

## Shorts

### Tourism Council members sought

**SAGUACHE COUNTY** - The Saguache County Tourism Council and Board of County Commissioners are seeking new members to represent Saguache County on the Tourism Council. If you would like to join the Saguache County Tourism Council please send a letter of interest to Wendi Maez, County Administrator to [wmaez@saguachecounty-co.gov](mailto:wmaez@saguachecounty-co.gov), mail to P.O. Box 100, Saguache, CO 81149 or hand deliver to 505 3rd Street, Saguache, CO 81149. The Tourism Council meets regularly each month at the Saguache County Road and Bridge meeting room. Letters of interest are due by Friday, March 6, 2020.



### Kiwanis Pancake Supper Feb. 17

**CENTER** - The Center Kiwanis Club will hold their 64<sup>th</sup> annual Pancake Supper at the Center Schools Cafeteria Monday, Feb. 17, from 4:30 to 7:30 p.m.

Cost of the dinner is \$7 for adults and \$4 for children under 12. Locally grown sausage and drinks are provided with the meal.

One-pound packages of sausage will be for sale at the event for \$4 each.

### Hedy Lamar story at Ute Theatre Feb. 16

**SAGUACHE** - Sunday, Feb. 16, at 2 p.m., the historic Ute Theatre will present, *Stand Still and Look Stupid - The Incredible Story of Hedy Lamar*.

Born in Austria and known worldwide for her role in the steamy Czech film *Ecstasy* - featured in numerous Hollywood films during the 1930s and 1940s - Hedy Lamar found her true passion and talent in her inventions; she was inducted into the Inventor's Hall of Fame for laying the foundations of modern Wi-Fi. Tickets are \$10 at the door. Because of its mature content, this viewing is recommended for ages 16 and up. Please remember to fill out the 2019 Year-In-Review Survey for a chance to win FREE tickets and schwag!

Winners will be announced at the *Stand Still and Look Stupid* event Feb. 16 (if those who signed up can't make it, Ute staff will email them.) To take the survey and register for prizes, go to <https://historicutetheatre.com/2019-survey>.

## Deputies disciplined over Crestone rental complaint

By TERESA L. BENNS

**CRESTONE** - Katrie Christopher thought she was performing a community service in December 2019 when she rented her home to two Saguache County deputies who were stationed in Crestone at the new substation, a service many Crestone residents had requested for years.

"This would be a win for not only myself, but for the officers, and the community as well," Christopher wrote in her report. "Response time to Crestone would be cut drastically.

It seemed beneficial to all."

Christopher was in Florida for medical treatments and felt safe with the arrangement, believing the deputies could keep an eye on her home while she was gone. She only requested a nominal rent, asking them to feed her animals and perform some simple household duties. She also set out some household rules.

When she met with Sheriff Dan Warwick and Officer Dom Vasquez about renting her home, she said Vasquez seemed "very agreeable"

to the rules. Vasquez was to be responsible for Officer Nate Randall, the second officer sharing the home. Christopher charged each officer \$100 a month for rent which was to be placed in a can on the kitchen counter.

### Troubling reports

After the officers moved in and Christopher left for Florida, she began receiving reports from a friend who came in once a week to clean that the house was filthy and foul smelling and she had to spend longer than usual cleaning it up. Christopher contacted

the officers to speak to them about it but she said in her complaint that they "downplayed" everything.

To compensate her friend for the extra time spent cleaning, Christopher told her to take money from the rent can on the counter, but the can had disappeared. Based on the amount in the can when she left, Christopher estimated that the officers paid a total of \$40 in rent while they stayed in her home.

Christopher's friend also told *Please see DEPUTIES on Page 6A*



## Water roundtable discusses RG compact delivery, Pt. 1

By TERESA L. BENNS

**MONTE VISTA** - Pat McDermott, a longtime staff engineer with the Division of Water Resources, opened the Roundtable Discussion on water at the Agricultural Conference last week in Monte Vista with a comparison of two contrasting water years - 2018 and 2019.

He informed his audience that 2018 was "the worst year for water since the late 1800s. In June 2018, [water flow] was at 15 percent of normal - it was a terrible year." By way of contrast, 2019 was "the biggest year since 1999," the 16<sup>th</sup> best year according to the records, he commented Tuesday. It was "especially outstanding" on the

Conejos River.

In early to midsummer of 2019, water delivery was at "929,000 acre-feet - 8,000 cubic foot per second - and 142 percent of the long-term average." That lasted until July, when water flow stood at 241 percent. But the following months were dry, because the

*Please see WATER on Page 6A*

## Wetlands and water - you saw them then, now you don't

By LISA CYRIACKS

**SAN LUIS VALLEY** - Peggy Godfrey, Saguache County representative to the Rio Grande Water Conservation District (RGWCD) board, has been looking for water - more specifically the water she believes has been displaced from lower Saguache Creek and San Luis Creek into the Rio Grande Closed Basin Project.

Prompted by board members requesting a work session at the September meeting, and in receipt of letters including a letter from the Saguache County Commissioners, the RGWCD board met Jan. 16 in public session to review the research prepared by Godfrey.

Godfrey, with the support of the Saguache County Commissioners,

*Please see WATER on Page 8A*



Saguache Creek flowing through Saguache County.

Courtesy photo

## BoCC highlights for Feb. 4

**SAGUACHE** - The following are highlights for the Feb. 4 Saguache County Commissioner's meeting taken from draft meeting minutes recorded by Saguache County Clerk's office staffer Dominique White.

Commissioner Chair Jason Anderson attended the CCI Steering Committee meeting recently, where 50 pieces of legislation were reviewed. Of particular note to Saguache County were the following:

- HB-20-1163 Prohibits single-use plastics in retail food establishments, forbids local government from making lesser regulations (SB-20-010 repeals language, prohibits local governments from banning plastics).

- HB-20-1004 Establishes wildfire program through DOLA for homeowners. Included are income tax deductions for mitigation.

- HB-20-1094 Allows for counties to set their fees for Wastewater treatment systems to higher than the existing cap.

- HB-20-1151 Expands authority for regional transportation improvements including charges, fees and with voter

*Please see BoCC on Page 2A*

# BoCC

Continued from Page 1A

- approval, visitor sale and use tax.
- HB-20-1059 Allows energy storage to be assessed for valuation for property tax as other renewable energy infrastructure.
- SB-20-109 short-term rentals property tax. HB-20-1093 allows local government to tax and regulate short-term rentals.
- HB-20-1001 Nicotine product regulation.
- HB-20-1089 Employee protection for off duty activity Activities.
- SB-20-104 Powers of Bureau of Animal protection agents.
- HB-20-1150 Repeal penalties for drug possession.

## Department head reports

**Public Health Director Lynette Grant** — Public Health is currently working on the Coronavirus and learning what action to take. The STEPP grant balance is at \$20,874.09. Communities That Care is looking to give gift card stipends to the youth instead of employing them. Grant has submitted the budget to the State and has not heard anything back from them yet.

A lot of the public is reaching out to Grant asking her to be a nurse at multiple schools. Grant has turned them down, because she doesn't meet the qualifications nor is it her job. Commissioners approved a vaccine policies and procedures manual for Public Health.

Commissioners went into executive session at 11:10 a.m. for legal and personnel matters.

**Office of Emergency Management Director Bobby Woelz** — Woelz responded to the Decker fire disaster resistance center and is part of their recovery committee. He also responded to the Moffat Fire and the Center power outage. Woelz has attended many trainings, and will be hosting ICS training for elected officials in Alamosa April 7. Woelz also submitted bids for an OEM vehicle.

**Road and Bridge Supervisor Randal Arredondo** — Arredondo received bids for a roller pad to go on the back of a motor grater to compact the roads. This will cut down time used to maintain the roads. The Board asked Arredondo to bring this request back to them at the next meeting.

Commissioner Jason Anderson stated that he had a meeting with the director of the Baca Grande Property Owners Assoc., who produced two lists of roads in the Baca that are county maintained. Anderson asked Arredondo to clarify with him.

**County Treasurer Connie Trujillo** — Trujillo presented the year-end reporting for the Public Trustee. She shared that foreclosures have remained down; there was only one new foreclosure in the last five months. The office is doing a lot of releases. Trujillo is pleased with the tax side of things, as 26 percent of taxes have been paid. They are seeing more full payments instead of half payments. Trujillo thanked the board for the

grant money for Wreaths Across America. Wreaths were laid on every grave at Home Lake which was 1800, and about 333 in Saguache County. The high school students are now picking up the wreaths.

**County Assessor Peter Peterson** — In 2018, the certified value of county property was \$73,250,784. In 2019, the certified value was \$77,668,371, for an increase of \$4,417,587. Peterson stated they are continuing field visits and are now working with all the weed and hemp processing facilities. The auditor will be here at 8 a.m. Feb. 13.

Business owner Terry Gillette stated that from the time he brought properties here, there has been a huge increase in taxes. Gillette's property was changed from commercial to residential in 2018, and he feels his taxes should have gone down in price, not increased by 50 percent. Commissioner Jason Anderson stated that Peterson is an elected official and the state of Colorado and voters have the say. "You can protest with the Board of Equalization, but as the Board of Commissioners there isn't much say to levy taxes," Anderson told Gillette.

**Interim Land Use Administrator Amber Wilson** — Wilson reported that the following yearly reviews for marijuana operations have been completed. Those receiving approval from commissioners to continue operation were:

- Evergreen Naturals, LLC, 58301 Co. Road Z, SW 1/4 1-44-9. Complaints about this facility appear to be resolved. Evergreen is paying excise tax.
- IKAR, LLC, 14003 N. Hwy 17, SW 1/4 SW 1/4 20-43-10. The marijuana Enforcement Division has cleared this facility for operation.
- Modern Medicine, LLC, 18750 Co. RD. 65, N1/2N1/2NW1/4 31-44-11.
- Mammoth Farms, LLC, 50562 Co. Road U, 17337 Co. Road 52, Lots 3, 4, 5, 8, N1/2SW1/4, N1/2 SE1/4 2&3-43-8. Facility is paying excise tax. Mammoth agreed to correct and excise tax issue with its Pueblo facility.
- Green Resources, LLC, 6748 Hwy 17, SE 1/4 NW 1/4 33-42-10. The facility is paying excise tax.
- Green View Farm, LLC, 6754 Hwy 17, NE 1/4 NW 1/4 33-42-10. The facility is paying excise tax.

Wilson discussed the possible dissolution of the Crestone/Baca Planning Commission with commissioners. She informed them that she researched on Lexis Nexis for the Colorado Revised Statutes on how to dissolve a Planning Commission and has found that they, as commissioners, can motion to have it dissolved or may also have a petition for that area and then go through public hearings. A vote by commissioners to dissolve the planning commission failed 2-1. The board agreed to advertise for public comment before proceeding further.

**County Administrator Wendi Maez** — Received a request from Kairinia Danforth to be re-appointed to the Saguache County Tourism Council.

Tourism Council Chair Vivian Lawson will be emailed for the Board to review. The Board advised Maez to advertise for appointment to the Tourism Council before making any appointments to the Tourism Council at this time.

The county will receive \$2,000 in grant funds for the SLV 2020 Census Outreach.

Western Colorado University emailed asking if Saguache County is interested in participating with the COSI Matching Student Scholarship Program this year. The county gave Adams State University \$14,472 in 2019. Adams State University is on the March 24 work session agenda to request participation also. The Board agreed that Western Colorado University already receives funding from Energy, and wants to hear from Adams State for the COSI

Scholarship Program.

Maez told commissioners all the paperwork for annual certification of the Northern Saguache County Ambulance District is in order for the Board to review and approve. Commissioners unanimously approved renewal of the Saguache County ground ambulance permit.

Maez spoke with Eric with Tyler Technology about the financial software system for Administration. As soon as a bid is received, Maez will place it on a work session agenda for board review.

The county is considering hiring additional maintenance personnel. A letter of support for the Highway 285 grant has been written.

The meeting adjourned at 2:19 p.m.



**PUBLIC NOTICE**

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**Letters of interest are due by Friday, March 6, 2020.**

**NOTICE OF ELECTION  
RIO GRANDE COUNTY  
TUESDAY, MARCH 3, 2020  
TO THE ELECTORS OF RIO GRANDE COUNTY**

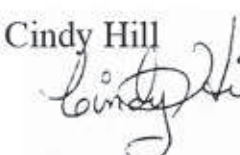
NOTICE IS HEREBY GIVEN that a Presidential Primary Election will be held by Mail Ballot on Tuesday, the 3rd of March, 2020 between the hours of 7:00 a.m. and 7:00 p.m. If you are a registered voter, you will receive a ballot at your mailing address beginning February 10th. Mail Ballots may be dropped off at the Rio Grande County Clerk's Office, 965 Sixth Street, Del Norte, Colorado, Monday through Friday from 8:00 a.m. to 4:00 p.m. Ballots may also be dropped off on Saturday February 29th from 8:00 a.m. to 12:00 p.m. and 7:00 a.m. to 7:00 p.m. on Election Day, March 3rd. A 24-Hour Drop Box is available on the west side of the building at 965 Sixth Street, Del Norte. Ballots can also be mailed using the envelope enclosed with the ballot. Ballots must be received at the County Clerk's Office by 7:00 P.M. on March 3rd. The Postmark does not count as being received.

Your ballot will contain only the Races or Issues on which you are eligible to vote.

IN TESTIMONY WHEREOF, I have hereunto set my hand and seal of the office of the County Clerk and Recorder this 6th day of February 2020.



Cindy Hill



Rio Grande County Clerk and Recorder

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**Feb. 14-16**  
Fri. & Sat. 7 p.m.  
Sunday 5 p.m.

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PG

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# CLIPS FROM THE CLERK



**BY SAGUACHE COUNTY CLERK AND RECORDER TRISH GILBERT High School Deputy Registrar**  
Every Colorado high school is required by law to designate a staff member to be trained in Voter Registration.

Yes, it's true. Colorado Election Law (Title 1, Article 2, Part 4, 1-2-402 and 1-2-403) states that every public high school principal needs to appoint a staff member to help citizens register to vote while on school grounds (this person is referred to in statute as a "high school deputy registrar"). This person is trained in voter registration basics by their County Clerk's Office. Training varies by county but is typically either a short in-person training (30 minutes), short online video or webinar, or a package of physical materials, such as a training binder, sent to the designated high school staff member.

The county clerk maintains a list of local high schools and their appointed high school registration designated staff members (sometimes referred to as a voter registration liaison or deputy registrar) and the Clerk's Office acts as a resource for all voter registration questions. A high school can have more than one designee trained in voter registration. Typical examples of staff members who take on this role include civics, social studies, or similar teachers or high school administrators or guidance counselors.

The high school staff member designated in voter registration promotes and encourages voter registration or preregistration of all eligible students and school employees by making it available

on school grounds when school is open for classes or at other school events, when applicable and possible.

This staff member should be known and promoted at the high school as the "go to" person who helps to register eligible voters by: answering questions; making the registration paper form available and sharing the online voter registration link, GoVoteColorado.gov; checking and validating registration paperwork for accuracy and completeness, as best as possible and forwarding registration paperwork to their local county clerk and recorder's office.

Please note that each designated staff member in charge of voter registration needs to get in touch with their local clerk and recorder's office for training, guidelines and support materials. It is the County Clerk's responsibility to provide materials and training to each high school deputy registrar.

**Qualifications for registration - preregistration**

(1) Every person who is 18 years of age or older on the date of the next election and who has the following qualifications is entitled to register to vote at all elections:

(a) The person is a citizen of the United States; and

(b) The person has resided in this state 22 days immediately before the election at which the person intends to vote.

(2)(a)(I) Notwithstanding subsection (1) of this section, upon satisfactory proof of age, every person who is otherwise qualified to register and is 16 years of age or older but will not have

reached 18 years of age by the date of the next election may preregister and update his or her preregistered information by any means authorized in this article for persons 18 years of age or older. Upon reaching 18 years of age, the person is automatically registered.

(b) The registration requirements

of section 1-2-201 apply to a person preregistering to vote under this subsection (2).

(c) A person preregistered under this subsection (2) who is 17 years of age on the date of a primary election or presidential primary election and who will be 18 years of age on the date of

the next general election is entitled to vote in the primary election or presidential primary election.



The Colorado LEAP program is a federally funded state-supervised, county-administered system and is designed to *assist* with your winter heating costs. The LEAP Program eligibility period runs from **November 1, 2019 through April 30, 2020**

**Eligibility Requirements, you may be eligible for LEAP assistance if:**

1. You are a U.S. Citizen and a resident of Colorado
2. You pay heating fuel costs directly to an energy provider or pay the cost of heating your dwelling with your rent, or in addition to rent in a non-subsidized dwelling
3. Your **gross** monthly household income is within the guidelines set annually (see below). "Household" means the people who reside with you within your dwelling at which you reside and apply for assistance and for whom you, as applicant, are financially responsible for. The maximum **gross** monthly income is based on 60% of the State Median Income level as listed in the table below.

Household Size	Monthly Gross Income 60% of State Median Income Level
1	\$2,371
2	\$3,101
3	\$3,831
4	\$4,561
5	\$5,290
6	\$6,021
7	\$6,157
8	\$6,294
Each additional person	\$137

LEAP is designed to help eligible households with winter home heating costs.

LEAP is not intended to pay the entire cost of home heating.

For questions, inquiries, broken heater/furnace issues, contact **HEAT HELP.**

**1-866-432-8435**

## County Democratic Caucus training Feb. 24

**SAGUACHE** — The Saguache County Democratic Party Central Committee will hold caucus training Monday, Feb. 24, at 6 p.m. at the Saguache Road and Bridge meeting room, 305 3<sup>rd</sup> Street, followed by a Central Committee Meeting at 7 p.m. Meeting agenda items include approving Jan. 10, 2020, meeting minutes, approving the March 29, 2020, County Assembly/Convention agenda and rules, appointment of Assembly/Convention parliamentarian, and other business that may come before the meeting. Those who plan to go to their

precinct caucus Saturday, March 7, at 2 p.m., can come to the training to get a sneak peek at what will happen, how it works, and what will be voted on. For questions or to get more involved with the Party, please contact Party Chair Randy Arredondo [randyharredondo@gmail.com](mailto:randyharredondo@gmail.com).

This training is open to the public. All are welcome!

To register to vote or to update your voter registration go to: [govotecolorado.com](http://govotecolorado.com). Let's make history in 2020 with the highest voter turnout ever!

## 29th Annual Pot of Gold Bull Sale

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# OPINION & EDITORIAL

## The devil is in the details

OI' Dutch has always enjoyed the different phrases that decorate the English language. Many of these are local in origin and use but some have become so commonplace that everyone seems to use these idioms to express themselves on a daily basis.

Now most of you probably know that OI' Dutch has had his share of experiences with idiots but this is a totally different animal completely --- which is an idiom in and of itself as that phrase has nothing to do with animals of course but means there is a difference between the word "idiom" and "idiot" just as there are between animals.

Down in Texas and across the South, people are always wanting to "carry" Miss Trixie and I somewhere and I always have to roll my eyes at that suggestion as OI' Dutch goes a solid 16 stones and would be quite the lift. I would comment on how many stones Miss Trixie weighs but she would just throw them at me so best leave a sleeping dog lie. Another idiom.

Other sayings such as "get off my back" and "the proof is in the pudding" are used by everyone to express an idea to someone else. I am not sure why we just can't say "leave me alone" and "the results are proof of your efforts?" But we tend to cling to those idioms like Cleopatra to Antony albeit a little less sweaty.

OI' Dutch had to do some Googling to find out about the Devil being in the details and just like a lot of things these days, old Satan seems to have horned in on God even in that saying. For you see it really originated with "God is in the details" and was meant to mean that small things are important.

Going back to the Italian phrase, Il diavolo sta nei dettagli, we can see that they meant God all along. (I put that in there so I could impress you with my foreign language experience, thanks to the internet -- again.)

The originators of the Italian saying wanted people to be aware and check all the facts of any transaction or job. But as more and more scammers came along it took on a more sinister meaning and in fact pretty much guarantees a person that there is evil lurking in the fine print.

Which most of us can attest to having bought cars, rented hotel rooms, flown on airlines, attended school, joined a church or gotten married.



**Trout Republic**  
by Kevin Kirkpatrick

That fine print has often risen up to bite us in the derriere after a while and we all wish we had read the fine print before we signed on the dotted line.

OI' Dutch heard about a little boy attending his first day of first grade. He got up at noon to go home and the teacher had to inform him that first-graders go to school all day not half a day as in kindergarten. Dismayed at not getting the memo or reading the fine print he was heard to remark, "who the hell signed me up for that?"

To which all of us can say an "Amen." Been there done that.

I can recall sitting in church while new members were sworn in - well not really swearing as that isn't biblical - and the pastor went through a long list of what they were agreeing to as far as support and committee work. The look on some of the men's faces let OI' Dutch know that this was the fine print and that he didn't want any part of that monkey business.

And while I am already in trouble for that last little story and this week is Valentine's Day, I might as well mention entering into marriage definitely leaves out a lot of the details or none of us would do it.

I guess some of that can be attributed to being young and foolish, old and lonely or just plain crazy. And we know that all men want their wives to never change and the wives want their husbands to change a lot. And they end up both being wrong. Darn those devilish details.

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



## LETTER

### Alarmed at the direction of this country

Many of us here in the SLV are alarmed at the direction this country is taking and how we got here. It's not just climate change that demands urgent action, it's also a broken, expensive healthcare system, exploding homelessness, unprecedented disparity of wealth, a corrupt political system that can best be described as legalized bribery, endless war and the utter insanity of our military spending. And that's just the shortlist.

Some good news is that Colorado voters will have a clear choice in this election cycle to send someone to the U.S. Senate who can and will make a difference. Andrew Romanoff is running and I'm completely convinced that he is the most qualified candidate and our best hope to change course. Go to his website (<https://www.andrewromanoff.com/meet-andrew/>) and read his platform. Also check out his schedule of upcoming events and get out and hear him for yourself.

Getting him elected won't be easy. Andrew's first hurdle will be the caucus vote Saturday, March 7.

There are several Democrats in the Colorado race and the field will be narrowed for the primary ballot. The Washington Democratic Establishment has already bestowed its support on former governor John Hickenlooper. The fact that Hickenlooper hasn't bothered to show up at several of the debates that have already taken place says a lot about his candidacy. There are big differences between the candidates within the Colorado Democratic Party. I feel strongly

that we don't have the time to send a "business as usual" centrist candidate to the Senate because

"business as usual" isn't getting it done. That's why I'm supporting Andrew. He's got the ideas, the integrity and the energy. He's in it to work for the people, not corporations and special interest groups that have a chokehold on our political and electoral system.

You can find out when and where your precinct caucus is being held by going to the Colorado Dems. Website <https://www.coloradodems.org/2020-caucus-locations>. Unfortunately, there are no absentee ballots. You must be present for your vote to count and you also must be a registered Democrat by Feb. 14 in order to participate in the caucus March 7. Help send a message to Washington Democrats that we don't need them to tell Colorado voters who to send to Congress.

*Wade Lockhart  
Crestone, Colorado*

## LETTERS POLICY

Letters are welcome and encouraged. They should be fewer than 300 words, unless arranged beforehand with the editor, and they are subject to editing for length and clarity.

All letters must be signed by the author and include a phone number and address where the author can be reached (these are not for

publication). Letters forwarded from other organizations or sent to staff and not for print must be designated as such. Letters over 300 words and without contact information will be returned to the sender or discarded.

We will accept one letter per person, per subject, per four issues. We reserve the right to reject letters for

reasons we believe are appropriate. Please send letters to Letter to the Editor c/o Valley Publishing, PO Box 607, Monte Vista, CO 81144 or e-mail to [montevistanews@gmail.com](mailto:montevistanews@gmail.com) (Attention: Letter to the Editor). Deadline for letters is 5 p.m. Friday. Political letters may be limited due to space constraints.

# CENTER POST-DISPATCH

THE CENTER POST-DISPATCH (USPS 775-900) Published weekly (every Thursday) by Valley Publishing. (719) 852-3531 at 835 First Ave., Monte Vista, Colorado 81144-1423. Official newspaper of the Town of Center, and a legal newspaper in Saguache County.

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# How agencies in Colorado measure snow

### Snowpack this year average so far

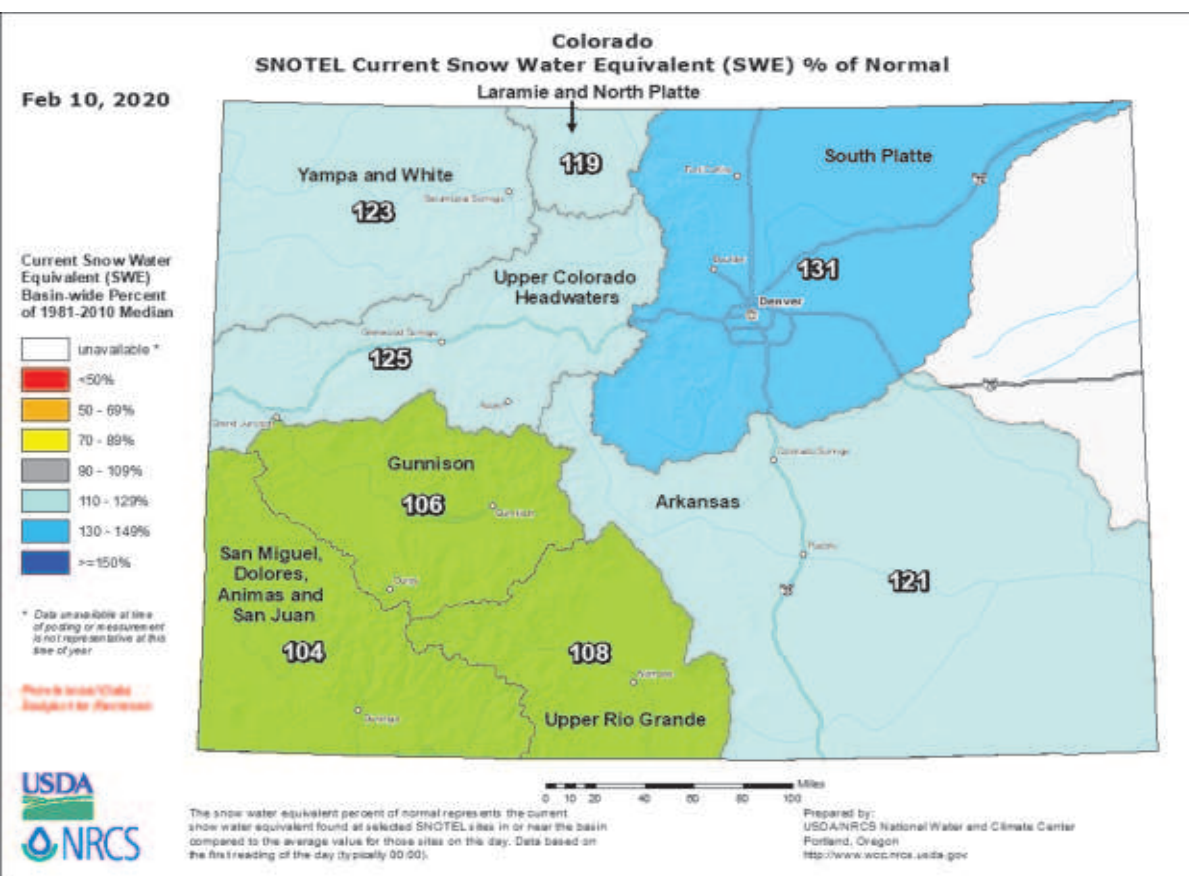
**By TERESA L. BENNS**  
**MONTE VISTA** — Research Associate Blake Osborn with the Colorado Water Center/CSU Extension Service explained the various methods used to measure snowfall in Colorado and how they function at the annual Agriculture Conference at Ski-Hi in Monte Vista Feb. 4.

Osborn was introduced by Extension Agent and Director Marvin Reynolds. He began by noting that currently the state is doing experimental work in the Rio Grande Watershed and the San Juans. Snow comes through the Valley when the jet stream pulls moisture in from the Pacific Ocean, bringing cool temperatures with slow release. The mountains are just “a big water reservoir” he said. Federal agencies, including the National Aeronautics and Space Association (NASA), the National Conservation Service and the National Oceanic and Atmospheric Administration (NOAA) measure snow primarily from December through the following

March.

Snow is collected manually with SNOTEL (Snowpack Telemetry) and by remote sensing with other systems. A two person team measures snow depth, density and weight in certain locations. “SNOTEL can go back decades in data records,” Osborn commented.

- SNOTEL is an automated snow measuring system in a permanent location, based on point sampling and interpolation. Osborn calls it “a very robust system.”
- LIDAR (Light Detection and Ranging) uses a high-resolution laser pulse that is extremely precise to measure snow. LIDAR provides greater spatial coverage but can be very expensive, Osborn said. Because of its high resolution it can measure down to centimeter scale. It is best used in April when snow is monitored in different stages.
- SNODAS (Snow Data Assessment System) uses satellite imagery to measure snow and is computationally intensive. Using satellite, it can look at the entire watershed and download measurements to a computer. But it provides only a snapshot of snow conditions and only a few agencies



use it, Osborn pointed out. This time of year the snowpack is still developing, Osborn explained. January estimates show the percent of average according to early reports. From January through April it might be 1,000 CFS or lower.

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# WATER

Continued from Page 1A

Valley did not receive its usual monsoons.

August waterflow was at 163 percent, Sept. 76 percent, and it stood at only 60 percent of normal in October. "We had senior rights called out in September and October last year that had never been called out," McDermott commented this past Tuesday, meaning their water use was curtailed. The dry months caused problems in meeting water delivery to New Mexico and Texas in fulfillment of the Rio Grande Water Compact.

The Division of Water Resources had projected 60,000 acre-feet from the rains, which did not materialize. So ditches dried up this fall because 100 percent of that

water was owed to New Mexico and Texas. Out of the original 929,000 acre-feet, the dry summer meant over half of that amount had to be delivered across state lines, amounting to 561,300 acre-feet.

At the conference, McDermott estimated that the Rio Grande side of the compact will have a credit of 900 acre-feet. While moisture was at a low in November, it has "recovered nicely," he said, and Tuesday moisture levels stood at 108 percent of normal, with the southern Sangre de Cristo Range "in good shape." The forecast predicts a dry spring for the southwest, but nowhere near 2002 levels, he concluded.

Craig Cotten  
Division Engineer Craig Cotten

spoke next, announcing that Judge Michael Gonzales is the new water judge for the Valley. Gonzales is the one who will enforce the upcoming Rio Grande Compact restrictions under article 7.

These groundwater rules were approved in 2019 for all nonexempt wells in Division 3 except for those wells around San Luis. These wells must remedy depletions to ditch water rights.

Ground water rules will see a two-year, phase-in period and subdistricts must be in compliance by 2021. Augmentation plans must be filed by March 15 or must go to a substitute water supply plan.

Cleve Simpson  
Rio Grande Water Conservation

District Director Cleve Simpson said his district has an "exceptional staff" helping to manage the subdistricts. The district also works on other things pertaining to the state Legislature. The Rio Grande Natural Area and other entities also are managed by the District.

Simpson introduced his subdistrict managers who reported on the progress of each district.

Heather Dutton  
Dutton, manager for the SLV Water Conservation District, said

augmentation projects have been in place in five counties since the 1980s. She said he District has the majority of the Transmountain Ditch and owns several water rights. Augmentation is available for domestic, commercial, agricultural and municipal wells.

It is also available for agricultural purposes, "but gets quite expensive," she said. Dutton provided a table for potato growers to help them estimate the cost of augmentation for their operations.

# DEPUTIES

Continued from Page 1A

her Vasquez had moved his partner from Brazil into the home without her knowledge or permission. Christopher said she and Vasquez then argued through texts about this since it was not part of the rental agreement.

When the officers missed an appointment to install a new cookstove, part of the rental agreement, Christopher contacted Vasquez and the conversation escalated into a shouting match. Vasquez threatened to disconnect the stove and Christopher told him he and Randal had 30 days to vacate her home.

On Jan. 2, Christopher came back to Crestone to check on her home. In her report, she describes what she found.

The first thing she saw was the broken windshield of her Dodge truck, something that was not the case when she left. The truck bed also was filled with mud, she said, and she later found it was running poorly. Officers denied they were responsible for the broken windshield or the truck's condition.

When she entered her home, "The rancid kaleidoscope of smells was so thick it took my breath away. Walking into the kitchen was disgusting. Every counter was covered in filth. Every cabinet and drawer was/is still nasty. Food on the ceiling. Blood on the floor. The refrigerator was a disgusting mess. The smell was terrible, and...raw chicken juices [were] puddled and stuck on the glass [refrigerator] shelves. The kitchen sink had dried food caked on it."

She also found her bedroom in disarray, when she had told the men not to sleep there. Christopher alleges that cannabis and alcohol products were missing from her home, also her daughter's PS4 device and headphones, which were later located and returned by Deputy Wayne Clark.

Christopher says she is compiling a complete list of the missing items and damages to her property. According to Christopher's report, Vasquez also has filed a report with the sheriff's office.

Sheriff Warwick responds  
One of the deputy employees in question no longer works for the county, Warwick announced, and disciplinary actions that cannot be described are being taken with the

other deputy.

"The deputies did admit using her truck," Sheriff Dan Warwick said. "I am not saying what she is saying is false and I am not saying it is all correct. It has been taken to the District Attorney and actions are being taken to correct any wrongdoing." Warwick says he couldn't say much more because there are internal matters he cannot discuss.

Warwick said any disciplinary actions "won't make her (Christopher) whole again," adding that he has "talked to her and apologized." He said that overall it is a landlord/tenant dispute involving moral and civil

violations. If criminal violations are discovered to exist, then these also will be addressed, Warwick said.

The incident is unfortunate, Warwick observed, because it will hamper the Sheriff's Office from housing any future deputies in Crestone. "Deputies will now be responsible for their own housing," he said. "I will not ask the county to pay for it anymore."

The deputies had only been with the Sheriff's Office for a few months and Warwick indicated he had no way of knowing whether or not there were any problems beforehand within such a short time span.

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### Girls

Sanford 61	Sierra Grande 14
Cotopaxi 65	Sierra Grande 41
La Veta 51	Creede 22
Antonito 52	Lake City 11
Sangre de Cristo 64	Centennial 31
Sargent 30	Center 22
Del Norte 61	Gunnison 24
Alamosa 68	Monte Vista 18
Pagosa Springs 57	Centauri 50
Centauri 61	Bayfield 35
Alamosa 47	Montezuma-Cortez 42
Sargent 58	Sierra Grande 25
Moffat 65	Centennial 51
Sangre de Cristo 2	Aguilar 0
Del Norte 65	Center 33
Pagosa Springs 69	Monte Vista 26

COLLEGE	
Regis 72	Adams State 46
Colo. Christian 52	Adams State 44

### Boys

Sanford 80	Sierra Grande 36
Manzanola 66	Moffat 40
Cotopaxi 51	Sierra Grande 50
Sangre de Cristo 79	Centennial 34
Antonito 72	Lake City 15
Crested Butte 42	Del Norte 27
Center 49	Sargent 44
Gunnison 71	Del Norte 35
Alamosa 60	Monte Vista 45
Centauri 53	Pagosa Springs 36
Centauri 58	Bayfield 46
Alamosa 59	Montezuma-Cortez 42
Primero 64	Antonito 60
Centennial 44	Moffat 35
Raton NM 57	Sangre de Cristo 46
Center 53	Del Norte 50
Crested Butte 47	Sanford 38
Sargent 58	Sierra Grande 25

COLLEGE	
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# WATER

Continued from Page 1A

is requesting an independent engineering study of the impact from Stages 4 and 5 of the Closed Basin Project in an attempt to address adverse impact on the watersheds of lower Saguache Creek and San Luis Creek.

Godfrey's research reveals language in the original act that gave authorization to the Closed Basin Project (CBP), language that included assurances that the project would not injure senior water rights. Additionally the 1967 engineering report reinforced this point with language stressing "a balance of inflow and outflow" of water...and contained a warning that "If priority (of water rights) is not strictly enforced the CBP would become a mining project."

In 1972 the Rio Grande Water Conservation District filed for water rights on the "salvage," unconfined groundwater water within the closed basin. The water is "pumped" from the salvage wells into a 42-mile conveyance channel that delivers the water to the Rio Grande.

According the RGWCD website: "The purpose and first priority of the Closed Basin Project is to deliver water to the Rio Grande to assist the State of Colorado in meeting its delivery requirements under the Rio Grande Compact of 1939 and the Rio Grande Convention of 1906. "The second priority of the project is to maintain the Alamosa National Wildlife Refuge (NWR), provided that the amount of project salvaged water delivered to the NWR and The Blanca Wildlife Habitat Area (WHA) shall not exceed 5,300 acre-feet annually.

"The third priority is to apply to the reduction and the elimination of any accumulated deficit in deliveries by Colorado and is no longer applicable since the spill of Elephant Butte in 1985. The fourth and final priority is for irrigation or other beneficial uses in Colorado.

"The project also delivers mitigation water to San Luis Lake complex and its recreational facilities."

Godfrey's argument for an independent study is to evaluate the effects of continuing to pump salvage wells in Stages 4 and 5 (at the north end of the project) is based on 1) changes from flood irrigation to center pivot irrigation, 2) the data in the previous studies done in the 1960s and 1980s is outdated and perhaps flawed and 3) that intentional or not, there is evidence that injury is being done to senior water rights in the watersheds of lower Saguache Creek and San Luis Creek.

A variety of experts hastened to point to Godfrey that under the Congressional Act, there was to be no injury and that the district was allowed to pump until there was a two-foot drop in the water levels to wells located on or near the boundary. Keep in mind that the east side of phase 4 is in a historically wet area from creeks flowing from the Sangre de Cristo mountains into the Baca National Wildlife Refuge, comprising the earliest of surface water rights purchased along with the ranch by the Department of the Interior.

Salvaged water is defined as water otherwise unavailable for beneficial use that is saved by some means and made available. In 2004 Congress created the Baca National Wildlife Refuge as part of the legislation that also created the Great Sand

Dunes National Park. In addition to groundwater recharge, under Colorado water law wildlife habitat (including fisheries) is considered a beneficial use.

Arguments from other district board members, previous managers and legal counsel, asserted that while the Closed Basin Project was initiated as a salvage project, it is not just about salvage. Established by Congress it was created for salvaging, regulating, and furnishing water from the Closed Basin area.

Salvage is a key term here. Under state water law and groundwater rules, the water from salvage wells is exempt from state regulation. Unlike the rules governing the more recently created sub-districts through the valley, the RGWCD

does not have a water right to replenish groundwater pumped, nor is it required to.

Godfrey maintains the intent of the various documents establishing the Closed Basin Project prohibits "mining" water. The argument is based in the spirit of the language that continually asserts "no injury" to existing senior water rights holders.

Groundwater mining is the removal, or withdrawal, of water in the natural ground over a period of time that exceeds the recharge rate of the supply aquifer. She and her neighbors assert that the continuous pumping over the past three decades has created depletion of water under 130,000 acres by redirecting recharge from natural

processes into well fields within the Closed Basin Project.

There are many factors at play that support the request to re-evaluate and study the data that has been collected from the monitoring wells over the past few decades. The hydrologic cycle teaches the continuous movement of water on, above and below the surface of the Earth. Water is always in movement.

Today in the midst of debates about climate change, along with changes in precipitation over the years, it is not too much to ask that decisions made 50 years ago be revisited. Water is always changing states between liquid, vapor and ice, with these processes happening in the blink of an eye and over millions

of years.

At the RGWCD meeting Jan. 21, the board members voted to instruct the manager of the district to make some inquiries with hydrologists and explore the possible costs of reviewing the data already collected for Stages 4 and 5.

A follow-up meeting is set for Feb. 24, 1 p.m. at the RGWCD offices, 8805 Independence Way in Alamosa. Eric Harmon, a hydrologist with lengthy valley experience, has been invited to speak about the hydrology of the north valley and to a study of the concerns of a number of residents about the CBP possible effects on Saguache Creek and San Luis Creek.

Lisa Cyriacks is a freelance writer.

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*Please see DAZE on Page 6*

## Woof Creek Sled Dog and Skijor races postponed until March

**SOUTH FORK** -The 2nd Annual Woof Creek Sled Dog & Skijor Race has been rescheduled due to snow conditions. The new event dates---snow permitting---are scheduled for Friday and Saturday, March 7 and 8.

This year's four-legged athletic competition is ISDA sanctioned and will have 20 or more sled dog and skijor teams battling it out on a picturesque snow track at the Rio Grande Club & Resort in South Fork, Colo. The competitions are from 9 a.m. to 2 p.m. on Saturday and Sunday and will run from four to six miles and include two participation levels---seasoned and recreational mushers. The races will include four and six sled-dog teams as well as skijor racers, which are cross-country skiers pulled by either one or two pooches.

Stay tuned for more information as the new race dates draw closer. For details and up-to-date race information, visit the Woof Creek Sled Dog & Skijor Race Facebook page or [www.riograndeclubandresort.com](http://www.riograndeclubandresort.com).



Courtesy photo

## Mormon boys

That they would find each other would have been as unlikely to predict as the fall of communism or the good sheep market. She was old and a lifelong Southern Baptist. They were young and on a mission for the Mormon Church.

A requirement of good 'Mormonism' for young men is to serve as a missionary for the church for two years. They are expected to go door to door wherever they are sent and spread the gospel of the Latter Day Saints (LDS), also called Mormons.

Now if you think that's easy, put yourself in their place. You are eighteen years old, often from a rural background, no car, in a strange place, wearing a dark suit and tie, riding a bicycle and knocking on a stranger's door. As you know, many who open that door and find out you are 'peddling religion' are not friendly.

They knocked on her door one day and explained their purpose. She said, "Well, I'm teachin' our home Bible class." They excused themselves and left. Later she said to her husband, "I'll never turn those boys away again."



Eventually they came back down her street and she said what she says to everybody that's ever knocked on her door, "Have ya eaten yet?" Well, for two boys a thousand miles from home and batchin', nothin' sounded sweeter.

For the next eight or ten years, the boys "stationed" in her little Oklahoma town beat a steady path to her door. They overlapped

each other every few months and each new missionary was taken to meet Uncle Leonard and Aunt Effie.

Many of these boys were country raised and homesick, I'm sure. They are not allowed to call home except Mother's Day. Effie and Leonard were retired farmers, both in their 80's and sure knew how to cook for hungry boys. They played Skip Bo, ate fried chicken and peach cobbler, helped her with her garden when Leonard became unable, sang while she played on the piano and found an oasis from the pressure.

Uncle Leonard passed away, and when Aunt Effie was havin' health problems, I visited her in the hospital. She talked about her Mormon boys. Her face lit up. It was obvious how much they meant to her. Some were still writing to her and the new ones were still coming by checkin' on her.

I'm sure they discussed religion, but as Aunt Effie told 'em, "Yer out walkin' the streets for your Jesus, He's my Jesus, too, and that's more than most religious folks do. I'm proud of you."

She saw their need and filled it the only way she knew how. She offered them kindness. And if you ever questioned that passage, "It is more blessed to give than receive," you should have seen her face when she talked about her Mormon boys.

I don't know if they're better Mormons or she's a better Baptist for knowin' each other. And I don't know if the leaders of the Southern Baptist convention and the Elders of the church of the Latter Day Saints would approve. But I do know that the human race is a little better species because these two took the time to appreciate one another as people.

*Baxter Black, former large animal veterinarian and irregular commentator on National Public Radio, is America's best-selling cowboy poet. He is a frequent performer at national stock shows and rodeos as well as in many smaller local events. He is author of several books, including Cactus Tracks, Croutons on a Cow Pie, Hey, Cowboy, Wanna Get Lucky? and Dunny and the Duck. Baxter Black can be contacted via e-mail at: [vikki@baxterblack.com](mailto:vikki@baxterblack.com)*

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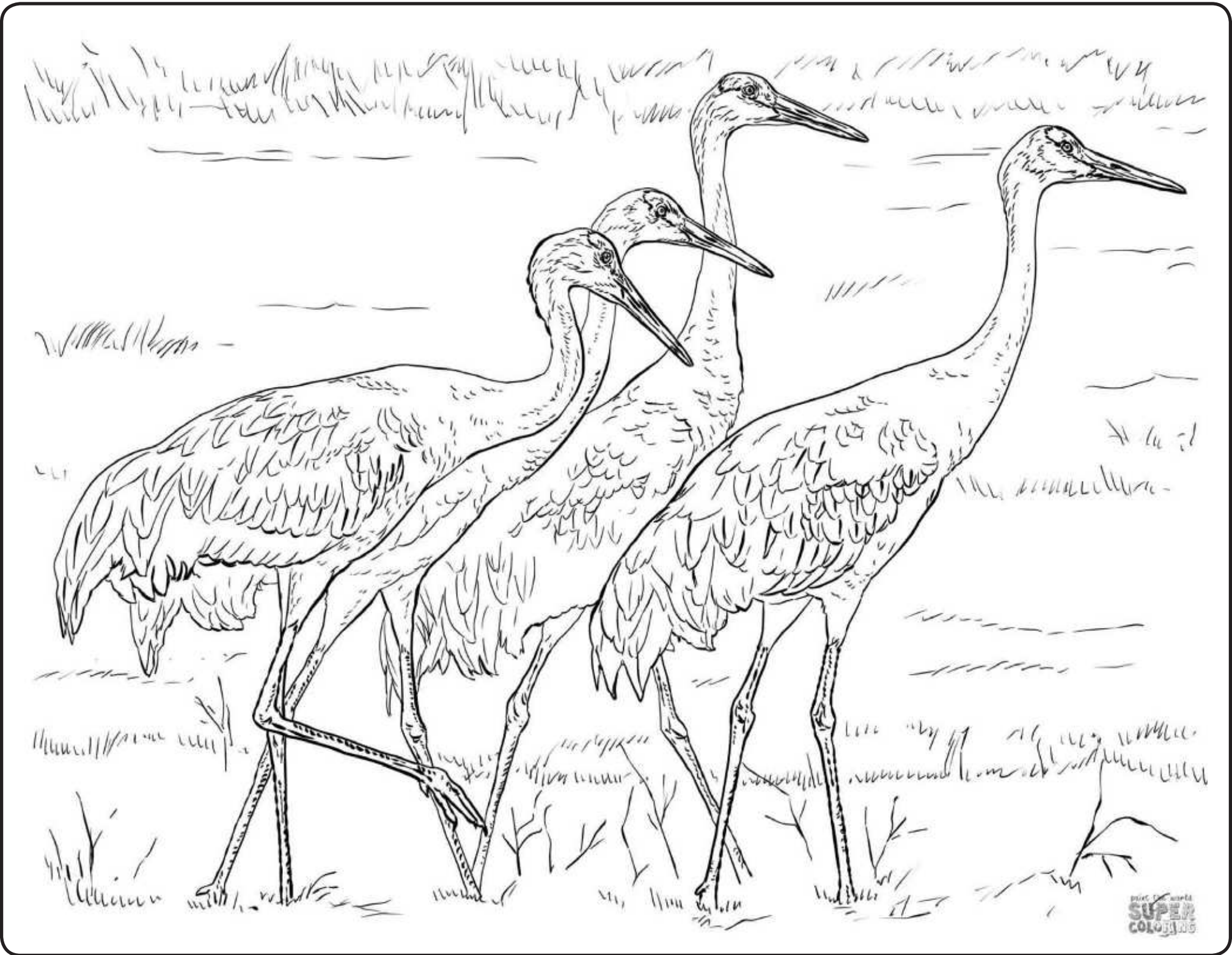


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### Coloring Contest Rules Grades 1-5

- Decorate the Sandhill Cranes picture using crayons, markers, colored pencils, gel pens pastels, paint, etc. Have fun and be creative (a little reminder that this is strictly for the children)!
- Please fill out the information portion of your name, school, grade, and phone number (it's for contact purposes only and will not be shared publicly)
- Return your completed artwork (Sandhill Cranes coloring sheet) to the Monte Vista Chamber of Commerce. Their address is 947 1st Ave and phone is # 852-2731.
- The deadline for turning in your Sandhill Cranes picture will be on Feb. 21st.
- Members of the Chamber of Commerce have graciously volunteered to be the judges.
- The participants' artwork will be on display at the Vali 3 Theater during the Crane Festival weekend, March 6th-8th.
- We will announce the winners at 7:30 p.m. Friday, March 6th, before the FREE showing of "Rango" at the Vali 3 Theater. Please join us for a fun movie night.
- After the Crane Festival weekend you may come and claim your artwork at the Chamber of Commerce starting Wednesday, March 11th.
- If you need to make another copy of this coloring sheet you can go to [mvcranefest.org](http://mvcranefest.org)

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# REAL ESTATE

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**\*\*\*SOLD\*\*\*** Mountain Bliss! Beautiful 1,652 sq. ft. home has open kitchen, dining room, living room area w/bedroom and full bathroom and separate laundry room. Kitchen cabinets are custom built with solid oak; nice size side and back porch looking straight up the mountain! The upstairs has a large loft area bedroom w/second full bath and loft area. Speakers throughout the home and wiring for sound. Downstairs walkout basement garage with cement floor has an additional 280 sq. ft. of space, can be used as a workshop or additional sleeping area. Basement total sq. ft. 2,744 including the garage. Home has many custom features: Thermopane windows, Arcadia doors; heating is central propane system and wood burning stove, 40 gallon water heater, security lighting, motion lighting, in beautiful Ponderosa Estates with no HOA. Moments away from the river public access, Wolf Creek, Rio Grande Golf Club. \$269,000 Firm **Call Bernadette Gingrass 719-850-1993** schedule your private showing today! **MLS # 748838** **\*\*\*SOLD\*\*\***

**\*\*\*SOLD\*\*\*** - Beautiful Home on The Range! Pion Hill Estates where the Mule Deer and the Rocky Mountain Elk play! This 2,457 sq. ft. meticulous, comfortable well-maintained log home is located on 40 acres with reach out and touch mountain views and moments from the Rio Grande National Forest. Wild Life is abundant; Elk, Mule Deer, Turkey, Fox, Bald Eagles and more. Located in beautiful quiet Pinon Hills Estates tucked away from traffic and people and still easy driving to South Fork or Del Norte. Open great room living room, kitchen and dining room with accent logs and floor to ceiling windows and wood burning stove. Custom built log staircase. The upstairs is a Master Suite with two large walk-in closets, master bath with Jacuzzi tub looking out at the mountains views with floor to ceiling windows. a separate tiled shower and double sinks. Upstairs also has a sitting room /office area. Main floor has a bedroom, full bath and laundry room with Alder cabinets and large pantry with sliding shelves. Beautiful newly built sun room on south side of the home is spacious and bright. Ground level floor has a bedroom with 1/4 bath. Adjoining room is a great relaxing den or game room providing space for reading, games, watching television or crafts. Attached cement floor two car garage large enough for storage, 4 wheelers, fishing gear, tools and more. Beautiful home with landscaping and two huge decks two levels-one open wood deck and one covered stained concrete. All the space you need for friends and family and outdoor entertaining. All the stairways to the home and outdoor entertainment areas have wide steps, rock walls and lighting. This home has floor to ceiling window and wonderful views in every direction all electric home has three heat sources,

## Steffens & Co. Realty, Inc.

baseboard board heat, 3 Energy Thermal Systems and wood burning stove. Two fifty gallon-water heaters so you will never run out of hot water. Domestic well, cistern and septic system. This home has a large metal barn with dirt and concrete floor with feed and tack room and plenty of space for your horses. Access year round to hiking and riding trails. Enjoy the great outdoors with fishing, golfing, hiking, four wheeling, skiing, hunting and so much more. \$470,000 **Call Bernadette** and schedule your personal showing today! **\*\*\*SOLD\*\*\***

**\*\*\* SOLD \*\*\*** 35 Deeded Acres! This property is located 12 miles east of South Fork on County Road #15, which offers year-round access. Del Norte is 11 miles away and offers a full service hospital and medical care facility. Wolf Creek Ski Area is 30 minutes away, Creede is 30 minutes, Alamosa is 45 minutes and offers full service air flights twice a day. Durango is 2 hours, Pagosa is 1 hour. This property overlooks the San Juan Mountain Range with all it's splendor and panoramic views. 35 Deeded Acres m/l 1,116 sq. ft. building, which is 50 % living quarters and the other half is a horse barn and animal shelter. There is a small outside building with windows that can be utilized as an extra bedroom or converted into a tiny home. Plus a shop/hay shed/storage canvas covered frame structure goes with the property. The property is fenced and cross fenced. The hay storage area has a high wildlife fence. Equipment that stays with the property is as follows: International Tractor, Hay Rake, New Holland Bail Hauling Wagon, Old Swatter, English Harrow, and enclosed storage unit. Aluminum irrigation pipe. Approximately 24.67 acres are irrigated, and 10.33 acres are average meadow. Water Rights: Permit #231534 for 15 GPM. 8 Shares of the Meadow Glen Ditch Being 5 CFS in priority #1903-57C, 232, 348, and 1903-21. **Call Bernadette Gingrass 719-850-1993** **\*\*\*SOLD\*\*\***

**LOOK! Reduced Price \$295,500** Perfect Home or Vacation Rental Opportunity, 2,231 sq. ft. of end-

## Steffens & Co. Realty, Inc.

less possibilities. This beautiful home has 3 bedrooms, 2 baths, kitchen with mud room, dining room and living room with propane heat and wood burning stove. Enjoy the large private fenced backyard with green house, patio area, gardens, wood storage carport and your very own workshop. This is a once in a lifetime opportunity to have your home and business all in one spectacular resort location. Walk out your front door to a wonderful 574 sq. ft. business on scenic byway, Hwy 149. Your dreams are coming true. Come live, work and play here in South Fork, CO. This won't last long. **Call Bernadette Gingrass 719-850-1993 and schedule your showing today! MLS # 755964**

**UPDATE! Terms Available!** Adorable park model located on two beautiful landscape lots number 38 and features lot 37 in River's Edge RV Resort. This home has a front entrance, side entrance and back entrance with deck. Beautifully landscaped with patio and two sheds with electric. This home has 1 bedroom and two bathrooms and comes complete with all the furniture, appliances and inside washer and dryer. The Colorado room with propane burning stove is finished allows lots of sunshine and adds to living area. River Edge RV Resort is beautifully located on the Rio Grande River allowing property owners private access to the river and plenty of outdoor activities and community events including outdoor activities as fishing events and 4 wheeling outings along with community potlucks. Moments from the Rio Grande River, Rio Grande Golf Club, 30 minutes from Wolf Creek Ski Area. Come live, fish, hike, golf, ski and play. This is your perfect weekend retreat, mountain get-a-way or second home. **Call Bernadette Gingrass 719-850-1993** and schedule your showing today! **\$159,900 MLS # 750041**

**\*\*\*SOLD\*\*\* \$325,000** Enchanting Mountain Home! You can see the forest beyond the trees - It's right there in your own back yard. Beautiful 1,750 sq. ft. home backs up to the mountain side. 3 bedrooms

## Steffens & Co. Realty, Inc.

two baths with Master bedroom upstairs and loft office area. Cathedral ceiling with open dining / living area with wood burning stove and rock hearth and propane furnace to keep you warm on cool winter evenings. Beautiful large windows to enjoy the mountain views and the mule deer and wild turkeys that visit daily. Kitchen includes all appliances and laundry area with washer and dryer. Wonderful front deck to enjoy your morning coffee on with additional covered side porch area and detached storage shed to store grills, garden tools and more. This enchanting home has a large 896 sq. ft. cement floor 3 car garage and plumbed for water with side storage area. Plenty of storage for 6 cords of firewood or more. Garage has wood burning stove and wonderful workbench and box trust with pull down currently leading to bright roomy artist studio! Home comes partially furnished. This is your dream place or perfect get-a-way in enchanting Ponderosa Valley Estates with no HOA complete with its own private well and town sewer system on paved roads. Moments from hiking, gold medal fishing, rafting, hunting and skiing. Bring your passion for Adventure and **Call Bernadette Gingrass 719-850-1993 and schedule your private showing today! MLS#756372 \*\*\*SOLD\*\*\***

**New Listing** - Affordable, charming one bedroom, one full bath park model with enclosed sun room for extra living space. Located in River's Edge Mountain View RV Resort. All furniture and furnishings included. Nice kitchen all kitchen appliances including conventional oven and microwave, dishes and pots and pans. Includes washer and dryer in large storage shed w freezer and workbench area. This home is your perfect weekend get-a-way or vacation home in this 55+ neighborhood. Planned activities such as fishing, hiking, 4 wheeling and fun community potlucks. Moments from the Rio Grande River, 20 minutes to Wolf Creek Ski Area. All you need is your tooth brush! Adventure is waiting for you right out your front door. Priced to sell \$89,000. Won't last! **Call Berna-**

## Steffens & Co. Realty, Inc.

**dette Gingrass 719-850-1993** and schedule your showing today! **MLS# 760432**

**New Listing!** Affordable Charming Log Home! Call and schedule your showing today! 4 bedroom 2 bath home located in South Fork Small Tracks. Priced to sell \$223,900 Call and schedule your showing today! **Call Bernadette Gingrass 719-850-1993** and Schedule your showing today! **MLS #758665**



**February Valentines Vest Drive**  
**Vests for Veterans**  
*Warm Hearts, Warm Homes!*  
 Drop off a new or gently used women's or men's vest. Stay for a cup of coffee and sign up or call for a Free Home Market Evaluation with Bernadette Gingrass



*Call Bernadette today!*  
**719-850-1993**

**Steffens & Company Realty, INC**  
 Cell 719-850-1993  
 Bernadette Gingrass, Broker Associate  
 30635 US Hwy 160 • South Fork  
 bernadette@steffenscorealty.com  
 www.steffenscorealty.com

**Upcoming Events at**  
**THE HISTORIC UTE THEATRE**  
**in Saguache**  
**SATURDAY, FEB. 16**  
**2 pm**



**Stand Still and Look Stupid**  
**- The Incredible Story of Hedy Lamarr**  
 One-woman play performed by Emily Ebertz  
**\$10 tickets at the door**  
**FOR MORE INFO, VISIT**  
**HISTORICUTETHEATRE.COM**  
**OR CALL (719) 427-1080**

**\* CREEDE WINTER PEOPLE'S SUPPER**  
 FEBRUARY 20TH 6:00 PM  
 CREEDE COMMUNITY CENTER




As the winter winds blow, join us for a chance to share stories over a shared meal and engage in a meaningful conversation together. Doors open at 6:00 and the dinner will begin at 6:30pm.  
**RSVP: americorpscreede@gmail.com**

**SPECIALIZING IN QUALITY POST FRAME BUILDINGS**

**30' x 40' x 10' Built on your level site**  
 (Image does not depict the dimensions of the special)

**\$26,000**

(2) 3' x 3' Windows	(2) 9' x 8' OVH Doors	12" Overhangs
(1) 3' x 6' Entry Door	4' Wainscoting	4" Concrete

**GINGERICH STRUCTURES**  
 NE and Western IA | Eastern CO  
 402-426-5022 | 970-230-2052  
 www.GingerichStructures.com

**WANTED: 5 HOMES**  
**TO APPLY MT. STATES WESTERN EXTREME COMPOSITE SIDING**  
**Be a part of our 2020 Show Homes Campaign and Save!**  
**5 homeowners in this general area will be given the opportunity to have**  
**MT. STATES WESTERN EXTREME COMPOSITE SIDING**  
 Applied to their home with decorative trim at a very low cost. This amazing product has captured the interest of homeowners throughout your region who are fed up with constant painting and maintenance costs. Backed with fade and lifetime material warranty, and providing full insulation, summer and winter, this product can be installed on most types of home. It comes in a choice of colors and is now being offered to the local market. Your home can be a showplace in your vicinity. We will make it worth your while if we can use your home.  
**Financing Available WAC "Offer Limited-CALL NOW!"**  
**INSULATED WINDOWS ALSO AVAILABLE**  
**For an appointment, please call toll free:**  
**1-888-540-0334**  
**Nationwide Builders**  
**3 Generations of Experience - www.nbcindustries.com**

# Valley-Wide Classified **FREE!** MARKETPLACE

Sell your household items for FREE. Total value of items must be \$50 or less. See details below.



## CLASSIFIED INDEX

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

## RATES

**15 Words or less for 4 weeks - 4 publications**  
**\$19.50 + 95¢ each additional word.**

**Garage Sale Ads: 15 Words or less for 1 week**  
**\$12 + 35¢ each additional word.**

**Free ads:** Lost & Found • Non Commercial items Sold for \$50 or less • Any Item or Animal being given away. (Limited to private party only, 2 ads per person, 4 weeks.)

### Convenient ad placement:

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

### Check your ad the first day:

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

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

## DEADLINE

**Thursday 5:00 pm**

**Call 719-852-3531**  
**or email: MonteVistaClass@gmail.com**

## Easy Payment Options

**We accept Visa, Master Card, American Express, Discover, Checks, Money Orders & Cash**



### 05 Notices

“Even though the snow is falling, we are looking forward to this summer! **CCSP (Christian Community Service Projects) is now accepting applications for home repair.** If you or someone you know is needing an extra hand around the house with painting, yard work, or small construction jobs, please give Suzanne a call at (719) 589-2330 or e-mail at ccsp@gojade.org” (02/27)

**WE BUY ANTLERS:** 5 miles west of Del Norte on US 160 at Elk Ranch. 719-657-0942. (02/26 TFN)

**New Inspirational Book Club:** Looking for 8-12 interested adults to start an book club. Organizational meeting in February with paramaters of Tuesday or Thursday evening meetings of approximately 1.5 hours. For more information please call Steve at (719)849-0310 (02/12)

### 07 Help Wanted

**The City of Monte Vista is currently accepting applications for an Equipment Operator I position.** Applicants must have a valid Colorado Class B CDL License with air brakes. Requires HS diploma or GED equivalent and one-year prior experience as equipment operator. Apply at www.cityofmontevista.colorado.gov or at City Hall. Deadline to apply is 11:30 a.m. on February 14, 2020. For more information, please call Human Resources at (719) 852-8284. (02/13)

### HELP WANTED BUILDING

**CUSTODIAN -Experienced individual needed for janitorial services with responsibility for cleaning various county buildings.** Full time position, 32 to 40 hours a week, with variable hours which include evening and/ or early morning work times. Applications available at Saguache County Administration office or printable at www.saguachecounty.net Call 719-655-2231 for more information. Applications close on Friday February 7, 2020 at 3:00 P.M. Saguache County is an EEO employer. Valid Driver's License, Drug testing, background check and pre-employment drug test will be required and a physical exam may be required for final applicants. (02/14)

**Saguache County will be accepting applications for a County Land Use Administrator until Friday, February 28, 2020.** This position manages, coordinates, and supervises all aspects of the Land Use Department in relations to zoning and subdivision regulations and other land uses within the County to ensure the prompt and efficient operation of the office. All aspects of the position are completed with the approval of and in conjunction with the Board of County Commissioners. This position is appointed and supervised by the three-member Board of County Commissioners. Salary range is set at \$50,000 and up depending on experience, with benefits. A copy of the job description and qualifications may be obtained from Human Resource Personnel

Director, April Quintana or may be obtained from Administration office or www.saguachecounty.net. Mrs. Quintana can be reached at 719-655-2231. Administration office located at Saguache County Courthouse, 505, 3rd Street, Saguache Colorado. Saguache County is an equal opportunity employer and applicants will require the passing of a pre-employment drug test and back ground check. (02/28)

**Wolf Creek Ski Area** is seeking full and part time positions in the following positions: **Snow Reporter** – Must have interactive web experience, strong organizational and communication skills. Hours 6am to 3pm. willing to work weekends. **Ski School Instructor** – Duties include teaching guests in a group setting, customer service and other duties assigned by supervisor. **Shuttle Bus Drivers** – Part-time. Experienced driver looking

to make extra money during Christmas, Presidents Day, MLK, Jr. and Spring Break holidays. A Commercial Drivers License is not required, however pay is commensurate with professional experience and licensing. **Professional Baker/Food & Beverage** - Line/grill cooks, bakers and baristas. **Ticket Office Cashier** – Part-Time - Must have prior experience in POS system. Friendly, hard working, flexible, organized with good communication skills.

# SLV Lifestyles

Serving the entire San Luis Valley

## Is your business looking for qualified employees?

Place your help wanted ad in Valley Lifestyles and you will reach 15,000 San Luis Valley households and over \*30,000 weekly readers. Valley Lifestyles is the most cost efficient way to find qualified employees to help your business to continue to prosper.

**30 words or less for 2 weeks (2 publications)**  
**\$38 + .95 per additional word.**

**Email your ad to MonteVistaClass@gmail.com**

**(719) 852-3531 • 835 First Ave. • Monte Vista.**

Deadline to submit you advertisement for the following week is Thursdays at 5 p.m.

\*Based on average readership of 2.1 persons per copy.



Colorado Statewide Classified Advertising Network

To place a 25-word COSCAN Network ad in 91 Colorado newspapers for only \$300, contact your local newspaper or call Colorado Press Association Network at 303-571-5117.

BUY OR TRADE

WANTED

Freon Wanted: We pay CASH for cylinders and cans.  
R12 R500 R11 R113 R114.  
Convenient. Certified Professionals.  
Call 312-625-5322  
or visit  
RefrigerantFinders.com

Cash for Mineral Rights  
Free, no-risk, cash offer. Contact us with the details:  
Call: 720-988-5617  
Write: Minerals, PO BOX 3668,  
Littleton, CO 80161  
Email: opportunity@ecmresourcesinc.com

Colorado Press Network

Buy a 25-word statewide classified line ad in newspapers across the state of Colorado for just \$300 per week. Ask about our frequency discounts!  
Contact this newspaper or call Colorado Press Network, 303-571-5117

# Valley Wide Classifieds

**Winter seasonal positions with competitive wages.** Applications can be downloaded from Wolf-CreekSki.com employment page. Send resumes and applications to wolfcreekski@wolfcreekski.com or P.O. Box 2800, Pagosa Springs, CO 81147. (2/28)

## 10 Apartments for Rent

**Del Norte: 2 bedroom/1bath upstairs apartment.** \$475/\$475 deposit. Utilities included. NO pets/smokers. Laundry onsite. 1145 French St. (719)849-1942. Credit Report required. (03/04)

## 12 House for Rent

**Beautiful 4 Bedroom Ranch House located Near Monte Vista,** \$1000/Month call 588-8506. (02/26)

**For Rent Country living Northeast Del Norte 4-bedroom 2 bath (No Pets)** inquire at 719-657-2201. (02/19)

## 14 Business Properties For Rent

**Beauty Salon for rent Monte's Corner 1st and Adams 4 stations \$550.00 Per month.** Call 719-992-4705. (02/19)

**17 Real Estate For Sale MOTIVATED SELLER, PRICE REDUCED!!! Nice 2549 sq. ft., 3 bed 2 bath Log Home on 10 Acres!** Call Yvonne at Steffens Co Realty Inc. 719-580-1901 (3/4)

**80.26-acre Hunters Paradise, 4 bed, 4 bath log home with furnished guest house, backed by National Forest!** Call Yvonne at Steffens & Co Realty Inc. 719-580-1901(3/4)

**Nice 1502 sq ft, 3 bed/2 bath Mountain Cabin with 2 car attached garage. Views galore and National forest feet away!** Call Yvonne at Steffens & Co Realty Inc 719--580-1901(3/4)

**Incredible CUSTOM LOG HOME! 4 bed 4 bath with Guest house only 58 miles from Salida.** A must-see beauty, Call Yvonne at Steffens & Co Realty Inc 719-580-1901(3/4)

**11 circles in Center area with excellent potato ground, excellent wells and water rights, high production, sandy soil, 2 homes, shop, potato storage, first time ever on market and sold as full unite.** Call Bruce at Steffens & Company Realty, LLC 719-580-0770. Serious inquires only (02/13)

**125-150 cow/calf ranch 1154 acres with top water rights, production, 1.2 miles of Rio Grande River and 1/2 mile of Conejos River.** \$1,750,000. Call Bruce at Steffens & Company Realty, Inc 719-580-0770 (02/13)

**Pasture Land, 397 acres in north of Monte Vista Airport on County Line Road with good grass and location.** Also contains a huge amount of gravel on the property \$525,000.00 call Bruce at Steffens & Company Realty, Inc 719-580-0770. (02/13)

**240 deeded acres in irrigated grass west of Monte Vista with 6 shares Lariat ditch.** Call Bruce at Steffens & Company Realty, Inc.

719-873-1700. (02/19 TFN)

## 36 Miscellaneous

**STEEL STORAGE CONTAINERS** – Sales, Rentals & Modifications! Containers are water & rodent proof. 8' wide, 8'-53' in length. Call for more information and pricing. **Healdworks, Inc.** – **Your Total Storage Solution!** 719-850-0346 (02/27 TFN)

**SOLAR PANELS! 240 WATT AND SMALLER.** We Stock Inverters, Charge Controllers, and Batteries In Brand Names of Outback, Magnum, Rolls, More. We Also Carry Cable and PV Wire. Thank you for Buying at Bontrager's Variety Store. 9726 S. CR 3E Monte Vista. 719-852-0500. (TFN) (2/13)

**SPRING SPECIAL! 235-Watt Solar Panels. \$210.00 Each.** Good Quality. Bontragers Variety Store. 719-852-0500.(02/13)

## 38 Machinery, Tools, and Equipment

**Rockwell 10" table saw/w wheels blade in saw plus 10' and 12" blades** 719-588-4995 Leave Message. (2/12)

**Snow Blower Craftsman 32" drift breaker gas powered power propelled** 719-588-4995 Leave Message. (2/12)

**Ramsey 12 Volt Pro 8000R Series #817508 wench** 95 FT 5/16 Cable, remote switch, roller fairlead. 852-2285.(TFN-E)

## 39 Sporting Goods

**Cannondale Mountain Bike – Cannondale Rush 29 1 Mountain Bike. Like new.** Black, ridden less than 50 miles. 23" large frame. \$1,125. 208-309-2122 (TFN)

## 42 Feed & Seed

**Premium Tarped & Shredded Grass hay 3x3 Bales 750lbs near Monte Vista, CO .** Call 588-8506. Discounts for Larger Amounts. (02/26)

**Premium alfalfa and alfalfa/grass, small bales, in Hay shed \$7, outside \$6.** (719)580-2509. (02/27)

**ALFALFA-GRASS HORSE HAY:** Green,+/-175 RFV, 3x3x8 bales, ~820#, \$205/ton or \$90 per bale, outside stacks, 719-657-0942 (02/27)

## 43 Farm Products

**For Sale: 499.27 Subdistrict #1 2020 Pumping Credits, \$115.00 Per Credit** Call 719-849-8565. (02/26)

## 48 Pets & Supplies

**Yorki Puppies male registered have had shots and been wormed**

719-256-4391.(2/27)

**Border Collie, Blue Heeler Cross Puppies.** Ready 2-5-2020. 719-852-0500 Good Potential! (2/13)

## 56 Business Opportunity

**Augmentation water For LEASE:** TransMtn water, fully severed for Wildlife or AG use anywhere off the Rio Grande. \$100/

acft, OBO 719-580-0661 (02/27)

**59 Vehicles Wanted CASH ON THE SPOT FOR JUNK CARS & TRUCKS:** We pickup, no title ok. 719-937-7935. (TFN)

## 65 Professional Services

**LICENSED PLUMBER** does all types of plumbing repairs and

plumbing remodels at reasonable rate. Quick service. Call anytime, available weekends and evenings. 719-580-0033 or 719-376-2593. (02/26 TFN)

**THE BLIND GUY** window coverings. Free measuring, free estimates. Professional installation. Guaranteed lowest prices. Call Tony, 970-903-1403. (07/01/2020 TFN)

# Write your own Classified Ad

**Regular Classified Ad Deadline-Thursday 5 p.m.**  
**15 Words or less for 4 weeks - 4 publications**  
 \$19<sup>50</sup> + 95¢ each additional word.  
**Garage Sale Ads: 15 words or less for 1 week**  
 \$12 + 35¢ each additional word.  
 Free ads: Lost & Found • Non Commercial items Sold for \$50 or less • Any Item or Animal being given away. (Private party only) Call 719-852-3531 for details.

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

1	2	3	4	5
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11	12	13	14	15
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21	22	23	24	25
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36	37	38	39	40
41	42	43	44	45

**Words:** \_\_\_\_\_ **Times:** \_\_\_\_\_ **Price:** \_\_\_\_\_

**Class:** \_\_\_\_\_ **Start Date:** \_\_\_\_\_



**Card#:** \_\_\_\_\_

**Expiration Date:** \_\_\_\_\_

**Mail with check or money order to:**  
**Valley Publishing Classifieds, P.O. Box 607, Monte Vista, CO 81144**  
**Or drop by at 835 First Avenue**

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

**All Classified Advertising must be pre-paid**



Photo courtesy of Paul Osincup

**Paul Osincup, a positive workplace strategist, will keynote a free Adams State Counselor Education Seminar, "WINGS," Feb. 21.**

# Adams State Counselor Education will host stress symposium

**ALAMOSA** - The ASU Counselor Education Department is hosting the third annual Spring Symposium, "Working on Interventions to Navigate Generational Stress (WINGS)," Friday, Feb. 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 educator with the American Institute of Stress, and a training partner with the international work culture consultancy, "Deliver-

ing 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, and clinical mental health services in schools. Tickets are free to the public. An on-site continental breakfast, lunch and snack will be provided. A schedule will be posted before 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](mailto:pearcyjt@grizzlies.adams.edu) or [pavlakbc@grizzlies.adams.edu](mailto:pavlakbc@grizzlies.adams.edu) or call 719-587-7626.

# Archery elk licenses now limited in Southwest Colorado

**DURANGO** – Archery hunters in southwest Colorado are now required to apply through the Colorado Parks and Wildlife limited licensing program to obtain a license for elk hunting.

The new requirement applies to Game Management Units 70, 71, 72, 73, 74, 75, 77, 78, 711, 741, 751 and 771. The change was made because of concerns about the declining elk population and concerns by the hunting public that there were too many bowhunters in the field.

Archery hunters will apply to hunt in a specific GMU or group of GMUs[WB1]

Previously, archery elk licenses in these units were over-the-counter either-sex tags that were not unit specific. Now, archery licenses will be broken down into unit specific limited bull, cow and private-land-only either-sex licenses.

The deadline to submit an application is April 7. All hunters can start submitting applications March 1 through the CPW website.

The Colorado Parks and Wildlife Commission, on Jan. 15, made the decision to limit these licenses based on recommendations from CPW staff and input from the public.

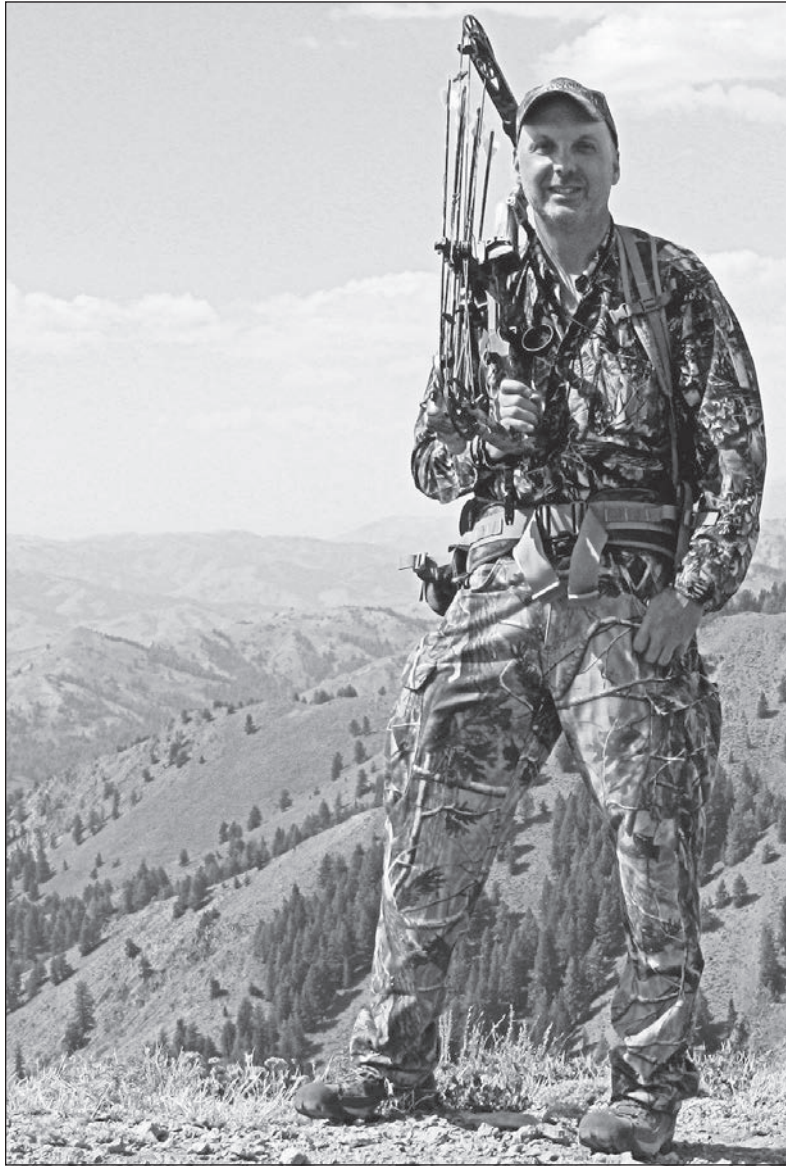
Brad Weinmeister, terrestrial biologist in Durango, explained that cow-calf ratios have been in serious decline for more than a decade. The ideal ratio is 40 calves per 100 cows. During recent aerial classification flights he found the lowest cow-calf ratio that's ever been recorded in southwest Colorado – just 18 calves per 100 cows.

"That's not enough calves to sustain the population," Weinmeister said.

Another factor in the decision was the growth of the number of archery hunters in the last decade. In these game management units, depending on location, the numbers have grown by 45 to 80 percent; and those archers could hunt bulls or cows. During the same period, in an attempt to halt the decline in the elk population, CPW reduced licenses for rifle and muzzleloader hunters by 80 percent.

Despite those reductions, elk populations have not responded with the growth biologists were hoping to see.

CPW wildlife managers in Durango are now discussing how many and the type of licenses that will be available. That decision will be made locally in March and then forwarded to the Parks and Wildlife Commission in May for approval.



Courtesy photo

**Archery hunting pressure in Southwest Colorado has increased 45 to 80 percent resulting in the termination of over-the-counter archery tags in multiple units.**

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**St. Valentine**  
was a Catholic priest who performed marriages for young lovers in secret while Rome was under the rule of Emperor Claudius II, who banned all marriages and engagements believing that Roman men were unwilling to join the army due to their attachment to wives and families. There are two more patrons named St. Valentine who were martyred in ancient Rome.

**Rumor has it...**  
Some tales suggest that the type of bird a girl watches on Valentine's Day predicts her future husband. A goldfinch indicates a millionaire, while a dove indicates a mate for life. If you see a squirrel on Valentine's Day, you may marry a cheapskate who will hoard your money.

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# DAZE

Continued from Page 1

- SATURDAY, FEBRUARY 15, 2020**
- Quiller Gallery 10 a.m. - 4 p.m. Open
  - Main Street 10 a.m. - 4 p.m. Ice Sculptures (Weather Permitting)
  - Silver Ice Park 10 a.m. - 4 p.m. Creede Curling (Weather Permitting)
  - C. Waters Gallery 2 p.m. - 4 p.m. Artists Demos; Variations on a Theme: Cabins
  - VCMUF (Old Gym) 4 p.m. - 6:15 p.m. Kids Activities (Do-

- nation)
  - Ruth Theatre 5 p.m. Boomtown (\$10)
  - Ruth Theatre 7 p.m. Boomtown (\$10)
- SUNDAY, FEBRUARY 16, 2020**
- Quiller Gallery 10 a.m. - 4 p.m. Open
  - 6 Mile Flats 10 a.m. Nordic Ski Lesson & Fun Session; All Levels Welcome (Weather Permitting) Meet in the Parking Lot (Highway 149 & Middle Creek Road)

- Ruth Theatre NOON-4 p.m. Free Lecture/Film Series – Steve Quiller:» The Making of a Mural»; Short Film by Allison Quiller; Ramona Weber: The Role of Women in the 1890s; Headwaters Alliance: The Night Sky & You; Michael and Shelley Dee, International Travelers; "Journeys to the Evil Axis: Being a Tourist in Syria, Iran and North Korea" – followed by Q&A. Be sure to leave yourself time to enjoy a meal in one of Creede's delicious restaurants.

# Backcountry Search and Rescue Bill moves through committee

**COLORADO** - The Colorado Department of Natural Resources and the Colorado Search and Rescue Association praised the Colorado Senate Agriculture and Natural Resources Committee's unanimous support for the "Strengthen Backcountry Search and Rescue in Colorado Act" today, the first step as the bill moves through the legislative process.

This needed legislation supports the initial steps in redesigning the statewide Backcountry Search and Rescue program through a study and stakeholder process, as well as a pilot program to provide mental health services to Backcountry Search and Rescue (BSAR) professionals.

"Colorado's Backcountry Search and Rescue Teams are near and dear to my heart as someone who has worked alongside the brave men and women who provide such a vital service to the State of Colorado," said Dan Gibbs, Executive Director, Colorado Department of Natural Resources. "Colorado's population growth and increase in outdoor recreation is causing strains to our backcountry search and rescue teams. Simply put, the demand for BSAR is far outpacing the human and technical resources, and we owe it to our volunteer heroes to review how this service is organized and supported. This important legislation will study how the increase of rescues are impacting the financial, logistical and emotional health of volunteer rescuers and our local sheriffs and governments."

The state's existing search and rescue program was originally designed for incidental backcountry rescues. Colorado now averages an estimated 3,600 search-and-rescue incidents per year, straining BSAR professionals - who are unpaid volunteers - and local governments charged with ensuring the safety of recreationists in the backcountry. A Colorado Parks and Wildlife study showed that 92 percent of Coloradans recreate outdoors, and 62 percent recreate in parks.

"Colorado's Backcountry Search and Rescue teams are literally the safety net for the Colorado way of life and our outdoor recreation economy. Our incredibly dedicated teams respond whenever called to Colorado's highest peaks, steepest canyons, raging rivers and everywhere in between. Their goal is always to safely find and transport those lost, stranded, or injured in our beautiful outdoors. Please know that we will continue to respond day or night to assist anyone in need. The system is strained but not yet broken," said Jeff Sparhawk, President, Colorado Search and Rescue Association.

"Backcountry Search and Rescue is often dangerous, and volunteers receive no compensation, health care or mental health services. However, our teams are human and clearly can suffer the effects of witnessing extreme trauma or death and being on-call 24/7. We appreciate the Colorado legislature's consideration of this Bill and their guidance to see how we all can better support our backcountry search and rescue responders so that we can better provide these vital services for future residents

and visitors to Colorado's outdoors," added Sparhawk.

No Colorado BSAR team charges for its services, so most depend on grants and donations to operate. BSAR professionals also cover their own costs, which amount to thousands of dollars annually. Roughly 2,800 unpaid BSAR professionals, serving on almost 50 nonprofit BSAR teams, give an estimated 500,000 person-hours annually to support BSAR, our communities and all of Colorado.

BSAR is currently a local issue, with sheriffs statutorily required to coordinate BSAR within their counties. The only state funding support for this important work is \$350,000 in annual grants from the Department of Local Affairs Search and Rescue Fund. The majority of these funds are raised from a 25 cent surcharge on hunting and fishing licenses

and motorboat, snowmobile and OHV registrations. A small amount of additional funding is provided by the sale of Colorado Outdoor Recreation Search and Rescue (COSAR) cards.

To support your local and regional Backcountry Search and Rescue Teams, consider purchasing a Colorado Outdoor Recreation Search and Rescue card, \$3 for a one-year card and \$12 for five-year card. More info can be found here: <https://dola.Colorado.gov/sar/cardPurchase.jsf>



Courtesy photo

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# Creede Talks Sunday at the Ruthie Theater

**CREEDE** - Creede Talks Sunday is part of Cabin Fever Daze and is held at the Ruthie Theater beginning at 12:30 p.m. Feb. 16. This event has been a highlight of the weekend and features a variety of interesting speakers with different topics. The lineup for this year's program is extremely exciting and the public is encouraged to attend.

The first program will be given by Ramona Weber. She will give a light, humorous and entertaining presentation on women of the upper Rio Grande. Ramona has taught history and the Creede schools and is presently a County Commissioner. Michael Dee is the Chief Financial Officer and Director- Graf Industrial Corporation and has traveled to over 100 countries including Iran, North Korea, Syria and Afghanistan. His topic is titled "Journeys to the Evil Axis: Being a tourist in Syria, Iran and North Korea."

This will be followed with a 10 minute film titled "Adagio For the Artist" filmed edited and arranged by Allison Quiller. Allie is an award-winning documentary filmmaker. Stephen Quiller will then talk about "The Making of a Mural." He is an internationally known painter, best known for his approach to color and water media.

Katherine Valicenti, Coordinator of the Headwater Alliance will then give a presentation on the Dark Sky Initiative. The dark-sky movement is a campaign to reduce light pollution. The advantages of reducing light pollution include an increased number of stars visible at night, reducing the effects of electric lighting on the environment, improving the well-being, health and safety of both people and wildlife, and cutting down on energy usage.

The afternoon will be highlighted with a presentation by Creede Repertory Theater's John Di Antonio, Morgan Manfredi and Julia McCorvey. They will give us an overlay of our theaters plays for the upcoming season. Each program will be short and entertaining and informative. We invite everyone to attend this popular event and support Creede.



Allison Quiller



Stephen Quiller



John Di Antonio, Morgan Manfredi, and Julia McCorvey

**Happy Valentine's Day**

*February 14<sup>th</sup> Dinner Entrée Specials*

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Katherine Valicenti



Ramona Weber



Michael Dee

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**DRINKS**  
Draft Beer  
Well Drink  
Margarita  
**ENTREE**  
\*Choose One\*  
8oz sirloin w/ 1 side & a salad  
Salmon w/ a salad & Garden Risotto  
Stued Cornish Game Hen w/ a salad  
Jalapeno Popper Pasta w/ a salad  
**DESSERT**  
\*Choose One\*  
Cherry wine sundae  
Smores Sundae  
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Chocolate Cake + \$3

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White Choc raspberry heart cheesecake \$12  
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Kiss on the Lips \$5  
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# Rio Grande Hospital one of nations highest rated

**DEL NORTE** — The Federal Government’s Centers for Medicare & Medicaid Services (CMS) released its current 5-star rating, which was published January 2020. Rio Grande Hospital (RGH) scored high and was one of only two critical access hospitals in Colorado to achieve the top honors with this 5-star rating. The acknowledgment is awarded to a small percentage of hospitals nationally. RGH was among 12 Colorado hospitals to receive such accolades, and the only one in the San Luis Valley.

The rankings are based on seven measures: safety of care; readmission rates; patient experiences; effectiveness of care; timeliness of care; and efficient use of medical imaging.

**The Colorado hospitals to receive the top rankings were:**

- Penrose-St. Francis Health Services (Colorado Springs)
- Community Hospital (Grand Junction)
- Medical Center of the Rockies (Loveland)
- Mercy Regional Medical Center (Durango)
- Montrose Memorial Hospital
- Mt. San Rafael Hospital (Trinidad)
- Parker Adventist Hospital
- Poudre Valley Hospital (Fort Collins)
- Rio Grande Hospital (Del Norte)
- Rose Medical Center (Denver )
- Sky Ridge Medical Center (Lone Tree)
- The Medical Center of Aurora

“Patient care and safety are important to us,” says Eva Timberlake, RGH’s Development & Communication’s Officer, “We are proud to be recognized from CMS with their top rating. This is a reflection of our dedication to the community and our exceptional staff.”



Courtesy photo

## Cabin Fever Daze February 14th -17th, 2020

MUSIC | GALLERIES | WINTER SPORTS | COMEDY | NIGHTLIFE

### FRIDAY, FEBRUARY 14

Elks Lodge 6 - 11 p.m. Winter Gala Prime Rib Dinner & Dance (MCFA)

### SATURDAY, FEBRUARY 15th

Quiller Gallery 10 a.m. - 4 p.m. Open  
 Main Street 10 a.m. - 4 p.m. Ice Sculptures (Weather Permitting)  
 Silver Ice Park 10 a.m. - 4 p.m. Creede Curling (Weather Permitting)  
 C. Waters Gallery 2 p.m. - 4 p.m. Artists Demos; Variations on a Theme: Cabins  
 VCMUF (Old Gym) 4 p.m. - 6:15 p.m. Kids Activities (Donation)  
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 Ruth Theatre 7 p.m. Boomtown (\$10)

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 6 Mile Flats 10 a.m. Nordic Ski Lesson & Fun Session; All Levels Welcome (Weather Permitting) Meet in the Parking Lot (Hw 149 & Middle Creek Road)  
 Ruth Theatre NOON-4p.m.  
**Free Lecture/Film Series – Steve Quiller: “The Making of a Mural”; Short Film by Allison Quiller; Ra.m.ona Weber: The Role of Women in the 1890’s; Headwaters Alliance: The Night Sky & You; Michael and Shelley Dee, International Travelers; “ Journeys to the Evil Axis: Being a Tourist in Syria, Iran, and North Korea” – followed by Q&A – Be sure to leave yourself time to enjoy a meal in one of Creede’s delicious restaurants.**



### CREEDE TALKS SUNDAY

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Winter Gala Prime Rib Dinner & Dance | Ice Sculptures | Curling | Boomtown Improv | Quiller Gallery OPEN | Nordic Skiing | Free Lectures at The Ruth: Steve Quiller: “The Making of a Mural” | Short Film by Allison Quiller | Ramona Weber: The Role of Women in the 1890’s | Headwaters Alliance: The Night Sky & You | Michael and Shelley Dee, International Travelers; “ Journeys to the Evil Axis: Being a Tourist in Syria, Iran, and North Korea”

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# Valley Calendar

To have an event listed in the SLV Lifestyles calendar, write to Valley Calendar, P.O. Box 607, Monte Vista, CO 81144, email MonteVistaNews@gmail.com or fax us at 852-3387. We do not accept items for the calendar over the phone; however, to make a change to a listing, please call 852-3531. Deadline for listings and changes is 5 p.m. Wednesday. Submissions should be made in a .doc or .rtf format. Items will be published as space allows.

## Feb. 8

**MONTE VISTA** - Monte Vista United Methodist Church Community Valentine's Day Dinner, Saturday, Feb. 8, 2020, from 5:30 to 7:30 p.m. upstairs in the Assembly Room. Menu will be Lasagna, Salad, Garlic Bread, Dessert and some special Sparkling Drinks (Coffee and Tea) Come and enjoy a night out with your spouse or friends and a homemade dinner and Special Entertainment with an evening under the magical twinkling candle lights. The cost of the dinner will be \$10.00/per person. For tickets contact: Vicki Bever - 852-5008 or Colette Skeff - 852-3435.

## Feb. 14 - 16

**SOUTH FORK** - Beginning the weekend of Feb. 14 with a "Meet the Mushers" Buffet Dinner at Mountain Pizza in South Fork, \$15 per person. Call 719- 873-9801 to RSVP., South Fork will welcome the Rocky Mountain Sled Dog Club with over 15 sled dog teams to the Rio Grande Club for a two-day event. Beginning Saturday, Feb. 15, at 9 a.m., attendees can come watch these furry athletes compete for the top spot on a six-mile course around the Rio Grande Club and up into the Alder Creek area. There will be a "Musher's Madness" dinner and dance party at the Rio Grande Club Saturday night, Feb. 15. The dance is \$20 per person and is open to anyone who wishes to attend. There will also be live entertainment from a band out of Saguache called the Roadrunners.

## Feb. 14-15

**CREEDE** - Cabin Fever Daze will kick off the weekend of Feb. 14 with a Valentines and fundraiser dance hosted by the Mineral County Fairgrounds Association at the Elks Lodge in town. Tickets for the dance are \$50 per person and all funds raised during the event will go toward the Fairground Association. Tickets also include a prime rib dinner and a chance to win an OHV Razor .Other activities will include Ice Curling at the Silver Ice Park Saturday and Sunday. The C. Waters Gallery will have live artists demonstrations with the theme, "Cabins" and the Quiller Gallery will be open throughout the weekend. Weather permitting there will also be a Nordic ski tour and ice carving competitions. Those interesting in signing up for a curling team can get more information through the chamber by visiting www.creede.com or by calling 719-685-2374.

## Feb. 15

**CREEDE** - The Creede Repertory Theatre will have two showings of their infamous play *Boomtown* at 5 and 7 p.m. Saturday, Feb.15. For more information or to book

reservations, please visit www.creederep.org.

## Feb. 16

**CREEDE** - Creede Talks Sunday is part of Cabin Fever Daze and is held at the Ruthie Theater beginning at 12:30 p.m. Feb. 16. This event has been a highlight of the weekend and features a variety of interesting speakers with different topics. The lineup for this year's program is extremely exciting and the public is encouraged to attend.

## Feb. 21

**ALAMOSA** - The ASU Counselor Education Department is hosting the third annual Spring Symposium, "Working on Interventions to Navigate Generational Stress (WINGS)," Friday, Feb. 21, in Richardson Hall Auditorium.

## Feb. 24

**SAGUACHE** - The Saguache County Democratic Party Central Committee will hold caucus training Monday, Feb. 24 at 6 p.m. at the Saguache Road & Bridge Meeting Room, 305 - 3 rd St. If you plan to go to your precinct caucus Saturday, March 7, at 2 p.m., come to the training to get a sneak peak at what will happen, how it works, and what will be voted on. For questions or to get more involved with the Party, please contact Party Chair Randy Arredondo randyharredondo@gmail.com. This training is open to the public. All

## March 1

**CREEDE** - Creede Arts Council will be hosting its annual Art from The Heart Collectors Exhibit Sunday, March 1, at the Blue Moose Café in Creede from 3-5 p.m. Come tell the story of art you have collected and hear how art has touched the lives of others in our community. Past exhibits have featured folk art, paintings, prints, sculptures, weavings, etc. There will be complimentary hors d'oeuvres and cash Bar. Voluntary donations will be accepted to help cover expenses. Please let us know if you plan to share your collection so we may accommodate any special exhibition requirements you may have. Contact the CAC office at creedearts@outlook.com or leave a message at 719-658-0312. You do not need to share to attend! You may come and enjoy listening to others share their collection.

## March 5

**DEL NORTE** - The Del Norte High School Knowledge Bowl Varsity Team earned its way to the knowledge bowl state competition in Fort Collins. This state competition is March 16 and 17. In order to help offset the cost of the competition, they are holding a community knowledge bowl meet in which anyone can put together a four-man team to compete against the state qualifying team. The cost of entry is \$40. The community event is March 5 at 5 p.m. at Del Norte High School 950 French Street. Contact Chelsea Dilley-Lindsay to reserve your spot at clindsay@urtigers.co

## March 28

**CREEDE** - The 29th annual Creede Variety Show will be

Saturday, March 28, at the Ruth Humphreys Brown Theatre on Creede's Main Street. Last year's show was a sellout! A wide selection of amazing local talent was on display and enjoyed by all. The 2020 show promises to be an equally entertaining evening! Auditions will be Monday, March 23, and Tuesday, March 24,th. Contact creedearts@outlook.com or call 719-658-0312 to set up an audition time. The audition venue is the Creede Community Church. Every age group and any talent are welcome to audition. Pieces must be performance ready and appropriate for people of all ages. Tickets will be available at the door, \$10 for adults and \$5 for students. Cash and checks accepted; we are unable to process credit cards.

## ONGOING

• **ALAMOSA** — Pregnant? Need Help? Call the San Luis Valley Life Center at 589-6698 for free and confidential pregnancy testing; earn while you learn parenting program; post abortive support STI testing and more. Office open Monday-Thursday 2-5:30 p.m., 3211 Main

Street, Alamosa

• **ALAMOSA**—Circle of Parents in Recovery provides a safe, supporting, confidential, non-judgmental environment where parents can openly discuss the successes and challenges of parenting in recovery. Circle of Parents in Recovery values reciprocity and the development of leadership among participants. The group will meet every first and third Tuesday from 4-5:30 p.m. at Living Water Bible Fellowship 2019 Clark Street Alamosa. Contact Mary Lambert for more information (719)587-6965 or mlambert@slvbhg.org

• **CONEJOS**— Bingo, 7 p.m. every Monday and Thursday, Our Lady of Guadalupe Parish Hall

• **DEL NORTE** - The Peace Education Program , PEP, will be presented at Wildwood Sounds, 850 Grande Ave. in Del Norte, on Thursdays beginning Nov. 7 through Jan. 23 from 6:30 to 7:30 p.m. at Wildwood Sounds in Del Norte. This free media based program presents a unique perspective on life. It is nonreligious and nonsectarian presenting 10 themed sessions. The themes are peace,

appreciation, inner strength, self-awareness, clarity, understanding, hope and contentment.

• **DEL NORTE** — Tuesdays and Saturdays at the Ruth Marie, or by appointment: Piano and music lessons with professional pianist, Allan Stuart (719-754-2576; greenshadowmusic@gmail.com) Call for more info.

Wednesdays at the Ruth Marie: Yoga with Leigh Anne Lobato from 5 to 6:15 p.m. donation fee of \$5-\$6 to The Ruth Marie. Phone 850-0750, lobato@myamigo.net

Thursdays at the Ruth Marie: Kundalini Yoga with Milcah (849-1954, milcahhawk@gmail.com) from 5:30-6:45 p.m., \$8-\$10 donation to the Ruth Marie

• **HOMELAKE** — The Homelake Veterans Museum is open Monday-Friday from 10 a.m.-noon and 1 to 3 p.m. until the end of October. Info. 580-0023

• **MONTE VISTA** — Exercise class every Monday, Wednesday and Friday at 10:00a.m. at the Tri-County Senior Center, 311 Washington.

• **MONTE VISTA** — Pool Play-

Continued on Page 11

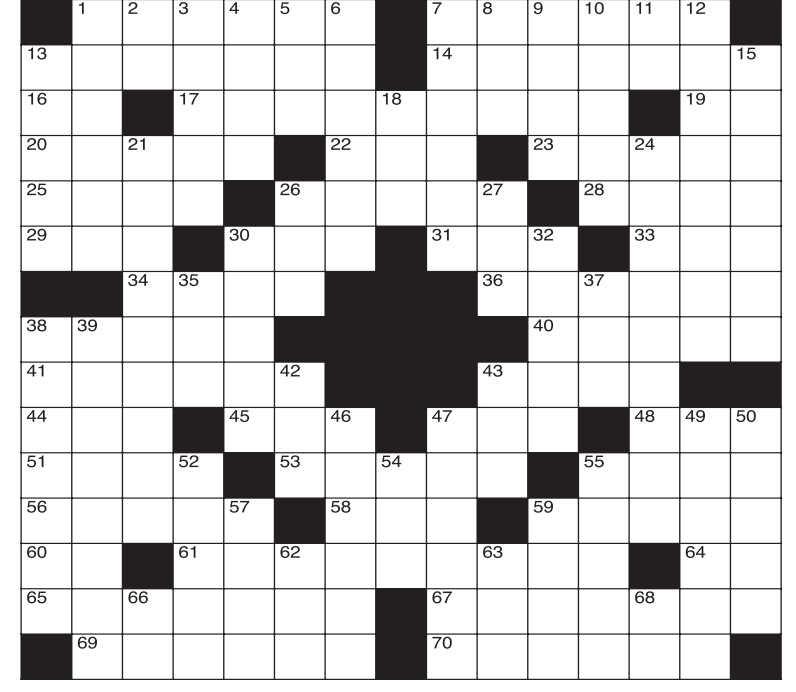
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### ACROSS

1. Rope used as a lasso
7. Lomb's partner
13. North African nation
14. Rounds up cattle
16. Densest naturally occurring element
17. Home of the Brewers
19. Atomic #44
20. Vetches
22. Moved earth with a tool
23. Cavalry sword
25. Supplements with difficulty
26. Encouraged
28. Speech defect
29. Periodical (abbr.)
30. Very cold
31. \_\_\_ Paulo, city
33. Former OSS
34. Approves food
36. Cars need them
38. Sweden's dominant phone company
40. Long lock of a woman's hair
41. North American natives
43. Fly high
44. One type is fire
45. Nocturnal bird
47. More than one male
48. LOTR actor McKellen
51. Employee stock ownership plan
53. Tony-winning actress Daisy
55. Tennis star Kournikova
56. Pulitzer-winning composer



58. The opposite to pro
59. Safecrackers
60. Denotes past
61. Parrots
64. One quintillion bytes (abbr.)
65. Reduce the importance of
67. Stiffly
69. In a sensible way
70. Signs

### DOWN

1. Capital of Zambia
2. Article
3. Country star LeAnn
4. Egyptian goddess
5. Afflict in mind or body
6. Showy but cheap
7. Belgian urban center
8. Short-winged diving seabird
9. Deploys
10. Ballplayers can legally do it
11. Centiliter
12. Contrary beliefs
13. Type of pole
15. Distinguish oneself
18. 8th month of the year (abbr.)

21. One who monitors
24. Petty quarreling
26. Fiddler crabs
27. Touch lightly
30. American state
32. Pro wrestler Randy
35. Indicates spelling mistake
37. Macaws
38. Gradually narrowed
39. Installments
42. Female sheep
43. Politician
46. Servant
47. Said to facilitate concentration
49. California ballplayers
50. Once Toledo's tallest building
52. A type of pie
54. State of southwestern India
55. Principal member of Norse religion
57. Counterspy
59. Wellness practice
62. \_\_\_-de-sac: dead end street
63. Used to cook
66. Type of hospital
68. Direct message

### Solution to last week's puzzle

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

# Valley Calendar

Continued from Page 10

ing for men and women every day at the Tri-County Senior Center, 311 Washington. Tournaments held periodically with other San Luis Valley Senior Centers

• **MONTE VISTA** - The San Luis Valley Nutrition program for the elderly serves nutritional meals at the Tri-County Senior Center, 311 Washington Monday through Friday of each week at noon. Meals are open to seniors age 60 and over. Membership or building residency is not necessary for participation in activities or meals at the Tri-County Senior Center. The Nutrition program is administered by South Central Colorado Seniors. For additional information please call 852-2687

• **SAN LUIS VALLEY**—The famous Fred Hargrove is performing at Dos Rios every Thursday evening and now at Cottonwood Cove in Creede for steak night every Saturday evening from 5:30-8:30 p.m. Come by and hear favorite hits and Fred's country, western and folk music originals.

• **SOUTH FORK** — The Silver-thread Outdoor Recreation Club holds hikes on the following days: easy, Mondays and Thursdays, difficult on Wednesdays. ATV rides Tuesdays. Fridays are trail cleanup days. Info, Elizabeth Baugh at 873-5286

• **SOUTH FORK**— Tai Chi for Health classes are held every Tuesday and Thursday 10 a.m. at the South Fork Library. Classes are free, and walk-ins are welcome. • **Improve Balance** • **Slow Aging** • **Learn about health benefits.** With questions, call Jim Fox, 360-821-9006.

## WEEKLY EVENTS

• **ALAMOSA** — Community Garden Nights continue every Tuesday through September between 5-7 p.m. Community members are invited to join in and help plant, weed, water and harvest Boyd Garden every Tuesday and are welcome to take home fresh produce at harvest time. Any additional produce will be donated to the Alamosa Food Bank. Boyd Community Garden is located between 11th and 12th streets on State Avenue in Alamosa and is open to the public. "Share the Work, Share the Harvest." Contact 719-589-4567 or email director.vegi@lapuente.net

• **ALAMOSA**— Women of Worth (WOW), a Single Moms Ministry at Living Water Bible Fellowship will meet every Monday from 5:30-7 p.m. at Living Water Bible Fellowship Church, 2910 Clark St. in Alamosa. If you are divorced, widowed, or separated we invite you to come and fellowship, eat, and find hope and value. Contact Bonny at 719-589-6351 for more information

• **ALAMOSA**— A free coffee break for all veterans is held every Thursday morning from 8:30-11 a.m. at the SLV Museum in Alamosa. This is a project of the Veterans Coalition of the SLV and it is hosted by the Women Veterans of the SLV and the SLV Museum, 401 Hunt Ave.

• **ALAMOSA**— Families with babies and children through age five are invited to "Storytime Fridays" at the Alamosa Public Library. There are two sessions every Friday. Parents and caregivers with

babies through age three come at 9:30 a.m.; all others come at 11 a.m. Anyone with children of both ages, pick a session and check it out – or come for both. Call Ms. Becky at 589-6592 ext. 2550 for more information.

• **ALAMOSA**— The Alamosa Elks Lodge 1297 hosts Bingo at 7 p.m. Thursday in the lodge room. Food is available.

• **ALAMOSA** — Tu Casa is now hosting groups for survivors of sexual assault, date rape, marital rape, and sexual abuse as a child. These groups are open to the community and are held at the Tu Casa office from noon to 1 p.m. every Thursday. Info, 589-2465

• **ALAMOSA**— VFW Post 899, Bingo every Tuesday, 519 Main Street

• **ALAMOSA** — B.P.O.E. ELKS 1297, Bingo, 7 p.m. every Thursday

• **ALAMOSA** — Toastmasters meets, noon-1 p.m. Mondays at The Bridge, 3407 Carroll Street. Info, Kristina, 588-5127.

• **ALAMOSA** — Optimist Club of Alamosa, noon, first, second and third Tuesday of each month, Inn of the Rio Grande. Board meetings on the fourth Tuesday. Info, Allyn Lewis at 589-4733

• **ALAMOSA** — TOPS (Taking Off Pounds Sensibly), 6-7:30 p.m. every Tuesday, College Heights Baptist Church, across from OMS, in Alamosa. Info, 589-1060

• **ANTONITO**— Come celebrate, garden and eat with us at the Antonito School & Community Garden! Because of the start of school, we will now be meeting Sundays at 5 p.m. Visit us on the web for more information: www.valleybound.org."

• **CRESTONE**—Every Tuesday Yoga for Everybody will be offered at 9 a.m. in Crestone. RSVP to attend the small classes at no charge. Contact John at 256-5315.

• **CRESTONE**—Dharma Ocean will offer a weekly meditation group every Monday from 5:30-7:30 p.m. at the Crestone Charter

School. This is a drop-in group and there is no cost.

• **DEL NORTE**—Yoga at the Ruth Marie Center, 575 Columbia Ave., with Milcah Hawk will be held every Thursday 5:30 to 7 p.m. Come stretch, breathe and relax for just a donation. Bring a mat or use ours. Visit www.theruthmarie.com or

contact theruthmarie@gmail.com, 719-850-1672.

• **DEL NORTE** — Bingo every Sunday at the Knights of Columbus Hall, 595 Pine Street. Doors open at noon and play starts at 1 p.m. Concessions are also available.

• **DEL NORTE** — Del Norte Rotary Club, 7 a.m. every Wednesday

at Boogie's Restaurant. Guests are welcome. Info, 657-2967.

• **DEL NORTE** — Del Norte Public Library preschool reading group, 1 p.m. each Tuesday

• **DEL NORTE** — TOPS (Take Off Pounds Sensibly) chapter meetings, 6 to 7 p.m. Thursdays Gateway Church, 975 Grande Ave. **Continued on Page 13**

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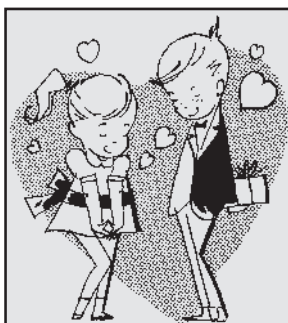
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# I ♥ POTATOES

## FEBRUARY IS POTATO LOVER'S MONTH

Each month, the Colorado Department of Agriculture features a different product to highlight the variety and quality of products grown, raised or processed in the state. February is Potato Lover's Month! From well-known varieties such as Russet and Yukon Gold to specialty potatoes like Purple Majesty and French Fingerling, Colorado grows over 70 different varieties of potatoes. Colorado produces more than two billion pounds of potatoes annually, making the state the fifth largest producer in the nation. Avoid potatoes with wrinkled skins, soft dark spots, cut surfaces or a green appearance. All varieties should be uniformly sized, fairly clean, firm, and smooth. Potatoes are gluten free, fat free, sodium free and are high in potassium and Vitamin C. Look for Colorado potatoes at your local grocery store or at restaurants across the state.



There is more to the potato than meets the eye. Potatoes can be more than just French fries or a stuffed baked potato. They provide your body with essential nutrients and their versatility is hard to beat! Explore what the potato has to offer and the different methods of preparation. You may be surprised just how delicious a healthier cooking method may be! Here are some fun facts, nutrition information, and quick cooking tips for potatoes!

### A little bit about the potato:

- The Incans in Peru were the first to grow the potato
- The slang term for potato, "spud", come from the spade-like tool that is used to harvest potatoes

- Potatoes were introduced to America in 1621
- There are over 100 different varieties of potatoes

### Potatoes are packed with nutrition:

- Good source of potassium and vitamin C
- Potato skins are a very good source of fiber
- High in vitamin B6 which aids in building cells and protects your heart

### Delicious, nutritious ways to enjoy potatoes:

- Roast, steam, microwave or bake potatoes to keep in more nutrients
- Trade in the salt for olive oil and your favorite herbs and spices to season your potatoes



# National FFA Week February 22-29, 2020

## Did you know?

Each year, FFA chapters around the country celebrate National FFA Week. The week-long tradition began in 1947 when the National FFA Board of Directors designated the week of George Washington's birthday as National FFA Week in recognition of his legacy as an agriculturist and farmer. The first National FFA Week was held in 1948. Today, FFA Week always runs Saturday to Saturday and encompasses Feb. 22, Washington's birthday.

days. It was pointed out that the various state associations could perhaps plan special state broadcasts also on that day and that chapters might plan their father and son banquets on the date specified. The idea seemed to meet with general delegate approval and after some discussion it was moved by Stewart that the Board of Trustees arrange for such a day; motion passed."

Reference: [www.ffa.org/events/ffaweek/Pages/default.aspx](http://www.ffa.org/events/ffaweek/Pages/default.aspx)

National FFA Week did not start out as a week-long event. At first it was National FFA Day. The 1933 National FFA Convention proceedings records the beginning of FFA Day in this way: "Stewart of Montana requested the floor at this time to present a matter of general interest. He suggested the idea of having a special Future Farmer Day some time during 1934, preferably on one of the regular national FFA broadcasting



- Top your baked potato with turkey or vegetarian chili
- When preparing potatoes, do not peel the skin off

Reference: <http://sfadiningrd.blogspot.com/2014/02/national-potato-lovers-month.html>

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- AgCareers Network
- Local Chapter Support

# Valentines for Veterans request for cards

**HOMELAKE** - This year will be the 31<sup>st</sup> anniversary of the "Valentines for Vets" Program. It began in 1989 with Ann Landers suggesting valentine cards be sent to Veterans in Veteran Medical Clinics nationwide.

On any given day, there are over 50,000 Veterans hospitalized or living in VA facilities. These men and women served in W.W.II, Korea, Vietnam, and the Persian Gulf Wars and in these areas of Armed Hos-

pitalities; Lebanon, Grenada, Panama, Persian Gulf, Somalia, Afghanistan, Kuwait and Iraq.

We can never repay these valiant Vets for the sacrifices they and their families have made, but we can do something to insure they know they are remembered.

The staff and administration of the Colorado Veteran Community Living Center at Homelake would like to encourage you to send or

drop off a letter, poster or card to our residents. If you are a teacher, this may lend itself to a class project. Posters, handmade cards or personalized notes would be most welcomed and treasured. For our residents, being remembered and appreciated for their part in serving and protecting their country, would truly be a wonderful Valentine gift. (Due to the privacy act regulations, specific resident names cannot be

provided by our facility but a general card would be very welcome.)

Thank you for remembering these most valued residents of the San Luis Valley and may each of you - especially our fellow Veterans, have a wonderful Valentines Day. For more information, please call Pam Self or Melanie Squire at (719) 852-5118. Mailing address is: CVCLC Homelake, PO Box 97, Homelake, CO 81135.



## Monte Vista Co-op donates \$25,000 to Ski Hi Park project

**MONTE VISTA** — On Tuesday, Feb. 4, during the 2020 Southern Colorado Agriculture Conference, Monte Vista Cooperative contributed \$25,000 to the project. Making the check presentation to

Monte Vista Chamber President and Friends of Ski Hi Park, Linda Burnett, included Board member Roger Mix, President/CEO Eric Hinton, and board member Scot Schaeffer.

## Bill to pay college student athletes passes education committee

**COLORADO** – Bill SB 20-123 to pay college student athletes passed the Senate Education Committee unanimously today. The bill, sponsored by Senators Rhonda Fields and Jeff Bridges, would allow college student athletes to receive compensation when their identity is used.

"This bill is all about doing what's best for the students," said Senator Fields (D-Aurora). "Student athletes are waking up early in the morning, training for hours all while maintaining a full schedule of classes and good grades — and they deserve to be fairly compensated for that."

"This is about the Colorado values of fairness and opportunity," said Sen. Jeff Bridges (D-Littleton). "Universities and the NCAA make hundreds of millions of dollars from the efforts of our student athletes. They deserve the right to control the use of their own name, image and likeness."

The bill establishes college athletes' rights to earn compensation from the use of the student's name, image or likeness, and allows for them to obtain professional and legal representation.



Courtesy photo

## Valley Calendar

Continued from Page 11

The first meeting always free. bring a friend. Info, Julie, 719-206-2741

- LA JARA — Preschool reading program at Conejos County Library 10 a.m.-1 p.m. every Friday

- LA JARA — Saturdays at noon, all are invited to come pray the traditional Holy Rosary at 403 Poplar St. In La Jara.

- MONTE VISTA — Bible Study at the Monte Vista United Methodist Church starts Tuesdays at 10 a.m. A verse by verse approach to 1 Corinthians. A study of God's love. 215 Washington Ave., Monte Vista, Pastor Steve Dunkel, 852-2853

- MONTE VISTA — The Monte Vista Assembly of God Church, God's Closet, will be open Saturdays from 9 a.m. to noon They will provide clothing and misc. items to those in need. Located in the small shed behind the church, which is located at 881 N. Hwy. 285. They will also take donations of clothing and misc. items, no furniture or mattresses. Contact Margarite Atencio at 580-9783 with questions.

- MONTE VISTA - BINGO - The Monte Vista Elks Lodge #2456 at 121 Washington St. hosts Progressive BINGO every Wednesday at 7 p.m. Refreshments and snacks are available for purchase. Doors open

at 6 p.m. Call 852-2456 for info.

- MONTE VISTA — Penny Bingo every Wednesday at 1:30 p.m. at the Tri-County Senior Center, 311 Washington St.

- MONTE VISTA — Learn about the Bible, starting with "baby steps," 9:45 a.m. Sundays, Monte Vista United Methodist Church. Info, 852-2790.

- MONTE VISTA — Anyone and everyone is welcome to gather from 2-4 p.m. Fridays at Wildethyme Art, 1631 Grande Avenue, for knitting, crocheting, spinning or any portable handwork

- SOUTH FORK — Bingo sponsored by the South Fork Chamber of Commerce will be held every Thursday throughout the summer at the South Fork Community Center. Doors open at 6:30 p.m., and bingo starts at 7 p.m. Concession stand and free raffle. All ages are welcome.

- SOUTH FORK — The Kiwanis is a global organization of volunteers dedicated to changing the world, one child and one community at a time. They meet at 8 a.m. every Thursday at the Carnegie Library in South Fork. Info, Karen Miller, 873-5466 or mkmillermink@aol.com.

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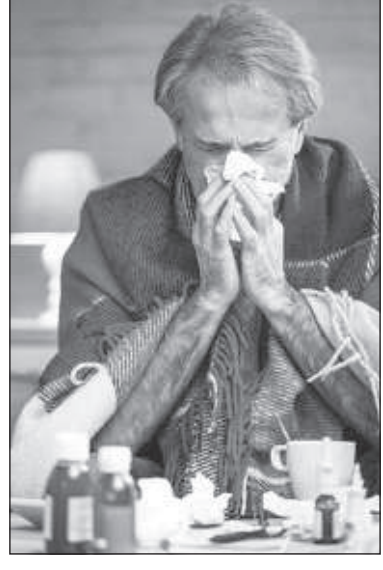
# SENIOR Connections

## Valley experiencing high number of flu cases

By JESSICA GARCIA

**ALAMOSA** — The Center for Disease Control estimates that so far this flu season there have been at least 15 million flu illnesses, 140,000 hospitalizations and 8,200 deaths from flu.

Colorado is amongst 35 states that are experiencing high flu activity levels. Symptoms of the flu can include fever/chills, cough, sore throat, runny or stuffy nose, body aches, headaches and fatigue. Some may also experience vomiting and diarrhea, but this is more common in children than in adults. Those who have chronic medical conditions/diseases, weakened immune systems, blood disorders, are less than 2 years of age or greater than 65 years of age are all at an increased risk of flu-related complications.



If one seeks medical care for flu-like symptoms, it is important to inform a care provider of one's personal medical history, one's medical conditions, any medications one takes, and any contact one has had with a sick person.

Additionally, be prepared to inform a provider of the symptoms one is experiencing and how long one has had those symptoms. Testing for the

flu includes a swab in the nose to collect nasal secretions. This procedure may be uncomfortable but should not be harmful. If one is experiencing difficulty breathing, a fever that does not respond to treatment or are unable to drink/hold down fluids, it may be necessary to seek emergency care.

Less severe symptoms such as runny nose, cough and mild body aches can be equally managed in a clinic where there may be less wait time. There is no specific medicine that can completely get rid of the flu, but there are certain antiviral medicines that can help limit the length and severity of illness.

Although antivirals are recommended, their use depends on factors such as the length of symptoms and other health complications that may be present. So they will be prescribed treatment at the discretion of the health provider. General treatment for the flu is based on controlling symptoms with the use of anti-fever medications, fluids and rest. It is always best to follow your provider's recommendations.

If one seeks emergency care, please remember that the Emergency Department is continuously managing mul-

iple patients with varying ailments. The order of being seen is not based on the order of arrival but is based on the most life-threatening conditions being seen first.

During the month of January 2020, the SLV Health Regional Medical Center (RMC) Emergency Department in Alamosa experienced record high numbers, with many very sick patients from all walks of life with a variety of symptoms. Over a dozen patients were admitted with severe flu-like symptoms in January.

If everyone does their part, we can all work together to keep the SLV as healthy of a community as possible, especially during flu season. Remember to:

1. Wash hands often and use soap or alcohol based hand rubs.
2. Stay away from people who are sick. If someone is sick, please try to stay away from unhealthy people or use a mask when in the public.
3. Cough or sneeze into your elbow. Wash hands after using a tissue. Disinfect high touch objects.
4. Get a flu vaccine; it's not too late! The effectiveness of the flu vaccine varies depending on multiple factors such as age, overall health of the recipient, the types of influenza circulating and the degree of similarity between the vaccine and circulating influenza strains. Even though the results may vary, vaccination provides important protection against influenza and its potential complications.

It's not too late to get a flu shot.

Vaccines are still available at locations across the San Luis Valley including at the clinics at San Luis Valley Health where no appointment is needed.

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## Visiting Angels Receives 2020 Best of Home Care® – Leader in Excellence Award

**ALAMOSA** - Visiting Angels of SW Colorado announced that it received the distinguished 2020 Best of Home Care – Leader in Excellence Award from Home Care Pulse, the leading firm in quality assurance for home care. The Leader in Excellence Award is the highest recognition awarded by Home Care Pulse and is given to select home care businesses that consistently rank among the very highest in 10 or more quality metrics. As a Leader in Excellence, Visiting Angels is now ranked among the top 15 percent of home care providers participating in the nationwide Home Care Pulse Satisfaction Management Program.

This accomplishment demonstrates Visiting Angel's long-term dedication to excellent care and quality improvement. To qualify for this award, 10 percent of Visiting Angel's clients and caregivers were interviewed each month by

Home Care Pulse. Over a 12-month period, Visiting Angel's received high client and caregiver satisfaction ratings in areas such as caregiver training, compassion of caregivers, communication, scheduling, client/caregiver compatibility, etc. Using feedback from clients and employees, as well as quality benchmarks from Home Care Pulse, the Visiting Angel's management team set goals to reach the highest level of excellence possible.

"We once again are so proud of our team, and what hard work it has taken by everyone on the team to receive this award, for three years in a row. We know that it takes our clients, our caregivers, and our management staff to achieve this. We are humbled and appreciative of the level of service displayed to others." - Michelle Johnson, COO.

The Best of Home Care – Leader in Excellence Award highlights the

top-performing home care businesses in the nation. Home Care Pulse believes that by honoring these providers, families looking for in-home care for a loved one will be able to recognize and choose a trusted home care provider.

"Our goal at Home Care Pulse is to empower home care businesses to reach their goals and deliver the best home care possible," says Erik Madsen, CEO of Home Care Pulse. "It's thrilling to see the efforts that Visiting Angels is making to provide outstanding care and employment. Visiting Angels has worked extremely hard to qualify to provide high-quality care and this award allows them to provide proof of quality to potential new clients and caregivers."

To find out more about Visiting Angels commitment to excellence, please visit [visitingangels.com/southwestcolorado](http://visitingangels.com/southwestcolorado) or call 970-264-5991

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**An ACTIVE Senior is a HEALTHY Senior!**

~ Upcoming Events ~

April 18 - Spring Luncheon  
 June 13 - Hamburger Cookout.  
 Other Events and Trips are in the planning stages. Don't miss out contact Tri-County Senior Center 311 Washington St. Monte Vista 852-5778

**Weekly Activities**

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

**Tri-County Senior Center**  
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## Colorado residents warned of new phone scam

**COLORADO** - People in Colorado are being warned of a new telephone scam which is currently sweeping the United Kingdom and could be set to hit the United States.

CPR Call Blocker is urging the public in Colorado to beware if they receive a call from an law enforcement officer telling you that your bank card has been cloned or that money has been taken from your account. The scam involves the 'police officer' then asking the victim to either hand over their bank details, transfer funds or withdraw cash for collection.

It's important to remember that police officers and bank officials will never ask you to withdraw or transfer money or hand over private banking details. We ask that friends, relatives and neighbors of seniors help us spread the message to prevent anyone falling victim to this scam."

Advice to prevent you becoming a victim of bogus calls:

Hang up if you ever have any doubts about someone who has called you.

Ensure the line has been terminated before making any further calls.

You can tell if the dial tone is present or by using another phone.

Never give out your PIN number, banks will never ask for it.

Never give bank cards to anyone at your door, even if they say they're from the bank.

In the meantime, if you suspect you may have compromised your account, contact your bank or card provider as soon as possible. It also advisable to check your bank and card statements regularly for unauthorized charged as a matter of course."

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2020

# PROGRESS Government & Environment

## Waters of the United States jurisdiction changed

By TREY SPAULDING

WASHINGTON – Jan. 23, 2020, the Environmental Protection Agency (EPA) Administrator Andrew Wheeler announced the improved definition for “waters of the United States” (WOTUS) with the Navigable Waters Protection Rule. “The Navigable Waters Protection Rule ends decades of uncertainty over where federal jurisdiction begins and ends. For the first time, EPA and the Army Corps of Engineers are recognizing the difference between federally protected wetlands and state protected wetlands. It adheres to the statutory limits of the agencies’ authority. It also ensures that America’s water protections – among the best in the world – remain strong, while giving our states and tribes the certainty to manage their waters in ways that best protect their natural resources and local economies.”

In March 2014, the Obama administration released a regulation that would assert Clean Water Act jurisdiction over nearly all areas including those with undiscernible connections to water resources and man-made conveyances. Specifically, the Obama WOTUS rule expanded agency control over 60 percent of the country’s streams and millions of acres of wetlands that were previously non-jurisdictional. In September 2019, the Trump administration, EPA and Army Corps of Engineers repealed the controversial 2015 WOTUS rule and proposed a new Clean Water rule clarifying which level of government, federal or state, would oversee water features and dry land that is sometimes wet.

The revised WOTUS definition identifies four clear categories of waters that are federally regulated under the Clean Water Act: the territorial seas and traditional navigable waters; perennial and intermittent tributaries; certain lakes, ponds and impoundments; and wetlands that are adjacent to jurisdictional waters. The final action also details what waters are not subject to federal control, including features that only contain water in direct response to rainfall; groundwater; many ditches, including most farm and roadside ditches; prior converted cropland; farm and stock watering ponds; and waste treatment systems.

Leaders of the National Potato Council (NPC) welcomed the announcement that the U.S. Environmental Protection Agency (EPA) finalized its proposed rule defining the Waters of the United States (WOTUS) rule with the Navigable Waters Protection Rule. EPA’s action also defines what waters are not subject to federal control, including most farm and roadside ditches, prior converted cropland, and farm and stock watering ponds.

“Potato farmers are committed to protecting the nation’s waters,” said Britt Raybould, President of the National Potato Council. “However, the imposition of unnecessary federal burdens, such as regulating ditches on private farms that are generally dry throughout the year, undermines that overall mission by creating uncertainty and increasing costs. EPA’s newly issued rule avoids those negative outcomes and provides increased clarity regarding the responsibilities of farmers under the Clean Water Act in protecting our nation’s surface water resources.”

NPC vice president of Environmental Affairs Dominic LaJoie also welcomed the news. “NPC appreciates EPA and the Army Corps of Engineers for issuing a final rule defining what waters are subject to the permitting authority under the Clean Water Act. While we are still reviewing

the rule, it appears that the federal agencies have adopted a common-sense approach in determining the act’s scope. It recognizes the authority of the states to continue to manage their waters while providing the federal government appropriate authority to protect navigable waters,” said LaJoie.

“Presidents of Colorado Corn Growers Association and Colorado Corn Administrative Committee made statements regarding the Environmental Protection Agency’s (EPA’s) replacement regulation for Waters of the United States (WOTUS) Rule, which replaces the 2015 version that would have increased regulatory burdens and costs for farmers and other businesses. The new Navigable Waters Protection Rule Clean Water rule is welcome news to farmers,” stated CCAC President Troy Schneider.”

“It gives us clarity and certainty about which waters come under federal versus state jurisdictions to make water management more efficient and effective. It puts small bodies of water back into the hands successfully managing them all along – state and local governments. And gives farmers, land and business owners a way to keep protecting the environment without threat of government action. Farmers rely on clean water to make a living and often go above and beyond regulatory requirements to be avid stewards of all their resources,” said CCGA President Dave Cure.

Contrastingly, Jill Hunsaker Ryan, executive director, Colorado Department of Public



Courtesy photo

Health and Environment stated, “The EPA’s announcement today is alarming as it puts our precious waters at risk. Every Coloradan, and so many others from neighboring states, are dependent on Colorado’s healthy waterways. At the department, regardless of what happens at the federal-level, we’ll always be committed to the health of our waters. Healthy waters mean healthy Coloradans,” said Jill Hunsaker Ryan, executive director, Colorado Department of Public Health and Environment.

“In the absence of federal leadership, we are going to do everything possible to protect streams and wetlands in Colorado. It’s sad that we have to step up in contrast with our federal

government on something so basic as protecting our water, but we must. The rollback removes huge swaths of Colorado’s waters from federal jurisdiction, waters used by 19 states and Mexico. It’s estimated that almost 70 percent of our Colorado Waters could be impacted by this rule. Additionally, the change will impose significant burdens upon the State of Colorado,” said Patrick Pfaltzgraff, director, Water Quality Control Division.

Earlier in the year, the Colorado Department of Public Health and Environment, Colorado Department of Natural Resources, and Colorado Department of Agriculture collectively rebuked the EPA’s proposed rule change.



The Colorado LEAP program is a federally funded state-supervised, county-administered system and is designed to *assist* with your winter heating costs. The LEAP Program eligibility period runs from **November 1, 2019 through April 30, 2020**

**Eligibility Requirements, you may be eligible for LEAP assistance if:**

1. You are a U.S. Citizen and a resident of Colorado
2. You pay heating fuel costs directly to an energy provider or pay the cost of heating your dwelling with your rent, or in addition to rent in a non-subsidized dwelling
3. Your **gross** monthly household income is within the guidelines set annually (see below). “Household” means the people who reside with you within your dwelling at which you reside and apply for assistance and for whom you, as applicant, are financially responsible for. The maximum **gross** monthly income is based on 60% of the State Median Income level as listed in the table below.

Household Size	Monthly Gross Income 60% of State Median Income Level
1	\$2,371
2	\$3,101
3	\$3,831
4	\$4,561
5	\$5,290
6	\$6,021
7	\$6,157
8	\$6,294
Each additional person	\$137

LEAP is designed to help eligible households with winter home heating costs.

LEAP is not intended to pay the entire cost of home heating.

For questions, inquiries, broken heater/furnace issues, contact **HEAT HELP.**

**1-866-432-8435**



Courtesy photo

# Speaker tells parents how to bully-proof kids

By Teresa L. Benms

**CENTER** — While speaker Fabian Ramirez visited with Center kids in their classrooms last week to address the realities of bullying in school and offer them strategies to cope with bullies, when he addressed parents last Wednesday his approach took a different turn.

Ramirez focused on teaching parents how to create a family setting that builds confidence in children and pulls the family unit closer. It is a strategy that, he demonstrated in his speech, essentially will “bully-proof” kids, immunizing them against bullying tactics and failure in school and in life.

He entitled his conference “Confidence starts at home.” Ramirez explained that bullying is basically a transfer of hurt, commenting, “Hurt people hurt people.” He encouraged parents to immediately document any and all episodes of bullying at school and when it becomes a pattern, address it with school officials.

The red flag that a child is being bullied, he said, is when he doesn’t want to come to school, especially when nothing else is going on to explain this reaction. Ramirez described how his own father coped when he realized his son (Fabian) was being bullied, making special meals for him when he had a bad day and making sure his son knew

he was there for him.

“Make deposits in your children’s lives,” he urged parents. “At least once a week let them know you will take the time to show up for them.” This is one way of building a child’s confidence in their parent. Another way is to sit down and create a family mission statement, which might consist of the following:

- We work out problems at the table.
- Problems make us stronger.
- We don’t lie even if truth hurts.
- It is not a threat when we (parents) argue constructively to work out problems, and you are not in danger.

“Every child should know his role in the family,” he pointed out. “Parents make a mistake when they try to do everything for a child just because it is easier.” Some families need a new normal and can make small changes over time that will eventually amount to big changes down the road.

Parents must set goals for their children such as chores that need to be done, when projects should be finished and how homework should be done ahead of time. “Set them up for positive experiences, practice things with them,” he told his audience. “Positive experiences create more positive experiences. Also, hook them up with safe adults who share the same values.”

Another way of building confidence with other adults is to help children

practice conversation starters that help them feel at ease with others.

When kids are having a bad day, “Sympathize with them, tell them you are sorry if you have done something to upset them and console them physically.” When kids act out, he told parents not to be afraid to tell them so, saying, “When you do this, I feel like this.” Parents also have to encourage children to vent he said, to help them “navigate their feelings.”

Ramirez encouraged parents to be strict with their children, commenting that his mother “kept me out of a lot of mess” by closely monitoring the friends he hung out with, where they were going and what they were doing. “Strict equals love,” he told parents.

It is especially important to have a vision for each child in the family and to help them realize that vision, Ramirez emphasized. “Help them prepare for their careers, the things they want to do,” he said. “Be active in their plans for the future and help them with financial support. Let your kids know that things are manageable.”

“Shoot for the top,” he continued. “If you aim at nothing you will hit it every time.” Ramirez concluded his talk by reminding parents that “Healing engenders healing,” and encouraged them to activate the tools he provided during his presentation.

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