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Valley Courier

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LOCAL NEWS... LOCAL VIEWS FEBRUARY 7, 2020 \$1

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SLV Today

Pop-Up Shops will be theme on Main St.

ALAMOSA — "Romantic" Pop-Up Shops will be the theme from 11 a.m. to 3 p.m. on Saturday at the Narrow Gauge Book Co-op. The following vendors will be available in the store and will offer the following: Megan Mercier will have handmade chocolates; Cari Conari will have romantic teas; Trina Council will have handmade cards; and Perla Kopeloff will have handmade paper goods. For more information, call 719-589-3464. The Co-op's location is at 602 Main Street in Alamosa.

BINGO in

La Jara LA JARA — At 1 p.m. on Sunday, the La Jara-Knights of Columbus #5512 will host Bingo at the Knights of Columbus Hall in La Jara. There will be an up to \$2000 payout. \$10 entry fee.

Democrats meet today

ANTONITO — The Alamosa Democrats will have their meeting starts at 5:30 p.m. today at 185 Broadway Ave.

Veterans 'n' Homeless

ALAMOSA — There will be a free turkey dinner at the First Christian Church on 518 First Street (on the corner of First and State) between 11 a.m. and 1 p.m. on Saturday.

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SLV WEATHER



Partly Cloudy 46/11 Fri.: Partly Cloudy 48/18 Sat.: Partly Cloudy 47/18

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Burnett: 'I think they like coming here'

MV Chamber of Commerce pleased with convention

By DANIEL McKILLOP Courier Editor

MONTE VISTA — The 2020 Southern Rocky Mountain Agricultural Conference & Trade Fair

ended on Thursday afternoon, and Monte Vista Chamber of Commerce President Linda Burnett was pleased with the three-day event.

"I think it was very successful," Burnett said. "Every year, it gets better and better. I think that they like coming here; our prices for the vendors and the trade show are very reasonable."

Burnett said the Ski-Hi building had approximately 85 vendors and 94 booths during the convention.

"We increased some from last year," she added. "The highlights for us with the trade show — we have a committee, we're trying to get a new building a new Ski-Hi building and we have the community and not just Monte Vista but the whole San Luis Valley — is that they're all excited, all helping out, helping, donating."

Burnett, who is entering her fourth year as president, said this has been the first year that "I've been here morning to night."



Linda Burnett

SLV Federal, Alamosa, Rio Grande Savings banks step up



Courtesy photo

Friends of Ski Hi Park, a group of individuals and user groups such as the Monte Vista Chamber of Commerce, Monte Vista Crane Festival, Colorado Potatoes, Ski Hi Stampede Inc and other individuals are working hard to raise funds for the collaborative project with the City of Monte Vista, to rebuild the Ski-Hi Regional Use Multi-purpose building and add a conference center. Alamosa State Bank, Rio Grande Savings and Loan and San Luis Valley Federal Bank committed a combined \$150,000 — \$50,000 each — to the project. It is great to see the community come together to support such a worthwhile project. "We appreciate the many opportunities the complex will provide for the San Luis Valley community, said Kyle Burnett, Marketing Officer, San Luis Valley Federal bank by email. To learn more about the project, visit https://www.friendsofskihi.org/.

Good news for the potato industry

By HELEN SMITH Staff Writer

MONTE VISTA — The final day of the Southern Rocky Mountain Ag Conference brought a focus on the potato.

John Lundeen, Research Director for Potatoes USA, provided insight into just how large the market of the popular vegetable is.

He began by noting that the potato is rated as America's number one vegetable.

Also, the nation's most

popular side dish is the French Fry, and the potato ranks highest in retail sales for produce in the U.S., with 86% of retail products going to the frozen section in supermarkets.

The potato has seven out of 10 shortfall nutrients that Americans commonly lack.

Lundeen observed that this is good news for Valley growers. When it comes to the export of potatoes, the three leading destinations are Japan,

Canada, and Mexico.

Lundeen was also quick to point out that the demand for U.S. potatoes is only growing.

Also, frozen products have the highest volume of consumption, followed by fresh products. He also emphasized that the domestic market is changing due to increased discourse about foods and nutrition and new tools to order meals online, such as GrubHub.

Furthermore, perceptions about the potato's

nutritional value for athletics and performance are trending in a positive direction.

Recently, the potato was named the official vegetable of the Rock and Roll Marathon Series. Overall, 99% of conversations about potatoes were estimated to be positive.

Lundeen concluded that while the market is healthy, some of the ways to ensure the future of the industry are to fight misconceptions and continue to strengthen demand.

Stress management expert coming to ASU

ALAMOSA — The Adams State University Counselor Education Department is hosting the third annual Spring Symposium, "Working on Interventions to Navigate Generational Stress (WINGS)" on Friday, February 21, in Richardson Hall Auditorium.

This free event will provide information for counselors, teachers, social workers and community members, or others working with students, clients, and families impacted by Generational Stress.

Keynote speaker, Paul Osincup is a positive workplace strategist who helps organizations create happier, healthier, and more connected places to work. Osincup's global mission for workplace happiness has provided him the opportunity to work with hundreds of organizations including Nasdaq and the Harvard Kennedy School of Leadership. He is also a certified Stress Mastery Educa-



Paul Osincup

tor with the American Institute of Stress, and a training partner with the international work culture consultancy, "Delivering Happiness." Osincup's work has been highlighted in Forbes, and on Sirius XM Radio.

The morning keynote speaker, Angel Knoverek, a clinical faculty member with the Counselor Education Department, specializes in childhood trauma, evidence-based practices/interventions, ■ See WINGS page 3

Linares running for county clerk and recorder position

ALAMOSA — Mario Linares has announced that he will be running for the Alamosa County Clerk and Recorder position.

"It is an honor and pleasure to announce my candidacy for Alamosa County Clerk and Recorder," Linares said. "First, I would like to let you know a little about myself. I was born in Jacona Michoacán, Mexico. I was raised in Alamosa from the age of 2 and since then have become a citizen. I grew up working out on the fields at an early age of 4-5."

Linares graduated from Alamosa High School and continued his education at Colorado Mountain College, before moving on to Trinidad State Junior College to become an early childhood teacher.

He also is a volunteer firefighter.

"This is just a small fraction of my life and the work ethic I bring to the table," Linares said. "I am bilingual and I am



Mario Linares

a hard worker." Linares currently works in the elections section at the county clerk's office and handles assignments in other areas, such as the motor vehicle and vital records departments.

"I am ready to take on a new task, and I welcome your support," Linares said.

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Record

OBITUARIES

Joaquin 'Jack' Cantu, 63

ALAMOSA — Joaquin "Jack" Cantu, 63, passed away at his home in Alamosa on Tuesday Feb. 4, 2020.

He was a beloved member of the community and will be missed dearly. He was born on the 27th of October in 1956 to Joaquin Sr. and Esther.

He married his best friend Diane, who was the love of his life. Together they had a daughter, Angelina.

Joaquin was preceded in death by his parents, Joaquin Sr. and Esther; his wife, Diane; brother, Roger Cantu; and a sister Irene Cantu.

He is survived by his daughter, Angelina (Michael) Nincehler; grandchildren, R.J., Brooklyn, and Mikaela; the children he considered his own, Adonias and Solé Cantu; siblings, Pablo (Jill) Cantu, Ruth (Jeff) Aragon, Rachel



Cantu, Nathan Cantu, Connie Cantu, Lupe (Dave) Lujan, Liz (AL) Montoya; along with numerous other nieces, nephews, extended family and friends.

The family has chosen cremation and will be announcing services at a later date.

Rogers Family Mortuary of Alamosa is in care of the arrangements. To leave online condolences or words of strength for the family, please visit www.rogersfunerals.com.

David Hal Peterson, 88

SANFORD — David Hal Peterson, age 88, passed away peacefully Monday, Feb. 3, 2020 at his home in Albuquerque, N.M.

Preceding him in death were his parents, Wiford and Jennie Peterson; sisters, Maxine (Poulson), Olive (Reed), Mary June (Miller); and brothers, Lee, and Andrew Frank. David is survived by his wife, Donna Marie (Wright); five children, daughters, Patricia (Steven Morgan), Karen (Ivan Holland), Catherine (Dale Smith) and Donna Jean (Craig Pettit); and son, Brad Peterson (Mary Prewitt). David is also survived by two sisters, Jean (Davis) and Bonnie (Paulson-Peterson).

David was also the proud grandparent to 23 grandchildren and 41 great-grandchildren.

David was born in Sanford on Saturday, Aug. 8, 1931.

As a boy he loved to hunt, play basketball and pool; he was also a very shrewd card player. He graduated from Sanford High School and went on to serve an LDS mission to Washington state.

After his LDS mission, David met and married Donna Marie Wright of Alamosa. The two were married in the Mesa, Arizona LDS temple and were married 66 years.

Shortly before marrying, David was drafted into the Korean War where he served as a Military Policeman at Fort MacArthur in San Pedro, Calif.

Thereafter, David attended Adam State College where he graduated with honors in Mathematics and Chemistry.

He also attended Arizona State College where he received a master's degree in Mathematics.

Upon graduation, David taught high school mathematics at Scottsdale High School — a job he loved.

He later went on to work as a mathematician for various defense contractors and the weapons



laboratory at Kirtland Air Force Base in Albuquerque, N.M.

During his tenure as a mathematician, David was recognized nationally for a number of his technical achievements.

David also took a brief hiatus from the scientific community to work with his brother-in-law Dick Winters as a home builder in Colorado Springs and Farmington N.M.

David loved his family and was especially close to his grandchildren.

He never missed a teaching moment and loved to listen to their many musical talents and was proud of their educational achievements.

He loved playing games of strategy with them and always had a sense of humor.

He will be sorely missed but remain in our hearts forever.

A viewing will be held on Saturday, Feb. 8, 2020 10 a.m. with a funeral service to follow 11 a.m. at The Church of Jesus Christ of Latter-day Saints, 755 Main St., Sanford, CO 81151.

Interment to follow at Sanford Cemetery. Please visit our online guestbook for David at www.French-Funerals.com.

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 informa-

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

please contact your group service representative (GSR)

AL-ANON

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)

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.

8 p.m. St. Thomas Episcopal Church at 607 4th St., 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)

School Menu

Friday
Feb. 7, 2020

BREAKFAST
Bagel w/Cinnamon
Juice & Fruit

ELEMENTARY
Hot Wings
Tator Tots
Bread Stick
Vegetable Bar

SECONDARY
Hot Wings
Tator Tots
Bread Stick
Vegetable Bar

To sponsor the School Menu call 589-2553

PENDING OBITUARY

Clara Margaret Heberly, 104

CENTER — Center resident Clara Margaret Heberly, 104, passed away peacefully Feb. 6, 2020.

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.

Valley News

RGCC hear update on Summitville Superfund land

By **LYNDSIE FERRELL**
Valley Publishing

DEL NORTE — During the Rio Grande County Commissioner meeting Jan. 29, the board heard a brief update on a current land exchange that was proposed several months ago with the Rio Grande National Forest (RGNF) and the Colorado Department of Public Health and Environment (CDPHE) for land in and around Summitville.

Commissioners are in the final stages of the land exchange and are awaiting a final agreement from the EPA and Forest Service.

According to a statement from County Attorney Ryan Dunn, he explained that plans to have the land swap finalized are still in the works and the board will hopefully have a document to review very soon. "I just recently emailed everyone to make sure there was not anything that we needed to do to finalize anything because it was supposed to be done by the end of the year and we have not heard any more about it," he said. "I was originally under the impression that we needed to adopt a resolution approving the Alpine Archeology study that was done, but what was done during a previous meeting was sufficient for their purposes."

Dunn added that CDPHE needed to complete a letter and for the board to adopt a resolution approving the Summitville land exchange.

"Where I ran into a little bit of a roadblock was that I believe that I have a decent legal description for one of the parcels that we would be conveying to the United States of America, but I don't have a great legal de-



The 1,400-acre mining site is about 18 miles southwest of Del Norte in Rio Grande County.

Courtesy image

scription for two other parcels," Dunn said.

County Administrator Trish Slater stated that she would be able to pull all legal descriptions for Dunn and commissioners. The purpose for the land exchange originated when Summitville was designated a Superfund site by the EPA and CDPHE.

During the years since this classification, the land went into receivership and eventually fell back into the ownership of

the county.

When a land survey was done five years ago, it was determined that the RGNF had several small pieces of property contained in the original Summitville site and through the combined efforts of the county and RGNF, it was decided to consolidate the land into one large piece in exchange for other county property that bordered RGNF land further east.

The 1,400-acre mining site is about 18 miles southwest of Del Norte in Rio Grande County.

It is located in the San Juan Mountains at an elevation of 11,500 feet, surrounded by the Rio Grande National Forest. The Alamosa River and its tributaries flow from the site through forest and agricultural land in Rio Grande and Conejos counties and past the San Luis Valley towns of Capulin and La Jara.

Gold and silver mining began at Summitville around 1870. The latest mining operator, Summitville Consolidated Mining Corporation Inc. (SCMCI), mined the site from July 1986 through October 1991 and abandoned the site in December 1992. The company opened a pit heap leach gold mining operation, using cyanide to extract the gold.

The EPA Emergency Response Branch assumed responsibility of the site Dec. 16, 1992. The site was placed on the National Priorities List of Superfund sites on May 31, 1994. This is a National Priorities List (NPL), or Superfund, hazardous waste site. CDPHE is the lead agency for remediation of the site, the U.S Environmental Protection Agency (EPA) Superfund program provides technical support and input on all remediation-related activities to ensure the objectives of the Superfund program are met.

Toxic material continues to flow from the mining site, and will continue to do so, regardless of what the county does with the rest of the land.

Friends of the Library make donation



Courtesy photo

Alamosa Public Library Manager, Salai Taylor, (left), graciously accepts a donation check from Friends of the Alamosa Library Treasurer Don Thompson this past Tuesday. The non-profit organization donated \$7,500 to the library this year. Friends of the Alamosa Library normally donates \$5,000 as part of its annual commitment to help the library provide materials and information services to the residents and visitors of Alamosa and the San Luis Valley. Treasurer Thompson commented that the Friends were able to give the library more money this year due to their partnership with the Narrow Gauge bookstore COOP and the sales of the hand-crafted journals made by the Friends. "We thank the Friends of the Library for all their hard work year-round to help the library," said Taylor. "They are an awesome group of dedicated volunteers."

Alamosa Rotary set to host Valley Roots Food Hub's Chambers

ALAMOSA — The Alamosa Rotary Club is pleased to announce that Nick Chambers of the Valley Roots Food Hub will speak on Monday at noon at Juanito's Restaurant, 1019 6th Street.

Attend and learn about the Valley Roots Food Hub program, provided by the SLV Local Foods Coalition for the San Luis.

The Valley Roots Food Hub is a regional aggregator and distributor of local foods.

The organization builds relationships in communities by serving producers, grocers, restaurants, and institutions with the most fresh and highest quality local foods from its friends and neighbors.

It offers Summer Community Supported Agriculture (CSA) Fresh Box and a CSA Online Market.

It also accepts SNAP EBT (Colorado Quest) in combination with Double Up Food Bucks for CSA shares.

Double Up Food Bucks allows SNAP users to effectively double the reach of their SNAP dollars when used on Colorado produce.

This ends up cutting the cost of the CSA share in half.

For more information, see <https://www.slvlocalfoods.org/foodhub.html>

To find out more about Rotary International visit www.rotary.org. For more information about the Alamosa Rotary Club visit our Facebook page or contact club president Chris Quintana at chris.quintana@slvfed.com.

The club meets Mondays at noon at Juanito's in Alamosa and everyone is welcome to attend.

Benefit dinner for Daniel Sours, who battles cancer

Daniel Sours, 35, who is suffering from cancer, poses for a photo with his 6-year-old daughter Abigail Sours. Please join Daniel and his family and friends, as they hold a benefit dinner and dance for Daniel, who is currently fighting Hodgkins Lymphoma. Daniel is an ICU nurse at SLV Health and has provided years of care to the community, so now he is asking for the community's support. The benefit dinner will be held Saturday, Feb. 15 at the Dutchmill Bar at 410 Main Street, Antonito, Colo., 81120. It will be a fritos pie dinner from 6-8 p.m. and a dance will follow with Bad Attitude from 8-10 p.m. DJ Rem Martinez will play from 10 p.m.-midnight. Tickets will be sold for \$15, which include a fritos pie, drink and entrance to the dance. Tickets will also be sold at the door. Any other donations will be appreciated. RSVP to: Marie Cruz 719-298-1502 or Becky Sours 719-580-4309.

Courtesy photo



SLV

Continued from Page 1

and clinical mental health services in schools.

Tickets are free to the public.

An onsite continental breakfast, lunch, and

snack will be provided.

A schedule will be posted prior to the event with sessions and times. Continuing education credits will be offered.

Half-day participants will receive 3.5 hours, and full-day participants will receive seven hours-NBCC provider #4219.

Registration will begin at 8 a.m., with breakout sessions offered in the morning and afternoon.

Self-care and fun activities will be included.

Please RSVP with the appropriate ticket type.

For information or to preregister email pearcyjt@grizzlies.adams.edu

or pavlakbc@grizzlies.adams.edu or call 719-587-7626.

Press release for the report courtesy of Linda Relyea 719-587-7827; lsrelyea@adams.edu; www.adams.edu/news; Rebecca Perry perryrd@grizzlies.adams.edu.



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- Fri. 5:30, 8:15 BIRDS OF PREY Mind over mayhem - Margot Robbie R
- Fri. 5:25, 8:10 BAD BOYS FOR LIFE Will Smith, Martin Lawrence R
- Fri. 5:15, 8:10 1917 Time is the enemy R
- Fri. 5:30, 8:15 RHYTHM SECTION Blake Lively, Judd Law R
- Fri. 5:30, 8:10 DOLITTLE Robert Downey Jr., Antonio Banderas PG
- Fri. 5:20, 8:10 JUMANJI Dwayne Johnson, Kevin Hart PG-13

Opinion

God bless America ...

HOLLYWOOD — God Bless America, and how's everybody? A National Council of Distillers survey revealed Super Bowl Sunday is America's top drinking holiday, followed by Mardi Gras drinking and Cinco de Mayo drinking. I was retired from that sport in 1986. The greatest day of my life was when I discovered I don't need alcohol to make bad decisions.

Senator Mitt Romney was ripped by Utah Republicans for being the lone Republican in either the House or Senate to vote Trump guilty of an impeachment charge.

Poor Mitt can't seem to do anything right. He decided to have his I Am Spartacus moment Wednesday and it killed Kirk Douglas.

President Trump drew raves from Republicans and conservatives Tuesday for what they called his upbeat and positive State of the Union. Let's just say the Democrats had a different reaction.

At the end of the speech, the reason why the cops never give Nancy Pelosi a ticket became very apparent.

President Trump was acquitted by the Senate of impeachment charges Wednesday in the wake of the previous night's comedy. Nancy Pelosi tore up his State of the Union speech behind his back but Trump acted like he didn't notice her. It showed every American boy how you get a girl to like you.

Nancy Pelosi was ripped for tearing up her copy of Trump's State of the Union speech behind his back Tuesday. Her act needs work. It'd have been a lot funnier if Nancy had ripped up Trump's speech into four sections like she did, then fold it up together and then re-opened an intact newspaper.

Mitch McConnell was gracious to Nancy Pelosi on Wednesday, saying she was forced by her left wing against her instincts to pursue impeachment. Today Trump was acquitted with his approval at its highest. Impeachment is starting to look like the worst-planned adventure since the Donner Party.

Fox's Super Bowl pre-game interview between Sean Hannity and President Trump drew 10 million viewers. That was seven million less than projected. That's because Fox TV viewers are still not comfortable watching a program featuring two men who are so obviously in love with each other.

The FEC met with Facebook and Twitter to discuss ways to keep social media disinformation and smart phone voting from resulting in election fraud. What is everybody's hurry? This just in from Iowa, with 80% of all precincts reporting, Eisenhower leads Taft by 10,000 votes.

Mayor Pete campaigned in New Hampshire on Wednesday on the wings of his upset win in Iowa finalized on Tuesday. He wasn't hurt by his sexual identity. People who are surprised that a gay presidential candidate could win in Iowa forget the popularity of Greco-Roman wrestling in the state.

Mayor Pete Buttigieg claimed victory in the Iowa caucuses Wednesday as the late tally showed he was edging Bernie Sanders.

Joe Biden admitted it was a disaster for him. However, Elizabeth Warren achieved a lifetime goal, she finished far enough back she could finally claim to be a minority.

Mayor Pete still led Bernie Sanders by a slim margin in Iowa on Wednesday with 80% of votes reported. Most interesting to me was that Elizabeth Warren came in fifth in Pocahontas County. Your presidential prospects don't look great if you can't even win a county named after you.

Meghan and Harry were accused by their security guards of treating them like servants. Two weeks ago, the Queen announced she'll allow Harry and Meghan to live in Canada. Much the same way a judge is going to allow Lori Loughlin to live in the federal correctional facility in Lumpoc.

Hillary Clinton is reportedly hinting that she would like to be the vice presidential candidate in the next presidential election. In a gesture of magnanimity, Trump agreed to think it over. All Hillary has to do now is figure out how to make Trump's sudden death on Inauguration Day look like suicide.

Argus Hamilton is the host comedian at The Comedy Store in Hollywood and entertains groups and organizations around the country. E-mail him at Argus@ArgusHamilton.com.



Argus Hamilton



Another person replaced by a robot

Looking for someone who is happy in our world is difficult.

I'm probably high on the list of discontent, yet happy to wake up each morning.

Wanting to make life better, I have worked at understanding.

Understanding is almost impossible.

I know several folks who apparently want to understand everything that happens to and around them and they are using television as a mentor.

I have tried to explain that, along with self control, we have been created with mental abilities to either fix things or make them worse.

Sitting in front of the TV watching CNN or FOX is one way to make the longing for truth an illness if one doesn't take action. Doing what little we can do does create jobs, though.

Native Writes



Sylvia Lobato

Someone has to read our letters to the Colorado congressional delegation because I have received another form letter saying what I wanted can't happen right now.

I had mailed an online plea for cleaner water, air and energy.

And, no, it can't happen right now and the people in congress don't answer their own mail, much less read it.

My name got onto electronic mailing lists and it didn't help when the siding salesman offered to install siding on my home for free and someone will come to measure it.

I told him I live in a tipi, a statement as truthful as his claim the siding job would be free.

No one came.

If someone is on the other end of the phone call, I want to hear why they called. Three out of four times, my "hello" is met with silence. Maybe my name is on a board somewhere that says I will mess with a sales caller.

Many times, the call is rooted in greed. I have enough, but each sales pitch

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."

NeverTrump challengers fail first big test

By **BYRON YORK**
Column

AMES, Iowa — For six months, some of President Trump's most implacable foes have invested great hope in two Republicans — former Rep. Joe Walsh and former Massachusetts Gov. William Weld — who are challenging the president for the GOP nomination. Could they do some damage to Trump's re-election prospects?

In the Iowa caucuses, that hope was put to a first test. It failed.

In the state's Republican caucuses — yes, there were Republican caucuses, and they ran smoothly, unlike the Democratic contest — the Walsh and Weld candidacies fizzled.

In the end, Trump won 97.15% of the vote, to Walsh's 1.08% and Weld's 1.31%. Others — write-ins of various people — totaled 0.47%. It was a striking show of strength for the president.

Beyond that, turnout was high for a year in which an incumbent president is assured of renomination. In 2016, about 180,000 Republican voters turned up for Iowa caucuses. But that was a highly competitive year in which Trump battled Ted Cruz, Marco Rubio, Jeb Bush and a number of other candidates. The last time there was a non-competitive GOP race, that is, a race with an incumbent president, was in 2004, when President George W. Bush was in the White House. That year, about 8,000 Republicans showed up for what were essentially meaningless caucuses.

This year, the turnout was 32,320, an impressive number for an incumbent year.

Delighted state GOP officials owed a lot to the president's decision to make a serious effort in Iowa this caucus season. First, he visited Des Moines and held a rally Jan. 30; it was far bigger than any event staged by any Democratic candidate. Then, Trump sent more than 80 surrogates to the state, including his two sons, a slate of Cabinet members, Republican congressmen and GOP governors. Then, the Trump campaign stepped up its social media work in the state.

The reason was not that Trump was afraid of Walsh or Weld. The reason was that Trump was trying to strengthen support in Iowa, a swing state won by Barack Obama in 2008 and 2012, so that it will be in the Trump general election win column

before Democrats even pick their candidate.

Organizers of the caucus in Ames, home to Iowa State University, hoped that perhaps 100 people would show up. And that was with the participation of one of the campaign's star surrogates, presidential son Donald Trump Jr. As it turned out, 449 people showed up to vote, and another 80 or so came just to watch what was going on.

By and large, the attendees did not merely like the president; they loved the president. "I think he's doing a great job," said Rod Kern.

"I am thrilled with him," said Paula Anderson.

"Best president we've ever had, outside of Reagan, maybe," said Bob Folkmann.

"I hope people are telling you they are so excited about our president," said Joyce Hoffman. (They were.)

"I'm soon for Trump," said Andrea Hrbek. "I have not loved a Republican president like Trump." Hrbek explained that she voted for Bush, McCain and Romney but today feels a bit embarrassed by each vote. Not so with Trump.

And so on.

At caucuses, representatives of each candidate are supposed to have a little time to tell the audience why they should vote for that candidate. In Ames, Trump Jr. was the star of the show, talking for more than 20 minutes about his father's accomplishments, and also dwelling on the investigations to which Democrats have subjected Trump and his family.

Jeff Ortiz, the co-chair of the Story County GOP, went from table to table, asking people if anyone would like to make remarks on behalf of Walsh or Weld. There were no takers.

In the end, out of 449 votes, Trump received 415, Walsh 20, and Weld 9. There was one write-in each for a disparate group: Vice President Mike Pence, former U.N. Ambassador Nikki Haley, Nebraska Sen. Ben Sasse, and Dispatch writer David French. One person abstained.

In the end, Ortiz was delighted with a turnout more than four times what he originally expected. Yes, that was a display of clout by Trump, but it was also an organizational shot in the arm for the local party.

"It's critical that we get these people to turn out, to sign up for our central com-

mittees, to stay involved right up until the end," Ortiz said. "Because there are no guarantees come November."

As good as the result was for the Trump team, it was at best a discouraging outcome for the NeverTrump challenge. In late January, former Weekly Standard editor Bill Kristol pleaded on Twitter: "Iowa Republicans: Caucus for Joe Walsh or Bill Weld or uncommitted. You're better than Donald Trump. Don't stoop to support this man so unworthy of your support."

Iowa Republicans ignored the entreaty, and many others that came before it.

Now the campaign is on to New Hampshire. As in Iowa, Trump plans a rally in the state before the primary. Again there will be surrogates, and again there will be stepped-up online campaigning. The result could be another difficult night for the quixotic Republican effort to stop the president.

Why do I believe it's a robot? The body of the letter refers to me as "dear sir."

It's the same reason I don't check myself out at the supermarket. Another person has been replaced by a robot.

It's easy to understand if one tries.

York is chief political correspondent for The Washington Examiner.

Write them

GOVERNOR

Governor Jared Polis (D), State Capitol Building Room 136, 200 East Colfax, Denver CO 80203; (303) 866-2471; Fax: (303) 866-2003.

STATE HOUSE

Donald Valdez (D), Colorado State Representative, District 62, 200 E Colfax, Room 307, Denver, CO 80203; phone: 303-866-2916; email: Donald.valdez.house@state.co.us

STATE SENATE

Larry Crowder (R), Colorado State Senator, District 35, 200 E Colfax, Denver, CO 80203; phone: 303-866-4875 capitol, 719-850-2459 cell; email: larry.crowder.senate@state.co.us

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Church Calendar

Trying to build a church family in #churchtoo era

The email was signed "Worried Wife," and contained a blunt version of a question Bronwyn Lea has heard many times while working with women in and around churches.

The writer said her husband had become friends with another woman his own age. There were no signs of trouble, but they traded messages about all kinds of things. This was creating a "jealous-wife space" in her mind.

"Worried Wife" concluded: "I need a biblical perspective.

What is a godly view of cross-gender friendships, and how should they be approached within the context of marriage?"

That's a crucial question these days for clergy and leaders of other ministries and fellowships, said Lea, author of "Beyond Awkward Side Hugs: Living as Christian Brothers and Sisters in a Sex-Crazed World." All of those #ChurchToo reports about sexual abuse and inappropriate relationships have people on edge — with good cause.

Lea, who has a seminary degree and law-school credentials, is convinced that it's time for churches to act more like extended families and less like companies that sort people into niches defined by age, gender and marital status.

"Many people are lonely and they truly long for some kind of connection

with others," she said. "But they've also heard so many horror stories about what can go wrong that they're afraid to reach out. They think that everyone will think that they're creepy or weird if they open up. ... Lots of people are giving up and checking out."

Everyone knows the church is "supposed to be a family that everyone can belong to. ... That's the vision that we need to reclaim," said Lea, a staff member at the First Baptist Church in Davis, Calif.

Thus, the New Testament says: "Treat younger men as brothers, older women as mothers and younger women as sisters — with absolute purity."

The problem is making that work at the personal level, where pastors, teachers, parents and laypeople are trying to find realistic ways to handle social media, complex career pressures, tensions in modern families and constantly changing gender roles.

For example, said Lea, religious leaders have to acknowledge that their people — children, teenagers and adults of all ages — swim in a sea of music, advertising, movies, video games and smartphone apps that push a "sexed-up view of life."

Some people are damaged and will need help fitting into a church community. Many women have suffered various kinds of abuse and may struggle to trust others. There are men facing fears of their own.

In her book, Lea quoted one young man who told her: "I'm struggling with a porn addiction ... and it makes me afraid to be around women. I have all of these scripts in my head of how men and women go from clothed to naked in less than two minutes, but I don't know how

to be with women in everyday life. What if I'm not a safe person for women to be around if I have all of this stuff going on in my head?"

Most churches will, unfortunately, label him as a "single man" and send him to a Bible study in which he will be surrounded with single women and men — even if that's the last thing that he wanted or needed.

"Everyone knows," Lea explained, "that we're supposed to divide everybody up by age, gender and marital status as soon as they walk through the church door. Right? ... When my husband and I got married, they sent us straight to the 'young married' class. Young marrieds! That's just pooled ignorance when it came to navigating the troubled waters of those years. What we needed was wisdom."

When extended families gather, noted Lea, there are "all kinds of aunts and uncles and cousins and grandparents" sitting round that table. That's a much healthier image of a spiritual family than one in which individuals only have friendships with people their own age.

"I want to learn about being a Christian woman from older women," said Lea. "I need to learn about marriage from friends who are older women and men. I need to learn how to grow older. Someday, I may need to learn how to be a widow. ... Churches need to teach us how to embody all of those appropriate ties that bind."

Terry Mattingly is the editor of *GetReligion.org* and *Senior Fellow for Media and Religion at The King's College in New York City*. He lives in Oak Ridge, Tenn.

On Religion



Terry Mattingly

CHURCH DIRECTORY

Your Guide To Local Houses of Worship

| | | |
|---|---|--|
| All-Denominational Church of the Living God 11611 2nd Avenue, Hooper 719-376-2080 Sunday, 10 a.m. - Worship Sunday, 6 p.m. - Book of Acts Study Monday, 7 p.m. - Youth Thursday, 7 p.m. - Bible Study San Luis Valley Christian Center 305 S. Broadway (3rd & Broadway), Monte Vista 719-852-6168 Sunday, 10 a.m. - Worship Tuesday, 5:30 p.m. - Bible Study Prayer House Church 410 Main Street, La Jara Pastor Jaime Flores - 719-288-0007 Sunday Morning Service, 10:30 am Wednesday Family Ministry, 6:30 pm Friday Night Bible Study, 7:00 pm Sargent Community Church 6667 N. County Rd. 2 E, Monte Vista (across from Sargent School) Pastor Hugh Harris - 719-852-2950 Sunday Worship, 10:30 a.m. Back Row Church - Church Community In the Alamosa Presbyterian Church Building Alamosa www.backrowchurch.com Kim Nipple • 303-532-9342 Worship Service - Wednesday Evening at 5:00 pm Apostolic Alamosa Apostolic Church 510 First St., Alamosa Meets Sundays 1-2 p.m. 2-3 p.m. - Lunch 3-5 p.m. - Worship Service Antonio Apostolic Church 710 Main St., Antonio Meets sundays 11-12 p.m. - Sunday School 12-1 p.m. - Worship service Apostolic Pentecostal Church of Champions, Acts 2:38 9056 Hwy 285 South, Alamosa - 719-587-3351 Dan Dawning Pastor, 719-588-7307 Sunday, 1:00 p.m. - Service Assembly of God River of Life Church 2602 Clark Avenue, Alamosa Sunday, 10 a.m. - Worship Wednesday, 7 p.m. - Service Center Assembly of God 7th & Miles • P.O. Box 507, Center, CO 81125 Sunday School, 9:30 a.m. Sunday Worship, 10:30 a.m. Wednesday Worship, 7:00 p.m. Assembly of God Sons And Daughters Of God Ministry 877 Madison Street, Monte Vista Pastor Leonard Sandoval, 719-849-0212 Sunday 10:00 a.m Service Wednesday 7:00 p.m Prayer New Life Fellowship 520 7th St., Del Norte, 81132 719-657-3360 Adult Sunday School - 9:00 Services - 10:00 Baptist Grace Community Baptist Church 431 Lincoln Ave., Monte Vista Rev. Bill Walstrom, 719-937-1451 Worship: 9:30, Sunday School: 11:00 am Wednesday Bible Study: 6:30 pm Living Water Bible Fellowship 2910 Clark Street, Alamosa 719-589-6351 Sunday, 9:00 & 10:45 am Worship Services Sunday, 10:45 am Children's Ministry (Pre-K-5th grade) Sunday, 10:45 am Teen Bible Study (6th-12th grade) Tuesday, 7:00 pm Young Adults College Group Wednesday, 6:30 pm Bible Quizzing (16-9th grade) Wednesday, 6:30 pm Reign Youth Group (16H-21h grade) Wednesday, 6:30 pm Adult Bible Study Saturday 5:00 pm Worship Service Small Groups meet throughout week, please call for info *Nursery is available (twice/week) College Heights Baptist Church 2045 Church Avenue, Alamosa Sunday, 9:45 a.m.-10:45 a.m. - Sunday School Sunday, 11 a.m. - Morning Worship San Luis Valley Baptist Church 930 State Avenue, Alamosa 719-589-5938 Pastor R.L. McDonald Wednesday 7 p.m. - Worship Saturday, 2 p.m. Sunday, 10 a.m. - Sunday School Sunday, 11 a.m. - Worship Sunday, 6 p.m. - Evening Worship Spanish Ministry- Iglesia Bautista Rehoboth Pastor Saï Garcia, 589-3020 Calvary Bible Chapel 7160 Brush Lane, Alamosa Sunday, 9:30 a.m. - Worship Sunday, 10:20 a.m. - Sunday School Sunday, 11 a.m. - Ministry of the Word Small group studies meet during the week. Calvary Blanca Pastor Mathew Leonard - 719-379-3317 Sunday, 9:30 a.m. - Bible Study Sunday, 11:00 a.m. - Service Wednesday, 6:30pm - Community Get to Know You! Calvary Baptist Church 2160 Sherman Ave., Monte Vista Sunday, 9:45 a.m. - Bible Study Sunday, 11 a.m. - Worship Tuesday 6 p.m. - C.L.A.Y. Youth Thursday, 6:30 p.m. - Ladies Bible Study South Fork Baptist Church 0130 Four Seasons Dr. (Old Chizum Bldg), South Fork (East side near laundromat & car wash) Sunday School, 9:30am Sunday, 10:30am - Worship For more information - Pastor Paul Moon - 719-496-7702 Catholic Sacred Heart Church 715 4th Street, Alamosa Saturday, 5:15 p.m. - Mass Saturday, 7:00 p.m. - Spanish Mass Sunday, 8 a.m. - Mass Sunday, 10:30 a.m. - Mass Sunday, 5 p.m. - Mass Catholic Mass Student Union Room 308 - ASC Campus, Alamosa Every Sunday, 8 p.m. - Mass | Hooper Church 3rd and Adams, Hooper Sunday, 9 a.m. - Morning Worship Meditation, Kriya Mountain Institute Alamosa - (575)758-5876 United Church of La Jara 522 Walnut, La Jara 719-274-5250 Terry Buckman, Pastor Cell Phone: 339-9444 Office Hours: Mon. 9:00 am - 12:00 Sunday 9:00 am - Contemporary Coffee Fellowship 10:00 am Christian Science Services 400 Ross Avenue, Society Hall, Alamosa Services - Sundays at 10:00 p.m. The second Wednesday of each 4 p.m. Thanksgiving Day 10 a.m. Pioneer United Church in Del Norte, Colorado A Congregation of Evangelical Covenant Order Presbyterians 630 Spruce St. (1.5 blocks south of Hwy. 160) Adult Sunday School - 9:30 a.m. Sunday Coffee Fellowship - 10:30 a.m. Sunday Worship Service - 11:00 a.m. Sunday Church of the South Fork 0116 Landen Dr., South Fork, Co, 81154 Sunday are at 9 am - Services School Room. Choir is held on Wednesday at 6pm during the summer months with a final practice at 8:15am on Sunday Christian Bethel Christian Church Pastor Erik Lira Worship Service Sunday 3:00 p.m. Bible Study Wednesday 7:00 p.m. Bilingual Services Monday Free Music Classes Instrumental Classes 7:30 - 8:30 p.m. Voice & Bass Guitar 6:30 - 7:30 p.m. Word of Faith Christian Center 401 Santa Fe, Alamosa Sunday, 10:00 a.m. Wednesday, 6:30 p.m. Friday, 6:00 p.m. M.O.S.H. Youth Night The Peak Community Church 510 San Juan, Alamosa Sundays, 6 p.m. - Fellowship Sundays, 7 p.m. - Worship & More Pentecostal Alamosa Pentecostal Church 164 East 2nd St., Alamosa - 719-589-0475 Pastor Carl Sutter Bible Stud Wednesday 7:00 p.m. Sunday School Sunday 1:00-1:45 Sunday 2:00-3:00 Christian Fellowship Church The Door 1300 West 12th St., Alamosa Pastor Martin Montoya • 719-587-6197 Sunday, 11:00 a.m. - Sunday School Sunday, 11:00 a.m. - Worship Sunday, 6:30 p.m. - Victory Service Wednesday, 7:00 p.m. - Revival Christian Independent Alamosa Christian Church 410 McQuerry, Alamosa Sunday, 9:30 a.m. - Sunday School Sunday, 10:30 a.m. - Worship Wednesdays, 7:00 p.m. - Family Night & Youth Group Christian Reformed Alamosa Christian Reformed, 719-589-3493 1861 Rd 10 S., Alamosa Pastor Philip VanderWindt Sunday, 9:00 a.m. - Sunday School Sunday, 10:15 a.m. - Worship Churches of Christ Alamosa Church of Christ 408 Victoria Avenue, Alamosa Sunday, 9:30 a.m. - Bible Classes Sunday, 10:30 a.m. - Worship Wednesday, 7 p.m. - Bible Study Healing Hearts, a Bible-based 12 step group meets, every Friday at 7 p.m. South Fork Church of Christ 205 Birch St. South Fork, 719-873-1259 Kevin Bradley Pastor Sunday School, 9:00 a.m. Sunday Worship, 10:00 a.m. Central Church of Christ 200 Franklin Street, Monte Vista, 719-852-3811 David L. Baker Preacher Sunday, 9:30 a.m. - Bible Class Sunday, 10:30 a.m. & 6 p.m. - Worship Wednesday, 7 p.m. - Bible Study San Luis Valley Church of Christ 704 Del Sol, Alamosa, 719-589-2114 Sunday Bible Study 9 am Sunday Worship 10 am Wednesday Bible Study 6 pm Cornestone Community Church Hwy. 160 Del Norte next to Rio Grande Medical Clinic Pastor Mark 719-657-9107 Sunday 9:50 a.m. free breakfast Sunday 10:20 a.m. Contemporary Worship & Children Sunday School Wednesday 5:15 p.m. Dinner, music, fellowship, teachings Episcopal Saint Thomas Episcopal Church 4007 4th Street, Alamosa Sunday, 9 a.m. - Service Saint Stephen the Martyr 729 3rd Avenue, Monte Vista Sunday, 10 am Service First Christian Church 518 First St. (First & State) Alamosa 589-8805 Sunday, 9:15 a.m. - Sunday School Sunday, 10:00 a.m. - Church Service Wednesday, 6:30 p.m. - Bible Study Valley Fellowship 240 East 5th Street, Center - 719-754-3804 Sunday, 10:30 a.m. - Contemporary Worship, Prayer and Bible Study *Bible Studies during the week, call for information. First United Methodist First United Methodist Church 2035 Mullins Ave., Alamosa 719-589-2243 *Open Hearts, Open Minds, Open Doors" Sunday, 10:20 a.m. Contemporary Worship & Children Sunday School Children's Church - Sunday, 10:30 am | Community Churches United for Christ Community Church (SBC) "Community Centered Around Love" 7th & Broadway in Blanca 719-379-3317 Sunday School 9:30-10:30 Worship Service 11am Bible Believers Community Church 11762 E US HWY 160 Alamosa, Co 81101 719) 206-3239 Sunday worship 10:30 Wednesday Bible Study 7 pm www.bbchurchco.com Presbyterian Alamosa Presbyterian Church 330 San Juan Ave., Alamosa Sunday, 10:30 a.m. - Traditional Worship Hispanic Pentecostal Iglesia Pentecostal Unida L.A. 507 Tenth St., Alamosa Guadalupe Salazar Pastor 719-587-3546 Wed. 7:00 p.m. Service Sat. 7:00 p.m. Youth Service Sun. 10:00 a.m. Sunday School Sun. 5:00 p.m. Worship New Hope Church "The Church on the Hill" 25258 Hwy 160, South Fork, Co, 81154 Interim Pastor Ed Fleming • 719-873-1202 www.newhopest.com Morning Worship -10:00 am Sunday School for all ages - 9:00 - 9:45 Anabaptist Fellowship of Alamosa 330 San Juan Ave., Alamosa, CO 81101 alamosafellowship@gmail.com Sunday 4:30 PM Worship in the north wing of the Alamosa Presbyterian Church Independent, Fundamental Baptist First Baptist Church of Costilla County 9717 County Rd H, Mesita 719-206-0011 Pastor Paul Jones Sunday, 9:45 am - Sunday School Sunday, 10:45 am - Morning Worship Sunday, 12 Noon - Potluck Dinner Sunday, after dinner - Afternoon Worship Thursday, 7:00 pm - Mesita, Bible Study and Prayer meeting Home Bible studies in Costilla County Meeting in different locations DEAF MINISTRY FOR ALL SERVICES Jesus Christ of Latter Day Saints Church of Jesus Christ of Latter Day Saints Alamosa Y S A Ward 300 Richardson Avenue, Alamosa Sunday, 12:30 p.m. - 2:30 p.m. Alamosa Second Ward 927 Weber Drive, Alamosa Sunday, 9:00 a.m. - 12:00 p.m. Alamosa Third Ward 300 Richardson Avenue, Alamosa Sunday, 9:00 a.m. - 12:00 p.m. Alamosa Fourth Ward 927 Weber Drive, Alamosa Sunday, 11:30 a.m. - 2:30 p.m. Sierra Vista Branch (Spanish Language) 300 Richardson Avenue, Alamosa Sunday, 10:15 a.m. - 1:15 p.m. Lutheran St. Peters Lutheran Church & School Church: 1821 Grande Avenue, Monte Vista School: 330 Faraday Street, Monte Vista Sunday, 10:15 a.m. - Services School: K-8, Monday-Thursday Trinity Lutheran Church & School 52 El Rio Drive, Alamosa Sunday, 8:45 a.m. - Bible Study Sunday, 10 a.m. - Worship *Small Bible Study Groups Throughout the Week* Pre-School through 5th grade Church: 589-4611, School: 589-3271 Conejos Canyon Community Chapel 20062 State Hwy. 17 (between mile posts 21 and 20) Fellowship Sunday, 8:30 a.m. Sunday, 9:00 a.m. - Worship Service Mountain Valley Church 408 State St. 17, Alamosa Pastor: Richard Pinkerton 589-2859 or 589-7652 Sunday, 9:30 a.m. - Sunday School Sunday, 10:30 a.m. - Worship Service Presbyterian Church of Monte Vista 702 Second Avenue, Monte Vista (719) 852-2555 Sunday, 9:45 a.m. - Sunday School Sunday, 11 a.m. - Sunday Worship Seventh-day Adventist Seventh-day Adventist Church 315 Craft Drive, Alamosa Saturday, 9:30 a.m. - Bible Study Saturday, 11:00 a.m. - Worship United Methodist Mosca United Methodist Church 5385 Barker Street, Mosca 720-254-5564 Reverend Hugh Harris Sunday Worship: 8:00 a.m. Unitarian Universalist Unitarian Universalist Fellowship 330 San Juan Ave., Alamosa *North Wing of Alamosa Presbyterian Church 719-587-5529 Service & Youth Programs at 10:30 am Sunday United Presbyterian Church of Antonito P.O. Box 665, Antonito Office Hrs. Tues. 9:00am-12:00 Sunday 9:45am - Sunday School 10:45am - Service Valley Church of the Nazarene 228 Madison, Monte Vista - 852-5688 Sunday Morning Worship 10:15 am Sunday School Classes 9:00 a.m. Every other Wednesday 6 pm (757)58-5876 for information for class schedule Church of Scientology 511 Main Street, Suite #12, Alamosa 719-587-5554 Monday and Wednesday, 7-10 p.m. - Services Grace Assurance Ministry Church without Religion 9851 CR 4 S, Alamosa, CO Sunday Mornings - 10:30 Randy Brown - 719-588-7004 Eric Wolf - 719-480-3977 |
|---|---|--|

Census presentation Sunday

ALAMOSA — The San Luis Valley unit of League of Women Voters will sponsor a presentation about the 2020 Census on Thursday, Feb. 13, 6:30 p.m. at the Alamosa Presbyterian Church, 330 San Juan Avenue.

The featured speaker will be Luis Alvarez, Partnership Specialist for Census 2020 in the San Luis Valley.

Every 10 years the United States government counts the number of people living in this country, regardless of their

citizenship.

The Census determines how much federal funding a respective state will receive for education, health care, roads, public lands and much more — even the number of seats in Congress.

Come and learn why the Census matters to everyone and why everybody should participate. The program is free and open to the public.

For more information, call Jan Oen, at 719-480-4771.

UU examines Black History Month

ALAMOSA — What began as Negro History Week in 1926 and 50 years later became Black (African-American) History Month taught us?

Join the Unitarian Universalist Fellowship at 10:30 a.m. on Sunday as that question will be examined and find out what little has been learned.

What might an expanded knowledge

do to color our actions going forward?

The service will be preceded by the monthly second Sunday breakfast starting at 9:30 a.m. The breakfast and service will be held at 330 San Juan Ave. in the Alamosa Presbyterian Church.

For more information, contact Don Thompson at 924 8th Street, Alamosa, CO 81101-3108 or at 719-587-5529.

Confirmation affirms individual's commitment

According to Catholic Online, the sacrament of confirmation completes the sacrament of baptism.

To Catholics, baptism is the sacrament of rebirth to a new and supernatural life, while confirmation is a sacrament of maturity and representative of a young Christian's coming of age.

The Catholic Church teaches that confirmation is a true sacrifice that was instituted by Christ. While many Catholics are baptized shortly after they are

born, they do not receive the sacrament of confirmation until much later, when their spirituality and commitment to Jesus Christ has further developed and they are fully capable of understanding the commitment they are making.

The United States Conference of Catholic Bishops notes that the sacrament of confirmation calls confirmands to be missionary witnesses of Jesus Christ not just in their own families, but in their neighborhoods, society and the world at large.

Making Your Dreams Come True

I remember the morning years ago when I was making my bed and I clearly heard God speak to my heart that He was calling me to teach the Bible to people all over the world. At the time, I was a housewife in Fenton, Missouri, and having a ministry like this didn't seem likely.

But God had a plan, and He's brought it to pass over the last 40-plus years as I've learned to walk by faith that He would do what He said He would do.

It didn't happen overnight; it took time, effort and a determined decision to not give up when things were difficult. But I can tell you from personal experience that it's possible to fulfill God's plans for your life if you have an attitude that says: "I'm going to trust God and believe what He says more than what I think or feel or what my circumstances look like!"

Make Up Your Mind to Believe

God works in our lives through faith, not doubt and unbelief. James 1:5-8 (NIV) says, "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do."

It's so important for us to understand this because we don't want to live in situations where God can't do anything because of our unbelief. When Jesus was ministering to people in His hometown of Nazareth, Matthew 13:58 (AMP) says, "He did not do many miracles there...because of their unbelief."

The good news is we can make up our minds that we're going to trust Him, stand firm and remain steadfast in our faith.

Learning from the Father of Our Faith

Romans 4:18-21 tells us that Abraham believed he would become "the father of many nations" even though it didn't seem possible, naturally speaking. Verse 18 says, "Abraham in hope believed..." even though he had no reason whatsoever to believe he and Sarah, his wife, would have a child because at this stage in life, they were beyond their childbearing years.

Verses 19-21 (NIV) say, "Without weakening in his faith, he faced the fact that his body was as good as dead—since he was about a hundred years old—and that Sarah's womb was also dead. Yet he did not waver through unbelief regarding the promise of God, but was fully strengthened in his faith and gave glory to God, being fully persuaded that God had power to do what he had promised."

Abraham faced the facts of his circumstances—he was impotent and Sarah was barren—but he did not waver in his faith in God. Instead, he "was fully strengthened in his faith and gave glory to God."

To defeat doubt and unbelief, we need to face our circumstances but not focus on them. When doubt is coming against us, we need to praise God and remember who He is and the other victories He's given us in our lives.

Make It Practical

You can do this by talking about God's goodness and the things He's done for you, not just your problems. Set your mind and keep it set to walk by faith, trusting that God has something good in store for you. Don't try to figure everything out or do something about a situation you can't do anything about. Do what you know to do and believe that God will take care of the rest.

It's especially important to spend time meditating on the Word of God during these times. Here are a few



Moving Up Higher with Joyce Meyer

great scriptures that will line up your thoughts and words with God's heart...

Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight" (NIV).

Romans 8:37 "In all these things we are more than conquerors through him who loved us" (NIV).

I Peter 5:7 "Cast all your anxiety on him because he cares for you" (NIV). I want to encourage you to trust God's love for you. Keep standing in faith for His will to be done and keep pressing on, one day at a time, doing what He's showing you to do. Put your hope in Him to do something good in your life and confidently expect it, because with God on your side, all things are possible!

For more on this topic, order Joyce's two-teaching CD series Living with Hope. You can also contact us to receive our free magazine, Enjoying Everyday Life, by calling (800) 727-9673 or visiting www.joycemeyer.org.

Joyce Meyer is a New York Times bestselling author and founder of Joyce Meyer Ministries, Inc. She has authored more than 100 books, including BATTLEFIELD OF THE MIND and YOUR BATTLES BELONG TO THE LORD (FaithWords). She hosts the Enjoying Everyday Life radio and TV programs, which air on hundreds of stations worldwide. For more information, visit www.joycemeyer.org. Please note: The views and opinions expressed throughout this publication and/or website are those of the respective authors and do not necessarily reflect those of Joyce Meyer Ministries.

You are loved.

Sunday School 9am
 Sunday Service 10:15am
 1861 Rd 10 S
 www.alamosacr.org
 719-589-3493

see you in sunday school!



Sports

Grizzlies grab first win of the season

By CORRI ZAIGER

ASU Sports Information Assistant
GLENDALE, Ariz. — Adams State Baseball goes 1-1 on the day in their pod series against Midland University and Arizona Christian. The Grizzlies won game one against Midland, 6-4. Adams State then fell in the afternoon game to Arizona Christian 13-5.

Game One vs. Midland

Adams State got their first win of the season in game one, scoring 6 runs on 14 hits, while only allowing 4 runs. The game opened with quick three up, three down top and bottom of the first, and a scoreless second and top of the third. At the bottom of the second, the Warriors hit a leadoff single, followed by a sac bunt, advancing the runner to second. After stealing third and a walk, on an attempt to steal second, the Warriors made it a 1-0 game.

Midland continued their run in the bottom of the fourth, leading off with a single to right. The Warriors scored their second run from an infield error and a single to right. Leading 2-0, the Warriors added two more in the bottom of the sixth. Midland opened the inning with a single to right-center, followed by a fielder's choice, getting the out at second. The Warriors added their second baserunner from a walk, then



scored their two runs on a ground-rule double to left field.

Trialing 4-0, the Grizzlies entered the top of the seventh. Jake Angelopoulos had a lead-off walk, followed by a walk to Jace Wytalka. Kolton Bleggi hit into a fielder's choice, getting Wytalka out at second and advancing Angelopoulos to third. Nico Nintze hit a sac fly to right field to score Angelopoulos. With two outs and two men on, Cedrick Reynaud singled to center to score Bleggi. Mike Bathauer came in to pinch-hit, singling up the middle, advancing pinch-runner Ryan

Downs to third. Chase Dixon singled up the middle to give the Grizzlies three runs.

The Grizzlies tacked on one more in the top of the eighth. Will Morley led the inning off with a single to centerfield and was advanced to second by a ground out from Angelopoulos. Wytulka singled to second, advancing Morley to third. Adams State tied the game at four after Bleggi doubled to right-center to score Morley.

Adams State scored their final two runs in the top of the ninth. Bathauer got the inning started by reaching on an error by the second baseman and was advanced to third from a double by Dixon. Noah Befus came up and singled to right-center, scoring by Bathauer and Dixon, giving the Grizzlies the win.

Both Reynaud and Befus led the Grizzlies, going 3-5 with Reynaud earning 1 RBI and Befus with 2. Dalton Carleo led the Grizzlies on the hill, pitching seven innings, facing 27 batters with 5 strikeouts.

Game Two vs. Arizona Christian

Game two started similar to game one, with scoreless first and second innings. The Grizzlies added a tally to the scoreboard in the top of the third, starting with a leadoff single for Mor-

ley. Wytulka grounded out to second, advancing Morley to second. With two outs, Nintze reached on an error by the second baseman, and scored Morley, putting the Grizzlies up 1-0. The Firestorm responded, scoring one in the bottom of the third from a couple of singles.

Tied 1-1, Adams State countered with two more runs in the top of the fourth. After a leadoff single and a wild pitch, the Grizzlies scored on an error at first. Adams State added their second run after another single up the middle and fielders' choice. Leading 3-1, the Grizzlies tacked on one more run in the top of the fifth.

Arizona Christian took over in the bottom half of the inning, scoring 6 runs on 4 hits. They continued their rally, scoring 4 more in the bottom of the sixth. Trialing 11-4, the Grizzlies got one back in the top of the eighth, reaching and advancing on errors. The Firestorm added their final two runs in the bottom of the eighth, making it 13-5.

In game two, the Grizzlies were led by Reynaud going 3-3 with 1 RBI. On the mound for the Grizzlies was Cutter Smith, completing 5 innings with 4 strikeouts.

The Grizzlies will be back out on the field today to take on Arizona Christian at 9 a.m.

Falcons wrestling successful in Monte Vista

By STEPHEN JIRON

Courier Sports Editor

MONTE VISTA — On a night where Monte Vista honored local legends, Centauri wrestling got the win by a team score of 54-24.

Before the action got underway, Monte Vista took a minute to honor a few members of the community for their contribution to wrestling by unveiling banners in the gym dedicated to Carole Wiedeman, Rocky Weideman, Craig Kelso and John McClure. Banners to commemorate all four's induction into the National Wrestling Hall of Fame now hang in the Monte Vista gym.

The Pirate wrestlers did well on senior night picking up 4 wins of 7 contested weights. The first match of the night took place between Monte Vista's Damian Lopez and Robert Coombs of Centauri at 120 pounds. Lopez stayed busy through the first period with a takedown and 5 near fall points to take a 7-0 lead into the second period. Coombs would register some points down the stretch but relented the 11-4 decision to Lopez.

At 126 pounds, it was DeAngelo Archuleta of Monte Vista and Centauri's Cyrus Sandoval. Archuleta reg-

istered a takedown and three near-fall points to go ahead 5-1 after one period. Two more takedowns in each of the final two periods would fuel him to a 9-4 victory despite Sandoval mounting a small comeback.

Eyan Chavez of Centauri broke up the green and gold procession with a win at 132 pounds. Chavez logged four takedowns in the first period against opponent Nathaniel Juarez before earning the win by fall at 1:49.

Monte Vista's Hunter Pacheco got the Pirates back on track with a victory at 138 pounds. Pacheco's opponent Ivan Lopez started with the advantage, logging two takedowns in the first period to lead 4-3 into the second. There, Pacheco took control. Pacheco logged a takedown and 5 near fall points before earning a fall for the win at 3:41.

Following two forfeits to Centauri's Jordan Martin and Erik Mestas, Zach Buhr added 6 more team points for Centauri with a pin of Pablo Rivera. Byron Shawcroft, Adam Chacon, Josh Burrola would also accept forfeits from Monte Vista leading to the last two matches of the night.

At 220 pounds, Ethan Hotz of Monte Vista would add another victory for the Pirates in his match against

Joseph Morreno. Hotz logged the lone points in the first period with a takedown. In the second period, he would start with another takedown and translate that into a pin at 2:47. In the final match of the night Monte Vista's Jason Duran faced Centauri's Remi Lucero in the heavyweight class. The two clashed early but it was Lucero who scored the takedown and quickly worked his way to a pin at 1:50 to give the Falcons a 54-24 win.

Both squads will get in as much activity as they can before regional play in Sierra Grande on Feb. 14-15.

- 106 Xander Lopez (Centauri) over Unknown (For.)
- 113 Dominic Lopez (Monte Vista) over Unknown (For.)
- 120 Damian Lopez (Monte Vista) over Robert Coombs (Centauri) (Dec 11-4)
- 126 DeAngelo Archuleta (Monte Vista) over Cyrus Sandoval (Centauri) (Dec 9-4)
- 132 Eyan Chavez (Centauri) over Nathaniel Juarez (Monte Vista) (Fall 1:50)
- 138 Hunter Pacheco (Monte Vista) over Ivan Lopez (Centauri) (Fall 3:42)
- 145 Jordan Martin (Centauri) over Unknown (For.)
- 152 Erik Mestas (Centauri) over Unknown (For.)
- 160 Zach Buhr (Centauri) over Pablo Rivera (Monte Vista) (Fall 0:29)
- 170 Byron Shawcroft (Centauri) over Unknown (For.)
- 182 Adam Chacon (Centauri) over Unknown (For.)
- 195 Josh Burrola (Centauri) over Unknown (For.)
- 220 Ethan Hotz (Monte Vista) over Joseph Morreno (Centauri) (Fall 2:48)
- 285 Remi Lucero (Centauri) over Jason Duran (Monte Vista) (Fall 1:57)



Courier photos by Stephen Jiron
Left: DeAngelo Archuleta of Monte Vista applies pressure to opponent Cyrus Sandoval. Middle: Hall of Fame Honorees take center mat. From left, Rocky Wiedeman, Craig Kelso, John McClure and Carole Weideman. Right: Centauri's Remi Lucero pins opponent Jason Duran of Monte Vista.



Results

- Adams State Baseball**
Feb. 6
 ASU 6, Midland 4
 Arizona Christian 13, ASU 5
- Adams State Basketball**
Jan. 31
 Westminster 63, ASU 47 (W)
 Westminster 71, ASU 67 (M)
- Feb. 1**
 Dixie State 65, ASU 39 (W)
 ASU 82, Dixie State 75 (M)
- Prep Basketball**
Jan. 31
 Primero 72, Creede 37 (B)
 Sierra Grande 59, Center 40 (G)
 Center 54, Sierra Grande 41 (B)
 Sargent 47, South Park 12 (G)
 Sargent 63, South Park 29 (G)
 Sanford 55, Custer County 8 (G)
 Sanford 67, Custer County 18 (B)
 Centennial FFW, Aguilar FFL (G)
 Sangre de Cristo 72, La Veta 20 (G)
 Sangre de Cristo 69, La Veta 33 (B)
 Monte Vista 80, Cortez 67 (B)
 Centauri 44, Alamosa 40 (G)
 Alamosa 59, Centauri 43 (B)
- Feb. 1**
 Alamosa 57, Bayfield 48 (G)
 Alamosa 61, Bayfield 49 (B)
 Sangre de Cristo 39, Swink 32 (G)
 Sangre de Cristo 56, Swink 30 (B)
 Center 41, South Park 20 (G)
 Center 56, South Park 51 (B)
 Del Norte 48, Sanford 45 (G)
 Sanford 61, Del Norte 29 (B)
 Sierra Grande 46, Antonito 41 (G)
 Sierra Grande 58, Antonito 20 (B)
- Feb. 1**
 Sanford 61, Sierra Grande 14 (G)
- Feb. 6**
 Sargent 30, Center 22 (G)
 Center 49, Sargent 44 (B)
- Adams State Swimming**
Jan. 25
 Western Colorado 155, ASU 50 (W)

Sports Bulletin

- Adams State Wrestling**
Feb. 6
 6 p.m. ASU at Chadron State
- Prep Wrestling**
Feb. 1
Valley Classic
 2. Centauri - 199, 15. Monte Vista-54, 17. Sierra Grande/Centennial- 32, 19. Sargent-23, 20. Del Norte-20.5, 22. Mountain Valley-15, 24. Center-2.
Feb. 6
 Centauri 54, Monte Vista 24

Upcoming Events

- Adams State Baseball**
Feb. 7
 9 a.m. ASU at Arizona Christian
- Feb. 8**
 9 a.m. ASU vs Midland
- Adams State Basketball**
Feb. 7
 5/7 p.m. ASU at Regis (W/M)
- Feb. 8**
 5/7 p.m. ASU at Colorado Christian (W/M)
- Prep Basketball**
Feb. 7
 3 p.m. Cotopaxi at Sierra Grande (G/B)
 3 p.m. Moffat-Mt. Valley at Manzanola (G/B)
 3 p.m. La Veta at Creede (G/B)
 4 p.m. Lake City at Antonito (G)
 4 p.m. Del Norte at Gunnison (G/B)
 5:30/ 7 p.m. Pagosa Springs at Centauri (G/B)
 5:30/ 7 p.m. Alamosa at Monte Vista (G/B)
 6 p.m. Sangre de Cristo at Centennial (G/B)

- Feb. 8**
 1 p.m. Primero at Antonito (B)
 1:30/ 3 p.m. Centauri at Bayfield (G/B)
 2 p.m. Sanford at Crested Butte (G/B)
 1 p.m. Sierra Grande at Sargent (G)
 2 p.m. Del Norte at Center (G/B)
 4 p.m. Centennial at Moffat-Mt.-Valley (G)
 4/7 p.m. Alamosa at Montezuma-Cortez (B)
 5:30/ 7 p.m. Pagosa Springs at Monte Vista (G/B)
- Feb. 10**
 4:30 p.m. Lake City at Sierra Grande (G)
- Adams State Softball**
Feb. 15
 12/ 2 p.m. ASU vs Okla. Panhandle State (DH)
- Feb. 16**
 11 a.m./ 1 p.m. ASU vs Okla. Panhandle State (DH)
- Prep Swimming (G)**
Feb. 14
State Championships
 Sargent at Thornton
- ASU Wrestling**
Feb. 7
 6 p.m. ASU at Colorado School of Mines
- Prep Wrestling**
Feb. 7
 5 p.m. Dolores Huerta at Center
 Monte Vista at Alamosa
- Feb. 8**
 6 p.m. Centauri at Pagosa Springs
- Charger Invite**
 TBA Center, Mountain Valley, Sargent, Sierra Grande-Centennial at Crowley County
- Feb. 9**
Girls State Championship
 Sierra Grande-Centennial at Thornton
- Schedules subject to change*

Classified Marketplace

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Public Notices

NOTICE OF PUBLIC HEARING
TOWN OF CRESTONE BOARD OF TRUSTEES
MONDAY, FEBRUARY 10, 2020 1:00P.M.
AT THE TOWN HALL MEETING ROOM,
11S. ALDER STREET, CRESTONE, CO
 PURPOSE: Public comment on a Planned Unit Development proposal for Tract 3, which consists of 4.62 acres of E. Lime Ave. within the Town of Crestone and Zoned Rural Residential.
 PRELIMINARY APPLICATION SUBMITTED BY: Crestone Peak Community Housing, a nonprofit organization, PO BOX 911, Crestone, CO 81131.
 PUBLISHED AND POSTED: As per the Zoning Regulations of the Town of Crestone Section IX-10, Ordinance 2006-013, Crestone Board of Trustees: Mayor Kairina Danforth and Trustee Diane Bairstow, Terry Goergen, Adam Kinney, Kizzen Laki, Sam Pace and Bob Prather.
 COMMENTS MAY BE SENT IN ADVANCE OF THE HEARING TO: Crestone Clerk, PO BOX 64, Crestone, CO 81131 or crestoneclerk@fairpoint.net
 No. 1253
 Published in the Valley Courier on January 16, 17, 18, 21, 22, 23, 24, 25, 28, 29, 30, 31, February 01, 04, 05, 06, 07, 08, and 11, 2020.

A CALL FOR NOMINATIONS
SOUTH FORK FIRE PROTECTION DISTRICT
\$1-13.5-501, 1-13.5-1102(3), 32-1-905(2), C.R.S.
 TO WHOM IT MAY CONCERN, and, particularly, to the electors of the South Fork Fire Protection District of Rio Grande County, Colorado.
 NOTICE IS HEREBY GIVEN that an election will be held on the 5th day of May, 2020, between the hours of 7:00 a.m. and 7:00 p.m. At that time, three directors will be elected to serve 3-year terms and one director will be elected to serve 2-year term. Eligible electors of the South Fork Fire Protection District interested in serving on the board of directors may obtain a Self-Nomination and Acceptance form from the District Designated Election Official (DEO):
 Tyler Off
 0028 Mall Street
 South Fork CO, 81154
 719-873-1030
 The Office of the DEO is open on the following days: Monday through Friday from 8:30 a.m. to 4:30 p.m.
 The deadline to submit a Self-Nomination and Acceptance is close of business on Friday, February 28, 2020 (not less than 67 days before the election).
 Affidavit of Intent To Be A Write-In-Candidate forms must be submitted to the office of the designated election official by the close of business on Monday, March 2, 2020 (the sixty-fourth day before the election).
 NOTICE IS FURTHER GIVEN, an application for an absentee ballot shall be filed with the designated election official no later than the close of business on Tuesday preceding the election, April 28, 2020.
 Designated Election Official Signature
 No. 1291
 Published in the Valley Courier on February 07, 2020.

NOTICE OF ELECTION
TOWN OF CRESTONE
 Notice is hereby given that the regular election will be held in the Town of Crestone, Colorado on Tuesday, April 7, 2020. This election will select two trustees, one mayor and will determine the outcome on one referred measure.
 The ballot will contain candidates for Trustee (and) candidates for Mayor (), and one referred measure as follows:
 Ballot Title:
 AN AMENDMENT TO ORDINANCE # 2000-1 (WHICH ENACTED A 3% SALES TAX FOR THE TOWN OF CRESTONE) INCREASING THE TOWN SALES TAX BY 0.5% TO A TOTAL OF 3.5% ON THE RETAIL SALE OF PERSONAL PROPERTY WITHIN THE TOWN OF CRESTONE
 BALLOT ISSUE:
 SHALL THE TOWN OF CRESTONE'S TAXES BE INCREASED BY UP TO \$60,000.00 (FIRST FULL FISCAL YEAR INCREASE) AND BY WHATEVER ADDITIONAL AMOUNTS ARE RAISED ANNUALLY THEREAFTER THROUGH THE ADOPTION OF AN ORDINANCE AMENDING ORDINANCE # 2000-1, INCREASING THE SALES TAX ESTABLISHED BY SAID ORDINANCE BY 0.5% ON THE SALE OF TANGIBLE PERSONAL PROPERTY AT RETAIL RESULTING IN A TOTAL TOWN SALES TAX OF 3.5%, THE PROCEEDS OF WHICH SHALL BE DEPOSITED INTO THE TOWN GENERAL FUND AND ALLOCATED TO THE WATER AND SEWER ENTERPRISE FUNDS FOR OPERATIONAL EXPENSES EFFECTIVE APRIL 7, 2020, AND SHALL SUCH REVENUES CONSTITUTE A COTER-APPROVED REVENUE CHANGE, NOTWITHSTANDING ANY REVENUE OR EXPENDITURE LIMITATION CONTAINED IN ARTICLE X, SECTION 20 OF THE COLORADO CONSTITUTION OR ANY OTHER LAW?
 Yes No
 The election is to be held as a Mail Ballot election. Active registered voters will receive a ballot by mail. Ballots may be submitted by return mail, or in person at Town Hall (108 W. Galena Ave. Crestone, CO). Town Hall is open for election business from 9:00 am-2:00 pm Monday through Thursday, and from 7:00 am-7:00 pm on Election Day. All voted ballots must be received by the Crestone Town Clerk by 7:00 pm on Election Day.
 To be eligible to vote in this election, you must be at least eighteen (18) years of age; be a citizen of the United States; have been a resident of the Town of Crestone for at least twenty two (22) days preceding the election; and be registered to vote on Election Day.
 For questions, please contact Town Clerk Allyson Ransom at (719) 256-4313.
 Allyson Ransom
 Town Clerk
 Town of Crestone
 Posted at Crestone Town Hall
 No. 1292
 Published in the Valley Courier newspaper on February 07, 2020.

112 - BUSINESS OPPORTUNITIES

LICENSED PLUMBER DOES all types of plumbing repairs and plumbing remodel done at reasonable rate. Call 719-580-0033 or 719-376-2593.(3/5)

175 WEDDINGS

BEAUTIFUL MOUNTAIN RANCH WEDDING/REUNION SITE. Lodge w/kitchen, dining, sleeping; 9 guest cabins. 719-580-2486. (2/13)

221 HELP WANTED

THE SAN LUIS Valley Department of Human/Social Services is accepting proposals for an AND Navigator to serve the following counties: Alamosa, Conejos, Costilla, and Rio Grande/Mineral. This individual should be SOAR certified or commit to becoming certified within a quick timeframe. This is a contracted position whose primary function will be to assist DSS/DHS applicants with the application/appeal of SSI benefits. Please submit letter of interest and proposed outreach strategy that would illustrate how services will be managed in each of these counties to Nicholas Barela, P.O. BOX 668, Conejos, CO 81129 or nicholas.barela@state.co.us. Please direct any questions to Nicholas Barela at (719) 376-5455. Closes 2/17/2020 (2/14)

221 HELP WANTED

RIO GRANDE COUNTY is seeking a Dispatch/Detention Officer. High school diploma or general education degree (GED), or one to three months related experience and/or training, or equivalent combination of education and experience. Must be 21 years of age, pass background investigation and 5 panel drug test, including marijuana required. Inmate interaction required. \$15.43/ per hour. Pick up and submit applications to Human Resources 925 6th St. Room 200 Del Norte, CO. 81132. Applications also available on-line at www.riograndecounty.org. Deadline: Until Filled (2/12 #2)

TRUCK DRIVER WANTED part time Saturday and Monday's Retired preferred. Wolf Creek pass. Call 719-480-9937 (2/11)

RN CASE MANAGER Hospice del Valle is a non-profit agency located in Alamosa and the only hospice that serves the San Luis Valley. We offer competitive Pay & Benefits, ongoing education, mentoring and support as well as a Holistic & team-centered approach to home-based care. RN Case Manager Responsibilities: Nursing care to diverse patients of all ages in conjunction with an Interdisciplinary Team. Compassionate end of life care to patients and families, promoting quality and comfort-focused care. Qualifications: RN with current Colorado License in good standing and a graduate from an accredited school of nursing. Current CPR certificate, or ability to obtain upon hire. One year of experience minimum, 2-5 years preferred. Valid Colorado driver's license and unlimited access to reliable transportation. Ability to make home visits, travel and drive in all areas of the San Luis Valley year-round. Excellent time management skills and ability to work independently as well as be part of a team. Ability to participate in the on-call, holiday, weekends and after-hours program. Comfortable with basic computer use such as word processing, emails and internet searches; can manage cell phone messages and texting. If you are interested in learning more about becoming a part of the Hospice del Valle team, stop in at 514 Main in Alamosa for an application and meet our executive director, Laura Lewis, or call 719-589-9019. We look forward to hearing from you! Hospice del Valle is an equal opportunity employer. We will not discriminate and will take affirmative action measures to ensure against discrimination in employment, recruitment, advertisements for employment, compensation, upgrading, promotions, and other conditions of employment against any employee or job applicant on the bases of race, color, gender, national origin, age, religion, creed, disability, veteran's status, sexual orientation, gender identity or gender expression.(2/11)

221 HELP WANTED

EMPLOYMENT BENEFITS UNIT Case Manager needed for Rio Grande County Department of Social Services. Requires High School Diploma or GED, as well as one to three months related experience, including thorough knowledge of TANF rules and regulations and other assistance programs. Computer skills required may include word processing, spreadsheet applications, and various accounting programs. Application and job description available on line at www.riograndecounty.org or pick up and submit to Human Resources 925 6th Street, Room 200, Del Norte, CO 81132(2/13)

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. (2/12 #1)

HOST/HOSTESS NEEDED APPLY in person, at 506 State Street. Rubi Slipper must be flexible. No Phone calls. (2/15)

221 HELP WANTED

RIO GRANDE COUNTY Department of Social Services is accepting applications for a Child Protection Caseworker. Full time position with County benefits. Full job description and application available at www.riograndecounty.org. or at Human Resources, 925 6th St., Room 200, Del Norte, CO 81132. (2/12 #3)

SEEKING A PART-TIME Family Advocate, with potential for full-time at a later date. The Family Advocate is responsible for the engagement, intake, assessment, internal triage, and case management for families seeking service at Adelante Family Resource Center. The Family Advocate works with families to create positive and long-term growth aimed to improve safety, stability, and self-efficacy by providing trauma-informed, strengths-based, solution focused, and culturally responsive services. Duties include assisting with client goal setting. Service/referral/resource navigation in the community, regular in-person visits at Adelante, in family homes and in the community. Additional responsibilities include collaboration with local community partners and other program staff, data tracking, reporting and adherence to program grant requirements. Bachelor's degree preferred with two years of experience working in the human serve field with direct client contact. Bi-lingual a plus. Please send cover letter and resume to: HR, PO BOX 1235, Alamosa, CO 81101 or email to hr@lapuente.net (2/18)

SOUTH CONEJOS SCHOOL District is currently accepting applications for the 2019-2020 School Year for the following positions: High School Track Coach, Middle School Wrestling Coach, and Middle School Baseball Coach. Applications are available online at www.southconejos.com. Applications can be forwarded to josh@southconejos.com. If you have questions/concerns you may contact the district office at 719.376.7001. Applications will be accepted until the position is filled. South Conejos is an equal opportunity employer.(2/8)

ADAMS STATE UNIVERSITY seeks applicants for a General Labor I position in the Facilities Services Department. For application or more information, please see https://www.adams.edu/hr/employment/ Deadline is February 9, 2020. AA/EOE. (2/8)

CITY OF ALAMOSA is seeking a Full Time Maintenance Worker I with a hiring salary of \$14.42 - \$15.86 per hour (DOQ), to provide routine maintenance tasks in and around the City Facilities. Applications can be found online at www.cityofalamosa.org under Employment or at the HR Department, 300 Hunt Avenue, Alamosa, Colorado. Closing date is February 13, 2020 at 4:30 pm. (2/15 #2)

THE ALAMOSA POLICE Department is seeking a FT Police Officer, \$19.86 per hour to join the Alamosa Police Department. Some duties include, protecting the lives, health, welfare, and property of individuals within the city limits by enforcing municipal, state, and federal statutes, ordinances, and laws. For a full job description and to apply please visit the cityofalamosa.org. Open until filled. (3/3 #1)

PART-TIME RECEPTIONIST NEEDED immediately. Need to be dependable. Bring resume to Valley Courier, Attention Keith.(TFN)

221 HELP WANTED

TEMPORARY EXPERIENCED HEAD Cook-Monte Vista - (2+ yrs exp; references); Responsible for food preparation per to the Dietary Guidelines for Americans; must be familiar w/Colorado Retail Food Establishments Rules and Regs and certification Food Safety and Handling; supervisory skills, cooks in large quantities; 5:30 a.m.-1:30 p.m. M-F; For more information call 719-589-4511. Applications and full job description available at South-Central Colorado Seniors, Inc., 1116 3rd St. Alamosa CO or call 719-589-4511 for more information. (2/8)

CDL TRUCK DRIVER needed in hay hauling operation. Class A CLD in good standing. Drug testing required. Competitive payHome on most evenings and on weekends Please call 719-588-4481 for more information.(2-16)

MONTE VISTA SCHOOL District is accepting applications for a Middle School Math Teacher for the remainder of the 2019-20 school year. A complete list of desired qualifications and experience may be viewed on the district website. 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, until the position is filled. Applications may be downloaded from the district website http://ww2.monte.k12.co.us/employment-opportunities.html or call 719-852-5996.(2/7)

221 HELP WANTED

SIERRA GRANDE SCHOOL District is currently accepting applications for a High School Spanish Teacher/ELL Director. Applicants must have a current state certification/license or in the process of receiving a certification/license and enrolled in an educational program for completion or endorsement. Application forms are available at the district office located at 17523 E. Hwy 160 Blanca, CO 81123 or on the District's website at www.sierragrandedistrict.net Applications may be submitted to Mr. Brandon Mizokami at bmizokami@sierragrandedistrict.net For more information please contact Mrs. DeAnn Arellano at 719-379-3257.(2/22)

221 HELP WANTED

THE CITY OF Alamosa is seeking a Full-Time Maintenance Worker II in the Streets Department to perform semi-skilled and skilled work in the construction, modification, maintenance and repair of streets, curbs, gutters, sidewalks, storm drains, graffiti removal, and traffic signs; and performs related work as assigned. The candidate must possess a High School Diploma or equivalent, a valid Colorado Class B Commercial Driver License with an acceptable driving record, and the ability to frequently lift and carry equipment weighing over 50 lbs. Starting salary is \$15.25 - \$16.78 per hour (DOQ), including a comprehensive health benefits package, CO PERA retirement, and vacation, personal, and sick leave. Applications can be found online at www.cityofalamosa.org under Employment or at the Human Resources Department, 300 Hunt Avenue, Alamosa, Colorado. Closing date is February 10, 2020 at 4:30 pm.(2/12)

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221 HELP WANTED

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

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Classifieds

324 - FEED & SEED

PREMIUM TARPED AND shedded grass hay 3x3 Bales 750 lbs. near Monte, CO. 719-588-8506. Discounts for larger amounts. (2/25)

PREMIUM ALFALFA AND grass/alfalfa, small bales \$8.00 in shed, \$7.00 outside (719) 580-2509. (02/19)

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

330 FREE

BARN CATS CALL 719-379-4179.(2/14)

351 LIVESTOCK

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

353 - FARM & LIVESTOCK SERVICES

POWDER RIVER CALF shoot. Call anytime 719-580-5745. (2/12)

360 - MISCELLANEOUS FOR SALE

MOBIL 10W 30 conventional motor oil, \$15.00 a case, have a bunch. 720-384-5600(2/13)

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

FOR ADOPTION: 4 little black puppies, part boxer. Males and females. Call or come by Valley Humane League 589-3385

369 - PETS & SUPPLIES

FOR ADOPTION: SUNSHINE! an adorable little black chihuahua mix. She is a small lap dog and partially house trained. She gets along with other dogs and cats. Please call Valley Humane League for more information. At this time she is in foster care but we can bring her to meet you at the shelter. 589-3385

FOR ADOPTION: MIA She is four months old and already very large. She is part pyrenees and part border collie. A wonderful dog! Valley Humane 589-3385(2/14)

ALL DOGS ADOPTED FROM THE VALLEY HUMANE LEAGUE HAVE TO BE SPAYED OR NEUTERED BEFORE GOING TO THEIR NEW HOME. (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 provided 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)

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

VALLEY DOG TRAINING, Alamosa. Obedience agility classes \$50, 6 weeks 719-379-4157 for information. (2/18)

FREE TO GOOD 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)

387 - WANTED TO BUY

WANTED TO BUY Cow hay and Wheat straw call 719-850-1680. (2/7)

409 FARM & RANCH LAND

FOR LEASE: 126 acres under pivot for hemp, near Moffat, CO. Please Call (719) 942-3286 or email kckennedy163@gmail.com(3/3)

415 - HOMES FOR SALE

HOUSE IN ALAMOSA For Sale. 5 Bedrooms 2.5 Bathrooms call or text 719-496-6795 or 719-480-0960. (2/20)

IN ALAMOSA, 206 and 212 Bonney Dr. 3 Bedrooms, 1 bathroom. \$140,000/each OBO call 719-480-3777. (2/18)

DEL NORTE COLORADO, Rent To Own, 3 Bedroom 2 Bathroom \$750/Mo. 719-253-2978.(2/15)

2 HOMES/ 5.25 Acres, Trees!, 3 wells!, Extra electric System, Trees!, Corrals. \$184,000.00 970-640-9562.(3/13)

420 - LOTS & ACREAGE

25 ACRES AT Sangre de Cristo Ranches, with Elec. 200' water well, Sangre de Cristo creek runs through it. 80 acres 2 1/2 miles west of San Acacio call Al Lopez 719-588-2930/719-843-0930.(2/25)

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BEAUTIFUL 4 BEDROOM Ranch house located near Monte Vista \$1000/mo. call 719-588-8506. (2/13)

611 - HOMES FOR RENT

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

630 - ROOMS FOR RENT

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634 - ROOMMATE WANTED

Mature women looking for a female roommate to share a 3 bedroom house. For information call 719-589-6921 or 719-588-0813.(2/19)

717 WATER SHARES

Augmentation water share of Middlemist water for sale 719-588-3224. (2/28)

SLV Irrigation Well Owners Inc. 6000 gallons at \$4.00 per gallon. Call 719-849-8197.(2/11)

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Comics

CROSSWORD PUZZLE

ACROSS

1 Bear constellation
5 Infuriated
8 Wish for
12 Largest of the Marianas
44 White, in Paris
46 More scarce
49 Jokey magic word
50 T, in
52 All excited
54 Blackthorn fruit
55 Bonn single
56 "Soft Watches" painter
57 Sorts
58 Prohibited insecticide
59 Paradise

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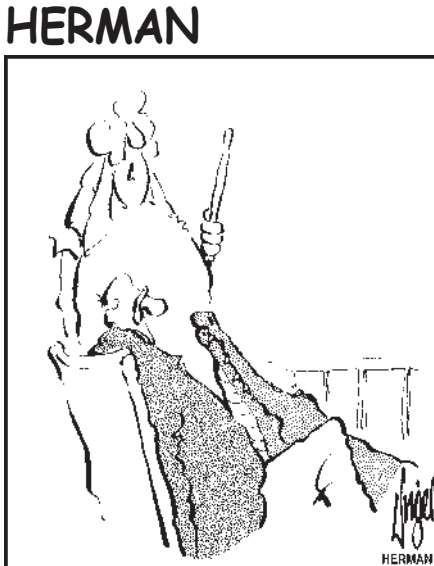
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9 In a frenzy
10 Robin beaks
11 Links gizmo
19 Trendy
21 Future turtles
24 Flightless bird
25 TV's — Griffin
26 Island near Java
27 Cranberry locales
28 Metallic element

29 Mr. Vidal
33 Egos' counterparts
35 Arrogant
36 Built
39 Makes sore by rubbing
40 Meadow murmur
41 Scrape
43 Foot soldier
44 Seed pod
45 Peek
47 By Jove!
48 Part in a drama
49 Frat letter
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53 Tonic partner

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CELEBRITY CIPHER

by Luis Campos

“ M ’ A L D M O L E D R D V I T E M V T O E E D
R D . M ’ A L D M O L E D C Y V I D M S Y T U U G
T A . M ’ A L D M O L E D P M L H S Y D H E V I T E
E I T E M B . ” — Y A A T V T E B D O

TODAY'S CLUE: E equals A

Previous Solution: "I have been ... lucky. My first role was in a great film ('The Falling') by a woman director (Carol Morley)." — Florence Pugh

Teen in sketchy situation resists efforts to help her

DEAR ABBY: My 15-year-old granddaughter has lived for the past several years in an environment with adults who have done drugs, can't or won't keep a job and are in and out of jail. I want her to have a better life, and I try to explain what a responsible adult life looks like. But when I do, she accuses me of being judgmental and nonaccepting because these people are "nice." How can I get her to understand that the lifestyle she's exposed to isn't good without coming off as judgmental? -- AT A LOSS FOR WORDS

DEAR AT A LOSS: The lessons we teach others don't always have to be verbal. One way would be to expose your granddaughter -- as often as possible -- to people who have chosen a different way of life and are reaping the rewards for it. Perhaps then she will begin to draw her own conclusions and realize that she can have a different life if she's willing to work toward it.

DEAR ABBY: My ex-fiance decided to leave our relationship and our 10-month-old son, "Nicky," about a month ago. He sees Nicky regularly and is a good father. I know our relationship is over and that it's not going to be fixed. To be honest, when he left, I was relieved.

The other day, I suggested to my ex that maybe once a month we take our son out together to do something, in

like go to the park or the zoo. My reasoning is that Nicky needs to know that even though his mom and dad are no longer together, we can still get along. His response was he didn't think it was a good idea. He doesn't want our son to get the wrong impression. I just said "OK" and left it alone.

Is he right? Would it confuse our son, or is he being selfish? It seems unrealistic to me that we will never do anything together. My son is my No. 1 priority, and I just want to handle it the best that I can for him. Please help me.

-- CONFUSED IN SANTA MARIA, CALIF.

DEAR CONFUSED: Your ex may have said what he did because he doesn't understand that you have accepted that the romance is really over. Don't accuse him of being selfish. Be patient. In the future, Nicky will understand that, although Mom and Dad are not together, they get along, if you truly DO get along. As Nicky grows older, there will be events such as birthdays, sporting events, graduations, etc., you will probably wind up enjoying together -- or eventually with significant others or spouses included.

DEAR ABBY: I am a 13-year-old dancer, and I recently had a recital. The mothers came backstage to help their children change

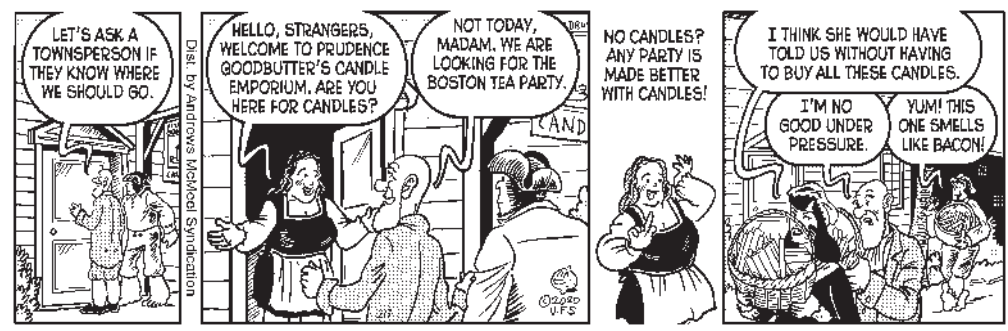


ABIGAIL VAN BUREN

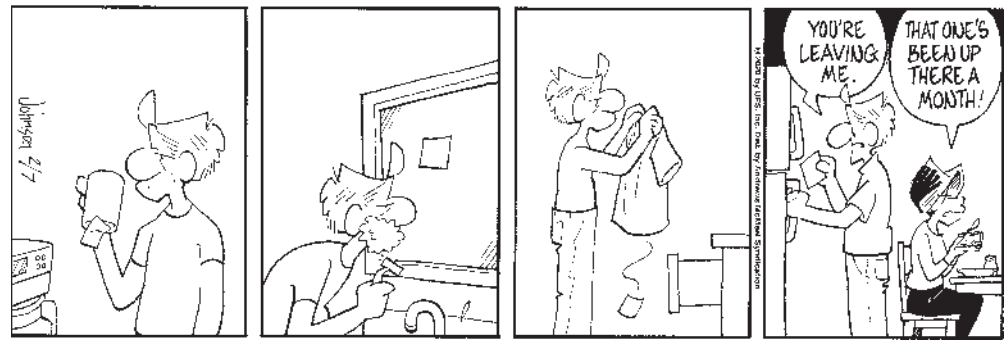
A girl my age who has two lesbian mothers was near me while I changed. It made me feel self-conscious. I'm normally not like this, but it felt awkward, to say the least. I'm not against same-sex couples, but it felt weird. Am I overreacting? -- MIDWEST DANCER

DEAR MIDWEST DANCER: I think so. Those two mothers were more interested in what was going on with their daughter than with you. If you plan to become a professional dancer -- or part of any branch of the performing arts -- you will be changing costumes under all kinds of conditions. This means you will be around straight males and females, gay people of both genders and, occasionally, trans people. It's a fact of life because separate dressing rooms may not be available.

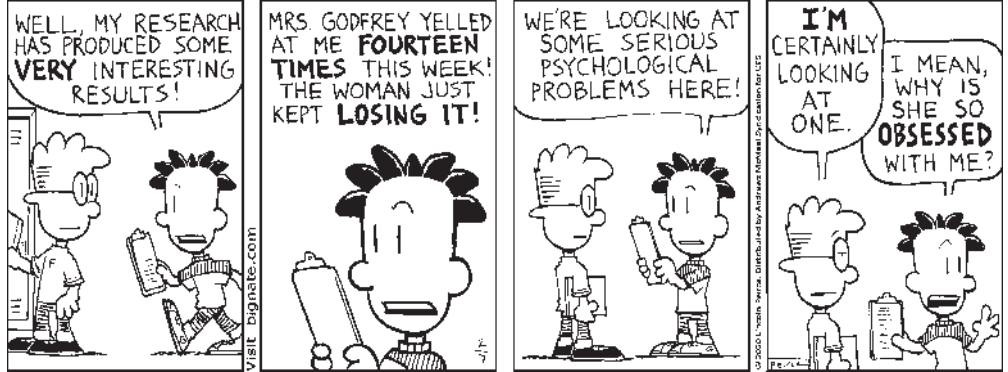
ALLEY OOP



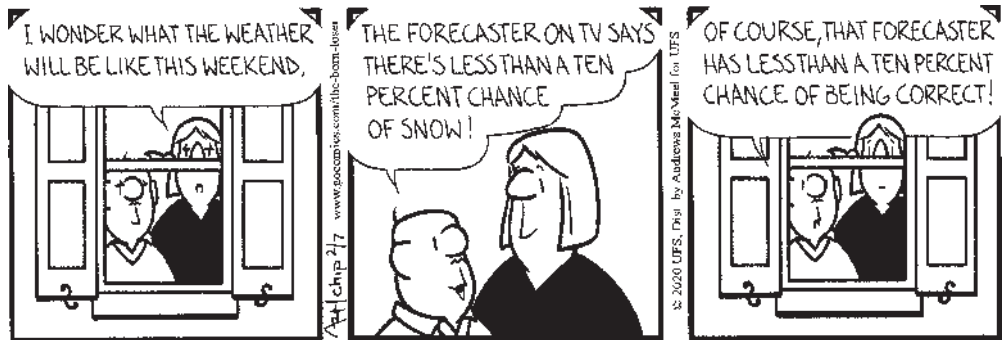
ARLO & JANIS



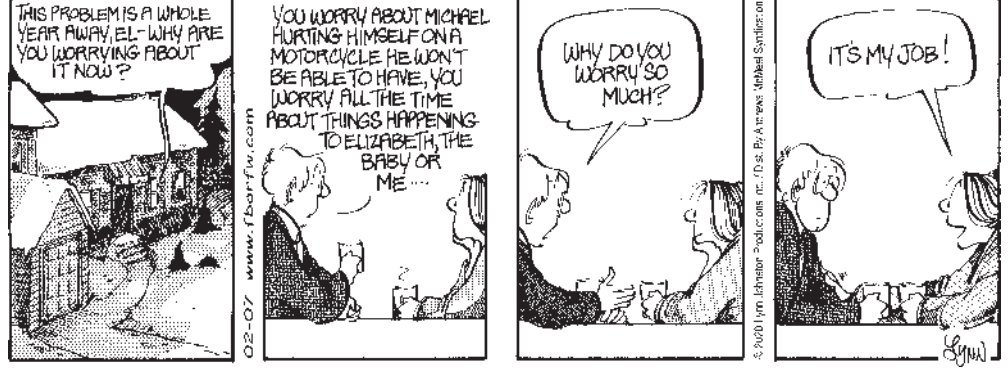
BIG NATE



THE BORN LOSER



FOR BETTER OR FOR WORSE



FRANK & ERNEST



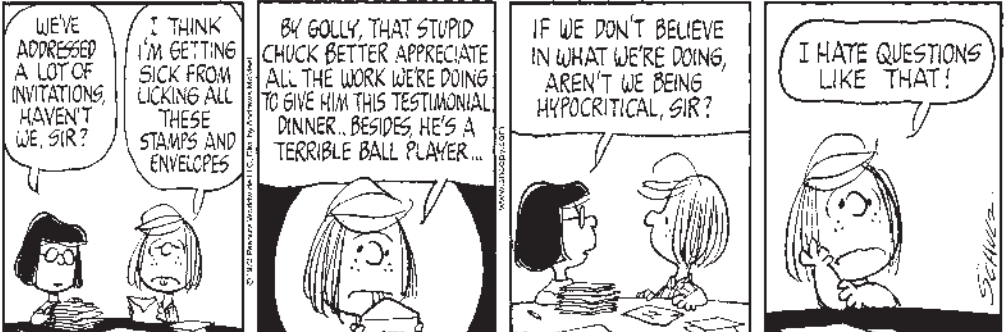
GARFIELD



THE GRIZZWELLS



PEANUTS





Living

Fun activities, trip to Hawaii at Alamosa Senior Center

The weather is a bit chilly, but the Alamosa Senior Citizens Center is bustling with fun activities to keep you warm.

Ablog quote from a place for - m o m . c o m notes, "The activities provided at senior centers do more than



Lynette Cotton

just pass the time. They contribute to the overall happiness of the seniors

involved.

"Surveys indicate that seniors who engage in social activities for six hours or more per day are happier than those who do not engage in social activities. All the more reason to find fun and stimulating programs for you or your loved ones."

The Alamosa Seniors are partnering with Falcon Tours to offer a fabulous nine-day trip to Hawaii from Oct. 27 through Nov. 4.

We'll journey to the islands of Maui, Kauai, and Oahu. Dave Hagan, owner of Falcon Tours, will be here to conduct a presentation at 11 a.m. on Thursday, March 12.

Dave has been to the is-

lands over 100 times and is sure to answer any and all of your questions. He will also be taking deposits at that time.

If you are interested in obtaining your concealed carry permit, plan to attend a workshop presented by Workman Firearms from 3 to 7 p.m. on Saturday, Feb. 22 at the Center. The class is free to members of the Alamosa Senior Citizens and \$60 for all others. To register or for further information, please call 719-480-0646 or by email: customtactical45@gmail.com.

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 a.m.
- ▶ Dime Bingo, Monday-Thursdays from 1 p.m.-3 pm. Free to members. \$2 fee for non-members.
- ▶ Bridge play takes place on the 1st and 3rd Tuesday of the month at 1 p.m.
- ▶ Tai Chi with Lyn Johnson at 8:30 a.m. on Wednesday mornings.
- ▶ Free 5 point ear acu-

puncture conducted by Rick Wertz each Tuesday at 9:30 a.m. for veterans and seniors 50 and over.

- ▶ Sewing Group, including knitting, crocheting, quilting, meets each Wednesday at 10:30 a.m. and the Mah Jongg group at 1p.m.
- ▶ Art class with Rosi Myers meets on Fridays at 9:30 a.m.
- ▶ Dominoes -Fridays at 12:30 p.m.
- ▶ Daily transportation is available for seniors 60 and over within Alamosa City limits between 9 a.m.-1 p.m. Please call ahead at least 24 hours in advance to schedule a ride for doctor 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 a 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.

For more information, call 719-589-3277.



Healthy eating options for seniors

Let food be thy medicine" is a quote attributed to Hippocrates, the ancient scholar considered to be the father of modern medicine.

The saying relates to the notion that what people put in their bodies can heal and/or prevent certain conditions.

For seniors with medicine cabinets full of over-the-counter and prescription medications, the idea of relying predominantly on food to promote optimal health may be tempting, and various foods can be particularly useful to the 50-and-over demographic.

According to the World Health Organization, poor diet is a major contributor to many of the diseases that affect older people. Poor diet has been connected to the development of diabetes, and degenerative diseases such as osteoporosis also may be linked to the foods ones eat.

The National Council for Aging Care says micronutrient deficiency is often a problem among the aging due to factors like lack of variety in diet and reduced food intake. Eating a variety of foods can provide all of the nutrients people need to stay healthy as they get older. Certain foods may be particularly helpful.

▶ Brain-friendly foods: Foods such as avocado, leafy vegetables, sunflower seeds, blueberries and salmon are good sources of vitamin E, antioxidants, omega-3 fatty acids, and other nutrients that may help ward off dementias like Alzheimer's disease, advises Sonas Home Health Care.

▶ Anti-inflammatory foods: Foods rich in omega-3 fatty acids may help prevent inflammation that can cause cancer and rheumatoid arthritis. Aging.com says foods that are high in omega-3 fatty acids, like salmon, should

be consumed at least twice per week.

▶ Fruits and vegetables: Fresh, canned or frozen produce tend to be high in micronutrients, including a variety of important vitamins that are essential for all components of health. The Academy of Nutrition and Dietetics advises eating dark green vegetables, such as leafy greens or broccoli, and orange vegetables, such as carrots and sweet potatoes.

▶ Energy-boosters: Choose whole grains that can provide sustained energy by way of healthy carbohydrates over processed grains.

▶ Bone-friendly foods: Calcium-rich foods, such as milk, yogurt and cheese, can prevent calcium from being leached from the bones, which contributes to conditions like osteoporosis.

▶ Digestive system-friendly foods: The digestive system slows down as the body ages, as the walls of the gastrointestinal tract thicken and digestive contractions that push waste along may slow down and become fewer. Foods rich in fiber can promote proper digestion by moving food through the digestive tract more easily. High-fiber foods also may help naturally reduce blood cholesterol levels.

▶ High-iron foods: Without enough iron in the body, a person may feel tired and lethargic from a reduced production of hemoglobin, which carries oxygen in the blood from the lungs to the rest of the body. A lack of oxygen in body tissues from anemia can be serious, says the National Council for Aging Care. Tofu, spinach, lentils, pumpkin seeds, and fortified breads and cereals are high in iron.

Smart food choices can help seniors live long and healthy lives. LP203730

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Pre-Owned Vehicles

(719) 587-1800 | 20 Craft Dr. Alamosa CO 81101 | TownAndCountryAlamosa.com

| | |
|---|---|
| <p style="font-weight: bold; color: #0056b3;">2013 Chevy Camaro</p> <p style="font-size: 1.2em; color: #0056b3;">\$15,995</p> <p style="font-size: 0.8em; color: #0056b3;">#P11084</p> | <p style="font-weight: bold; color: #0056b3;">2016 Ford Fusion</p> <p style="font-size: 1.2em; color: #0056b3;">\$17,990</p> <p style="font-size: 0.8em; color: #0056b3;">#P75772</p> |
| <p style="font-weight: bold; color: #0056b3;">2017 Dodge Journey</p> <p style="font-size: 1.2em; color: #0056b3;">\$17,995</p> <p style="font-size: 0.8em; color: #0056b3;">#P28844</p> | <p style="font-weight: bold; color: #0056b3;">2019 Chevy Malibu</p> <p style="font-size: 1.2em; color: #0056b3;">\$19,850</p> <p style="font-size: 0.8em; color: #0056b3;">#P29772</p> |
| <p style="font-weight: bold; color: #0056b3;">2016 Buick La Crosse</p> <p style="font-size: 1.2em; color: #0056b3;">\$19,990</p> <p style="font-size: 0.8em; color: #0056b3;">#P78871</p> | <p style="font-weight: bold; color: #0056b3;">2017 Ford Explorer</p> <p style="font-size: 1.2em; color: #0056b3;">\$25,140</p> <p style="font-size: 0.8em; color: #0056b3;">#P94212</p> |
| <p style="font-weight: bold; color: #0056b3;">2019 Jeep Cherokee</p> <p style="font-size: 1.2em; color: #0056b3;">\$25,880</p> <p style="font-size: 0.8em; color: #0056b3;">#P26943</p> | <p style="font-weight: bold; color: #0056b3;">2018 GMC Terrain</p> <p style="font-size: 1.2em; color: #0056b3;">\$26,995</p> <p style="font-size: 0.8em; color: #0056b3;">#P20425</p> |
| <p style="font-weight: bold; color: #0056b3;">2019 Jeep Compass</p> <p style="font-size: 1.2em; color: #0056b3;">\$27,995</p> <p style="font-size: 0.8em; color: #0056b3;">#P20540</p> | <p style="font-weight: bold; color: #0056b3;">2017 Ford F-150</p> <p style="font-size: 1.2em; color: #0056b3;">\$31,995</p> <p style="font-size: 0.8em; color: #0056b3;">#P77850</p> |
| <p style="font-weight: bold; color: #0056b3;">2019 Toyota 4-Runner</p> <p style="font-size: 1.2em; color: #0056b3;">\$34,995</p> <p style="font-size: 0.8em; color: #0056b3;">#P47820</p> | <p style="font-weight: bold; color: #0056b3;">2018 GMC Canyon</p> <p style="font-size: 1.2em; color: #0056b3;">\$36,440</p> <p style="font-size: 0.8em; color: #0056b3;">#P33879</p> |

NEED TO SELL YOUR VEHICLE? WE WILL BUY IT!

*Includes GM Financial Trade Assistance. All prices exclude tax, tags, title. Price include delivery and handing fee \$359.99. All prices include Owner loyalty. Payments are with 10% down or trade equity at 3.25% APR for 75 months with all factory incentives applied. See dealer for complete details. Artwork used for illustration purposes only. All offers valid on in stock units only. Offers expire 02/29/2020.