norte (hereinafter called the "Owner") will receive sealed bids for the Upper Water Storage Tank Rehabilitation Project at the Del Norte Town Hall 140 Spruce Street, Del Norte, CO 81132 until 10:00 AM, April 1, 2020. At this time, Bids received will be publicly opened and read aloud.

Plans, specifications, and bid forms will be distributed electronically. Plans can be downloaded at www.elementengineering.net under "Project Bidding" and will be available on March 9, 2020 at 10:00 AM. The charge for plans is \$20.00. A mandatory pre-bid conference will be held at the Del Norte Town Hall 140 Spruce Street on March 19, 2020 at 10:00 AM.

Bids shall be made on the forms furnished by the Owner and shall be enclosed in a sealed envelope and endorsed with the name of the Bidder. All bids must be accompanied by a bid security in an amount of at least 5% of the Bid, in the form of a bid bond. The bond will be retained by the Owner if the successful bidder refuses or fails to enter into a contract with the Owner. Bids shall be valid for ninety (90) consecutive calendar days from the bid date.

The Project consists of replacement of rehabilitation of the existing approximate 375,000 gallon buried concrete water tank, sand blasting, resurfacing, new metal roofing and site grading.

Bidders are hereby advised that the Owner reserves the right to not award a Contract until ninety (90) days from the date of the opening of Bids, and Bidders expressly agree to keep their Bids open for the ninety (90) day time period. Owner reserves the right to reject any Bid, to disregard all non-conforming, non-responsive, conditional or alternate Bids, to negotiate contract terms with the Successful Bidder, to require statements or evidence of Bidders' qualifications, including financial statements, and to accept the proposal that is in the opinion of the Owner in its best interest. Owner reserves the right to accept any combination of Bids which in Owner's sole, and absolute judgment will, under all circumstances, best serve the Owner's interests. Owner also reserves the right to extend the Bidding period by Addendum if it appears in its interest to do so.

No. 1333
Published in the Valley Courier on March 7, 14, and 21, 2020

NOTICE OF CANCELLATION AND CERTIFIED STATEMENT OF RESULTS
§1-13.5-513(6), 32-1-104, 1-11-103(3) C.R.S.
NOTICE IS HEREBY GIVEN by the East Alamosa Water & Sanitation District, Alamosa County, Colorado, that at the close of business on the sixty-third day before the election, there were not more candidates for director than offices to be filled, including candidates filing affidavits of intent to be write-in candidates; therefore, the election to be held on May 5, 2020 is hereby canceled pursuant to section 1-13.5-513(6) C.R.S.

The following candidates are hereby declared elected:
(Name) (3-year term) (Signature of the Designated Election Official) (DEO's Printed Name)
Dale Salazar 3 year term until May, 2023
John Dodds 3 year term until May, 2023
Brenda Almeida 2 year term until May, 2022
Contact Person for the District: Jamie Greeman
Telephone Number of the District: 719-589-2649
Address of the District: 10 Costilla
No. 1340
Published in the Valley Courier on March 07, 2020

NOTICE OF CANCELLATION AND CERTIFIED STATEMENT OF RESULTS
§1-13.5-513(6), 32-1-104, 1-11-103(3) C.R.S.
NOTICE IS HEREBY GIVEN by the Mosca-Hooper Conservancy District, Alamosa County, Colorado, that at the close of business on the sixty-third day before the election, there were not more candidates for director than offices to be filled, including candidates filing affidavits of intent to be write-in candidates; therefore, the election to be held on May 5th, 2020 is hereby canceled pursuant to section 1-13.5-513(6) C.R.S.

The following candidates are hereby declared elected:
(Name) (3-year term) (Signature of the Designated Election Official) (DEO's Printed Name)
Trudi Kretsinger May 2020 until May 2023
Segundo Diaz May 2020 until May 2023
Robin Cope
Contact Person for the District: Robin Cope
Telephone Number of the District: 719-582-9353
Address of the District: 101 S. Craft Drive,
District Facsimile Number: NA
District Email: Moscahoopercd1@gmail.com
No. 1342
Published in the Valley Courier on March 7, 2020

NOTICE OF PUBLIC HEARING
NOTICE IS HEREBY GIVEN that a Public Hearing before the Alamosa Planning Commission will be held on Wednesday, April 8, 2020 at 6:00 PM, in the Alamosa County Services Center, 8900 Independence Way, Alamosa, Colorado for the purpose of considering an application for a Minor Subdivision submitted by Matthew Yoder and Chester Yoder for Rocky Mountain Home Builders, LLC.

The applicant is proposing to divide into two tracts. The home will be sold separate from the remaining land.
The legal description of the property is:
The E1/2SE1/4 of Section 13, Township 37 North, Range 9 East, N.M.P.M., in Alamosa County, Colorado.
Details regarding this application are available for public inspection in the Alamosa County Land Use Office at 8999 Independence Way Suite 100 during regular office hours.
Rachel Baird
Land Use Administrator
Alamosa County
No. 1343
Published in the Valley Courier on March 7, 2020

099 ANNOUNCEMENTS

BIDS BEING SOUGHT for garage door installation at the Bus Garage of the Upper Rio Grande School District. For more information, please contact the Administrative Offices at 719-657-4040. Bids due by April 1.(4/1)

ACUCENTER A COMMUNITY acupuncture clinic in Del Norte. The clinic will be open every Thursday 3pm to 6pm Experience good health benefits of affordable acupuncture from our team at Vista Acupuncture. Located at 990 6th st, Del Norte. Schedule an appointment now call 360-821-9006 (3/11)

2020 COLORADO CAUCUSES will be held on Saturday, March 7, 2020 @ 2:00PM. Doors open at 1:00 Meeting Room 128 Alamosa Family Recreation Center for all Alamosa County Precincts Questions admin@alamosademocrats.org Info www.alamosademocrats.org Ron Brink Chair Alamosa County Dems 719-480-3265. (3/7)

221 HELP WANTED

TU CASA, INC. and the Children's Advocacy Center of the San Luis Valley are seeking an individual who is compassionate, organized, crises oriented and highly motivated to serve children and families in the San Luis Valley as a Bilingual Family Advocate. The Bilingual Family Advocate organizes and provides services and referrals for the children and families who visit the SLV CAC because of allegations of physical/sexual abuse. This includes providing victim advocacy, giving information and referrals, accompanying children and families to court and acting as a liaison between the family and the system at large. These services are provided in both English and Spanish. The position starts at \$14/hr, 28 hrs/week with a potential for higher pay dependent upon experience and education. For more information about qualifications and requirements, please check the job description online at slvtucasa.net. Interested parties should submit a cover letter and resumé to Theresa Ortega at theresa@slvtucasa.net. If you have any questions, please call Theresa or Michelle at (719) 589-2465. Cover letters and resúms will be accepted until Friday, March 13, 2020, at 4 p.m.(3-7nc)

WORKING TOGETHER FAMILY ADVOCATE - The Adelante Family Services Program is hiring a grant funded case manager to provide outreach, assessment, and financial literacy to WT families living in Alamosa, Costilla and Saguache counties. The cm will coordinate educational and vocational goals for families and monitor their progress, including home visits. CM will work as part of a team to help alleviate barriers to family success. Requirements: 4 year college degree or equivalent work experience, prefer prior case manager experience, ability to work with diverse populations, driver's license. Bi-lingual preferred. Send cover letter, resume and references to: hr@lapuente.net. 719-589-5909. www.lapuente.net(3/21)

YOUR LUCK IS about to change! Visiting Angels is Now hiring compassionate caregivers to do non-medical in-home care in the San Luis Valley, CO area. Flexible Shift Availability. Full time and part time positions. ** \$50 sign on Bonus to all Caregivers and C.N.A.'s hired March 1-31, 2020. Apply Now, Join the Visiting Angels Team! or call 970-264-5991 for more info. Equal Opportunity Employer. (3/31)

FARMING TECHNOLOGY CORP is Seeking Tractor Operator Help. May Apply In Person At 8629 Rd 105 North Mosca, Co 81146. Phone 719-754-0559.(4/15)

221 HELP WANTED

RIO GRANDE COUNTY is seeking a full-time jail cook. High school diploma or general education degree (GED). Must be 21 years of age, pass background investigation and drug test screening. \$13.95/per hour, 40 hours a week, full County benefits. Pick up and submit applications to Human Resources, 925 6th St., Room 200, Del Norte, CO 81132. Applications and job description available on-line at www.riograndecounty.org. Deadline: Until filled. (3/12 #1)

RIO GRANDE COUNTY Department of Social Services seeks a Child Protection Caseworker. Bachelor's Degree in Human Services or a related field with experience preferred. Must have a valid Colorado Driver's License. Background check and pre-employment drug screening required. \$18.72 per hour, full County benefits. Schedule: 37.50 hrs./week. Applications available online @ www.riograndecounty.org or may be picked up and submitted to: Human Resources, 925 6th St., Room 200, Del Norte, CO (3/12 #2)

ALAMOSA STATE BANK has an opening for a Loan Assistant. Position is full time, with a generous benefit package. Some loan experience is preferred. Applicants may pick up an application in person at the Main Bank located near City Market. Alamosa State Bank is an Equal Opportunity Employer.(3/12)

THE CITY OF Alamosa is seeking part-time Maintenance Worker I's to perform a variety of unskilled or semi-skilled tasks in the maintenance and improvement of Cattails Golf Course. The desired competencies for this position include knowledge of general grounds keeping and landscape maintenance such as mowing, fertilizing, irrigating, raking, weeding, trimming trees and shrubs, planting and transplanting flowers, clearing brush, and applying herbicide/pesticide in a golf course setting. Has the ability to maintain effective working relationships with supervisors, employees, and the general public. The candidate must possess a High School Diploma or equivalent and be at least 18 years old. For questions contact Jolene Webb, Human Resources Manager at 300 Hunt Ave Alamosa, CO 81101, jwebb@ci.alamosa.co.us or 719-587-2029. More information and application can be found online at www.cityofalamosa.org under the Employment tab. Hiring salary is \$14.42-\$15.86 per hour DOQ. Closing date is March 11, 2020 at 4:30 pm. (3/12)

221 HELP WANTED

ADAMS STATE UNIVERSITY'S Department of Teacher Education is seeking applications for a Part-Time Program Assistant. Please submit letter of application addressing qualifications, curriculum vita with unofficial transcripts: Names and contact information for 3 references: Mr. Curtis Garcia, Search Committee Chair, 208 Edgemont Blvd, suite 3050, Department of Teacher Education, McD 246, Alamosa, CO 81101. curtisgarcia@adams.edu <https://www.adams.edu/hr/administrative-positions/>. Review of completed applications will begin immediately. Priority considerations will be given to applications received on or before March 15, 2020. (3/21)

221 HELP WANTED

MONTE VISTA SCHOOL District is accepting applications for a Part-Time Food Service Employee. The position is for 2.5 hours per day (10:45 am - 1:15 pm), Monday -Thursday, at Bill Metz Elementary School. Applications may be submitted to the District Office, 345 E. Prospect Ave., Monte Vista, CO 81144, until the position is filled. Applications may be downloaded from the web site <http://ww2.monte.k12.co.us/employment-opportunities.html> or call 719-852-5996.(3/19)

DEL NORTE BANK is seeking an Executive Assistant. Applicants should possess the following skills: Highly proficient in Excel and Word, be able to communicate and write letters about complex matters, manage multiple systems that are either Excel or database driven, be able to manage and maintain scheduling efforts, be an eager team member with problem solving skills. At a minimum a bachelor's degree or equivalent is required. The position is permanent, full-time, M - F, 8am - 5pm with a robust benefits package. Salary commensurate with experience. Qualified candidates please send your resume or application to postmaster@truelocalbank.com by March 18, 2020. Application available at TrueLocalBank.com/careers. EOE.(3/17)

MONTE VISTA ESTATES Nursing Home is seeking a full time day shift RN to add to our amazing team! Shift is 6am-6:30 PM-Wednesday, Thursday, Friday (one week) Thursday, Friday Saturday (second week) rotating schedule. The open positions are essential roles in the overall care offered to our residents. (3/28)

MONTE VISTA ESTATES Nursing Home is Seeking a full time day shift CAN seeking a full time evening shift (2-10) shift CAN If you love working with the elderly and enjoy making a difference in the lives of our residents, please contact us. We look forward to having you join our team. (3/28)

FARMING TECHNOLOGY CORP is Seeking Irrigation Technician Qualification. With Sprinkler and Well Maintenance. Apply In Person At 8629 Rd 105 North Mosca, Co 81146 Phone 719-754-0559.(4/15)

221 HELP WANTED

THE TOWN OF Center is seeking a part-time Town Treasurer (10 to 20 hrs. weekly). The qualified candidate will plan, manage and schedule all finance and accounting responsibilities for the Town of Center, will authorize and prepare all accounting and financial reporting required by any internal and external sources, and will be required to attend an on-site monthly meetings to review the town's reconciled financials with the town board. The qualified candidate will also have knowledge of and be able to prepare an annual budget. This position also offers the ability to work from home remotely. For a complete job description and application please go to www.centerco.gov. The deadline for applications is March 20, 2020. (3/10)

MONTE VISTA SCHOOL District is accepting applications for a Fifth Grade Teacher for the 2020-2021 school year. The person in this position will teach both Science and Language Arts. A complete list of desired qualifications and experience is posted on the district website <http://ww2.monte.k12.co.us/employment-opportunities.html>. Monte Vista School District offers a competitive salary and an excellent benefit package including employee health, dental, vision, and life coverage. Applications may be submitted to the District Office, 345 E. Prospect Ave., Monte Vista, CO 81144, by March 23, 2020, or until the position is filled. Applications may be downloaded from the district website or call 719-852-5996. (3/12)

SOUTH CONEJOS SCHOOL District is now accepting applications for Anticipated K-12 Principal for the 2020-2021 school year. Start date will be July 2020, with a competitive salary based on experience, plus and attractive benefit package. Qualifications: Experience as a vice-principal or comparable administrative experience. Must hold a Colorado Administrative License. Interested individuals should submit a District application, resume, cover letter, transcripts and credentials to apply@Southconejos.com by March 13, 2020.(3/13#1)

221 HELP WANTED

ALAMOSA HOUSING AUTHORITY is seeking a qualified individual for a full-time Maintenance Laborer I position. General: Under supervision performs work of semi-skilled nature in the area of housing maintenance and grounds. Clean/paint apartments, operate landscaping equipment, repair minor furnace problems, perform plumbing duties. Must be able to be on call for emergency maintenance requests. Job Qualifications: Working knowledge of maintenance of appliances, electrical, plumbing and grounds. Minimum of one year experience in electrical repair, plumbing, maintenance or similar, able to follow directions. Desirable but not required. Knowledge of common hand tools, carpentry, plumbing, etc. general mechanical understanding and ability, valid Colorado Driver's License good driving record, must be able to pass Colorado Background Investigation. Benefits include \$12.00 an hour, medical, dental, and vision. Apply at Alamosa Housing Authority at 213 Murphy Drive. Job will close on March 13, 2020. The Alamosa Housing Authority is an Equal Opportunity Employer.(3/13)

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2011 GMC Sierra 1500 #1GM9760A \$12,777		2016 Jeep Grand Cherokee #P36041A \$21,995

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Send resume to: KCerny@alamosanews.com

Valley Courier

Classifieds

221 HELP WANTED

SOUTH CONEJOS SCHOOL District is now accepting applications for the following Anticipated Teaching Positions for the 2020-2021 school year: Secondary math teacher, Teacher of grade 1, .5 Art, and .5 Social Studies. Qualifications: Must hold a Colorado Teacher's License, or such alternative to the above qualifications as the Board of Education may find appropriate and acceptable. Please submit a District application, resume, cover letter, transcripts and credentials to apply@southconejos.com by March 13, 2020. (3/13#2)

SOUTH CONEJOS SCHOOL District is seeking a current para-professional. Candidate must possess Early Childhood Credentials, have great communication skills, and the ability to multi-task. Interested individuals should submit a District application, resume, cover letter, transcripts and credentials to apply@Southconejos.com by March 13, 2020. (3/13#3)

GIVEN THAT THE present attorney for the Town of La Jara has announced his intent to retire effective April 1, 2020, the town is accepting applications from attorneys who might be interested in accepting this position. This is not a full-time position. The successful applicant must be a graduate of an accredited law school and in good standing with the Colorado Supreme Court with no prior grievances to the Disciplinary Committee. The successful applicant will be expected to attend in person all regular and special meetings of the Board of Trustees. Compensation is negotiable by mutual agreement. Please submit Letter of Intent together with supporting documentation to include a resume, personal information, past experience, if any, in municipal government and not less than three references. Please submit application by no later than March 20, 2020, to the Town Clerk, 719-274-5363, PO Box 273, La Jara, CO 81140. (3/12)

EXPERIENCED DENTAL HYGIENIST wanted. Established practice in Alamosa, full time or part time. Must have active license. Send resume to PO Box 1841 Alamosa, CO 81101. (1/15-TFN)

221 HELP WANTED

THE CITY OF Monte Vista is seeking a Chief of Police. Candidates should possess demonstrated leadership skills, high integrity, demonstrated success in problem-solving policing methods, the development and implementation of police budgets, data-driven deployment methodologies and department-level financial management. Minimum requirements: Bachelors' degree in police or criminal justice, public administration, law enforcement or a directly related field. A Masters' degree and/or leadership training such as: FBI National Academy, Northwestern University School of Police Staff and Command or equivalent preferred. Colorado POST certification, or the demonstrated ability to obtain Colorado certification, is required. Candidates must have been a peace officer for a minimum of 10 years, including 6 years of police supervisory/leadership experience at the rank of sergeant or higher. The position has a competitive salary and excellent benefit package. The general hiring minimum salary is \$82,000. Salary at appointment is dependent on qualifications. To be considered for this position you must complete a City of Monte Vista employment application at www.cityofmontevista.colorado.gov. Please submit your completed job application (resume optional) and a cover letter to the Human Resources office, 95 W. 1st Ave., Monte Vista, CO 81144 or e-mail your application to hrmanager@ci.monte-vista.co.us. All applications must be received not later than Monday, March 16, 2020. (3/14)

MONTE VISTA SCHOOL District is seeking dynamic, people oriented candidates for the position of Monte Vista Middle School Principal. Start date will be August 1, 2020, with a competitive salary based on experience, plus an attractive benefit package. Interested individuals should submit application materials electronically in pdf format to mary@monte.k12.co.us by March 26, 2020. A full description of desired qualifications and experience may be viewed on the district website https://www2.monte.k12.co.us/employment-opportunities.html. Applications are available to download on the district web site or call (719)852-5996. (3/24)

221 HELP WANTED

MONTE VISTA SCHOOL District is accepting applications for a Middle School Track Coach (2019-2020 school year), a Middle School Volleyball Coach (2020-2021 school year), a Middle School Football Coach (2020-2021 school year), and a Middle School Boys Basketball Coach (2020-2021 school year). Applications may be submitted to the District Office, 345 E. Prospect Ave., Monte Vista, CO 81144. Each position will be open until the position is filled. Applications may be downloaded from the district website http://www2.monte.k12.co.us/employment-opportunities.html or call 719-852-5996. (3/11)

NEED A SECOND INCOME? child support? Car Repairs? Taxes Due? Earn up to \$800/month delivering the Valley Courier. Contact Keith at 589-2553. (2/26-TFN)

304 LAWN & GARDEN
SPRINKLER REPAIR REASONABLE rate and quick service. Also available on the weekends Call 719-580-0033 or 719-376-2593.(4/2)

324 - FEED & SEED
PREMIUM ALFALFA AND grass/alfalfa, small bales \$7.00 in hay shed (719) 580-2509. (03/18)

HORSE AND COW hay: grass, grass/alfalfa, alfalfa. 3x3 and 4x4 bales, various quality and pricing. 719-850-8917 (7-13-TFN)

330 FREE
ENGLISH BULLDOG, 55 pounds, 5 1/2 years old, will do best in a home with no small children. He does not get along with other animals. He needs a single pet owner home. He is very loveable and is house trained. He is up to date on all his vaccinations. Please call for information 719-588-2780(3/14)

341 - GARAGE SALES
DVD'S FOR SALE, 502 13th street, Alamosa. \$1.00 each. NO EARLY BIRDS 10:00 A.M. to ???, Friday 3/6 and Saturday 3/7. (3/7)

341 - GARAGE SALES

GARAGE SALE CORNER of 12 S. and Henry Lane. Everything must go. Bicycle, dresser, queen bed, hunting supplies, Piano Music, mower, chipper. (3/7)

HUGE MULTI-FAMILY YARD Sale Sat. March 7th 7am-1pm Sargent Jr. High Gym 7090 N County Rd 2E, Monte Vista Proceeds benefit Sargent High School Athletics. (3/7)

345 WOOD
WE HAVE FIREWOOD! Allpine Lumber 719-274-4381(3/18)

WOOD FOR SALE! \$145.00 a cord. Call 719-588-1183. (2/7-TFN)

351 LIVESTOCK
PIGS FOR SALE \$1.00 lb. live weight. 570-395-0184 (TFN)

353 - FARM & LIVESTOCK SERVICES
ATTENTION FARMERS & Ranchers. Show special seal leaking stock tanks, ponds or reservoirs with Bentonite 719-580-6652. (3/27)

360 - MISCELLANEOUS FOR SALE
RAMSEY 12 VOLT Pro 8000R Series #817508 wench 93 ft. 5/16 cable. Remote switch, roller fairlead. 719-852-2285(10/22-TFN)

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

369 - PETS & SUPPLIES
ALL DOGS ADOPTED FROM THE VALLEY HUMANE LEAGUE HAVE TO BE SPAYED OR NEUTERED BEFORE GOING TO THEIR NEW HOME. (TFN)

NEED CATS FOR mousers? Want to adopt kittens? Help trap/neuter/release efforts? Donate food/litter/supplies? Low cost spay/neuter clinic for cats. http://www.catsaliveslv.com 719-298-7028. (TFN)

369 - PETS & SUPPLIES

FREETOGOOD home. Adults and kittens. NO MOUSERS OR BARN CATS. Spay/neuter clinics coming to Alamosa in near future. Call Donna K 719-589-5952 or 719-580-9078. (TFN)

OOPS! GOT PUPPIES who need a home? San Luis Valley Animal Welfare Society is a nonprofit animal rescue dedicated to stopping the euthanasia of healthy adoptable pets. Having pets altered is the number one way to stop pet overpopulation. If your pet has had puppies contact us. We will take the puppies into our rescue and spay the mama dog for free after the puppies are weaned. If needed we will also provide dog food & gas money to get the dogs to us to help in this situation. Spay/neuter is one of the greatest gifts you can provide your pet, your family and your community. We have found good responsible homes for over 8,000 animals. Contact 719-587-9663 (WOOF); email: woof@slvaws.org. (TFN)

387 - WANTED TO BUY
LOOKING FOR A 2 or 3 bedroom Mobile Home 1981 or higher for \$15,000 or under. Call or text 719-580-9525(TFN-E)

409 FARM & RANCH LAND
SPRINKLER, QUARTER ORGANIC, Carmel District. Deep Well. Monte Vista Cannel shares call 719-395-4910. Purchase or lease by owner. (3/12)

415 - HOMES FOR SALE
2 HOMES/ 5.25 Acres, Trees! 3 wells! Extra electric system, Corral. \$184,000.00 970-640-9562(3/20)

1 BEDROOM GARAGE carport fenced front and back yard, and workshop. \$600/Mo. 719-580-6055.(3/11)

420 - LOTS & ACREAGE
LAND FOR LEASE - 13230 CR. 6S Alamosa, CO. Acreage for lease, some water, some fencing, ditch cleaning involved. Open to ideas. Contact Cheryl 719-480-0502.(3/18)

525 GUNS

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

601 APARTMENTS FOR RENT
RENT 1 BEDROOM studio Alamosa some utilities included 800-641-3750 / 719-480-3932 (3/19)

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Accepting Applications for 2 Bedroom Apartments - Handicap Units Available. Rent based on income for qualified households.
Gateway Villa Apartments
929 Spruce St. Del Norte, CO
657-3654
TTY 1-800-659-2656
This institution is an equal opportunity provider

Accepting Applications for 2 & 3 bedroom family units. Family living at an affordable price. Immediate Availability
Valley Grande Apartments
2256 East Drive Monte Vista, CO
852-4302
Rental assistance available to qualified households.
TTY 1-800-659-2656
This institution is an equal opportunity provider

Accepting Applications for waiting list for 2 & 3 bedroom family units. Handicap accessible units available. Immediate Availability
West View Villas
510 Dunham Monte Vista, CO
852-3949
TTY 1-800-659-2656
This institution is an equal opportunity provider

601 APARTMENTS FOR RENT

NICE 3 BEDROOMS 2 bathrooms, Apartment for rent washer/dryer hookups. In La Jara no pets. 719-274-5981. (3/13)

611 - HOMES FOR RENT

BEAUTIFUL 3 BEDROOM 2 bathrooms, log home on river, 2 car attached garage. Totally furnished must see. \$1,500/MO plus deposit call 719-672-3146.

2 BEDROOM, 1 Bathroom, Good location, close to University, Safety, SLV Federal Bank, No pet/smoking. Good Credit and references. For more information call 719-480-2688. (3/11)

3 BEDROOM 1 Bathroom propane and wood heat fenced yard room for livestock. 970-640-9562.(3/20)



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Senior and Disabled Living
(62 years of age or older, disabled regardless of age)

Cielo Vista 1 Bedroom Apts. 166 S. Wills Center, Colorado 719-754-3664	Mt. Blanca View 1 Bedroom Apts. 201 Market Street Alamosa, Colorado 719-589-2850
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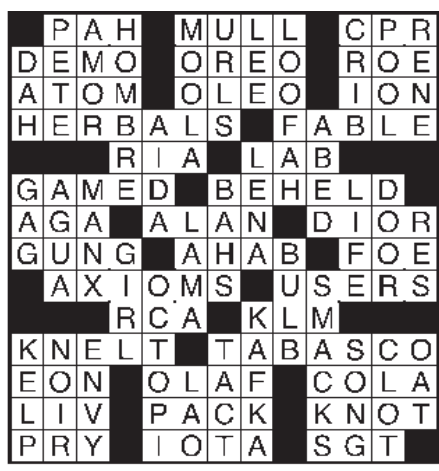
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ACROSS

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50 First name in fashion
53 Pouched animal
56 Fiesta cheers
58 Formal observance
59 Menacing sound
60 Do the cancan
61 In addition
62 Response to a rodent
63 No problem

DOWN

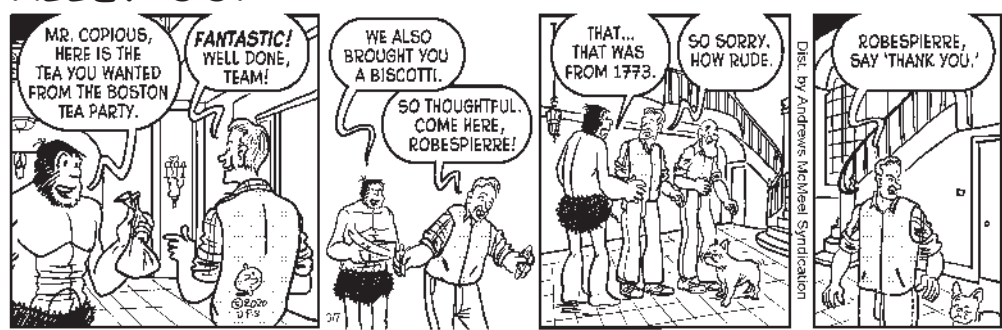
1 Close companion
2 Composer — Satie
3 Look over quickly
4 Pulsate
5 Bill: Abbr.
6 Montreal's province
7 Warfare
8 Lout
9 Point on a radar screen
10 Fencer's weapon



11 Jedi master
17 Unlucky gambler's note
19 Not clothed
23 Jar's need
24 Clothier — Strauss
25 With, to Henri
26 Bubbly drink
27 Brooches
30 Engages in rivalry
31 Como — uted?
32 Narrow beams of light
34 Kids' writer Roald —

37 Tibetan gazelle
38 Amos' radio partner
40 Appear
41 Previously
44 Boise's st.
45 Call forth
46 Pod veggie
47 Ski mecca
48 Colony members
51 Charles Lamb
52 Dry wines
54 Earth (pref.)
55 Sitcom planet
57 Moon's place

ALLEY OOP



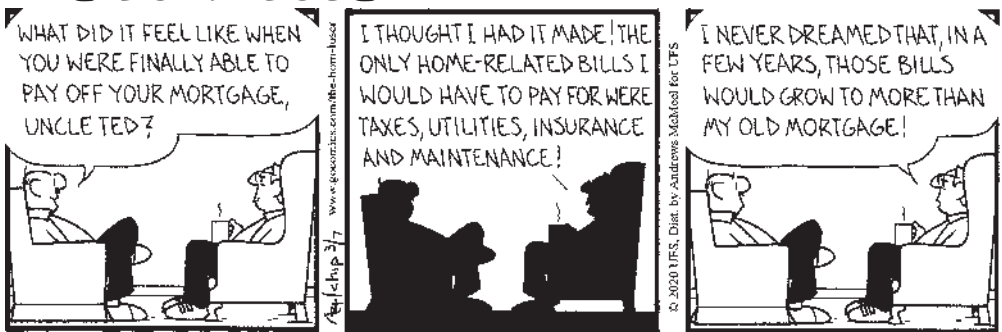
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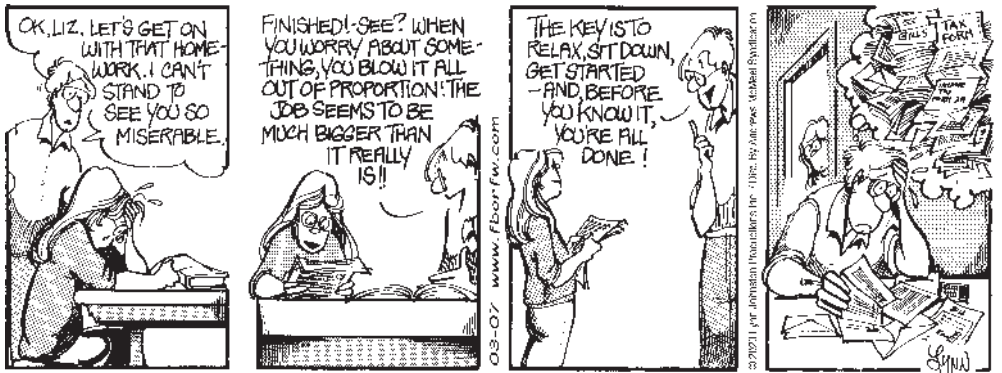
BIG NATE



THE BORN LOSER



FOR BETTER OR FOR WORSE



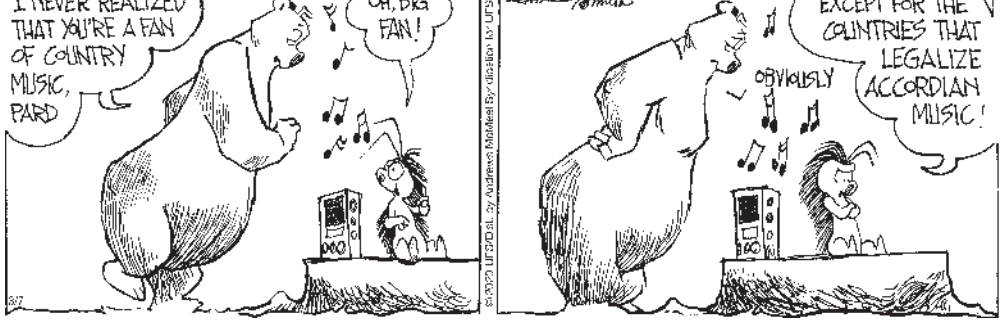
FRANK & ERNEST



GARFIELD



THE GRIZZWELLS



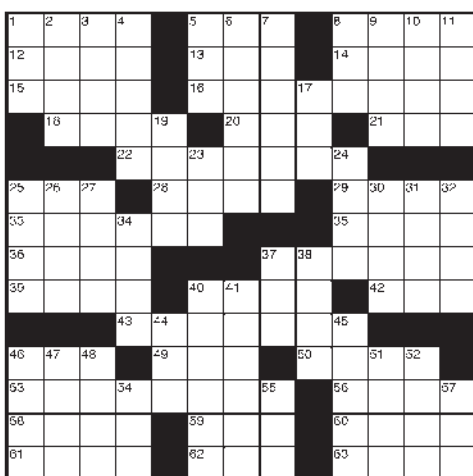
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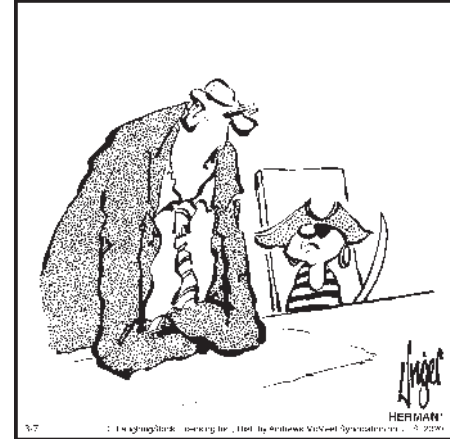
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DIFFICULTY RATING: ★★★★★

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HERMAN



"My daughter tells me you're hoping for a career in shipping."

Man's sudden death comes with a shocking revelation

DEAR ABBY: A short time ago, I experienced a terrible loss. I came home from work one evening and found "Martin," my boyfriend of almost 17 years, dead at the bottom of the stairs. I later found out he had been drinking.

I never saw Martin drinking before. He did it very rarely. He didn't go to bars, and he would never drink and drive. He did have a close friend who would visit him on occasion, and they would drink beer together.

Abby, I feel deceived and betrayed on top of the terrible grief I can't seem to overcome. Martin knew how I felt about drinking because I was previously married to an alcoholic for 19 years. How do I get past this? -- WOUNDED IN PENNSYLVANIA

DEAR WOUNDED: Please accept my deepest sympathy, not only for your loss, but for the manner in which you found your boyfriend. It had to have been an awful shock.

Are you absolutely certain his death was alcohol-related? Was there an autopsy? People have been known to suffer strokes or massive heart attacks that can take them suddenly, and if Martin was on the stairs, something like that could have caused his fall rather than the fact he had alcohol in his system.

possible, and if his cause of death is what you suspect, forgive him. Hanging onto anger and bitterness is not healthy for you.

DEAR ABBY: My husband and I have been married for 4 1/2 years. Most of them have not been good.

When we have disagreements, he calls me names and then gives me the silent treatment, sometimes for weeks at a time. We tried counseling. It was initially helpful, but he refuses to go anymore, saying "it didn't work." (We went to three one-hour sessions.)

I'm trapped financially because I can't afford our mortgage alone (he threatens me financially when we argue by not contributing his agreed-upon share into our household account). I don't have the means to move out while still paying my share of the mortgage. I have three dogs, so renting is practically impossible. I'm lost, and I don't know what to do. I cannot continue living in silence anymore. Help! -- MISERABLE IN FLORIDA

DEAR MISERABLE: A good marriage is like heaven; a bad one is like living with a truly unpleasant cellmate. Pick up the phone, start interviewing divorce attorneys and tell them everything you have told me. I think you will be pleasantly surprised that you do not HAVE to remain married. Consider selling the house. That way you may not wind up with nothing. If you are unable to find homes



ABIGAIL VAN BUREN

for your dogs, contact pet rescue groups in your area and explain the situation.

You did not mention whether you have family you might be able to stay with until you are financially stable, but whether they can accommodate you or not, let them know what you have been going through. All of life is a learning experience, and there is life after you close this unhappy chapter.

DEAR READERS: As a fan of longer, brighter days and warmer weather, I'm pleased to issue my annual reminder to those of you who live where daylight saving time is observed: Don't forget to turn your clocks forward one hour tonight at bedtime. Daylight saving time begins at 2 a.m. tomorrow. Spring is on the way! -- ABBY

Calendar

SLV calendar of events

ALAMOSA — The SLV STEAM Shop makerspace is open to the public most Wednesdays from 5-8 p.m. south of Richardson Hall and west of the theater building on the Adams State University campus in Alamosa. The SLV STEAM Shop provides access to 3D printers, machine knitting, small-scale casting, electronics fabrication, a laser cutter and much more.

VALLEY — Energy assistance is provided through La Puente's Outreach homeless prevention program. To qualify you must be directly responsible for an energy bill, your bill must be past due, and you must meet income qualifications. Call (719) 587-3781.

MONTE VISTA — Valley Fiber Art Guild (VFA) is a group for anyone interested in fiber arts: knitting, crocheting, weaving and spinning. We work on our individual projects, sometimes do projects together and learn from each other. We meet the fourth Saturday of every month, from 1-4:30 p.m. at 757 County Rd. 29, Monte Vista. Call or email Wanda Couzens-Smith for more information at (719) 719-852-5000 or wcouzens-smith@gmail.com

CAPULIN — Free tutoring is available in the Capulin Library from 11 a.m. to 4 p.m. every Friday for students first grade through twelfth grades in all subjects.

ALAMOSA — Cats Alive is in need of dry cat food to help volunteers feed cats throughout the San Luis Valley. Also goat milk is appreciated for the kittens. To donate cat food call Marge at (719) 298-7028 (willing to pick up donated food) or send monetary donations to help with the cat food to Cats Alive, P.O. Box 84 Alamosa, CO 81101 or online at catsaliveslv.com.

CONEJOS COUNTY — Conejos Library District is in need of volunteers in Antonito, La Jara and Capulin. The library is a great place to volunteer. Please contact Maria DeHerrera at (719) 274-5858.

MONTE VISTA — The Monte Vista Assembly of God Church, God's Closet, located at 881 N. Hwy 285, across from Mountain King is in need of clothing donations. Bring them to the white shed.

VALLEY — Cat food is needed to distribute to all the volunteers that are feeding the cats. Cat food donations may be left with Abie Roybal, 225 10th St., Alamosa, and monetary donations may be made to Donna K. Ditmore, manager for cat welfare for Alpha Humane, a nonprofit tax-exempt organization, and sent to 3095 County Road 108 South, Alamosa, CO 81101.

ALAMOSA — Habitat for Humanity is accepting applications for homeownership in Alamosa. Applicants contribute 500 hours of "sweat equity," time and labor. Construction is done with the help of hundreds of volunteers. When a house is completed, applicant families purchase the homes from Habitat for Humanity with a nonprofit mortgage. Call Habitat at (719) 589-8678 or go to www.slvhabitat.org

ALAMOSA — Grief support group meets the first Tuesday of every month at the Alamosa 1st United Methodist Church from 5:30-6:30 p.m. Call Liz Hood at (719) 580-3697.

ALAMOSA — VFW in Alamosa hosts BINGO every

■ See EVENTS page 14

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LOCAL NEWS... LOCAL VIEWS

Unique and inviting experiences at Tri-County Seniors

Tri-County Senior Citizens and Housing, Inc. is a unique and inviting experience. The Tri-County Senior Citizens is a Senior Citizens Center located in Monte Vista Colorado, with a housing facility. The Senior Center is like many other senior centers; we play cards, we play bingo, we have pool tournaments with other senior centers, we go on trips, hold exercise classes and we like to party.

As part of the name implies, "and Housing, Inc" we own and operate an affordable housing facility for Senior Citizens. This

facility is an independent living facility called Mountain View Manor. Mountain View Manor is composed of 32 apartments designed for the independent living of seniors. Apartments come with a stove and refrigerator, and an emergency pull cord in the bathroom and bedroom for residents if they need assistance. Residents provide their own furniture. This facility is not a nursing home or an assisted living facility and we do not clean the apartments, we do not cook, and we do not monitor medication. There is a

staff member who lives on site for emergency and security reasons. This is the place to come if the house has become too big to manage or if you can't keep up with the yard. Let us shovel the snow and be responsible for all repairs.

The senior center is also one of the meal sites for another agency, South Central Colorado Seniors. This organization rents the commercial kitchen from Tri-County Senior Citizens to prepare meals for the Area Agency on Ageing's Nutrition Program for the entire San Luis

Valley. We are often thought to be the same agency, we are not. We are two different agencies both trying our best to serve the senior population of the Valley. Under one roof we have the independent living apartments of Mountain View Manor, the on-going action of Tri-County Senior Citizens, and the South Central Colorado Seniors nutrition program.

We always have something going on at the senior center, and you don't have to be a resident of the Mountain View Manor to join in on the fun! All Activities are

open to the public. New events get added all the time, it could be a speaker coming to give a program, a short notice outing, or a fun day. We are always open to new ideas or suggestions. The best way to be informed is to be involved with us. Stop in and check us out. Play pool, have a game of bingo, come for lunch and stay for the day. Meet your friends or make new ones but remember, An Active Senior is a Healthy Senior.

Located at 311 Washington Street, Monte Vista, CO. (719)852-5778

Tri-County Senior Citizens

311 Washington • Monte Vista • 852-5778 - Monday - Friday • 8:30 am - 4:30 pm



Active Seniors are Healthy Seniors!!

Tri-County Seniors offers a variety of activities including:

- Monthly Newsletter
- Arts and Crafts Classes
- Tai Chi
- Weekly Bingo
- Strong Bones Exercise Class
- Billiards
- Seasonal Parties
- Monthly Birthday Party
- Dances
- Day & Overnight Trips
- Senior Fun Day
- Picnics

~ Upcoming Events ~

April 25 - Spring Luncheon
June 13 - Hamburger Cookout.
Other Events and Trips are in the planning stages. Don't miss out contact Tri-County Senior Center 311 Washington St. Monte Vista 852-5778

Weekly Activities

Monday - Tai Chi 10 - Adult Coloring 1:30
Tuesday and Wednesday - Strong Bones Exercise 10:00 Mexican Train 1:00 - Bingo 1:00
Thursday - Tai Chi 10:00 Cards-1:00
Friday - Strong Bones Exercise 10:00
Daily - Pool/Billiards
Monthly - Birthday Celebration - Ceramics



Calendar

Events

Continued from page 13

Tuesday at 7 p.m., with doors opening at 4:30 p.m. Packs are \$5.

ALAMOSA—Groups are held for women who have experienced domestic violence every second Tuesday from 5-6 p.m. at the Grizzly Training Center, Alamosa. There will be refreshments and childcare provided. Contact Jennifer McCoy-Hanna at Tu Casa, Inc. at (719)-589-2465.

VALLEY—Keep drivers safe in your community. Become an AARP Driver Safety Volunteer Instructor today. Do you have a passion for helping others and want to make your community safer? AARP needs dedicated volunteers as instructors to grow this leading educational program. Sign up today at www.aarp.org/driversafetyvolunteer

VALLEY—La Puente is in need of volunteers split wood to bring relief to local families. Volunteers with chainsaw skills are most needed, but anyone is invited. To volunteer, call Shanae at (719) 587-3499 or email volunteers@lapuente.net

ALAMOSA—Circle of Parents in Recovery provides a safe, supporting, confidential, nonjudgmental environment where parents can openly discuss the successes and challenges of parenting in recovery. The group meets every first and third Tuesday from 4-5:30 p.m. at Living Water Bible Fellowship 2019 Clark St., Alamosa. Contact Mary Lambert at (719) 587-6965 or mlambert@sylvbhg.org

ALAMOSA—Made up of community members who write in many different genres, the Sophia Circle meets weekly to provide support for writers and their writing projects in the downstairs conference room at the Colorado Welcome Center at Alamosa, Sixth and State, on Sundays from 1-3 p.m. Writers may drop in on any meeting. Bring copies of the work you want to share. Call Holly at (719) 588-7066.

ALAMOSA—“Planting Seeds for Kindergarten” is the Alamosa Public Library program that encourages all families and caregivers to read 1,000 books with their young children before they enter kindergarten. Participants will be rewarded for every 100 books they read. Register at the Alamosa Public Library today, 300 Hunt Ave., Alamosa.

CONEJOS COUNTY—The Conejos County Library is looking for volunteers to read aloud to young children. Volunteers can join in visiting homes around Conejos County and talking to parents and caregivers about the value of instilling a love for reading. Please contact Margie Wagoner at the Conejos County Library at (719) 274-5858.

ALAMOSA—Alamosa Toastmasters meets on Mondays at noon at The Bridge in Alamosa at 3407 Carroll St. Participants will find a supportive learn-by-doing environment that allows them to achieve their goals at their own pace. Call (719) 588-5127.

ALAMOSA—Can't make it to Storytime at the Alamosa Public Library? That's OK, check out the Storytime to Go Kits designed to bring Storytime into your home! Come into the Alamosa Public Library today, 300 Hunt Ave., Alamosa.

ALAMOSA—MOPS, (Mothers of Preschoolers), a gathering place for moms with young children (birth through kindergarten) that offers connections, community, resources and support to meet the needs of every mom meets every first and third Wednesday at Living Water Bible Fellowship Church, 2910 Clark St., Alamosa, from 9-11 a.m. See [facebook.com/mopsalamosa](https://www.facebook.com/mopsalamosa) or [mopsalamosa.com](https://www.mopsalamosa.com).

LA JARA—MOPS—La

Jara provides a reenergized program Thursday, with new crafts, discussions, snacks and learning at the United Church of La Jara, a safe place for the older kids to play and learn with a great staff to lead all activities. The great times begin at 10 a.m. on the second and fourth Thursdays. Call Debbie at (719) 580-6721.

MONTE VISTA—The San Luis Valley 4-H Robotics is looking for used laptop donations to help with expansion of their youth robotics program. Donated laptops should run Microsoft Windows XP or later or Mac OS 10.6 or later and have 1 GB of ram and at least a 1 GHz processor. Those interested in donating to support this program can call (719) 852-7381 or drop laptops off at the SLV Area Extension office at 1899 E. Hwy 160 in Monte Vista.

ALAMOSA—Alamosa Elks Lodge 1297 hosts BINGO at 7 p.m. Thursdays in the lodge room. Food is available.

MONTE VISTA—Tri County Seniors, 311 Washington St. in Monte Vista, are hosting line dance classes every Tuesday evening from 7-8:30 p.m. for only \$1 per class. New students are welcome. These are for all ages.

ALAMOSA—La Puente Home is requesting hygiene kits to assist the less fortunate of the San Luis Valley. Often, guests arrive at the homeless shelter without even the most basic of necessities. For this reason, La Puente provides kits full of hygiene products such as soap, shampoo, razors, shaving cream, toothbrush and paste, deodorant and a washcloth. At this time, La Puente is running very low on all hygiene supplies. Call (719) 589-5909 or stop by La Puente Home at 913 State Ave., Alamosa.

CENTER—Veterans are welcome to learn about the range of benefits they have earned at the Center Public Health building on the third Thursday of the month from 10 a.m. to 4 p.m. or call (719) 655-2680.

ANTONITO—The Antonito Senior Center is hosting Free Nutrition Classes as long as there is an interest. They are held Tuesday evenings from 5-6:30 p.m. at the Antonito Senior Center, 701 Main St., Antonito. Call Alicia Wagar at (719) 852-7382 or (719) 376-2294.

ALAMOSA—Want to learn how to reduce stress, manage chronic pain, manage chronic illness and improve quality of life? Join “Let Go Of The Stress” every Tuesday from 5:15-5:45 p.m. in the Grizzly Education Center Board Room at 1919 Main St. in Alamosa. There is no cost. Call (719) 589-8008.

VALLEY—The horses on Wild Horse Mesa are in need of hay. Spirit of the Wild Horse Foundation feeds as many horses as possible to keep them on top of the mesa, off the highway and away from the ranches. Call Spirit of the Wild Horse (719) 206-2749, message number (575) 586-0784, email at spirit.of.the.wild.horse@gmail.com or address mail to P.O. Box 100, Costilla, NM, 87524.

ALAMOSA—A Course in Miracles study group meets at 2 p.m. every Sunday at St. Thomas Episcopal Church Parish Hall, 607 Fourth St., Alamosa. This is not a religion but is a self-study program of relinquishing a thought system based on fear and accepting a thought system based on forgiveness. Contact darr.friend@gmail.com or (719) 486-6326.

ALAMOSA—The Alamosa Rotary Club meets every Monday at noon Juanitos in Alamosa. Contact Chris Quintana at chris.quintana@sylvfed.com

ALAMOSA—The Optimist Club of Alamosa meets at Nino's Restaurant in Alamosa the first and third Tuesdays at noon. Contact the club at alamosaoptimistclub@gmail.com or President Dawn Melgares at (719) 580-0178. Visitors and new members are

welcome.

MONTE VISTA—Alzheimer's support group meets the second Thursday from 11 a.m. to noon at the Monte Vista Chamber of Commerce & Information Center, 947 First Ave. Call the helpline at 1-800-272-3900 or (719) 372-5985.

ALAMOSA—American Legion Auxiliary Unit #113, Alamosa, holds its monthly meeting at 6 p.m. on the second Wednesday at the American Legion Building at 514 Fourth Street, Alamosa. Call Evelyn Espinola at 719-313-1466 or Alice Robinson at 589-0543.

ALAMOSA—Sit for 30 minutes every Thursday at 5:30 p.m. at St. Thomas Episcopal Church Parish Hall, 607 Fourth St., Alamosa, for a slightly guided meditation promoting in-

ner peace and awareness. Contact 719-486-6326.

ALAMOSA—Alamosa Public Library is carrying the online language-learning software by Mango Languages free of charge to patrons. Call Alamosa Public Library, 589-6592.

VALLEY—The Saguache County Veteran Service Office is pleased to announce that homeless veterans and other veterans in financial need can receive help thanks to a five-county grant administered by the Chaffee County Veteran Service Office. Contact Jim Sheeran at (719) 655-2680. Office hours are Wednesday and Thursday, 9 a.m. to 4 p.m. and Friday 9 a.m. to 3 p.m.

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with expansion of their youth robotics program. Donated laptops should run Microsoft Windows XP or later or Mac OS 10.6 or later and have 1 GB of ram and at least a 1 GHz processor. Those interested in donating to support this program can call (719) 852-7381 or drop laptops off at the SLV Area Extension office at 1899 E. Hwy 160 in Monte Vista.

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