



Valley teams claim 5 district titles over the weekend.

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Music 4 Kids, Children's Choir starts soon.

— Page 10

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Colorado Genuine
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LOCAL NEWS... LOCAL VIEWS MARCH 3, 2020 \$1

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SLV Today

Library offers free overdrive

ALAMOSA — OverDrive is a free service offered by the Alamosa Public Library that lets someone borrow digital content (like ebooks and audiobooks) anytime, anywhere with one's library card. For access, please visit the library's website at www.alamosalibrary.org or download Libby, the award-winning one-tap reading app from Rakuten OverDrive and get connected today.

Trustee office closing Tues.

ALAMOSA — The Alamosa County Treasurer and Public Trustee Office will be closed from 9 a.m. - 1 p.m. on Tuesday, March 3. The office apologizes for the inconvenience, but it will be having software training.

SdCSB meets March 10

SAGUACHE — The Sangre de Cristo School Board of Education will meet Tuesday, March 10 in the school library at 8751 Lane 7 North, Mosca with an executive session from 6-6:30 p.m. and an open session starting at 6:30 p.m. Copies of agendas are posted at the school site, website, the Hooper and Mosca Post Offices, and the Mosca Pit Stop. Meetings are open to the public.

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SLV WEATHER



Sunny
55/19
Wed.: Mostly Sunny 59/19
Thurs.: Sunny 59/21

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Counter Response:

RWR rebuts 'Valley Water districts clear the air' stance

SAN LUIS VALLEY — RGWCD Board, What is your plan?
The Valley Courier recently (Feb. 26) published an opinion piece, authored by the Rio Grande Water Conservation District, which selectively detailed poll questions conducted by Renewable Water Resources (RWR). The piece misleads readers.
There is an old saying that goes, "It is easy to be against something, it is far harder to be for something."
To give the reader background, over a year and half ago, the principals behind RWR brought forward a

■ See WATER page 3

Celebrate Dr. Seuss' birthday at the library



Join Alamosa Public Library as it celebrates Dr. Seuss' birthday at 1 p.m. on Friday in the library's Story Room. Enjoy a reading of one of Dr. Seuss' classic books, snack on green eggs and ham, decorate a perfectly "Seussical" cupcake, and compete for the most zany Seuss-inspired hats at the crafting table. Make a "One Fish, Two Fish" finger puppet and have one's picture taken with the famous Cat in the Hat. Come by the library at 300 Hunt Avenue in Alamosa any time during the week of the event to put one's guess in the "One Fish, Two Fish" guessing jar and one could win a prize on the day of the event. Try one's luck in the raffle where one could win one's own copy of one of Dr. Seuss' classics. All ages and stages are welcome to join in on this silly celebration of a beloved children's author and a beloved children's pastime — reading!



Courtesy photo

La Puente thanks community with reception

By NICOLE RODRIGUEZ
Special to the Courier
ALAMOSA — La Puente serves 10,000 people annually, but this wouldn't be possible without people who believe in the power of their mission.
The community has stepped up in a big way to

■ See MISSION page 3



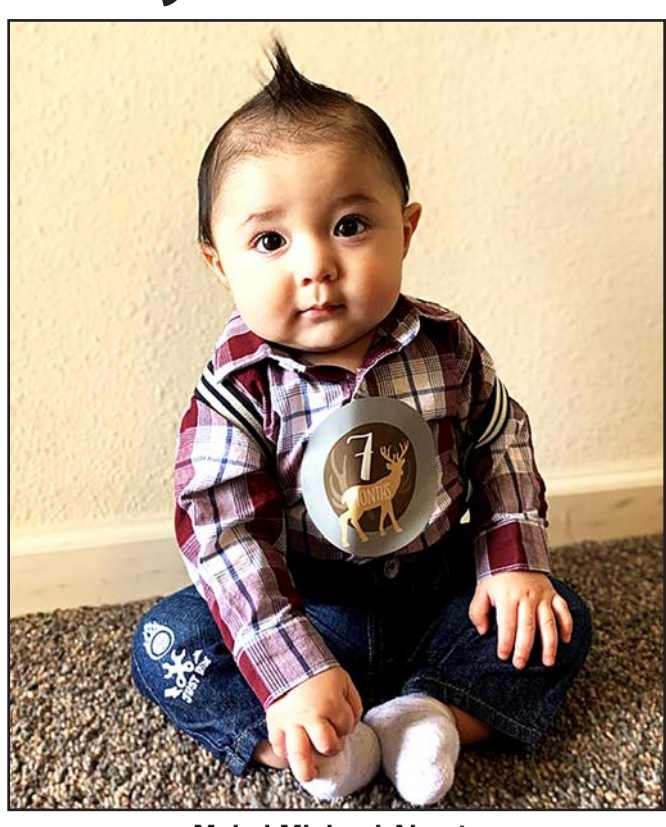
Courtesy photo

A scenic view of Saguache County, which is a focal point for Renewable Water Resources' project.

ALAMOSA — Topping a field of 108 entries, Makai Michael Abeyta of Alamosa, is the winner of the February "Cutest Baby Contest" sponsored by San Luis Valley Health and the Valley Courier. He will receive the monthly prize of \$25.

First monthly baby winner told

A total of 2,118 votes were cast in the approximately three-week run of the online contest.
Not surprising is that 78% of the votes were cast by female voters.
Most of the votes (1,885) were cast by Colorado residents, but the balance of votes came from across the country.
Makai, whose first birthday will be June 24th, is the son of Michael and Brittney Abeyta of Alamosa and shares their home with his sisters Mikayla and Myla Abeyta.
Grandparents are Mike Perea and Beverly Cordova of Alamosa and Ernest and Helen Abeyta of Manassa.



Makai Michael Abeyta

Makai's mom said he is crawling and standing up on his own and almost walking.
"He loves to eat every-

thing," Brittney said. "There's nothing he has not liked yet."

The March "Cutest Baby Contest" will start later this week.

Coronavirus — what one needs to know

ALAMOSA — As concerns regarding the novel Coronavirus continue to rise, many are taking action to equip themselves with what they feel may protect them.



Face-masks are flying off the shelves in stores and are rapidly being put on back-order from suppliers like Amazon. While this may offer many peace of mind, the widespread use of masks does not offer much more than that and may only create additional problems in addressing supply-and-demand issues of the masks.

those around one who may be coughing/sneezing frequently

N95 masks are required for healthcare workers that are caring for patients with Coronavirus, but require special testing to assure the right fit and effectiveness of the mask.

► Avoid touching your eyes, nose and mouth — hands are known to harbor infectious microorganisms and when transferred to the face a portal of entry into the body is offered

General use of masks by people who are well will not likely prevent becoming infected with a respiratory illness, but the use of masks by those who are ill may prevent them from spreading their illness to others.

► Stay home when sick— to prevent spreading the illness to others

While the Centers for Disease Control and the World Health Organization do not recommend that the general public use face-masks, they do offer other suggestions to prevent the spread of Coronavirus.

► Practice respiratory etiquette—cover a cough or sneeze with a tissue and then throw the tissue into the trash. If tissue is not available, cough/sneeze into the elbow crease

► Avoid close contact with those who are sick — try to keep a distance of at least three to six feet between oneself and

► Clean and disinfect high touch surfaces on a regular basis — many general household cleaning supplies are effective against coronavirus and other disease causing organisms

► Wash hands frequently with soap and water — wash for at least 20 seconds, especially after using the bathroom, before eating, and after coughing, sneezing, or

■ See WASH page 3

40,000 Unique Visitors Per Month
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Record

Voting instructions for presidential primary

STATE-WIDE — A reminder to all Colorado residents, the Presidential Primary is today. One can register online at govotecolorado.com, or text "CO" to "2VOTE," or in person at your country clerk's office on election day.

If someone has moved since the last election, one will also have needed to update his or her address by Feb. 14 to receive a mail in ballot.

As long as someone has lived in Colorado for 22 days, one can register on the day of the election at the county clerk's office in one's district and vote on the same day, be sure to bring valid ID.

All forms of valid ID are listed and answers to other questions can be found on govotecolorado.com.



Sylvia Bernstein, Colorado Coalition Coordinator for the Yes on National Popular Vote

'Winner Takes All' viewing at ASU

ALAMOSA — The San Luis Valley League of Women Voters will co-sponsor the following event along with the ASU Women in Higher Education at 7 p.m. on Thursday, March 12 at Adams State University, McDaniel Hall, room 101.

Come join us in viewing "Winner Takes All." This film explains how the electoral college came to be, its impact on U.S. legislative policy and current efforts to make presidential elections better represent the will of the people.

The film will be followed by a presentation by Sylvia Bernstein, Colorado Coalition Coordinator for the Yes on National Popular Vote campaign, on the impact of the National Popular Vote legislation on Colorado.

For further information, call Jan Oen, 719-480-4771.

Can you BOLA Wrap?

RIOGRANDE COUNTY — The Rio Grande County Sheriff's Office has invited law enforcement agencies from around the Valley to come and participate in a demonstration of the BOLA Wrap technology at 10 a.m. on Thursday at the sheriff's office.

The Sheriff's Office is always looking to expand its knowledge and equipment to keep people that it comes in contact with safer. The sheriff's office is having this training brought to the San Luis Valley.

The training and demonstration will be on the BOLA Wrap technology. This device is a hand-held remote restraint device that discharges an 8-foot bola style Kevlar® tether at 513 feet per second to entangle a subject at a range of 10-25 feet.

With this tool on an officer's duty belt, it is a safer way to detain parties, who are fleeing from law enforcement or dealing with a mental health crisis. This keeps officers and deputies safe along with people dealing with situations of a mental health crisis.

ONGOING VALLEY MEETINGS

ALAMOSA—The San Luis Valley Military Family Support Group meets the fourth Tuesday at from 5-6:30 p.m. in Alamosa. For more info call Vicki Jones at 852-3123.

ALAMOSA — Sierra Blanca Chapter #43, Order of The Eastern Star, meets on the first and third Mondays, at 7:30 p.m. at the Alamosa Masonic Hall, 512 San Juan Ave. Call Sharon at 589-4320.

ALAMOSA—La Leche League of the San Luis Valley holds its monthly meetings on the fourth Saturday at 11 a.m. at Hospice del Valle, 524 Main St. in Alamosa. Pregnant and nursing women are welcome to attend with their children and babies. Please call 587-3657.

ALAMOSA —The Alamosa Kiwanis Club meets on the second, third and fourth Thursdays at noon at IHOP. Contact: Amanda Wilkinson, 719-589-2564 or email amanda@alamosastatebank.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.

ALAMOSA —The Alamosa Rotary Club meets every Monday at noon at Juanitos in Alamosa. Contact Dean Swift, 589-3499 or dean@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 slv-photostephen@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 & Lamp-lighting 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 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.

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 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 wcouzens-smith@gmail.com

ALAMOSA—Alamosa Masonic Lodge meetings are every first and third Thursdays at 7 p.m. (except June, July and August) at the Alamosa Masonic Lodge, Main and San Juan.

ALAMOSA — A Caregivers Support Group meets at First United Methodist Church, 2005 Mullins, Alamosa, on the first Monday of every month. For more information, call Liz Hood, 580-3697.

tion, call 589-2243.

ALAMOSA — Alamosa Toastmasters meets on Mondays at noon at The Bridge in Alamosa at 3407 Carroll Street. 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—The GFWC Woman's Citizenship Club of Alamosa meets on the second Friday at noon from September through May at First United Methodist Church, NW door, 2005 Mullins Ave. For more information, please email: womancitizenshipclub@gmail.com.

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, 6th 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.

CENTER — The Center Kiwanis meets every Monday at 6:30 p.m. in the Kiwanis Hall in Center. Contact Dick Ramstetter at 719-580-3329.

ALAMOSA — Silver Linings, an open and free positivity group, meets Wednesdays at 5:30 p.m. at Nestle Toll House Café in downtown Alamosa.

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. 719-589-2465.

ALAMOSA—Grief support group meets the first Tuesday of every month at 300 Hunt at the Alamosa Public Library from 5:30-6:30 p.m. For more information, call Liz Hood, 580-3697.

AA MEETINGS

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)

PENDING OBITUARY

Abelardo 'Abe' Heredia, 74

MONTE VISTA—Monte Vista resident Abelardo 'Abe' Heredia, 74, passed away March 2. Arrangements are pending and will be announced through Romero Funeral Home of Monte Vista.

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.

San Luis Valley Crimestoppers

If you have information about an unreported or unsolved crime in the San Luis Valley, Crimestoppers pays for information that leads to the arrest of criminal offenders. Citizens may report crimes anonymously and remain eligible for rewards.

Call San Luis Valley Crimestoppers at 589-4111.

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SAVE on FUEL Shop Locally

School Menu - Tuesday Feb. 18, 2020

BREAKFAST
Cereal
Juice & Fruit

ELEMENTARY
Domino's Pizza
Green Beans
Vegetable Bar

SECONDARY
Chicken Fajitas
Spanish Rice
Corn
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 see the School Menu call 589-2553

Valley News

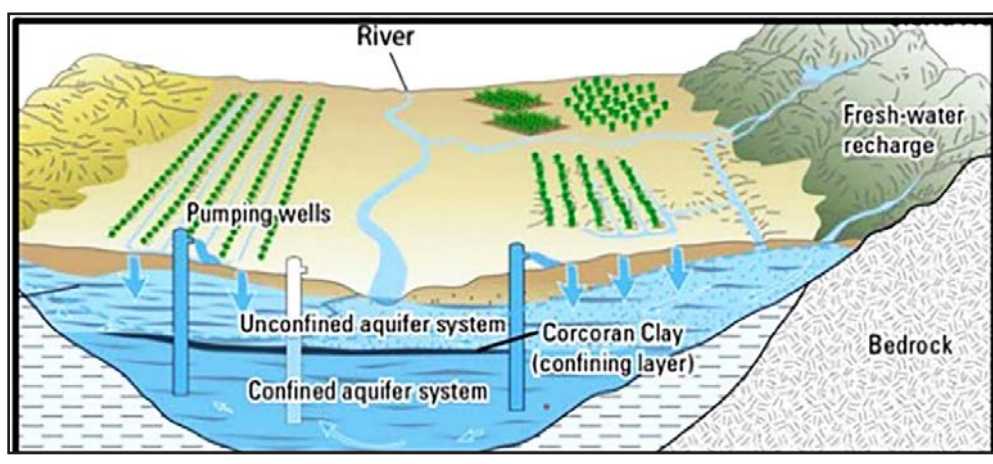
Water

Continued from Page 1

proposal to the unelected RGWCD Board of Directors to direct 2.5% of the water in the confined aquifer (not to be confused with the unconfined aquifer that supplies the Valley with most of its water needs, including agriculture) to supply water-needy citizens of Colorado with a new water source. In exchange, the San Luis Valley would receive over \$120 million dollars to help farmers, ranchers, schools, and provide for essential services, such as law enforcement, conservation efforts, fire protection, heating assistance, senior programs, and many other needs facing the community. RWR's proposal was immediately shot down by the unelected RGWCD Board. "Since that time, we have asked the unelected Board the following question, 'What are you for?'" said Sean Tonner, San Luis Valley rancher, farmer and RWR partner. "This question has been met with silence other than falling back on the status quo which means higher taxes, more regulation, and more bureaucracy for our Valley's struggling farms and ranches (which account for over 95% of the economic activity in the San Luis Valley).

"We are again suggesting, rather than spending thousands of taxpayer dollars attacking RWR's proposal, that the RGWCD Board spend a portion of that money to develop a plan that will benefit all of the people of the San Luis Valley, while addressing the area's water challenges."

Here are just some of the findings from



RWR's recent survey, which show Valley residents are open to welcoming new ideas to make the community stronger:

Fact: To reach the desired amount of 22,000 acre-feet, RWR is purchasing water rights from voluntary sellers at three times its market value. Valley residents value their individual property and water rights, and the ability to do with them as one might please. The rhetoric used by the unelected RGWCD in discussing the RWR project is becoming ever-increasing vitriolic, not to RWR, but to potential voluntary sellers. Individual property rights, to most in the Valley, is as sacred as freedom of speech and the right to bear arms. The heavy-handed tactics and intimidation of the unelected RGWCD Board is disturbing.

Fact: Citizens look forward to jobs and an uptick in the local economy as a result of RWR's project moving forward. Citizens responded favorably to the more than \$50 million community fund — run by the community — that would be created to address critical issues, which

could include public education, economic diversity, senior assistance programs, conservation efforts, law enforcement, mental health services and more.

Fact: Citizens are aware that if Sub-District #1 (the Rio Grande Water Basin is divided into six sub-districts) continues to be drastically behind in meeting its court-ordered sustainability marks, the State of Colorado has the authority to shut down wells without compensating ranchers and farmers, which would devastate the San Luis Valley.

"Our project offers water rights' owners an alternative," Tonner said. "When surveyed, citizens agreed that RWR's approach in paying voluntary water sellers three times the going market rate for water, compared to zero dollars, is a better economic option for the Valley.

Fact: In its guest piece in this newspaper, the unelected RGWCD Board misled readers in glossing over the threat of water curtailment. No one needs to read further than this December 2018 warning letter from Colorado State Engineer

Kevin Rein. Take another instance, during a July 16, 2019 public meeting with the State Engineer, Board members stated they didn't think they would hit the court ordered deadline. To quote one RGWCD Board member from the Jan. 21, 2019 meeting, "It's nut-cutting time in Sub District #1."

Fact: Citizens responded in favor of the prospect of establishing over 3,000 acres of new elk habitat, an idea brought forward in one of the more than 100 meetings RWR has held across the San Luis Valley.

Fact: The overwhelming majority of citizens in Saguache County do not believe the county is adequately funded and equipped to manage essential services such as police, mental health and the provision of K-12 education.

"We believe in communication that goes both ways," Tonner said. "One-way communication from the unelected RGWCD Board to the community that falsely depicts our project — or looks in disdain to property owners exploring their constitutional rights — or frowns upon longtime local residents, business owners and local leaders who are looking for options to improve our community, does more harm than good.

"That's why we will stay committed to making ourselves available to the community, local business owners, farmers, ranchers, policymakers, and anyone else who is interested in learning more about our project or to come up with a better proposal as we have challenged the unelected RGWCD Board to do for over a year and half."

Report courtesy of Tonner.

Mission

Continued from Page 1

help La Puente continue to provide a safety net of services.

Both Valley-Wide Health Systems and SLV Health have cooked numerous meals for La Puente's community meal.

The San Luis Valley hosted over 50 food drives. La Puente supporters raised \$17,690 on Colorado Gives Day this year.

This Christmas Dell's Insurance donated gifts to La Puente's Adelante Family Resource Center for 44 families and 116 children.

These are just some of the ways that the community has supported La Puente and its family of programs.

La Puente's Legacy Fund sponsored a community thank you reception on Feb. 13 at Milagros Coffee house.

The event was open to all community members and its purpose was to shower

the community with love and gratitude. The evening was Valentine's Day-themed and had live music, mocktails, hors d'oeuvres and homemade brownies.

There were 35 attendees who had the opportunity to enjoy this small, intimate thank you reception.

Attendees also had the opportunity to learn about La Puente's Legacy Fund and how they could contribute to La Puente's future.

La Puente's Legacy Fund is an endow-

ment, managed separately from other donations, which is invested and the future earnings will help meet the needs of the community far into the future. La Puente believes its Legacy Fund is the community's heart beating for a future where basic human needs are met.

If anyone would like to learn more about La Puente's Legacy Fund and ways to contribute, contact La Puente's Development Director Amanda Person at 719-589-5909

Dietary changes benefit health

According to the Academy of Nutrition and Dietetics, March is National Nutrition Month.

Practicing good nutritional habits doesn't have to be overwhelming. Setting small goals and making

ing dietary changes can benefit your health, and every little bit (or bite!) of nutrition is a step in the right direction.

Adequate nutrition is critical to health, physical ability and quality of life. The Older Americans Act (OAA) Nutrition Programs, within the Administration for Community Living, provides funding to help support nutrition services for older adults throughout the country.

The OAA Nutrition Programs include the Congregate Nutrition Program and the Home Delivered Nutrition Program. The purposes of these programs are to 1) reduce hunger and food insecurity, 2) promote socialization, 3) promote health and well-being, and 4) delay adverse health conditions, which develops a system of services to keep those older adults living at home as long as possible.

The intent is to make community-based nutrition services available

to older adults who may be at risk of losing their independence and their ability to remain in the community.

In general, under the OAA, a person must be 60 years of age or older to be eligible for the nutrition programs.

While there is no income/means test, services are targeted to older individuals who have the greatest economic or social need.

The Alamosa Senior Center is a congregate meal site for just such a program. The Congregate Nutrition Program, established in 1972, serves healthy meals while also presenting opportunities for social engagement, health and wellness activities and meaningful volunteer roles, all of which contribute to health and well-being.

For more information on the congregate meal program, please call us at 719-589-3277 or South Central Colorado Seniors at 719-589-4511.

Space is rapidly filling for our October Hawaii trip, so give us a call if you are interested in signing up. The Alamosa Senior Citizens, along with Falcon Tours, are planning a fantastic nine-day trip to Hawaii Oct. 27 through Nov. 4. We'll journey to the islands of Maui, Kauai and Oahu.

Dave Hagan, owner of Falcon Tours, will be at the Alamosa Senior Center to conduct an informative presentation on Thursday, March 12th at 11 a.m.

He will also be taking

deposits for those who wish to reserve a spot for this fun and exciting trip.

Line dancing for seniors takes place each Tuesday at 10 a.m.

Karen Stills is available at 9:30 to teach beginners the steps. Come and enjoy the health benefits of line dancing.

Chair Yoga will resume on Monday, March 2nd. No ear acupuncture until Tuesday, March 10th.

Starting Friday, March 6th at 10:45 a.m., Vivian Ballance will be conducting a non-denominational Ladies Bible Study titled, "She is Clothed with Strength and Dignity" based on Proverbs 31:25. Please let us know if you are interested in attending. There is no lesson book, just bring your Bible and a notebook.

The following weekly activities are for all seniors whether you are a member or not. Please stop by and join us. All classes are free unless otherwise noted. If you have suggestions for a new class or group, please let us know and be sure to call with any questions or concerns.

- ▶ Billiards play.
- ▶ Coffee social hour at 8:30 a.m.
- ▶ Puzzle construction.
- ▶ M, W, F Strong Bones at 9:30 am
- ▶ Dime Bingo, Monday - Thursdays from 1 p.m.-3 p.m. Free to members. \$2 fee for non-members.
- ▶ Line Dancing for seniors with Karen each Tuesday from 10 -11:30 am
- ▶ Chair Yoga will resume Monday, March 2nd.

▶ Bridge play takes place on the 1st and 3rd Tuesday of the month at 1 p.m.

▶ Tai Chi with Lyn Johnson Wednesday mornings at 8:30 a.m.

▶ Free 5 point ear acupuncture conducted by Rick Wertz each Tuesday at 9:30 am for veterans and seniors 50 and over. No acupuncture the 25th of Feb and the 3rd of March.

▶ Sewing Group, including Knitting, Crocheting, Quilting, meets each Wednesday at 10:30 am and the Mah Jongg group at 1p.m.

▶ Art class with Rosi Myers meets on Fridays at 9:30 am.

▶ Dominoes - Fridays at 12:30 pm.

Daily transportation is available for seniors 60 and over within Alamosa City limits between 9 am-1 p.m. Please call ahead at least 24 hours in advance to schedule a ride for Dr. visits, grocery shopping, dining and participating in events at the center, etc.

If you are not yet a member, please consider joining us. Seniors age 50 and over are eligible for membership. Regular annual membership is \$30 per person or for an ambassador membership \$100 per person. Members receive a monthly newsletter with a calendar of events, timely information, challenging activities and lunch menu. We are located at 92 Colorado Ave. in Alamosa, adjacent to Cole Park. Hours of operation are: M-Th 8 a.m.-3 p.m. and Fridays 8 a.m.-2 p.m. 719-589-3277.



Lynette Cotton

Reading Together Time

Not only is the newspaper informative for you, it's a great learning tool for kids. Here are some simple tips you can use to help improve your child's reading skills at any age:

- ▶ Read the newspaper to your child regularly.
- ▶ Explain what you're reading and encourage a discussion.
- ▶ Read the newspaper together as a family.
- ▶ Let children choose what they want to read.
- ▶ Encourage your children to read the newspaper on their own.

Give your family the knowledge they need. Subscribe to:

Valley Courier 2205 State Ave. • Alamosa 719.589.2553

Wash

Continued from Page 1

nose blowing. If soap and water is not available hand sanitizer may be used, but if visible soiling is present always use soap and water.

The CDC estimates that so far this season there have been at least 32 million flu illnesses, 310,000 hospitalizations, and 18,000 deaths from the flu while the Coronavirus has had 83,869 total confirmed cases and 2,871 deaths.

Report courtesy of Jessica A. Garcia (Watt), RN, BSN, Infection Prevention Practitioner, San Luis Valley Health, 106 Blanca Ave., Alamosa, CO 81101, phone 719-587-1379, Fax 719-587-6294, jessica.garcia@slvrhc.org.

SKI-HI 6 SHOWTIMES

719-589-4471

Tues - Thurs: 5:15, 8:10

THE INVISIBLE MAN

What you can't see can hurt you R

Tues - Thurs: 5:30, 8:10

THE CALL OF THE WILD

Based on the Legendary novel PG

Tues - Thurs: 5:35, 8:05

SONIC THE HEDGEHOG

Gotta Go Fast! PG

Tues - Thurs: 5:25, 8:15

FANTASY ISLAND

This Island is A Scream PG-13

Tues - Thurs: 5:30, 8:15

BIRDS OF PREY

Mind over mayhem - Margot Robbie R

Tues - Thurs: 5:30, 8:15

1917

Time is the enemy R

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Monte Vista Kiwanis Club Crane Festival pancake breakfast



Enjoy pancakes, sausage, scrambled eggs and beverages at the annual Monte Vista Kiwanis Club Crane Festival pancake breakfast from 6 a.m.-10 a.m. on Saturday at the Ski-Hi Complex. The cost is \$7 for adults and \$4 for children. Proceeds will help fund community service projects. Some of the projects the club is involved in are Chrome Books for the Delta Center; dictionaries for third graders, "Wreaths Across America," "After Prom Parties," treats to senior facilities, flags on holidays, floats in parades, coat collection, donation to the Monte Vista Police Department K-9 Unit and a donation to the new Ski-Hi Complex Building.

Courtesy photo

Lifestyle



Courtesy photo

Volunteer assists kids in an interactive learning activity.

History Colorado hiring AmeriCorps volunteers

By MEGAN COLWELL

Staff Writer

ALAMOSA — History Colorado is seeking applicants for the K2H Civic Futures AmeriCorps program.

K2H Civic Futures supports learning and engagement programs in K-12 or community-based sites.

This partnership with History Colorado — and its museums across the state — will help expand educational opportunities for Colorado students.

Opportunities are available at all History Colorado properties, supporting K-12 learning.

Available positions in 2020 include full-time AmeriCorps members serving 1700 hours over 12 months, part-time members serving 900 hours and shorter-term direct service positions serving 300 hours.

All positions offer an educational grant upon successful completion of the program ranging from \$1,300 to \$6,000 that can be used to pay tuition/fees at an accredited higher education institution or to pay back qualified loans. Some positions include an additional living stipend.

Sites with AmeriCorps opportunities include:

- ▶ History Colorado Center in Denver
- ▶ The Center for Colorado Women's History at the Byers-Evans House in Denver
- ▶ El Pueblo History Museum in Pueblo
- ▶ Fort Vasquez Museum in Platteville
- ▶ Fort Garland Museum and Cultural Center in Fort Garland
- ▶ Trinidad History Museum in Trinidad
- ▶ Ute Indian Museum in Montrose
- ▶ Healy House Museum and Dexter Cabin in Leadville

This partnership just continues History Colorado's commitment to expanding learning opportunities.

They already have two educational programs operating under their umbrella: Hands-On History and Bridging Borders Teen Fellowship. Both are meant to address weaknesses in Colorado's educational system.

Hands-On History works to fill the gap in education over half of Colorado's school districts experience.

These districts have a four-day school week and this gap is problematic for a variety of reasons.

Many students struggle with such a large disruption in curriculum and many working parents are left paying for childcare on this "free" day. Hands-

On History provides participatory history- and culture-based programming for students when school is not in session.

Here are some of the lessons being offered this spring:

- ▶ Survivor 2.0
- ▶ Clay Creations
- ▶ Construction Kids
- ▶ Modern Homesteading
- ▶ Historic Expressions

The Friday sessions are \$30 (\$1560) for all-day care. This rate is dramatically lower than what an average Colorado parent pays for childcare.

Michael Roberts, a Westword journalist, says "According to EPI, the average annual cost of infant care in Colorado is \$15,325, or \$1,277 per month — the eighth-highest in the U.S. among the 50 states and Washington, D.C., where the Institute is based. In contrast, the annual cost for in-state tuition at a four-year public college in the state is \$9,540, and the average annual cost of housing in Colorado, \$13,829."

Thus, Hands-On History certainly solves the four-day school week problem for working parents.

The Bridging Borders Teen Fellowship is an eight- to 10-week interactive project for local adolescent girls, which works to empower them to reconnect to the stories, knowledge, and practices of their collective ancestors.

The curriculum and values of Bridging Borders is grounded in the visionary work of Chicana feminist philosopher Gloria Anzaldúa.

Her book *Borderlands/La Frontera: The New Mestiza*, speaks specifically to the geography of the American West, where this program originated. It is a direct reference to the identity and history of the mestiza — women whose ancestry is both Indigenous and European, colonizer and colonized. Anzaldúa's description of a borderland is also beautifully applicable to the process and years of adolescence.

Why is this program only for girls? Their website anticipates the question, ready with an answer: "Equity. Equity. Equity."

We live within systems that intrinsically build and support male leaders and male-centered leadership models. For that reason, we have intentionally carved out specific space to be utilized in fostering female leaders and female-centered leadership models."

These programs exhibit History Colorado's multi-faceted approach to

expanding educational opportunities.

It also demonstrates the many ways AmeriCorps members can both get involved in this expansion and acquire skills for career building.

Alejandra Cortes was an AmeriCorps member at the Trinidad History Museum in 2019.

There, she helped lead the eight-week Hands-On History summer camp.

"I learned a totally new way of reaching kids through my AmeriCorps service.

It served me well as I entered my career with an expanded toolbox of resources," she said.

After her AmeriCorps membership ended, Cortes went on to become the education coordinator at Fort Garland

Museum and Cultural Center.

To qualify for the program applicants must be at least 18 years old, be a U.S. citizen/permanent resident, pass a federal background check and attend required training and events.

Applications are open now and applicants will be interviewed on a first come, first serve basis.

More information can be found at bit.ly/K2HAPPLY or by contacting Emily Dobish, director of volunteer engagement for History Colorado at emily.dobish@state.co.us.

History Colorado's Director of Community Relations, Zach Werkowitch and History Colorado's website, www.historycolorado.org, contributed to this article.





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Call or stop in today!

After-school, family-friendly recreation

SANLUIS VALLEY — In 2018, the Early Childhood Council of the San Luis Valley, as an expansion of the Human Services Resource Directory, created a San Luis Valley Community Service Resource Guide.

As suspected, the guide lists many resources related to Early Childhood Development.

These include resources pertinent to both the actual child and the adult(s) caring for it. There are resources relevant to all stages of family-building, from local food pantries and women's shelters, to pursuing higher education and career building.

The section of interest here is that of "Family Activities." The ECCSLV understands the value of familial bonding — especially as the family navigates new systems and people. The child's mental stability relies on a strong family structure.

Additionally, the ECCSLV has prioritized the child's physical health, as well. Popular, sedentary recreational activities — such as video-gaming, scrolling through social media, etc. — have profound and long-lasting effects on the child's physical health.

Thus, the ECCSLV has included a list of facilities in which healthy, productive activities and bonding can take place.

These include the:

- ▶ Alamosa Family Recreation Center
Alamosa, 719-589-2105
Monday-Thursday 6 a.m.-9 p.m.
Friday 6 a.m.-6 p.m.
Saturday 7 a.m.-3:00 p.m.
Sunday closed
- ▶ Blanca and Fort Garland Community Center
Blanca, 719-379-3450
Monday-Thursday, 9 a.m.-9 p.m.
Friday-Saturday, 11 a.m.-2 p.m.
Sunday, 3 p.m.-9 p.m.
Pool hours: Monday-Thursday, 12:30-3 p.m., 3:30-5 p.m., 6-8:30 p.m.
Friday-Saturday, 11:30-1:30 p.m.
Sunday, 3:30-6 p.m., 7-8:30 p.m.
- ▶ Boys and Girls Club of San Luis Valley
Alamosa, 719-589-5252
Monday-Friday, 3 p.m.-7 p.m.
The club has summer hours; call the Club for more information
- ▶ Immigrant Resource Center After School Program
Alamosa, 719-587-3225
5-6 p.m.
- ▶ High Valley Community Center Rio Grande, 719-657-2172
Monday-Friday, 10 a.m.-7 p.m. (hours vary)

Report courtesy of eccslv.org.

Colorado Nonprofit Week

Planting Seeds of Community

MARCH 2020

In our community, the key to success is togetherness. As a team, we have to unite to promote the San Luis Valley and all that we have to offer. Valley Courier and Valley Publishing are proud to present a publication in which we will be doing just that!

In honor of Nonprofits in the San Luis Valley, we'll be publishing a special edition on March 18th. This publication will be created and distributed through the Valley Courier, Monte Vista Journal, Del Norte Prospector, South Fork Times, Mineral County Miner, Center Post Dispatch, Conejos County Citizen, and the Valley Community Fund along with its member organizations.

Special advertising rates have been developed for this once-a-year event, and include other incredible benefits. We will match your purchased advertising space and provide an equal amount of space for your organization to submit an article, photo, or combination of both. Or you can simply double the size of your ad!

This tabloid section which will be delivered to more than 9,000 Valley homes will also be overprinted for each organization to have copies to use to promote their own interests.

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For More
Information, Contact
the Valley Courier
at 589-2553 or
Valley Publishing at
852-3531.

Deadline Tues., Mar. 10th

Colorado Nonprofit Week

Living



Photos courtesy of U.S. Fish and Wildlife Service



Firewood removal at Monte Vista National Wildlife Refuge

MONTE VISTA — The U.S. Fish and Wildlife Service will be allowing firewood collection through a permit process, in specific locations this spring on the Monte Vista National Wildlife Refuge to remove dead and hazardous trees. The process to potentially obtain a permit is as follows:

SIGN-UP, SELECTION PROCESS

► Email helina_alvarez@fws.gov or call 719-589-4021 ext. 1011 and request to add one's name and contact information to the sign-up list by March 20

► A lottery of permittees will be conducted. Permittees will be notified by March 23

► Those selected for a permit will be given rules, regulations and a map for firewood collection

► Attend required in-person meeting at Monte Vista National Wildlife Refuge on April 2.

► Fill out permit and submit to Monte Vista National Wildlife Refuge by April 3.

► Collect firewood from designated area from April 3-May 31.

For up-to-date information, hit "like" on the San Luis Valley National Wildlife Refuge Complex Facebook page at <http://www.facebook.com/SanLuisValleyRefugeComplex> or contact Alamosa and Monte Vista Refuge Assistant Refuge Manager Helina Alvarez at helina_alvarez@fws.gov or 719-589-4021x 1011.

The mission of the U.S. Fish and Wildlife Service is working with others to conserve, protect, and enhance fish, wildlife, plants,

and their habitats for the continuing benefit of the American people. We are both a leader and trusted partner in fish and wildlife conservation, known for our scientific excellence, stewardship of lands and natural resources, dedicated professionals, and commitment to public service.

For more information on our work and the people who make it happen, visit <http://www.fws.gov/mountain-prairie/>. Connect with our Facebook page at <http://www.facebook.com/USFWSMountainPrairie>, follow our tweets at <http://twitter.com/USFWSMtnPrairie>, watch our YouTube Channel at <http://www.youtube.com/usfws> and download photos from our Flickr page at <http://www.flickr.com/photos/usfwsmt-nprairie/>.



Photo courtesy of USFS news release

Rio Grande National Forest signs decision on timber management project.

Williamson signs decision notice for timber project

DEL NORTE — Divide District Ranger Martha Williamson signed the decision notice approving the Little Beaver Timber Management Project on Wednesday.

The project is located in Rio Grande County about 9 miles south of South Fork, along the Demijohn road network.

The proposed action, as clarified, will harvest about 778 acres of Engelmann spruce, Douglas-fir and subalpine fir trees.

Most of the area will be harvested as a final shelterwood cut, which is the

last harvest in a sequence of scheduled operations that began in the 1960s and 1970s. Approximately 29 acres of the harvest will salvage beetle-killed spruce trees. The project is expected to yield approximately 2.5 million board feet of saw timber.

"Most of the timber management projects on the District over the past several years have focused on recovering the economic value of beetle-killed trees," said Williamson. "This project represents a transition back to management that

focuses on maintaining the health and productivity of 'green' forests in our suitable timber base."

Other activities associated with the project include road maintenance, pile burning, and temporarily opening gated roads for public firewood gathering after harvest.

For more information concerning the Little Beaver Timber Management Project, visit the project webpage at <https://www.fs.usda.gov/project/?project=55248>, or call the Divide Ranger District office at 719-657-3321.

9 Reasons to Shop Local

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

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Sports

Three Grizzley grapplers bound for nationals

By AARON KINNISCHTZE
ASU Sports Information Director

KEARNEY, Neb. – The Adams State Grizzlies Wrestling team battled against top competition this weekend at the NCAA Division II Super Region VI Tournament in Kearney, Nebraska, and will send three grapplers to the national tournament in Sioux Falls, South Dakota two weeks from now. Isaiah De La Cerda (125), Jonathan Andreatta (133), and Noah Hermosillo (141) will proudly represent the Grizzlies at nationals after all three ended their weekend on the podium with top-three finishes. Overall, the Grizzlies finished fifth out of ten teams with 72 points and had a great showing from their squad both Friday and Saturday.

Isaiah De La Cerda qualified for nationals with a third-place finish, defeating Colorado Mines' Matthew Lavengood

in the third-place bout, pinning him 4 minutes and 46 seconds into the match. This will be De La Cerda's first trip to the national meet, and he joins his teammates Andreatta and Hermosillo, who are no strangers to the biggest stage in Division II wrestling.

In the 133-pound weight class, Jonathan Andreatta punched his ticket to nationals for the second-straight season with a second-place finish in the championship bout. Though he had a superb tournament with just the one loss in the final match, losing to Nebraska-Kearney's Wesley Dawkins, the 31-second fall was Andreatta's first loss of the 2019-20 season, after previously being undefeated. He will look to avenge his loss at the national tournament in Sioux Falls two weeks from now.

Noah Hermosillo bounced back from



a home loss two weeks ago against Colorado Mesa with an extremely successful showing over the weekend, taking second place in the 141-pound division, which guaranteed him a spot at the national tournament. Hermosillo lost a close 5-2 decision to New Mexico Highland's Jonathon Trujillo, who had defeated him in Alamosa back in January. Nonetheless, the second-place finish gives him an opportunity to compete at nationals and have a chance at the title as the fifth-ranked

141-pounder going in.

Other notable performances from the Super Regional VI Tournament were Josiah Rider's sixth-place finish in the 149-pound division, Ryan Rochford's fourth-place finish in the 165-pound weight class and William Tyler's fifth-place finish in the 184-pound class. The six place-winners altogether earned the Grizzlies a grand total of 72 points to secure a top-five finish.

De La Cerda, Andreatta, and Hermosillo have been three of the Grizzlies' most consistent competitors all year, and they have earned their chance at individual national titles with their performances over the weekend. They will now prepare for the 2020 NCAA Division II National Championship Tournament in two weeks, which will take place in Sioux Falls, South Dakota.

Valley teams claim 5 of 6 district basketball titles

By STEPHEN JIRON
Courier Sports Editor

The San Luis Valley basketball scene is heating up with the conclusion of district tournament play. With valley teams active in all 6 tournaments, the local squads cleaned up pretty well to take 5 district titles.

3A Boys Intermountain League District Championship

Centauri 47, Alamosa 46
In the boys basketball tournament, it was a local sweep with Alamosa and Centauri vying for the title.

A hard-fought battle came down to the wire with Alamosa's Brenden Crowther hitting on an off-balance shot that beat the buzzer and sent the game to overtime.

With 5 points combined in the extra period, Centauri's Baron Holman's free throw in overtime wound up being the difference-maker. Seemed only right that Holman tipped the scales for Centauri as the sophomore had a dominant first half, accounting for 16 of the Falcon's 26 first-half points and went on to lead the team in scoring with 21 points.

The win earns Centauri the right to host the first two games of the state tournament. Salida, Manitou Springs and Jefferson Academy will be in La Jara for the first quadrant of state. Alamosa will travel to Denver, at DSST: Byers for the opening quadrant meeting Lamar in the first round.

2A Boys District 1 Championship

Sanford 38, Crested Butte 31

In a game where both teams had picked up a win in the league series (1-1), it would surprise no one that Saturday's contest between Sanford and Crested Butte would enter the final 8 minutes of

the game with a 1-point spread.

Sanford separated themselves with a 7-point run to start the fourth quarter. Crested Butte would fight back but streak would come to define the game earning Sanford the district title.

Sanford will stay home for regional play to host their own tournament, first up will be Telluride on Friday.

2A Girls District 1 Championship

Del Norte 45, Sanford 41

One can always count on rivals Del Norte and Sanford to play a competitive game, considering their 6 meetings in 2019 culminating in a third-place game.

On Saturday, the Tigers would build an early lead in the game and coast through the second half. Sanford attempted a late rush to try and make up the ground outscoring Del Norte through the fourth quarter 15-12 but would still fall a couple of possessions short.

Del Norte senior Kendra Parra registered a double-double in the district title game posting 11 rebounds to go along with her team-leading 26 points. With the win,

Del Norte will be hosting their regional tournament, their first opponent will be Mancos on Friday. Sanford will be on the road at Heritage Christian in Fort Collins facing Hayden in the first round.

1A Boys District 6 Championship

Sangre de Cristo 70, Primero 35

A year removed from a runner-up placing at the state finals in Pueblo, Sangre de Cristo has been on the warpath having only lost two games. Saturday's meeting in the district final was no different.

Already holding a 16-9 lead entering the second quarter the Thunderbirds went on to outscore their opponents by 20

points effectively blowing the game open



Left, Centauri junior Ashtyn Haslett (34) dribbles in against Pagosa Springs' Kori Lucero.

Right, Centauri senior Cody Bagwell (14) draws a foul with Alamosa's Brenden Crowther (11) and Donovan Ramirez (15) in defense.

derbirds flexed a little defensive muscle.



Courier photos by Stephen Jiron

for a 41-14 advantage going to the break. Brothers Luke and Cole Christensen tied for the scoring lead with 18 points each combining for 7 three-pointers.

Sangre de Cristo will enter the regional tournament on a bye advancing straight to their regional championship against Ouray.

1A Girls District 6 Championship

Sangre de Cristo 39, Cotopaxi 14

Things are coming together for Dave Forster's squad. The T-Birds are typically known for their offense but in Saturday's district title game the Thun-

Sangre de Cristo was held under 40 points in a win for only the fourth time all season. Cotopaxi has accounted for two of those games. Last time the Pirates slowed the Thunderbird offense they paired it with some offense of their own falling on the road by 7 points.

Saturday, Sangre responded in kind blanking Cotopaxi in the first quarter and holding them to one point in the third locking down the Pirates for the win.

Sangre de Cristo's win qualified them for the 1A Region 1 championship on Saturday against DeBeque thanks to a first-round bye.



Left, Sangre de Cristo's Ashley Mortensen (11) pushes a shot during Saturday's win over Cotopaxi.

Right, Sangre de Cristo's Adrian Garcia will not be denied during the district championship against Primero in Del Norte on Saturday



Courtesy photos by Vibrant Valley Photography



Left, Sanford sophomore Ethan Larsen (21) extends himself for a basket during district tournament play in Alamosa.

Right, Del Norte's Gabby Jones (21) gets past defenders Harmony Peterson (10) and Ariel Caldon (22) of Sanford



Courtesy photos by Vibrant Valley Photography

Results

Adams State Baseball Feb. 29	CSU-P 12, ASU 5
March 1	CSU-P 14, ASU 2
Adams State Basketball Feb. 28	ASU 63, Fort Lewis 57 (W) ASU 94, Fort Lewis 92 (M)
Prep Basketball Feb. 26	3A Intermountain League Alamosa 45, Pagosa Springs 34 (B) Centauri 61, Bayfield 31 (B)
Feb. 27	3A Intermountain League Centauri 45, Alamosa 30 (G)
	2A District 1 Del Norte 57, Center 11 (G) Crested Butte 58, Del Norte 44 (B) Sanford 54, Sargent 11 (G) Sanford 50, Center 29 (B)
	1A District 6 Sangre de Cristo 52, Antonito 20 (G) Sangre de Cristo 62, Manzanola 22 (B) Cotopaxi 53, Moffat-Mtn Valley 32 (G)
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

Sports Bulletin

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
Adams State Lacrosse March 2	Otterbein University 17, ASU 7 (M)
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
Adams State Baseball March 6	3 p.m. ASU at Dixie State
March 7	12/ 3 p.m. ASU at Dixie State (DH)
March 8	12 p.m. ASU at Dixie State
Prep Basketball March 6	3A State Tournament 3 p.m. Alamosa vs Riverdale Ridge (G) -at Centauri

6 p.m. Kent Denver at Centauri (G) 7:30 pm. Salida at Centauri (B) 7:30 p.m. Alamosa vs Lamar (B) - at DSST: Byers	2A Regional Tournament 3 p.m. Mancos at Del Norte (G) 5 p.m. Telluride at Sanford (B) 5:30 p.m. Del Norte at Limon (B) 6 p.m. Center at Rye (G) 6 p.m. Sargent at Ignacio (G) 6:30 p.m. Sanford vs Hayden (G) - at Heritage Christian 7 p.m. Center vs Holly (B) - at Highland
March 7	1A Regional Tournament 1 p.m. Sangre de Cristo vs Ouray (B) - at Gunnison 2:30 p.m. Sangre de Cristo vs DeBeque (G) - at Gunnison
Adams State Lacrosse March 4	3 p.m. New England College at ASU (W)
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

Upcoming Events

Comics

CROSSWORD PUZZLE

ACROSS

40 Bard's prince
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 42 Prone's opposite
 45 Solution
 49 Nest builder
 50 Freight hauler
 52 Stone Age tool (Var.)
 53 Ms. Dinesen
 54 Detected
 55 Chaperoned girl
 56 Lassies
 57 Internet suffix
 58 That, to Juanita

DOWN

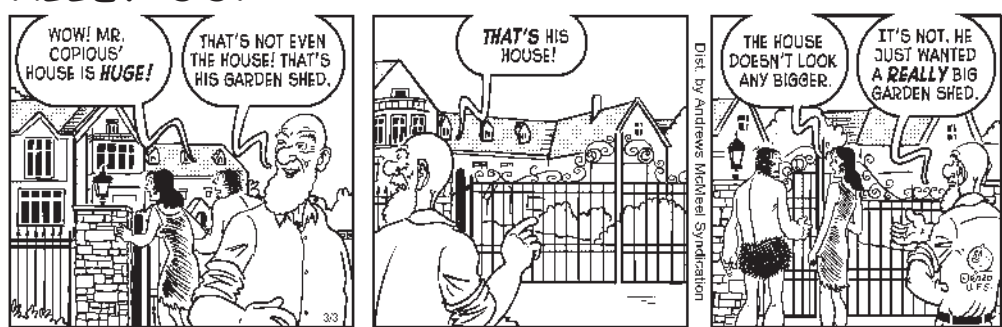
1 Ground corn
 2 Not pro
 3 Bug repellent
 4 Ridiculous
 5 Chili pepper dip
 6 Numero —
 7 Former
 8 Booty
 9 Sea eagle



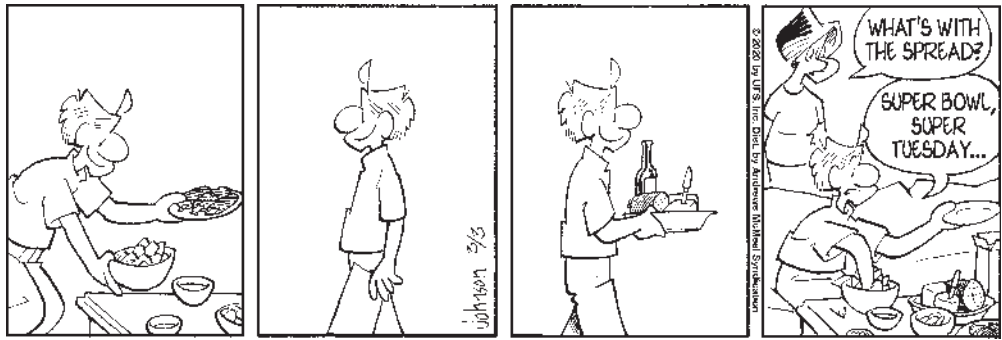
10 Dandelion, to many
 13 Particulars
 19 Shake hands
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 24 Ms. Shriver of tennis
 25 Asian mountains
 26 MGM mascot
 27 Take a bus
 28 Arizona city
 29 Just scraped by
 31 Lacking a goal
 33 Annapolis grad
 35 Zen question

36 Klutz's mutter
 38 Armor defects
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 41 Not as wild
 42 Hearty swallow
 43 Pliny's bear
 44 Bell sound
 46 Cross a shallow creek
 47 Former spouses
 48 "Cathy's Clown" singer
 51 Want-ad abbr.

ALLEY OOP



ARLO & JANIS



BIG NATE



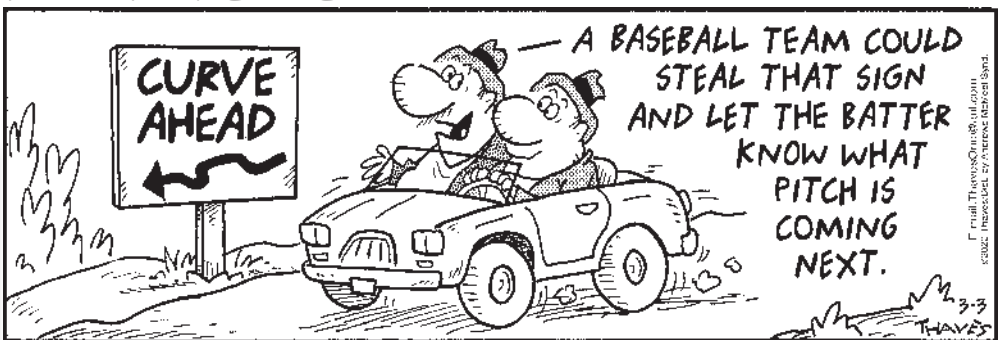
THE BORN LOSER



FOR BETTER OR FOR WORSE



FRANK & ERNEST



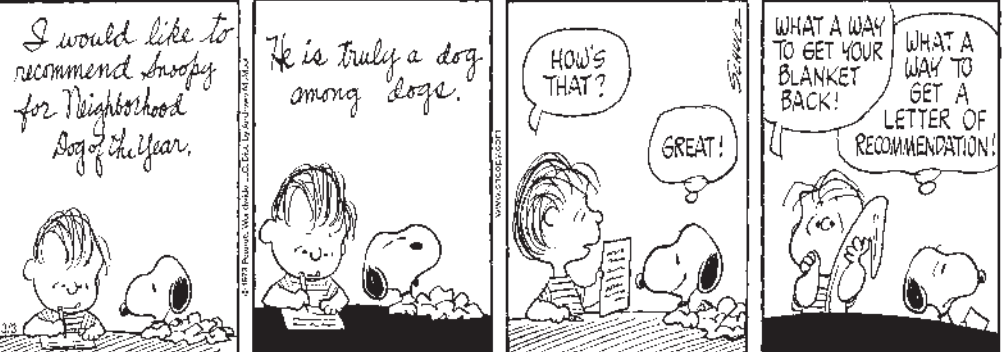
GARFIELD



THE GRIZZWELLS



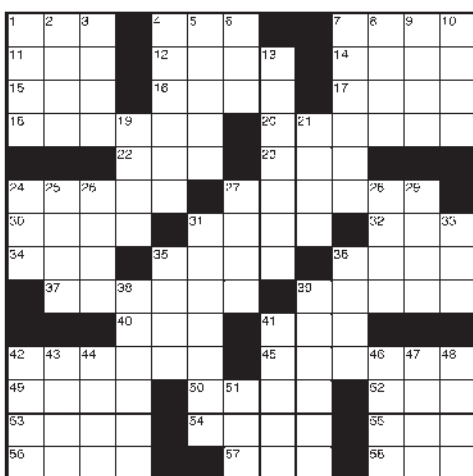
PEANUTS



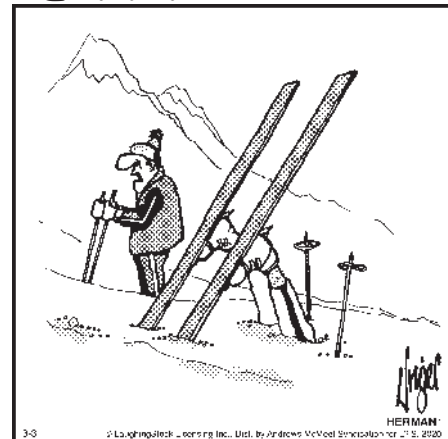
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DIFFICULTY RATING: ★☆☆☆☆

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HERMAN



"Okay, class... name four things he did wrong."

Teen sexual assault victim seeks closure after 50 years

DEAR ABBY: Fifty years ago, at the age of 17, I was raped by a high school classmate. At the time, I was living in an apartment with a friend, "Becky." She and three male classmates witnessed the attack, stood by and did nothing. (They were drunk.)

I never reported the assault because I was scared, embarrassed and ashamed. No one ever spoke about it, and Becky and I went our separate ways. I eventually married, moved away from my hometown and tried to put the incident behind me.

Fifteen years ago, I moved back and married a local man. I see all those people frequently around town, which reminds me of that terrible night. I don't think it's fair that I have had to live with this for 50 years while the others appear to have forgotten and gone on their merry way. None of them ever apologized or acknowledged their part in the attack. I remember it as vividly as if it were last week.

I would like to confront those involved. A friend suggested I privately confront my attacker. I believe calling out these people will give me peace of mind. My husband and I are planning to move out of the area, so I will never have to see any of them again. Should I confront all of them or just my attacker? Or should I let sleeping dogs lie? -- AS SAULTED IN IDAHO

DEAR ASSAULTED: Before deciding whether to confront these people after 50 years or let sleeping dogs lie, what I think you should do is discuss what happened with a licensed therapist, specifically one who works with patients who have PTSD. Whereas a half-century ago there was a tendency to blame the victims of sexual assault, we have come a long way since then, and help is available for you if you're willing to get it.

A way to find help in making this important decision would be to contact RAINN (rainn.org). The toll-free phone number is 800-656-4673. RAINN is the free, confidential national sexual assault hotline, and it's available 24/7.

DEAR ABBY: I'm a beautiful 77-year-old woman in excellent health who has fun traveling internationally. I will soon be taking my oldest daughter to Europe at my expense because I want a companion.

I'm 19 years older than she is. She also is in great health and has a fun-loving personality. We look like sisters and have fun together wherever we go. However, I don't want her to call me "Mom" while we are out in public places. Can I ask her not to call me that? She is stubborn and al-let sleeping dogs lie? -- AS SAULTED IN IDAHO



ABIGAIL VAN BUREN

while I'm traveling, rather than friends. She's single, but I'm not. My husband can't go because of health issues.

I need my daughter to go with me. Can you give me some ideas on how to approach her to not call me "Mom" in public? What if she refuses to go with me? -- ONE STIPULATION IN THE SOUTH

DEAR STIPULATION: I can't help but wonder why not being called "Mom" is so important to you. I have read your letter several times, and I'm struck by the fact that it's all about YOU and what YOU want. Your daughter is long past 21, and I'm sure she can make her own decisions. You can ask her not to call you "Mom," but whether she will agree and won't forget to not address you that way is anyone's guess. Old habits die hard.



Living



Courtesy Photo

Pictured, elementary students participate in the 2019 Music 4 Kids. The Adams State Music Department is offering two free six-week courses this spring.

Music 4 Kids, Children's Choir starts soon Adams State Music Department offering free classes

ALAMOSA — The Adams State University Department of Music will offer two free six-week music classes for students in the San Luis Valley. Music 4 Kids is a music class designed for children in kindergarten through second grade that will meet from 6 p.m. until 6:45 p.m. each Monday. A children's choir for students in third through fifth will meet from 6:45 p.m. until 7:30 p.m. each Monday. Both classes start Monday, March 23 and end on April 27. Classes will be held in the Adams State Music Building room 117. This service-earning

project will provide a creative musical experience for children in the San Luis Valley community, while allowing for observation and teaching opportunities for ASU music education majors. Tracy Doyle, D.M.A. professor of music, and students in her Elementary Music Methods course will lead the classes in musical experiences influenced by the Dalcroze, Kodály and Orff music education methodologies, all of which feature active learning and an experiential approach. Music 4 Kids is open to the first 15 students who register and the course is

free of charge. Due to the sequential nature of the material, the Music4Kids staff requests a commitment to all six sessions. The Children's Choir class is open to the first 20 students who register, and a six-week commitment is requested. Register for Music 4 Kids at <https://tinyurl.com/wpkmmg5> and register for Children's Choir at <https://tinyurl.com/wd-fnchu>. For more information email Doyle at tdoyle@adams.edu. Report courtesy of press release from Linda Relyea 719-587-7827; lsrelyea@adams.edu; www.adams.edu/news.

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Sled Dog & Skijor race cancelled

SOUTH FORK — The Second annual Woof Creek Sled Dog & Skijor race has been cancelled due to snow conditions. In place of the dog sled race events and activities, there will be a celebration of sorts for the arrival of spring. Mountain Pizza in South Fork will celebrate the approaching end of winter on Friday with a buffet from 4-8 p.m. The restaurant has self-serve beers on tap and for \$15 per person will be serving up garlic knots, kraut poppers, Caesar salad, hot wings, classic and signature pizzas, fettucine alfredo with sausage, dessert pizza and fountain drinks and tea. On Saturday, the Rio Grande Club in South Fork celebrates the weekend with the "Doggone Crane

Hop" from 5 to 9 p.m. in the Timbers Restaurant. The popular Saguache band, The Roadrunners will play during dinner. Regular dinner menu and no cover charge — bring your dancing shoes. The Rio Grande Club is a platinum sponsor for this year's Monte Vista Crane Festival and will be hosting The Roadrunners as part of the "Crane Craze," a community celebration welcoming thousands of migrating Sandhill Cranes into the San Luis Valley and the arrival of visitors for the annual Monte Vista Crane Festival. Report courtesy of Ruthanne Johnson, freelance journalist and media outreach specialist, www.ruthanneisaacjohnson.com, ruthanneisaacjohnson@gmail.com 720-940-7561 (mobile).



Homelake Museum will be assessed at ASU conference

MONTE VISTA — Jane Rhett, director of the Homelake Museum, said the museum has been chosen for an assessment evaluation for Colorado-Wyoming Association of Museums conference in April at Adams State University. Those attending the conference would like to see the old administration building and assess it for a museum. The Colorado-Wyoming group has never been in the San Luis Valley before. The conference should bring about 300 people to come to the museum. Next year, it will meet in Pueblo. Each of the museums in the association will have an exhibit at the conference. The association provides help for little museums that don't have money.

Report courtesy of Erin Smith, president, HHPRF.

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