



Adams State swimming wraps season at conference finals.

— Page 6



Elks express their gratitude.

— Pages 5

San Luis Valley Colorado Genuine
Today's Issue Sponsored By:
Jim's Tire
NAPA
VOLUME 94, NO. 35

Valley Courier

WEDNESDAY EDITION | WWW.ALAMOSANEWS.

LOCAL NEWS... LOCAL VIEWS

FEBRUARY 19, 2020

\$1

Imagine Your Ad Here!

SLV Today Alamosa City Council meets tonight

ALAMOSA — The Alamosa City Council regular meeting agenda will be held at 7 tonight at Council Chambers, 300 Hunt Avenue, Alamosa. One of the items on the agenda will be a second reading and public hearing, Ordinance No. 4-2020, an ordinance providing a mechanism for developers required to provide street, water, sewer, and storm sewer infrastructure that benefits other property to receive partial reimbursement when such benefited property subsequently is developed.

Adopt from Cats Alive
CREEDE — Cats Alive has 12 young adult — under a year old — cats for adoption. They are semi-feral, all fixed and vaccinated and ready to be adopted in pairs or more. Interested parties must be open to home visit. Please call 719-298-7028 or 719-480-9475. Cats alive is also in need of dry cat food. Donations, of food can be dropped off at Safeway customer service or call 719-480-9475. Marge would be happy to pick up. Monetary donations are also welcome. Mail into PO Box 84, Alamosa, CO 81101. Paypal on our website: catsaliveslv.com. As always tax/donation letters can be mailed to anyone who donates. Please include your name and address.

Follow us on Facebook - Alamosa Valley Courier

SLV WEATHER
Partly Cloudy
50/16
Thurs.: Mostly Sunny 46/18
Fri.: Partly Cloudy 51/25

INSIDE

- Obituaries..... Page 2
- Valley News..... Pages 3
- Lifestyle..... Page 5, 7, 8, 9
- Sports..... Page 5, 6
- Public Notices..... Page 10
- Classified..... Page 11
- Comics..... Page 12

La Jara Reservoir not for sale

Officials say rumor 'not true'

By KEITH R. CERNY
Courier Publisher

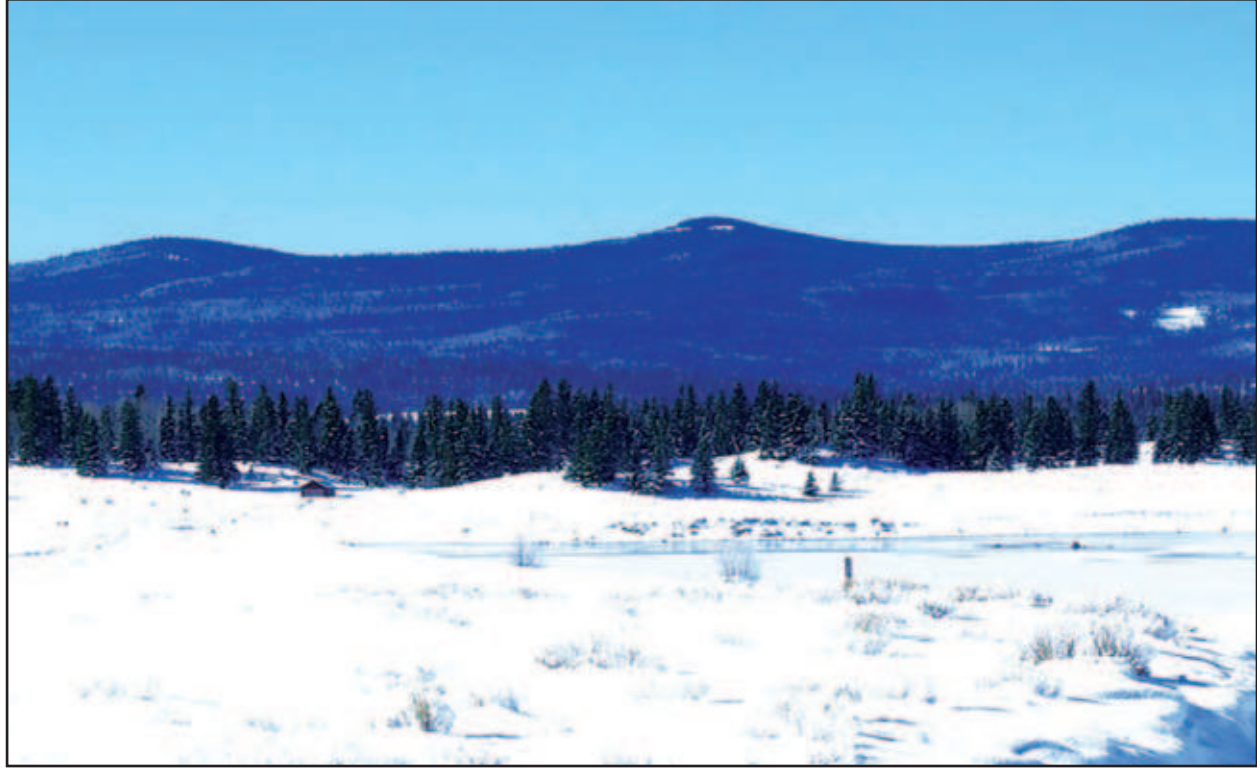
LA JARA — Speculation that one of the Southern San Luis Valley's most popular attractions may soon be on the auction block was quashed Tuesday by two state agency officials.

"The La Jara property is not for sale," said Kristin Kemp, outreach and communication officer with the Land Board.

According to discussions held at a Conejos County Commissioners meeting on Jan. 30, the Colorado State Land Board was considering selling the 55,000-acre La Jara Wildlife Area, which includes the popular La Jara Reservoir.

Kemp and Cory Chick, regional manager with the Colorado Parks and Wildlife (CPW), who is a San Luis Valley native and

■ See CHICK page 3



A blanket of snow covers La Jara Reservoir, pictured above.

Courtesy photo



Courtesy photo

City working on curb appeal

2020 Concrete Replacement Program seeks to do just that

ALAMOSA — The City of Alamosa Public Works Department is accepting applications for the 2020 Concrete Replacement Program from now through May 8.

The program helps home and business owners within city limits replace curb, gutter, and sidewalk to improve pedestrian safety and correct drainage problems.

Concrete Replacement is a cost-share program where the city and the property owner share the cost of the contractor at 50% each.

Old concrete will be removed by the city at no cost to property owners.

City funds available for the program are limited. Requests will be honored on a first-come, first-served basis.

Anyone can find the application form at cityofalamosa.org/departments/public-works/ by clicking Concrete Replacement Program on the Public Works Resources box, or via this link: <https://cityofalamosa.org/wp-content/uploads/2020/02/Concrete-Replacement-Program.pdf>.

Applications are also available at the Public Works window in City Hall.

Fill out the form and return it to the Public Works Office, 300 Hunt Avenue, or by email to tojespinoza@ci.alamosa.co.us.

ci.alamosa.co.us.

The city will provide property owners with cost estimates by May 18. If the property owner wants to accept the estimate and move forward with the work, a signed agreement and deposit equal to 50% of the owner's total cost must be received within seven days of the signed agreement. All work will be completed prior to Sept. 26. Final payments are due within 30 days of receipt of the bill.

For more information, please contact Public Works at 719-589-6631.

Report courtesy of a press release from Kelley Baily, City of Alamosa communications and project specialist.

Colo. rids itself of feral swine

COLORADO — All known feral swine have been eliminated from Colorado thanks to a near 15-year state and federal partnership comprised of the U.S. Department of Agriculture's (USDA) Animal and Plant Health Inspection Service (APHIS) Wildlife Services (WS), the USDA Forest Service (FS), Colorado Parks and Wildlife (CPW) and the Colorado Department of Agriculture (CDA).

The partnership formed in the early 2000s as a task force to manage invasive feral swine, which root up crops and pastures causing billions in damage nationwide each year. Feral swine also spread disease to livestock, wildlife and humans.

Ground-nesting birds and other wildlife are easy prey for feral swine. And the swine put native wildlife at risk by competing for resources and destroying habitats and ecosystems.

Feral swine are incredibly hardy animals and can survive, even thrive, in almost any habitat. That combined with high reproductive rates makes their ability to establish new populations extremely effective.

"The eradication of feral swine will help protect and benefit Colorado's agricultural crops and livestock, as well as wildlife, wildlife habitat and private and public lands," said Travis Black, deputy regional manager of CPW's Southeast Region.

"This achievement points to the value of collaborative efforts

■ See SWINE page 3

ASU faculty lecture series continues

ALAMOSA — The Adams State University first faculty lecture for the spring semester "Trauma Tears; Love Builds Up — An Account of Resilience in Trauma," by Natasha Noel Liebig, Ph.D. assistant professor of philosophy, begins at 7 p.m. on Thursday in McDaniel Hall room 101.

"Pulling from my own experience, and with the use of Kierkegaard's Works of Love,

I proved a theory of resilience in trauma through the metaphorical phrase: love builds up," Liebig said. Extending on Kierkegaard's description of a leap of faith, she applies that concept to self. "I conclude that resilience in trauma, at least on this account, is accomplished through building up of love in oneself.

"However, the aspects of disassociation and disembodiment

of trauma complicates the process, and thus, requires a leap of faith in the surviving self."

All ASU faculty lectures in the series are free and open to the public. Complimentary light refreshments will be offered.

For further information on the series of lectures, contact Jess Gagliardi, assistant professor of developmental education, at jgagliardi@adams.edu.



Natasha Noel Liebig Ph.D.

40,000 Unique Visitors Per Month
Shouldn't you be advertising on:
www.alamosanews.com



Record

OBITUARIES

Wilma Mott Horton, 92

LA JARA — Longtime La Jara resident Wilma Mott Horton, 92, passed away in Canon City on Feb. 16, 2020.



She was born March 21, 1927 in La Jara to Joseph Elmer Mott and Annie Prudence Coombs.

She married Lee Oscar Horton in the Salt Lake Temple of the Church of Jesus Christ of Latter-day Saints on April 29, 1947. He preceded her in death in 2004.

Wilma enjoyed gardening, sewing and watching John Wayne movies. She especially enjoyed spending time with her family. She was a member of the Church of Jesus Christ of Latter-day Saints and held many callings throughout the years.

She is survived by her children, Mike (Lorraine) Horton of Parowan, Utah, Joe (Sheri) Horton of Manassa, Jeff Horton of Alamosa, Prudy (Marty) Hall of Canon City, Farren (Debra) Horton of Center, Steven (Shannon) Horton of Lexington, Neb., Robert (Gail) Horton and Lloyd Horton all of La Jara; brother-in-law, Bill Fox; sisters-in-law, Marlene Mott, Jayne Mott and Doris Mott; as well as over 40 grandchildren, 106 great-grandchildren, five great-great-grandchildren and numerous nieces, nephews, and cousins.

Wilma is preceded in death by her parents; her husband; her siblings, Eugene (Lenora) Mott, Gladys (Fred) Woods, Louis (Irene) Mott, Jewel Fox, Ethel (Joe) Hafen, Lyle (Agnes) Mott, Kenneth (Dorothy) Mott, Jacqueline Mott, Dwayne (Regina) Mott, Harvey Mott, Troy Mott, Gerald Mott and son-in-law Jerome Leynse.

Visitations will be held Friday, Feb. 21 from 4-6 p.m. at the Rogers Family Mortuary in Alamosa, and Saturday, Feb. 22 from 9:45-10:45 a.m. in the Relief Society Room at the Church.

Funeral Services will be held Saturday morning 11 a.m. at the La Jara Second Ward of the Church of Jesus Christ of Latter-day Saints.

Interment will follow services in the Sanford Cemetery.

Rogers Family Mortuary if in care of the arrangements.

To leave online condolences, tributes and words of comfort for Wilma's family, please visit www.RogersFunerals.com.

Julian Garcia, 60

MONTE VISTA — Monte Vista resident Julian Garcia, 60, went home to be with the Lord on Feb. 14, 2020, peacefully at his home under hospice care surrounded by his loving family.



Julian was born on July 30, 1959 in Delta, the beloved son of Adelado C. and Elma Mary Garcia.

Julian was a kind and loving son, brother, uncle, cousin and friend who enjoyed riding his bike, hanging out with his family and was an avid Denver Broncos fan. He will be dearly missed.

Survivors include his mother Elma Garcia of Monte Vista; sisters, Mary Garcia (Jesus de la Cruz) of Monte Vista; Amy Garcia of Pueblo; brothers, Jerry Garcia of Artesia, N.M.; Tirso (Corryna) Rodriguez of Cañon City. He is also survived by

many nieces, nephews, cousins and friends.

Julian was preceded in death by his father, Adelado C. Garcia.

Cremation was chosen and a memorial mass will be held at a later date.

To leave online condolences, please visit romerofuneralhomes.com.

The arrangements have been lovingly handled through Romero Funeral Home of Monte Vista.

COURIER POLICY ON OBITUARIES

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

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

San Luis Valley Crimestoppers

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

Call San Luis Valley Crimestoppers at 589-4111.

BIRTHS

Harry Randall Brown II, 'RJ'

ALAMOSA — Harry Randall Brown II, "RJ," was born on Feb. 15, 2020 at San Luis Valley Health. He weighed 7 pounds, 13.8 ounces and was 19 inches tall.

Harry's mother is Lucielle Brown and his father

is Harry J. Brown, both from Alamosa.

His maternal grandparents are Lyle and Michelle Erickson of Amarillo, Texas, and his paternal grandparents are Harry R. and Mary Ann Brown of Alamosa.

ONGOING VALLEY MEETINGS

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

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

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

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

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

ALAMOSA —The Alamosa Rotary Club meets every Monday at noon at Juanitos in Alamosa. Contact Dean Swift, 589-3499 or dean@deanswiftseed.com

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

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

MONTE VISTA — The

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

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

ALAMOSA — Search and Rescue meetings are the fourth Tuesday at the Alamosa County Sheriff Office, 1315 17th St., at 6 p.m. Anyone interested in becoming a volunteer is welcome. Call Suzi at 719-588-9236.

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

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

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

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

1466 or Alice Robinson at 589-0543.

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

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

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

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

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

ALAMOSA — A Caregivers Support Group meets at First United Methodist Church, 2005 Mullins, Alamosa, on the first Monday of every month. For more information, call 589-2243.

ALAMOSA — Alamosa Toastmasters meets on

Mondays at noon at The Bridge in Alamosa at 3407 Carroll Street. Participants will find a supportive learning-by-doing environment that allows them to achieve their goals at their own pace. Call (719) 588-5127.

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

ALAMOSA — Made up of community members who write in many different genres, the Sophia Circle meets weekly to provide support for writers and their writing projects in the downstairs conference room at the Colorado Welcome Center at Alamosa, 6th and State on Sundays from 1-3 p.m.. Writers may drop in on any meeting. Bring copies of the work you want to share. Call Holly at 719-588-7066.

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

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

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

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

AA MEETINGS

Mullens, Alamosa
6 p.m. Senior Citizen's Building at 710 Main St., Antonito

6 p.m. Amistad of San Luis at 403 Main St., San Luis
7:15 p.m. RV Park in Blanca
7:30 p.m. Masonic Hall at 598 Spruce, Del Norte.

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

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

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

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

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

7:30 p.m. Ables/Disables, Baptist Church at 751 Lincoln St., Monte Vista

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

SATURDAY
5:30 p.m. at 929 State Ave., Alamosa

6 p.m. Senior Citizen's Building at 710 Main St., Antonito.

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

For schedule changes, please contact your group service representative (GSR)

SUNDAY
5:30 p.m. Sacred Heart Parish Center at 3rd and Edison, Alamosa

7 p.m. Town Hall at 108 W Galena Ave., Crestone

MONDAY
12 p.m. St. Thomas Episcopal Hall at 607 4th St., Alamosa

5 p.m. Women's Meeting at Masonic Hall, 598 Spruce St., Del Norte

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

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

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

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

WEDNESDAY
12 p.m. First United Methodist Church at 2005

School Menu
Wednesday
Feb. 19, 2020

BREAKFAST
Cinnamon Roll
Juice & Fruit

ELEMENTARY
Beef Nachos
Black Beans
Spice Bread
Vegetable Bar

SECONDARY
Beef Nachos
Black Beans
Spice Bread
Vegetable Bar

To sponsor the School Menu call 589-2553

RAIN HOME CARE

FREE SENIOR CARE ADVISOR CONSULTATION

719 480 9040
RainHomeCare.com

SAVE ON FUEL! SHOP LOCALLY

Valley News

Knights of Columbus step up by giving pizza party for special needs children



Courtesy photos

Dozens of children pose for a photo during the Knights of Columbus pizza party/Valentine's Day party in La Jara, as there are toy and stuffed animals in abundance. Special thanks to Knights of Columbus #5512, BOCES staff and students and especially to Jimmy Lopez, LeeAnn Navarro, Angela Velasquez, Cletus Perea, Robert Ward and Julie Gomez.



Knights of Columbus #5512 hosts annual pizza party/Valentine's Day party for students with special needs each year. The Knights offer them pizza, nachos, chips dip, punch, ice cream and dancing. Bob Marquez, KOC member stated, "In 1985, we started hosting this party in just our community with 15 students in attendance. We then decided to extend the invitation to all students in the San Luis Valley, including BOCES and Blue Peak students. They look forward to this party and we can't disappoint them." The KOC party has reached to 160 including teachers in attendance. This year community members decided to donate stuffed animals to each student. "The smiles on their faces, as they reach for a favorite animal is priceless and watching them cuddle or dance with their animal puts a smile on all of our faces." said Julie Gomez, community member.



Bill to save vets money on community college advances

DENVER — Rep. Bri Buentello's bipartisan bill to make it easier for service members, their families and veterans to receive in-state tuition at Colorado community colleges Tuesday was unanimously approved by the House Education Committee.

"If you served our country and you want to go to school in Colorado, you should be able to receive in-state tuition without

going through red tape," said Rep. Bri Buentello, D-Pueblo. "Recently discharged members of the military, veterans or military members and their families who move frequently often face significant bureaucratic hurdles when seeking to qualify for in-state tuition, and today we took an important step towards ending that."

HB20-1275 allows an active or honorably discharged member of the

United States armed forces or one of their dependents to be eligible for in-state tuition status at a community college regardless of whether the person satisfies Colorado domicile or residency status.

According to military-spouse.com, military families relocate on average once every two to three years, leading to increased difficulties in satisfying residency requirements.



Rep. Bri Buentello



Subscribe Today for as little as 42¢ Per Day!

SKI-HI 6 SHOWTIMES
719-589-4471

Tues - Thurs: 5:25, 8:15
FANTASY ISLAND
This Island Is A Scream PG-13

Tues - Thurs: 5:35, 8:05
SONIC THE HEDGEHOG
Gotta Go Fast! PG

Tues - Thurs: 5:40, 8:15
THE PHOTOGRAPH
Love story for the ages PG-13

Tues - Thurs: 5:30, 8:15
BIRDS OF PREY
Mind over mayhem - Margot Robbie R

Tues - Thurs: 5:15, 8:10
1917
Time is the enemy R

Tues - Thurs: 5:20, 8:10
JUMANJI
Dwayne Johnson, Kevin Hart PG-13

Swine

Continued from Page 1

in staffing, funding and resources to accomplish a common goal," said Wayne East, CDA agriculture wildlife liaison.

"Partnerships are important to completing complex tasks and we have done something great for agriculture and the wildlife of Colorado by eradicating feral swine," said Martin Lowney, USDA APHIS WS, state director.

The Colorado feral swine task force will continue to monitor to ensure the state remains free of this invasive species and the damage they can inflict.

Anyone can help keep Colorado free of feral swine.

Spread the word that

in Colorado it's illegal to possess, transport or release feral swine, wild swine species or hybrids.

Report sightings of feral swine or transportation activities to USDA Wildlife Services at 1-866-4-USA-WS or call 1-866-487-3297 or Colo-

rado Parks and Wildlife at 303-297-1192.

For more information about the National Feral Swine Damage Management Program, visit <https://www.aphis.usda.gov/aphis/ourfocus/wildlifedamage/operational-activities/feral-swine>.

Chick

Continued from Page 1

is based in Durango, said it's absolutely "not true." He said it "blew up" his email Tuesday morning, though, following which he contacted the Department of Natural Resources for Colorado, which he believes, in turn, contacted the State Land Board.

Chick said the State Land Board had studied the possibility of converting the area to a state park in recent years but decided against it based on its distance from populated areas. He went on to say that CPW has not had any discussions with the Land Board about managing that area and "I think we'd be the first ones they'd talk to."

On Jan. 30, Conejos Commission Chairman Mitchell Jarvies asked the board to approve the agenda with the addition of "discussing the La Jara Reservoir and State Land Board," according to the minutes. Jarvies stated that he had been contacted by someone who "said that it hasn't been (made) public, but the State Land Board wants to sell La Jara Reservoir."

"Right now, they are trying to sell to the big players-private individuals; that is who they are marketing to," Jarvies said, according to the minutes. "They are very concerned that if that were to happen someone would close the La Jara Reservoir or become privatized and basically lock the gate and that would be it."

The minutes go on to mention a "small piece that was state land by the Rio Grande" in Costilla County. "It went up for sale and the CPW (Colorado Parks and Wildlife) doesn't have money and they can't own land, but they found money to purchase that and Costilla County took ownership with an MOU that the CPW would run it."

Jarvies went on to speculate if something similar could happen with the La Jara parcel, having the county own it with a similar MOU with CPW. MOU is a memorandum of understanding. "That would protect our grazing rights up there, fishing and hunting and wood hauling, which are things that local people do," the minutes state. "That would become a 55,000-acre grant, which is

tax base for us, but many people use that."

Jarvies said he was bringing it up for discussion "because someone would have to take ownership of it."

Commissioner Steve McCarrroll said the road would have to stay open because it is the only access to the Forest Service.

Tressesa Martinez, county administrator, asked if anyone could purchase it and Jarvies said, "yes it seems like that is what they are marketing to." Martinez added that "there would probably be money through GOCO open space."

According to the minutes, there was apparently a brief discussion on water rights.

County Attorney Nick Sarmiento said he would email the State Land Board "to see what is going on."

According to Kemp, the La Jara property was acquired from the federal government at statehood in 1876 (plus some land-for-land exchanges in the past couple of decades) as state trust land to be managed by the State Land Board and used to earn income for trust beneficiaries, public schools.

South Conejos RE-10 and Sanford 6J preK-12 schools.

Kemp said the Land Board rarely acquires or disposes of land and "if/when we do, it is a lengthy and public process."

"Since 2017, the Land Board and CPW — our sister agency under the Department of Natural Resources — have been in the nascent stages of exploring CPW's ability to possibly take ownership of the property," Kemp said in an email statement. "Our agencies have been considering the possibility that the ideal owner of La Jara might be a public agency whose mission is more directly aligned with wildlife management and public use."

"The Colorado State Land Board owns and stewards 2.8 million acres of land, and we lease these assets to help fund Colorado public schools," Kemp continued. "We have earned \$1.7 billion for Colorado public schools since 2008. We are very proud to be the primary funding for the Colorado Department of Education's Building Excellent Today Program (BEST)."

BEST has provided capital construction grants to 524 schools serving 225,000 students since the program's inception in 2008. Conejos County has been awarded five BEST grants totalling \$35,754,221, including grants to build the new

Call Now!

To get Your Building Started Faster!

ZTEC

Construction

Specializing in Pole Barns & Garages

• Free Estimates •

Mervin Fisher 719.992.1396
14972 CR 13 • La Jara, CO 81140

Opinion

God bless America ...

HOLLYWOOD — God Bless America, and how's everybody?

Michael Bloomberg confidantes leaked to the Drudge Report on Saturday he wants Hillary to be his vice presidential candidate.

It's amazing how quickly the plans of both camps can converge so quickly. Mike plans his inauguration for January 20th, and Hillary plans his funeral for January 21st.

The White House said President Trump flew to Palm Beach to spend Valentine's Day with his wife at his private resort.

As for his likely rival candidate, Bloomberg didn't buy his girlfriend chocolates for Valentine's he bought her Hershey Pa. I know I know, I misspelled foreplay.

Twentieth Century Fox announced principal shooting will begin in June on the next Indiana Jones movie starring Harrison Ford.

He will be the oldest actor in history to headline a movie, at age 77. In the movie, Indiana Jones goes exploring for the glasses on the top of his head.

Hollywood and Broadway comedy fans were shaken Thursday when news of the death of Mel Brooks swept social media. Happily for the world of laughter it was the wrong Mel Brooks whose death was announced. And thus, his long sad life as the wrong Mel Brooks has finally come to an end.

The World Health organization reported an 18th case of Corona Virus in the U.S. Friday as several cruise ships remained in quarantine. It wasn't the only medical emergency. Iowa Democrats were advised that if your election lasts longer than four days, see your doctor immediately.

President Trump will fly out to the West Coast this week for three campaign fundraisers, which include a private party in Beverly Hills. The attendees have asked to remain anonymous, and the desire for anonymity is very weird for this town. Even AA meetings in Beverly Hills have a publicist.

President Trump will appear in Beverly Hills, Rancho Mirage and Bakersfield this week. He'd best avoid the Hollywood crowd. Last week, the Obamas won the Oscar for Best Documentary, while Mike Bloomberg took home the honors for Best Animated Short, and Bernie Sanders for 1917.

The Democratic candidates will fight it out this week in South Carolina, as well as in Nevada with second-tier hopefuls starting to feel the money pinch.

It was reported Saturday that Elizabeth Warren has had a steep drop-off in donations. That explains Liz's new Indian name, Running Short.

Democratic candidate Senator Amy Klobuchar finished a strong third in New Hampshire last week and now she contends for the party's middle lane. Joe Biden finished in fifth place in New Hampshire, but he's not discouraged. Joe promised followers he'll do much better next week in Iowa.

Fox News says Establishment Democratic power brokers are searching for a candidate to beat Bernie in a split convention who'd be acceptable to all Democrats.

It's a doable task. The list of acceptable Democratic candidates includes Jimmy Carter, Walter Mondale, Al Gore and Mitt Romney.

Harvey Weinstein's sexual assault trial featured a humiliating moment Friday when naked photos of Harvey revealed he has no testicles and a vagina under his penis. There goes his last hope to go free. President Trump certainly isn't about to pardon him, but he's cheerfully willing to grab him.

National Geographic predicted record business this year for zoos, animal parks and drive-thru wildlife adventures.

Last week a wildlife park in Florida had to be closed to the public because a snake orgy was going on. And I thought the Trial Lawyers Convention was in Las Vegas this year.

President Trump flew to Palm Beach on Friday to spend Presidents Day weekend in the Sunshine State. He was laden with honors along political lines. Sunday the Republicans named Trump Grand Marshal of the Daytona 500, the same day the Democrats named him Grand Wizard of Dade County.

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



Argus Hamilton



Tissue, bomb shelter issues

Back in the days when American dads were building fallout shelters in their basements and backyards, I always wondered where we would put our garbage during a thermonuclear war.

I wondered this because one of my chores was to put out the garbage on collection days.

Between Mom, Dad and my seven brothers and sisters, our family produced lots of trash. Where would we put it in the tiny room my dad was building in the basement? Wouldn't the garbagemen be in their own shelters?

Chances seemed pretty good that they wouldn't be picking up our trash on Tuesdays and Fridays for at least a couple of weeks. And nine of us using that tiny little toilet he was installing? How would that work? Sure, millions of people would die hideous and untimely deaths, but what about my privacy? A shower curtain is not going to do it, Dad. I had many deep, profound questions about the shelter for which no one seemed to have any good answers.

Why weren't we stocking any cat food for Buster? Why isn't Timmy's dad building one of these? Are they planning to stay in

our shelter?

I remembered all this while shopping in the big box store this week, because everything comes in bomb shelter/prepper-sized packages.

Bundles of paper towels in the convenient 60-pack, a package of toilet paper that filled the entire shopping cart. Frozen entrees for 24. It seemed as if every shopper was preparing for a nuclear war or the imminent zombie invasion.

The great thing about big-box stores is that they buy and sell in bulk and pass the savings along to you.

The not-so-great thing is there is no helpful, friendly staff, and they pass the misery on to you.

Why pay someone to check out our groceries when we'll do it ourselves for free? Which lets them pass on the savings to the CEO, who is on the second month of his fourth annual vacation in the Cayman Islands.

The end result is that you'll find yourself standing behind some fool who has decided to buy fresh fruit at the big-box store.

Lights flash and the computer calls for human help, because the bunch of 27 green bananas that weighed 15.73 pounds two and a half days ago when the label was put on are now mostly yellow and have lost around 0.0563 pounds through evaporation.

The single haggard human who is authorized to help is at register number seven, trying to get the computer to accept a flat

To submit news, email:

news@alamosanews.com

To submit sports, email:

sjiron@alamosanews.com

Letters policy

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



Jim Mullen

Notable trees, urban nature connection

Request: Do you know of any notable trees (large, beautiful, or unusual) in Alamosa that can be seen from the street/sidewalk? I'm hoping to put together a "Notable Tree Walk" as part of Alamosa's spring celebration of being a Tree City for 30 years. If you do, please call me at 719-937-2546 or email me at Marilyn@AlamosaTrees.net. I would really appreciate the help.

"Individuals who visit natural spaces weekly, and feel psychologically connected to them, report better physical and mental well-being," according to the online Science Daily. It can be especially hard for folks in large cities to interact with nature frequently. U.S. cities are home to 62.7% of the U.S. population, but comprise just 3.5% of land area according to a Census Bureau press release.

While Alamosa is not a large city and many San Luis Valley residents live outside of town, I bet a lot of people don't get out to enjoy green/open spaces frequently. And this can be a well-being problem.

A University of Exeter study of 20,000 people found that "people who spent two hours a week in green spaces — local parks or other natural environments, either all at once or spaced over several visits — were substantially more likely to report good health and psychological well-being than those who don't." This was a large study that included people from many walks of life, ethnicities, ages, socio-economic status, and levels of wellness. The researchers are adamant about the two hours per week. That works out to about 23 minutes per day.

I can understand that this amount of time can be difficult for many folks to achieve — but it is a great goal. There are a lot of

demands on our lives. When I was teaching at Adams State, I was fortunate to be able to walk back and forth to work across mostly open fields south of campus. Now that I'm retired, my husband and I try to take daily walks around our neighborhood that includes Jardin Hermosa Park and lots of open space with great views of the mountains east and west. In the summer, it is easy to make the two-hour quota as we have a large garden with trees, shrubs, and flowers that I enjoy spending time in.

It needs to be pointed out that many studies on the topic of the benefits of nature on human beings are correlational rather than causal. This means it's hard to show that spending time in natural landscapes actually cause these effects. It could be argued that those who feel healthy make sure to spend time in nature. However, I know I feel better when I spend time outside in green surrounding such as parks and gardens.

Even the World Health Organization weighs in on this. It recommends every city provide a minimum of nine-square meters (about 100-square feet — think of an area 10 feet by 10 feet) of urban green space for each person.

So what green spaces, other than people's yards, does Alamosa provide? We have 12 parks, as well as dike trails along the Rio Grande, hiking trails in the Alamosa Ranch and roads in the Alamosa Cemetery. Check out the Alamosa City website and search for "City Parks and Recreation Facilities" to see a .pdf file map showing our parks.

In our own country, the Trust for Public Lands has mapped 14,000 communities — 86% of the nation — and has a campaign to work with mayors across the nation to make sure all people have access to a park within a 10-minute walk, according to a January 2020 report on "How immersing yourself in nature benefits your health" by the Public Broadcasting System (pbs.org).

It's harder to get started during our cold winters and windy spring days. Perhaps,

of strawberries that also cannot seem to stay the same weight it was yesterday.

All of this gives the customers a long time to contemplate their purchases. I have the 200-pack of toilet paper in my cart.

Staring at it, I realized that there is a toll-free 800 number on the outer paper wrapper of each roll. The hotline is open from "8 a.m. to 4 p.m. CT, M-F." What? No webpage? No email address? No Facebook link? No Instagram? The label also says: "Please have the roll from the package when you call."

It is hard to imagine a reason why someone would need to call an 800 number for this particular product. If it's not working correctly, I'm pretty sure it must be an operator error. What could possibly go wrong with it? It's not as if it's a box of Cracker Jack and you're calling because your prize is missing. And how many people could there be at the toilet paper hotline waiting for your call? Is one enough? Are three too many? Would you get a call center in India? Maybe there are no humans there at all, just a voice menu. "Are you calling for a refund? Press 2. Please put the product back in its original container and send it to us."

I used to wonder where people found room to store all their giant-sized packages. I don't know about you, but we throw all our stuff in the bomb shelter.

Contact Jim Mullen at mullen.jim@gmail.com.

Alamosa Landscapes



Marilyn Loser

Keith R Cerny Publisher

Daniel McKillop Managing Editor

Valley Courier

(ISSN 1047-1170)

The Valley Courier and Conejos County Courier are published daily, Tuesday through Saturday by Alamosa Newspapers, Inc. 2205 State Ave., Alamosa, Colo. 81101. Periodicals Postage: is paid at Alamosa, Colo., Monte Vista, Colo., La Jara, Colo., and Fort Garland, Colo. Phone: (719) 589-2553. FAX: (719) 589-6573. News Media Corp. Web Site: http://www.newsincorporation.com. Postmaster send change of address to P.O. Box 1099.

Stephen Jiron	Sports Editor/Asst. Editor	Lany Sveum	Production Manager
Helen Smith	Staff Writer	Vernon Trujillo	Production/Press Foreman
Debbie Sowards	Advertising Manager	Ryker Alonzo	Editorial Assistant
Morgan Neely	Sales Associate	Richard R. Quintana	Mailroom Supervisor
Shasta Quintana	Circulation		

Your FIRST Source for Local News

Write them

GOVERNOR

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

STATE HOUSE

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

STATE SENATE

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

U.S. HOUSE OF REPRESENTATIVES

Scott Tipton (R) Regional Office — 719-587-5105; 719-587-5137 (fax); Washington, DC — 326 Cannon HOB, Washington, DC 20515; 202-225-4761; 202-226-9669 (fax); http://tipton.house.gov

U.S. SENATE

Michael Bennet (D) SLV Regional Office, 609 Main Street, Suite 110, Alamosa 81101; Phone: 587-0096; Fax: 587-0098; Washington office — 458 Russell Senate Office Building, Washington DC 20510; DC Phone: 202-224-5852; bennet.senate.gov

Cory Gardner (R), Regional Office, 503 N Main Street, Ste, 426, Pueblo, 719-543-1324, fax: 202-228-7174; Washington office: 354 Russell Senate Office Building, Washington DC 20510; 202-224-5941

Opinion

Elks express their gratitude

ALAMOSA—The Alamosa Elks Lodge #1297 organized a shelter supply drive for the Conour SLV Shelter, a non-profit organization.

“We asked our local stores to let us provide a donation box on site, where

the community could purchase and donate supplies,” Alamosa Elks member Deanna Wagner said, “We would like to thank; Tractor Supply, Walgreens, Safeway and Big R of Alamosa and Monte Vista for their participation.

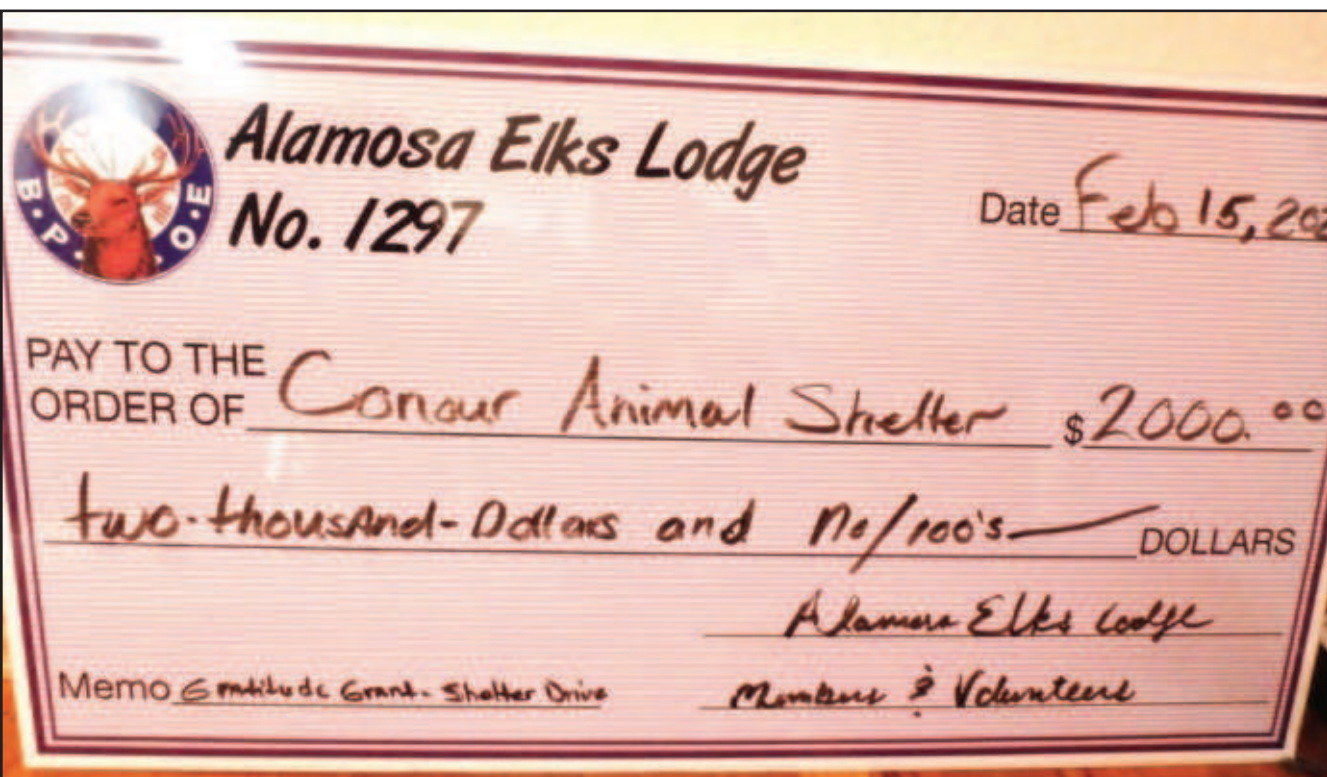
“We received many needed items such as dog food, leashes, collars, blankets, sweaters, toys, treats, etc.”

The Elks were also able to provide the shelter with a check for \$2,000, which was delivered on Feb. 15, along with all the donated

items.

“We want to thank everyone for helping us support our local Conour SLV Animal Shelter,” Wagner said. “Your donations are greatly appreciated.”

—Alamosa Elks member, Deanna Wagner.



Courtesy photos

SLV food bank serves needy

SAN LUIS VALLEY — The Commodity Supplemental Food Program (CSFP) works to improve the health of low-income persons who are at least 60 years of age by supplementing their diets with nutritious USDA Foods. Individuals must be at or below 130% of the Federal Poverty Income Guidelines.

Food packages include a variety of foods, such as nonfat dry milk, UHT 1% low fat milk, juice, farina, oats, ready-to-eat cereal, rice, pasta, peanut butter, dry beans, canned meat, poultry, or fish, and canned fruits and vegetables.

This food box is free to those who meet the income guidelines. Costilla County Commodity Program will be in Del Norte today, Wednesday, at the Annex Building next to the Courthouse 6th Street, Del Norte from 9 a.m. to 10:30 a.m., and in Monte Vista at the Calvary Baptist Church, 2160 Sherman Avenue, Feb. 19 from 12:30-3:30 p.m. Please bring a picture ID.

UPCOMING GRIZZLY ATHLETIC EVENTS

Friday, February 21st
Women's Basketball vs Western Colorado University
 Alamosa, CO • 5:30 p.m.

Men's Lacrosse at Colorado Mesa University
 Grand Junction, CO • 6 p.m.

Men's Basketball vs Western Colorado University
 Alamosa, CO • 7:30 p.m.

Saturday, February 22nd
Softball at Regis University
 Denver, CO
 Noon & 2 p.m.

Women's Basketball vs Colorado Mesa University
 Alamosa, CO • 5:30 p.m.

Men's Basketball vs Colorado Mesa University
 Alamosa, CO • 7:30 p.m.

Sunday, February 23rd
Softball at Regis University
 Denver, CO • 11 a.m. & 1 p.m.

Men's Lacrosse at Westminster College
 Salt Lake City, UT • Noon



Valley-Wide Welcomes
Kalee Chavez-Miller FNP-BC
 to our
 Sierra Blanca Medical Center
 106 Blanca Avenue #300, Alamosa

Kalee was born in the San Luis Valley and began practicing here in 2016. She has previous experience as a Registered Nurse and Nutrition Educator. Her special interests include preventive care, women's health and mental health. In her free time Kalee enjoys exploring the outdoors with her family, appreciating the vast experiences each season has to offer.

Call to set up an appointment with Kalee today!
 719-589-3658



9 Reasons to Shop Local

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

Sports

2020 Special Olympics Basketball Showcase

ALAMOSA — The 2020 Special Olympics Basketball Showcase will begin at 2:00 pm in Plachy Gym, located next to Rex Field at Adams State University, Sunday afternoon, February 23.

Aside from spreading awareness for the Special Olympics, this event will include a fundraiser where all donations will go to the local program in Alamosa towards supplies, equipment, and travel expenses needed throughout the year. The event will feature a thrilling modified basketball game played by the SLV Dust Devils.

The game will consist of 8 minute running clock quarters and each team on the court will be composed of three Special Olympians and two non-Special Olympians. Admission will be free for this event, although donations are greatly appreciated! Come show your support by bringing friends, family, and teammates to our 2020 Special Olympics Basketball Showcase for a unique and unforgettable experience.

We will also be holding a silent auction featuring ASU gear and other

donated items from the community. At halftime, there will be a performance from the ASU/Alamosa High School cheer team and donation cans will also be floating around the stands. The Antonito High School cheer squad will be helping get the crowd excited for both teams.

Adams State University has been working with events like this since the late 1990s. The Kinesiology department has been able to use such programs as an

educational resource for careers in the future by having students from the Event Management class (KIN 405) put on such events.

The Special Olympics is a program that is held year-round for individuals with intellectual disabilities. This program consists of sports training for specific sports such as basketball or track that will lead to a modified version of competition. Special Olympics was founded to give children or adults with an intellectual disability the opportunity to participate in competitive physical activity in a fun and safe way. We would love to see you there to cheer on our eager and



Courtesy photo by Gerylann Cummings

The SLV Dust Devils play in Plachy Hall at Adams State University

hard-working Special Olympians. If you have any questions about the 2020 Showcase or the SLV Special

Olympics program please contact Peggy Johnson at 719-587-7408 or email at pvjohnson@adams.edu.

Grizzlies end season at conference championships

By SOPHEEA VOMUND

ASU Sports Information

GRAND JUNCTION, Colo. — The Adams State Men's and Women's Swim Teams competed at the RMAC Championships these past four days against some of the best in their conference.

Day One

Day One consisted of the RMAC Championships consisted of the 1000 Yard Freestyle, 200 Yard Individual Medley, 50 Yard Freestyle, 200 Yard Medley Relay, and Women's 3-Meter Diving.

The Men's Team

Kicking the day off for the Men's Swim team was Freshman Justin Sandoval, who competed in the Men's 1000 Yard Freestyle. Sandoval shaved nearly one minute off his seed time to achieve a finals time of 10:15.73 and a 13th place finish to earn a few points for his team.

A team of Ethan Cohen, Gilbert Benton, Sandoval, and Ethan Trotter competed in the 200 Yard Medley Relay later in the session, finishing 5th and earning 28 points for their team.

The Men's team ended the day in 5th place with 32 points.

The Women's Team

Starting things off for the Women's Swim team was Megan Dudden with the team's first points of the day. Although the Grizzlies had swimmers in the Women's 1000 Yard Freestyle, Dudden was the first to finish in the top 16 and earn her team points in the 200 Yard IM. Dudden finished in 15th place only milliseconds behind the 14th place swimmer.

Later, in the finals portion of the evening swim session, a team of Olivia Beames, Natasha Murphy, Madison Rincon, and Claudia Garcia pulled out an 8th place finish in the 200 Yard Medley Relay. The group combined for a strong finishing time of 1:51.68, which was a second faster than their seeded time. Each girl put out some of their fastest splits for the high placing finish, adding 26 points to their teams' name. Not far behind the first group was another group of Grizzlies who finished 16th in the relay with a time of 1:54.49.

The women's team ended the day in 8th place with 34 points.

Day Two

Day two of the RMAC Championships consisted of 400 Yard Individual Medley, 100 Yard Butterfly, 200 Yard Freestyle, 200 Yard Freestyle Relay, 400 Yard Medley Relay, and Men's 1-Meter Diving.

The Men's Team

The same team that competed in the 200 Yard Medley Relay competed in the



200 Yard Freestyle Relay on the men's side, finishing in 5th place with a time of 1:33.22 which was 2 seconds faster than their seeded time.

Following the relay were two strong individual performances by Benton and Cohen who finished 14th and 15th in the 400 Yard Individual Medley (respectively), claiming a few points for their team. Benton finished with a time of 4:19.91, nearly 4 seconds faster than his preliminary time.

Sandoval, who earned the Men's Grizzlies first points of the RMAC Championships, continued his strong showing on day two even after competing in the relay. The freshman competed in the 200 Yard Freestyle, pulling out a 14th place finish and not too far behind some of the top swimmers in the event.

The Men's team ended the day with 68 points in 5th place.

The Women's Team

The Women's team started day two off strong with a strong showing in the 200 Yard Freestyle Relay. A team of Garcia, Murphy, Beames, and Dana McMurtrey finished in 8th place with a time of 1:42.22, a second faster than their seed time. Another team of Grizzlies competed as well, finishing in 16th place of the relay and adding a few points on the board for their team.

Dudden struck again on day two, competing in the 400 Yard Individual Medley and giving a strong finish to claim 15th place.

Davin Ruggles was the next individual swimmer to earn points for her team, performing in the 200 Yard Freestyle. The freshman competed in a tough heat but was able to pull out a 16th place finish with a time of 1:59.33. Also competing in the event for the Grizzlies was Garcia and McMurtrey, but both were unable to finish in the top 16 due to how competitive the few final heats of the event were.

Finishing out the day was a team of Mc-

Murtrey, Beames, Dudden, and Ruggles in the 400 Yard Medley Relay. The girls combined for a time of 4:08.00, 3 seconds faster than their seed time, and an 8th place finish in the event for 26 points. The second team of female Grizzlies competed in the relay, finishing in 15th place to add some points on the board for their team.

The Women's team ended the with 103 points and in 8th place.

Day Three

Day three of the RMAC Championships consisted of the 500 Yard Freestyle, 100 Yard Backstroke, 100 Yard Breaststroke, 200 Yard Butterfly, 800 Yard Freestyle Relay, and Women's 1-Meter Diving.

The Men's Team

Sandoval started day three off for the Grizzlies with a strong showing in the 500 Yard Freestyle. Sandoval finished in 15th place with a time of 4:54.52, 4 seconds faster than the preliminary time he gave earlier that day in the morning swim session.

Gilbert competed next individually, participating in the 100 Yard Breaststroke. Gilbert was able to finish 14th with a time of 58.83.

Finishing day three, the Men's team sat at 5th place with 73 points.

The Women's Team

Dudden kicked off the day on the women's side of the session, performing in the 100 Yard Breaststroke. Performing just as well as she has all season and all week, Dudden finished in 12th place with a time of 1:07.39. Freshman Murphy also performed in the event, but fell just short and claimed a 17th place finish.

Finishing out day three for the Grizzlies was a team of Dudden, Garcia, Madison Rincon, and Ruggles competing in the 800 Yard Freestyle Relay. The team combined for a time of 8:01.87 and a strong finish to claim 7th place in the event. The second team of Grizzlies competed in the event, combining to claim 16th place and some points for their team.

Coming out of day three the Women's team sat at 8th place with 142 points.

Day Four

The final day of the RMAC Championships consisted of the 1650 Yard Freestyle, 100 Yard Freestyle, 200 Yard Backstroke, 100 Yard Breaststroke, 400 Yard Freestyle Relay, and Men's 3-Meter Diving.

The Men's Team

Yet again, Sandoval kicked the day off for the Men's team, competing in the 1650 Yard Freestyle. Sandoval finished 13th with a time of 17:24.20 to earn some points for his team.

Competing in the 200 Yard Backstroke was Ethan Cohen, who pulled out a 14th place finish in the event. Cohen swam a time of 2:10.04, a second faster than his preliminary time, to put some points on the board for his team.

Benton followed Cohen's performance with a strong finish in the 200 Yard Breaststroke. The freshman pulled out a 13th place finish with a time of 2:12.85 for the finish.

The same relay team as the first two days competed in the 400 Yard Freestyle Relay to earn a 5th place finish and some final points for their team. Benton, Cohen, Trotter, and Sandoval combined for a time of 3:26.27 in the event.

The Women's Team

Starting off the final day of the Championships was Madison Rincon. Rincon kicked the day off with a strong performance in the 1650 Yard Freestyle, finishing in 15th place to put some points on the board. Not too far behind was Leila Atumah, but the freshman fell just short and finished the event with an 18th place finish.

Dudden followed the strong performance of Rincon with a strong finish of her own. The junior swam in the 200 Yard Breaststroke, one of her best events, and she showed why. With a time of 2:25.24, Dudden took 7th place in the event. Freshman Ruggles wasn't too far behind, only a second slower than the 16th place finish of the event.

Finishing off the day and the conference championships for the women's team was a team of Dudden, Garcia, Rincon, and Murphy that competed in the 400 Yard Freestyle relay to earn a 9th place finish for their team.

Coming out of the weekend, the Women's team came in 8th place with 180 points out of 9 teams. Claiming the women's RMAC conference championships was Colorado Mesa University with a total of 1171.5 points.

The Men's team finished in 5th place with 112 points out of 5 teams. Colorado Mesa University took the men's RMAC conference championships title as well with a total of 1166 points.

Although placement may not have been what they wanted, the Grizzlies performed well and consistently all four days. In addition, most of the swimmers that performed so well this weekend should be returning to make a splash next year. The swarming numbers of some of the other teams held the Grizzlies down, but the Grizzlies will certainly make a comeback and splash next year at conferences.

Results

Adams State Baseball	
Feb. 14	ASU 7, Univ. of the Southwest 5 Univ. of the Southwest 14, ASU 3
Feb. 15	ASU 12, Univ. of the Southwest 9 ASU 9, Univ. of the Southwest 5
Adams State Basketball	
Feb. 14	Dixie State 59, ASU 53 (W) Dixie State 102, ASU 81 (M)
Feb. 15	Westminster 65, ASU 44 (W) Westminster 90, ASU 62 (M)
Prep Basketball	
Feb. 14	Sanford 49, Center 20 (G) Cotopaxi 38, Antonito 31 (G) Cotopaxi 48, Antonito 35 (B) Del Norte 55, Sargent 19 (G) Sargent 53, Del Norte 50 (B) Centennial 52, Sierra Grande 47 (G) Centennial 67, Sierra Grande 48 (B) Bayfield 53, Monte Vista 18 (G) Bayfield 53, Monte Vista 37 (B) Centauri 60, Montezuma-Cortez 40 (G) Centauri 71, Montezuma-Cortez 65 (B) 20T Alamosa 33, Pagosa Springs 29 (G) Alamosa 57, Pagosa Springs 49 (B)
Feb. 15	Manzanola 38, Creede 29 (G) Manzanola 55, Creede 35 (B) Moffat-Mt.-Valley 39, La Veta 23 (G) La Veta 61, Moffat-Mt.-Valley 41 (B) Crested Butte 51, Center 49 (B) Montezuma-Cortez 66, Monte Vista 51 (B) Centennial 43, Antonito 42 (G) Antonito 61, Centennial 44 (B) Swink 34, Sargent 17 (G/B)

Sports Bulletin

Sargent 48, Swink 42 (G/B) Sangre de Cristo 59, Lake City 5 (G) Sangre de Cristo 68, Salida 63 (B) Centauri 51, Alamosa 44 (G) Alamosa 56, Centauri 50 (B) South Baca 43, Del Norte 37 (G)	
Adams State Softball	
Feb. 15	Okl. Panhandle State 11, ASU 10 Okl. Panhandle State 11, ASU 1
Feb. 16	ASU 8, Okla. Panhandle State 7 ASU 3, Okla. Panhandle State 0
Prep Wrestling	
Feb. 14-15	CHSAA 3A, Region 1 2. Alamosa- 210
	CHSAA 2A, Region 2 2. Centauri 215, 5. Monte Vista-99, 7. Sierra Grande/Centennial- 80.5, 8. Del Norte-38, 9.Center-29, 10. Mtn Valley- 20, 14. Sargent- 3
Upcoming Events	
Adams State Basketball	
Feb. 21	5:30/7:30 p.m. Western Colorado at ASU (W/M)
Feb. 22	5:30/7:30 p.m. Colorado Mesa at ASU (W/M)
Prep Basketball	
Feb. 18	5:30/ 7 p.m. Monte Vista at Centauri (G/B) 6 p.m. Creede at Sierra Grande (B)

Feb. 19	3 p.m. Hoehne at Center (G/B)
Feb. 20	1 p.m. Aguilar at Antonito (G) 4:30 p.m. Sierra Grande at La Veta (G/B) 6 p.m. Monte Vista at Custer County (G/B) 6 p.m. Moffat-Mt.-Valley at Sangre de Cristo (G/B)
Feb. 21	TBA Sangre de Cristo at Kim-Branson (G/B) 4 p.m. Primero at Centennial (G) 5 p.m. Ignacio at Sierra Grande (B) 5 p.m. Sargent at Sanford (G/B) 5 p.m. Lake City at Moffat-Mt.Valley (G/B) 5 p.m. South Park at Del Norte (G/B)
Feb. 22	12:30 p.m. Custer County at Center (G/B) 3 p.m. Caprock at Moffat-Mt.Valley (B) 5 p.m. Sanford at Del Norte (G/B)
Adams State Lacrosse	
Feb. 21	6 p.m. ASU at Colorado Mesa (M)
Feb. 23	12 p.m. ASU at Westminster (M)
Adams State Softball	
Feb. 22	12/ 2 p.m. ASU at Regis (DH)
Feb. 23	11 a.m./ 1 p.m. ASU at Regis (DH)
Adams State Wrestling	
Feb. 29	West Regional All Day ASU at Nebraska-Kearney
Prep Wrestling	
Feb. 20-22	State Championships Alamosa, Centauri, Center, Del Norte, Monte Vista, Mountain Valley, Sierra Grande-Centennial at Pepsi Center, Denver, CO.

Schedules subject to change

Lifestyle

Colorado Field Institute will host winter lecture



Courtesy photo

Use of abandoned mines by wildlife

ALAMOSA — Colorado's mining history left a legacy of riches and environmental concerns.

Colorado has an estimated 23,000 abandoned mines, only 6,000 of which have been remediated.

Recent events including the Gold King mine blow-out in 2015, the westward spread of white-nosed syndrome, and ongoing concerns about human safety have prompted many to propose sealing or gating abandoned mines to prevent drainage and human entry.

"We know abandoned mines provide important habitat for bats, but do mines provide habitat for other wildlife?" said Sandra Wagner, from the Colorado Field Institute by press release.

Dr. Armstrong and his students have monitored abandoned mines in the Sangre de Cristo Mountains since 2017, using trail cameras to determine if wildlife other than bats are visiting mines.

Additional research questions include: 1) does visitation vary seasonally, 2) are wildlife entering mines, 3) are some

mines visited more than others, and 4) are some species visiting mines more frequently?

A variety of wildlife have been observed visiting and entering mines, but the focus was on carnivores. Carnivores are visiting mines consistently, but at low levels, throughout the year.

Visitation varied seasonally, by species, and by mine. After two years of monitoring, it has been observed that the majority of carnivore species expected to inhabit the Sangre de Cristo Mountains at mines.

"We have also observed some unexpected use by ungulates and carnivores," said the press release.

The lecture will be held at 7 p.m. on Wednesday, Feb. 26, in Porter Hall, Room 130, on the Adams State University Campus, 208 Edgemont, Alamosa, Colo.

ABOUT THE SPEAKER

Tim Armstrong grew up in the Midwest before serving in the U.S. Navy. He later earned his bachelor's degree

from Mesa State College in Grand Junction, and his masters and Ph.D. in zoology from the University of Massachusetts in Amherst. After teaching in Iowa for five years, he returned to Colorado with his wife and two boys in 1996. Since then, he has taught vertebrate ecology at Adams State University and worked on local conservation issues, including serving as president of the Friends of the San Luis Valley National Wildlife Refuges for 20 years.

He has traveled extensively around the world with his family, students and members of the community.

The Colorado Field Institute is a nonprofit corporation organized in 2005 to promote greater stewardship of the natural and cultural resources within the San Luis Valley. For more information on this event, email us at coloradofieldinstitute@gmail.com.

Report courtesy of a press release from Sandra Wagner, Colorado Field Institute.



Courtesy photos

Patrick O'Neill of Soil Health Services (right) draws an audience.

Creating a compost plan at Rio Grande Farm Park

ALAMOSA — Patrick O'Neill of Soil Health Services will be leading a workshop on community composting for the Rio Grande Farm Park Farmers Cooperative. It will take place at 5:30 p.m. on Wednesday, Feb. 26 in the office of the San Luis Valley Local Foods Coalition, 412 State Ave. This workshop will be focused on creating a community composting plan for the Rio Grande Farm Park. Members of the public are welcome to attend. Spanish translation provided. For more info, call 719-937-2319

Sun, soil, seed, water, farmer, sprout, plant, fruit, harvest, eat, preserve, reflect, plan... Sun, soil, seed, water, farmer, sprout, plant, fruit, harvest, eat, preserve, reflect, plan ... Sol, suelo, semilla, agua, agricultor, brote, planta, fruta, cosecha, comer, preservar, reflexionar, planificar ...



Liza Marron, executive director, San Luis Valley Local Foods Coalition, P.O. Box 181, 412 State Avenue, 719-937-2319 office, 719-539-5606 cell, directorslvlocalfoods@gmail.com.

Report courtesy of press release from

UPCOMING GRIZZLY ATHLETIC EVENTS

Friday, February 21st
Women's Basketball vs Western Colorado University
 Alamosa, CO • 5:30 p.m.
Men's Lacrosse at Colorado Mesa University
 Grand Junction, CO • 6 p.m.
Men's Basketball vs Western Colorado University
 Alamosa, CO • 7:30 p.m.

Saturday, February 22nd
Softball at Regis University
 Denver, CO
 Noon & 2 p.m.
Women's Basketball vs Colorado Mesa University
 Alamosa, CO • 5:30 p.m.
Men's Basketball vs Colorado Mesa University
 Alamosa, CO • 7:30 p.m.

Sunday, February 23rd
Softball at Regis University
 Denver, CO • 11 a.m. & 1 p.m.
Men's Lacrosse at Westminster College
 Salt Lake City, UT • Noon



Valley-Wide Welcomes

Kalee Chavez-Miller FNP-BC

to our

Sierra Blanca Medical Center
 106 Blanca Avenue #300, Alamosa

Kalee was born in the San Luis Valley and began practicing here in 2016. She has previous experience as a Registered Nurse and Nutrition Educator. Her special interests include preventive care, women's health and mental health. In her free time Kalee enjoys exploring the outdoors with her family, appreciating the vast experiences each season has to offer.

Call to set up an appointment with Kalee today!
 719-589-3658



9 Reasons to Shop Local

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

Lifestyle



Courtesy of Colorado Parks and Wildlife

Deer antlers and a pronghorn skull and antlers confiscated in a poaching operation bust after an investigation by Colorado Parks and Wildlife officers.

Duo plead guilty in poaching operation

Hunting bans of life, 20 years for Florida men

COLORADO SPRINGS — Thanks to an anonymous tip to Colorado's Operation Game Thief Hotline, two Florida hunters who illegally killed mule deer and pronghorns will probably never hunt in Colorado again.

The suspensions of their Colorado hunting privileges come after their 2018 guilty pleas to participating in a poaching operation that claimed at least three mule deer and six pronghorn in Elbert and Lincoln counties.

A Colorado Parks and Wildlife Commission hearing examiner ruled Tuesday, Feb. 11, that a 20-year suspension was warranted for Timothy C. Draper, 33, of Bunnell, Fla., after he pleaded guilty in 2018 in Lincoln County Court to a misdemeanor charge of illegal possession of three or more big game animals.

Draper was sentenced to two years supervised probation and forfeited all weapons and equipment used in his crime. He also paid a \$2,100 game penalty and a total of \$4,213 in fines and court costs.

A lifetime ban was issued by the CPW Commission hearing examiner against Lawrence J. Cowart, 30, also of Bunnell, Fla., after he pleaded guilty on Oct. 5, 2018, in Lincoln County Court to willful destruction of wildlife, a class 5 felony.

Cowart was sentenced to three years probation, forfeited all his firearms and equipment used in his crime. He paid \$2,440 in fines and court costs. Draper and Cowart also surrendered the trophy heads of the illegally harvested deer and pronghorn.

CPW Commission hearing examiner Steven Cooley had some tough words for the two poachers.

"Lawrence Cowart's crimes against Colorado's wildlife were committed intentionally and with complete disregard," Cooley wrote in his findings. "Mr. Cowart has a history of violating wildlife laws in his home state of Florida and in North Carolina. His most recent wildlife violations in Colorado are considered among the most serious of criminal activity against wildlife, where an animal is killed for its trophy parts and the meat is abandoned to waste.

"Given his history and escalating criminal behavior, Mr. Cowart is viewed as a threat to Colorado's wildlife. Although he expressed remorse during his suspension hearing, his repeated criminal actions against wildlife do not reflect this."

Cooley was equally unmoved by Draper's claim that his involvement was minimal compared to Cowart. He noted Draper "expressed little remorse, or accountability, for his actions."

"Timothy Draper has

repeatedly demonstrated a deliberate lack of regard for Colorado's wildlife," Cooley wrote. "His actions are not viewed as hunting, but rather as outright poaching, done without any valid license, or outside established hunting seasons.

"Mr. Draper is an adult, experienced hunter who could have stopped his criminal conduct at any time. But, instead, he continued to kill big game animals and transport the heads and antlers back to Florida. There can be no tolerance for Colorado's wildlife, and wildlife laws, to be abused and disrespected in this manner.

The suspensions end a poaching case triggered by a tip to CPW's poaching hotline Operation Game Thief from a member of the public.

CPW officers Ben Meier and Logan Wilkins launched a lengthy investigation of Cowart and Draper, who were in Colorado working jobs in the energy industry. CPW amassed evidence the men killed deer and pronghorn — simply decapitating some and leaving their torsos — and shipped their heads to a taxidermist in Florida for mounting.

CPW worked with Colorado Springs Police Department, the Limon Police Department and the Lincoln County Sheriff's Office in developing the case.

"This case is a great example of the work our wildlife officers do on a daily basis," said Frank McGee, Area Wildlife Manager for the Pikes Peak region. "We pride ourselves on our law enforcement work. And it shows our commitment to stopping poachers."

Anyone who has information about a possible crime against wildlife is encouraged to call CPW or report it anonymously to Operation Game Thief. Witnesses can reach Operation Game Thief several ways including by calling, toll free, 1-877-COLO-OGT (or 877-265-6648). Verizon cell phone users can dial #OGT. Or send an email to CPW at game.thief@state.co.us.

Callers do not have to reveal their names or testify in court. A \$500 reward is offered for information on cases involving big game or endangered species, while \$250 is offered for information on turkey and \$100 for fishing and small game cases.

A Citizens Committee administers the reward fund, which is maintained by private contributions. The board may approve rewards of up to \$1,000 for flagrant cases. Rewards are paid for information that leads to an arrest or a citation being issued. To learn more about Operation Game Thief, visit the CPW website.

ALAMOSA'S DAILY TRANSPORTATION

Denver
Colorado Springs
Pueblo
Alamosa

BUSTANG OUTRIDER

RideBustang.com | 1-800-900-3011

TOWN & COUNTRY AUTOMALL

CHRYSLER DODGE Jeep RAM

NEW 2019 JEEP RENEGADE TRAILHAWK 4X4 STK# J2118 MSRP: \$31,120		AUTOMALL PRICE \$25,995⁹⁹ PER MONTH \$352
NEW 2019 JEEP CHEROKEE TRAILHAWK 4X4 STK# J2116 MSRP: \$37,580		AUTOMALL PRICE \$30,995⁹⁹ PER MONTH \$426
NEW 2019 JEEP GRAND CHEROKEE TRAILHAWK 4X4 STK# J2502 MSRP: \$48,580		AUTOMALL PRICE \$41,995⁹⁹ PER MONTH \$569
NEW 2019 JEEP WRANGLER UNLIMITED RUBICON STK# J4914 MSRP: \$48,725		AUTOMALL PRICE \$42,995⁹⁹ PER MONTH \$583
NEW 2019 DODGE GRAND CARAVAN SE STK# D09566 MSRP: \$29,930		AUTOMALL PRICE \$24,995⁹⁹ PER MONTH \$339
NEW 2019 DODGE CHALLENGER GT AWD STK# D05433 MSRP: \$38,780		AUTOMALL PRICE \$33,995⁹⁹ PER MONTH \$461
NEW 2019 RAM 1500 REBEL CREW 4X4 STK# D13874 MSRP: \$55,820		AUTOMALL PRICE \$47,995⁹⁹ PER MONTH \$649
NEW 2019 RAM 2500 BIG HORN CREW 4X4 STK# D19546 MSRP: \$62,475		AUTOMALL PRICE \$55,495⁹⁹ PER MONTH \$752

TownAndCountryAlamosa.com
719-587-1800 • 20 Craft Drive Alamosa, CO 81101
Monday - Saturday - 8:30 am - 6 pm

NEED TO SELL YOUR VEHICLE? WE WILL BUY IT!

All prices exclude tax, tags and title. Price includes delivery and handling fee of \$399.99. Artwork used for illustration purposes only. All offers valid on in-stock units only. Finance 3.9% for 75 months with 10% down. Must qualify for all applicable factory offered rebates. Must qualify for Factory Conquest Bonus on certain vehicles. Must be financed with Chrysler Capital. See dealer for details. Offers expire on 03/02/2020.

Lifestyle



Health benefits of singing a tune

A person need not be auditioning for the next season of "American Idol" or "The Voice" to start belting out a favorite tune.

According to the singing advocacy group Chorus America, more than 32 million American adults sing regularly in groups nationwide.

Millions of children enjoy music education as part of their school curriculum as well.

Although many people may restrict their singing to the shower or when no one is around to hear them, there are some surprising health benefits of singing frequently — and encouraging others to do so as well.

SINGING 'N' STRESS

Scientists say that singing can have a calming but energizing effect on people. Singing can help tame stress but also lift the spirits. Singing is a natural antidepressant.

According to information published in Time magazine, singing may release endorphins associated with feelings of pleasure, as well as stimulate the release of oxytocin, a hormone that is found to alleviate anxiety and stress.

Prevention magazine notes that choir singers, who often report feeling happy and free of significant anxiety, may notice their moods improving when they start to sing.

SINGING 'N' IMMUNE SYSTEM FUNCTION

Singing can be a form of exercise that works the lungs and other parts of the body required to project one's voice. Singing may lead to a stronger diaphragm and stimulation of circulation due to the greater amount of oxygen needed to carry a tune.

Research conducted at the University of Frankfurt found that professional choir members who had their blood tested before and after an hour-long rehearsal displayed a greater amount of antibodies called immunoglobulin after the rehearsal.

These increases were not found in the choir members who simply listened to music.

In the study, titled "Singing modulates mood, stress, cortisol, cytokine and neuropeptide activity in cancer patients and carers," researchers found higher levels of cytokines present in the blood of those who sang for an hour in a choir, and lower levels of the stress hormone cortisol.

SINGING 'N' SNORING

Singing may help alleviate snoring. A 2008 study published in the journal Sleep Breath found that the prevalence and severity of snoring among semiprofessional singers and non-singers indicated that singers scored lower on the snoring scale. Singing strengthens muscles in the airway that can help reduce snoring. Furthermore, the breathing required to sustain a song may help improve

lung function and reduce symptoms of mild asthma.

SINGING 'N' MEMORY

Singing may help improve mental alertness by delivering more oxygenated blood to the brain. For those with dementia, singing can improve concentration and memory recollection. The Alzheimer's Society has a "Singing for the Brain" program to help people with dementia maintain their memories.

SINGING 'N' SOCIAL CONNECTIONS

Singing with a group can reduce loneliness by bringing together like-minded people engaged in the same activity. Websites like ChoirPlace.com can help people find choir groups near them.

Singing can boost confidence, improve mental function, help with immune response, and be a form of cardiovascular exercise. TF183827

Reynolds-Siemering joins festival choir



MONTE VISTA — Saint Peter's Lutheran School fourth-grader Dulcenta Reynolds-Siemering participated in the Colorado Elementary All-State Choir on Jan. 25, where they performed at the Broadmoor International Center as

part of an annual CMEA conference. Her music teacher is Tyleen Stults.

It is a festival choir opportunity for singers in grades 4-6 that audition to participate in a large ensemble experience and performance under the direction of nationally

acclaimed choir directors and clinicians.

In her case, her particular choir was led by Dr. Andrea Ramsey. There were two equal-sized choirs of approximately 125 students each, selected from all over the state.

kids' corner

PEOPLE FACT:

THIS PERSON IS CREDITED WITH POPULARIZING WESTERN CIVILIZATION'S WHITE WEDDING DRESS TREND.

ANSWER: QUEEN VICTORIA

Crossword Puzzle

1			2			3
4				5		6
7					8	
					9	

- ACROSS**
- Clothing items
 - Female garment
 - Opposite of "down"
 - Invited people
 - Not in
- DOWN**
- Marriage ceremony
 - Performs an action
 - Purple color
 - Chance or try
 - Adverb: Very much

THIS DAY IN...

HISTORY

- 1801: THE TIE BETWEEN AARON BURR AND THOMAS JEFFERSON IS BROKEN BY THE HOUSE OF REPRESENTATIVES, ELECTING JEFFERSON PRESIDENT.
- 1904: PUCCINI'S OPERA "MADAMA BUTTERFLY" PREMIERES IN MILAN.
- 1996: CHESS CHAMP GARRY KASPAROV BEATS THE IBM COMPUTER DEEP BLUE, WINNING THE SIX-GAME MATCH.

New word

VOWS

solemn promises

How they SAY that in...

ENGLISH: Bride

SPANISH: Novia

ITALIAN: Sposa

FRENCH: Mariée

GERMAN: Braut

Did you Know?

JOHN LEGEND'S "ALL OF ME" IS ONE OF THE MOST POPULAR WEDDING SONGS AMONG MILLENNIALS.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: WEDDING RINGS



Our Youth Are Our Future!

601 Main Street
Alamosa

ALAMOSA STATE BANK
A Real Community Bank
Local Ownership. Local Commitment.

2225 Main Street
Alamosa

CELEBRATING 112 YEARS!

www.alamosastatebank.com

MEMBER FDIC
Ph. 589-2564

Comics

CROSSWORD PUZZLE

ACROSS

36 Trim a doily

1 Make smile

6 Read intently

11 Moneybags (2 wds.)

13 In large supply

14 Land in Mexico

15 Trial

16 — Baba

17 Give the go-ahead

18 "Big Blue" of computer fame

20 Digital watch readout

22 Part of GIF

25 Collection of tales

26 Pierre's monarch

27 Insurance center

29 Shuttle, maybe

30 Large vase

31 Evita or Juan

32 Car pedal

34 Pasture grazer

37 Cries out loudly

38 Chess piece

39 Gore and Capone

40 Fem. saint

41 PC key

42 Bride's new title

43 Festive night

45 Had some hash

47 Resort amenities

50 Medium-sized sofa

54 Volunteers

55 Newspaper name

56 Stand-in

57 Tot's cry

DOWN

1 Rear, to Popeye

2 — tai (rum drink)

3 Comanche kin

4 Hotfoot it

5 NBA's — Monroe

6 Trim

7 Former (hyph.)

8 Future fish

9 Geologic division

10 Costa — Sol

12 Suit maker

13 Fort Knox filler

18 Habituates

19 Igneous rock

21 Movies

23 Seafood sauce

24 Schools of fish

25 Popular advice-giver

26 Weeps over

27 Not shut

28 Busy insects

33 Disposable tissue

35 Ohio River feeder

41 Hardy heroine

42 Subway in Paris

44 Deviate

46 Abound

47 Make soaking wet

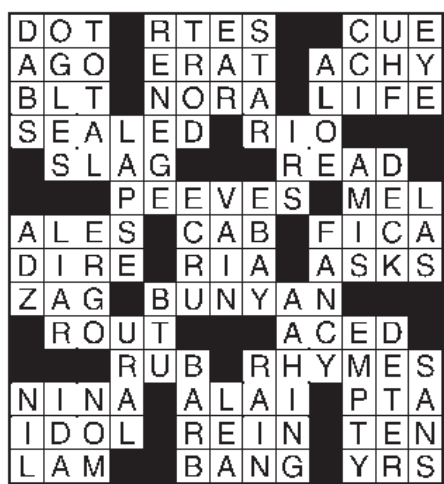
48 Kenya's loc.

49 Roswell crusher

51 Wool cap

52 Shade tree

53 Ben & Jerry rival



7 Former (hyph.)

8 Future fish

9 Geologic division

10 Costa — Sol

12 Suit maker

13 Fort Knox filler

18 Habituates

19 Igneous rock

21 Movies

23 Seafood sauce

24 Schools of fish

25 Popular advice-giver

26 Weeps over

27 Not shut

28 Busy insects

33 Disposable tissue

35 Ohio River feeder

41 Hardy heroine

42 Subway in Paris

44 Deviate

46 Abound

47 Make soaking wet

48 Kenya's loc.

49 Roswell crusher

51 Wool cap

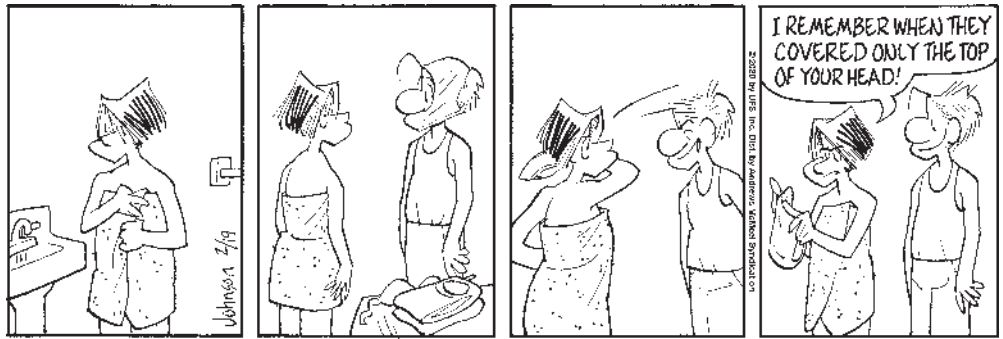
52 Shade tree

53 Ben & Jerry rival

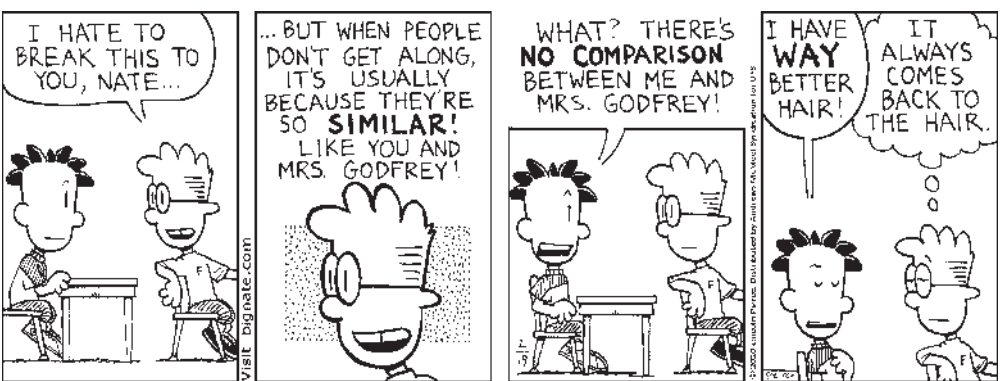
ALLEY OOP



ARLO & JANIS



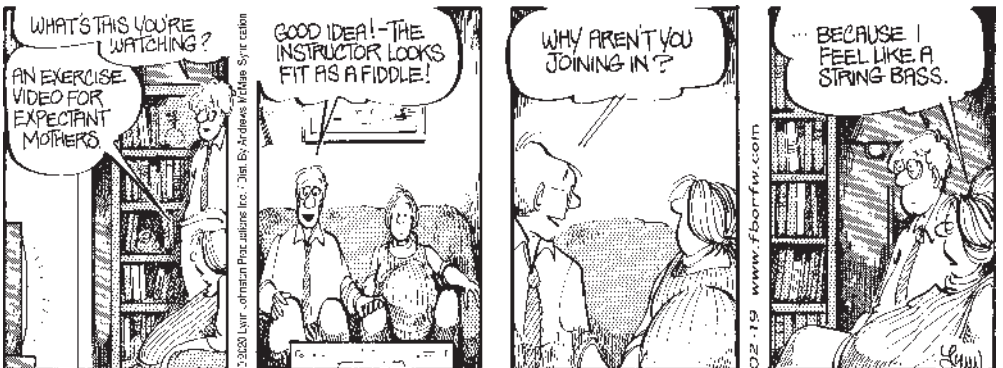
BIG NATE



THE BORN LOSER



FOR BETTER OR FOR WORSE



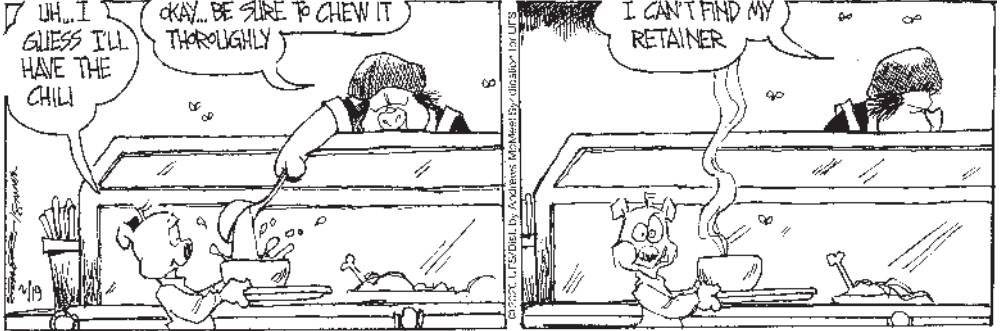
FRANK & ERNEST



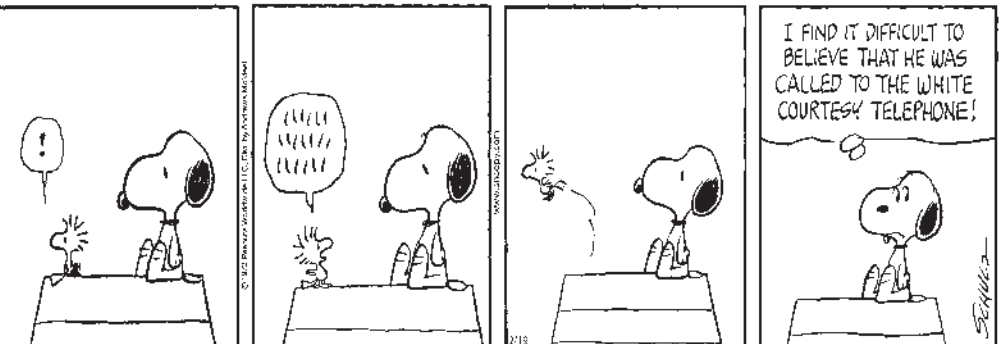
GARFIELD



THE GRIZZWELLS



PEANUTS



HERMAN



"She kept saying the dance floor was lumpy."

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" T N M Z U E E N D R N M J D T N M I H Y B S .
 R N M J D G H U X G B B Y I . T N M V M H D C U P Y
 D N X E N K K C N T N M U I Y . . . K C U D T N M
 H D U E R S N I . " — V Y E E G S Y I B N O Y F

TODAY'S CLUE: Z equals F

Previous Solution: "You know you're in love when you can't fall asleep because the reality is finally better than your dreams." — Dr. Seuss

Man hopes to move affair with his co-worker forward

DEAR ABBY: I have been communicating with this woman that I work with. She is currently seeing a guy she's been with for about four years. We have a clear connection and primal attraction, and have both discussed our feelings with each other. We communicate by texting. There is no communication through phone calls, for obvious reasons. Her man works for the same company but in a different building than we do. It's clear to me that he isn't good enough for her and doesn't know how to elevate himself to her level.

years and discusses an exit strategy with a co-worker. Open your eyes. She's not seriously interested in you. She's enjoying a flirtation on her own terms, period. What makes you think you are the only one she does this with?

DEAR ABBY: I have been overweight for half of my life. After many diets, exercises, weight loss and eventually gaining it all back, I'm planning to have gastric sleeve surgery within the next two months, or when my surgeon can place me on his schedule.

I will have to go through all of the required office visits with my doctor, but haven't yet made a final decision because I'm so nervous about it. I have not mentioned this to my adult children or my parents. My parents are elderly and probably would hate it and worry, so I don't want them to know. As for my children, they probably won't like it either.

The surgery will mean I'll lose 60 to 70 pounds. Should I say something or wait until it becomes obvious? I'm a private person, and I absolutely don't want any negative or snarky remarks from neighbors or my church family.

Am I being ridiculous, selfish or silly? If I don't tell, how will I explain how I lost the weight without spilling my secret? I may tell everyone later on, but not right now. -- GOT A SECRET IN THE SOUTH DEAR GOT A SECRET:



ABIGAIL VAN BUREN

Wanting to be your best and healthiest self isn't ridiculous, selfish or silly. If you need surgical intervention to conquer your weight issues and your doctors agree, there is no reason to be defensive about it. Attempting to hide a 70-pound weight loss would be like trying to smuggle down past a rooster.

As you pointed out, your weight loss will become obvious. When you are asked about it, all you need to say is that now that your weight problem is in the past, you prefer not discussing it, so please don't bring it up again. You may encounter fewer raised eyebrows if, once your doctors allow it, you start doing some walking so you can be seen by others adopting a healthier lifestyle. If you do, people may assume it's the reason you are thinner.