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**Colorado lakes, reservoirs stay free of invasive mussels.**

— Page 8

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Colorado Genuine  
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# Valley Courier

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LOCAL NEWS... LOCAL VIEWS

FEBRUARY 12, 2020

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**SLV Today**

**Presidents Day pancake supper**

**CENTER**—The Kiwanis Club of Center will be hosting its 64th annual Presidents Day Pancake Supper from 4:30-7 p.m. on Monday at the New Center School Cafeteria. The cost is \$7 for adults and \$4 for children, with those who are 6-under dining for free. Package sausage will be available for \$4 per pound.

**Valentines Day dance**

**ANTONITO**— Everyone is invited to the Antonito Seniors Valentines Dance will be from 1-4 p.m. on Friday. There will be a \$3 entrance fee and bring snack to share. Music by Bernal Maestas and Alex Lopez.

**NCSDBOD meets Tues.**

**CONEJOS**— A regular board meeting for the North Conejos School District Board of Education will be held at 6:30 p.m. on Tuesday at the District Administration Office in La Jara. Agendas are available at the District Administration Office, 17890 US Highway 285, La Jara, Colorado, or on our web site [www.northconejos.com](http://www.northconejos.com).

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**SLV WEATHER**



Partly Cloudy  
38/7

**Thur.:** Partly Cloudy 38/7  
**Fri.:** Mostly Sunny 44/12

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## ASU hires new VP for academic affairs

**President Lovell chooses Buchanan for the position**

ALAMOSA — Adams State University has hired Kent Buchanan, Ph.D., as its vice president for academic affairs, President Cheryl D. Lovell announced Monday.

Dr. Buchanan brings more than 25 years of experience in higher education. He served as provost and vice president for academic affairs at Oklahoma City University, where he spent the past 13 years. He held appointments as assistant provost, as well as chair of biology at Oklahoma City University. He was also a tenured professor of biology at two different universities, including Tulane University Health Sciences Center, where he worked from 1999 to 2006.



**Kent Buchanan**

“We are fortunate to have someone of Dr. Buchanan’s caliber to lead our academic affairs division,” said President Lovell. “He brings extensive experience in creating new academic programs in online platforms, academic program review, strategic planning, budget development, accreditation, and faculty development.”

“I am excited about joining the amazing faculty, staff and students at Adams State University,” Buchanan said. “I was so impressed by the student-centered culture at Adams State and the commitment of the faculty, staff and administration to ensure that every student can be successful. I look forward to working on initiatives to help Adams State continue to build on the reputation of serving diverse and historically underserved students.”

“I also look forward to being an Adams State Grizzly, and cheering for and working with the student-athletes and coaches to provide a rich academic environment for the outstanding teams

and individuals that compete for Adams State.”

Dr. Buchanan will join Adams State on March 1.

His former colleagues describe him as “a leader who carefully listens to all involved and takes the time to collect feedback to ensure decisions are thoughtful and well informed.” He is seen as a strong collaborator and advocate for faculty. He has had successes with adding new academic programs and has extensive work with increasing recruitment and retention of students as a faculty advisor and academic leader.

Dr. Buchanan worked with colleagues to create a new academic program with tribal leaders in Oklahoma creating the Native American Enterprise Management Certificate. He also served on the Council for Diversity and Inclusion.

■ See **SCHOLAR** page 3



Courtesy photo

A team representing the community of Alamosa was one of eight teams selected to participate in a “Building Better Places” seminar this week in Grand Junction. Representing Alamosa are, from left, Erich Schwiesow, Harry Reynolds, Kathy Woods, Rachel Baird, Dawn Melgares, Deacon Aspinwall, Heather Brooks, Delzia Worley and Ty Coleman.

## ‘Building Better Places’

**Nine from City invited to three-day training sessions**

By **KEITH R. CERNY**  
*Courier Publisher*  
**GRAND JUNCTION** — A team of nine representing the City of Alamosa was one of eight communities selected and is currently participating in a three-day training here for “Building Better Places.” The training helps communities plan for growth and development.

According to the “Community Builders” website, “The American West is one of the fastest growing and rapidly changing parts of the country. While a lot of financial and policy solutions exist to address these problems, most communities lack the civic culture needed to put those solutions to work.”

The two-and-a-half day session is intended to help community teams cultivate leadership abilities and an understanding of planning, policy, development tools, community engagement and strategies for implementation.

Each team works with a facilitator to develop action plans for how to achieve better development in their communities; “development that is fiscally responsible adds to community character and increases housing and mobility choice.”

Representing Alamosa at the session are Mayor Ty Coleman,

**“The American West is one of the fastest growing and rapidly changing parts of the country. ...”**

—According to Community Builders website

City Manager Heather Brooks, City Attorney Erich Schwiesow, Public Works Director Harry Reynolds and Economic Development Director Kathy Woods, as well as Land Use Administrator for Alamosa County Rachel Baird, ED for SLV Housing Coalition Dawn Melgares, City GIS Analyst Deacon Aspinwall, and Senior VP, At SLV Fed S&L Delzia Worley.

Other participating teams are from other Colorado communities, as well as Idaho and Wyoming, according to Woods.

Monday was spent examining market dynamics that shape each community and their potential impact.

Teams assess key challenges and opportunities facing their community, “considering where they are headed given current growth patterns versus where they want to be in the future,” according to the website.

On Tuesday, teams studied the

tools necessary for getting good projects built in the right places, “including land assembly, capital investment strategies, public private partnerships, and plans and policies.”

During today’s final day, “teams will work together and with the training team and their facilitator to develop local action plans, which will outline specific near-term goals and next steps to undertake when the team gets home.”

Teams that are selected for the annual training have the cost of their lodging, most meals and all participation expenses covered in what is declared to be a \$6,000 value, costing the city only 10% or \$600.

“As a non-profit organization, Community Builders fundraises to cover these costs, but asks that community teams contribute 10% of the team cost to ensure buy-in from participants,” the website states.



**Shoshana Cooper**

## RGNF brings Cooper on board

**MONTE VISTA** — Rio Grande National Forest Supervisor Dan Dallas announced today the arrival of Shoshana Cooper who will serve as the Acting Deputy Forest Supervisor. She is filling a four-month temporary assignment in Monte Vista behind Tom Malecek who retired in December 2019.

Cooper comes to the Rio Grande from the Idaho Panhandle National Forests where she has worked as the public affairs officer and Forest tribal liaison. Prior to these roles, she served as the executive assistant to the IPNF Forest Supervisor and Deputy Forest Supervisor. Cooper previously worked at the Curlew Job Corps Civilian Center in Washington State in a variety of roles. She co-coordinates an annual “lead from where you are” leadership program for the USDA Forest Service Northern Region.

“We are fortunate to have Shoshana take on this critical leadership role,” said Forest Supervisor Dan Dallas, who appointed Cooper. “The Forest will benefit from her diverse work background and experiences.”

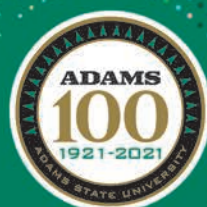
Cooper added: “I’m eager to join the community and learn about the rich history of the San Luis Valley. I look forward to learning and understanding the cultural connections to this landscape and working with tribes and community partners to learn from each other to improve forest conditions.”

“I am enjoying the parenting journey, raising two boys ages 15 and 17, learning life’s lessons, hunting, hiking, mountain biking and working with my horse,” said Cooper. “I have heard wonderful things about the Rio Grande National Forest and its natural resources. I am excited to meet the employees and build relationships with the people that live and work in this area.”

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# Valley News

## Stampede Committee supports Friends of Ski Hi Park

By HELEN SMITH  
Staff Writer

**MONTEVISTA**— Support is growing for the Friends of Ski Hi Park.

The San Luis Valley Ski Hi Stampede Committee has officially committed \$50,000 to the initiative dedicated to the renovation of Ski Hi Park. This significant donation has added to the growing funds for the project. Last week, the Board of Directors also presented a check to Friends of Ski Hi in the amount \$18,900 in funds originally given to the board by the Magnolia Society.

Karla Shriver of Friends of Ski noted that the Stampede Committee is among many local entities and individuals that have stepped forward to raise support for the initiative because they want to see the project happen for the greater good of the community.

Rio Grande Savings and Loan, Alamosa State Bank, San Luis Valley Bank and the Monte Vista Cooperative have also helped lead the way in raising matching funds so that the project will have a viable path to obtaining additional grant monies. The SLV Ski Hi Stampede Committee Board of Directors have expressed full support for the mission of Friends of Ski-Hi. Its members consider it to be vital to the future of not only one of the Valley's premier events, but the future Rio Grande County and the region, as well.



The SLV Ski-Hi Stampede Committee has officially pledged \$50,000 in support to the Friends of Ski-Hi the initiative. The committee also presented a check for \$18,900 to go towards the renovation of Ski Hi Park on behalf of the Magnolia Society last Tuesday.

Photos by Helen Smith and Karla Shriver

## Gardner's hard work recognized by peers

WASHINGTON, D.C.

U.S. Senator Cory Gardner (R-CO) announced he secured \$28 million of funding for the Arkansas Valley Conduit (AVC) project last week, which will be provided by the Department of the Interior Bureau of Reclamation's Fiscal Year 2020 work plan.

What they are saying about Senator Gardner's successful efforts to secure funding for the Arkansas Valley Conduit:

"The AVC is a critical piece of infrastructure that will deliver clean and reliable water to rural communities of southeastern Colorado so they can thrive and grow," said Bureau of Reclamation Commissioner Brenda Burman, "I am pleased that through hard work and collaboration at the local, state, and federal level, Reclamation and our partners are positioned to move quickly toward construction so that we can deliver water to the communities of the Arkansas Valley."

"Access to clean and reliable water is critical to Coloradan families, and for years, the Colorado delegation has worked to secure funding for this important project," said Congressman Ken Buck (R-CO).

"We are very grateful and thankful for the work of Senator Gardner and our delegation in securing this funding. This amount of money is a real milestone in the history of the project. I think this is a wonderful example of bipartisan support and partnership of federal, state and local officials that is needed to secure a safe drinking water supply, not only for the people of southeastern Colorado, but for every rural American," said Bill Long, president of the Southeastern Colorado Water Conservancy District.

"It's emotional from a standpoint that the (Arkansas River) Valley has been waiting for years and as everybody that lives in the country, I think they deserve the right to have



Photo courtesy of Annalyse Keller

of fighting for clean drinking water in the Lower Arkansas Valley, we have secured \$28 million in funding to start construction on the Arkansas Valley Conduit. Thank you to Interior Secretary Bernhardt and the Bureau of Reclamation for working with us to secure funding for this important project," said Congressman Ken Buck (R-CO).

"We should be proud of our congressional delegation. It was a bipartisan effort over decades. My hat is off to the entire delegation for getting this done," said

high-quality water. This starts that," said James Broderick, executive director of the Southeastern Colorado Water Conservancy District.

"A project like this — any water project — takes a long time to get going. This one shouldn't have taken this long, but now it seems like we're going to be able to get moving," said Chris Woodka, senior policy and issues manager for the Southeastern Colorado Water Conservancy District. "We owe thanks to our entire congressional delegation. They have all worked hard on the project. Gardner really worked hard on it. He has been committed since he was a staffer."

"We've been waiting for this for years and years and we are going to see some movement," said Kevin Karney, chairman of the Southeastern Colorado Water Conservancy District's Arkansas Valley Conduit Committee.

"We should be proud of our congressional delegation. It was a bipartisan effort over decades. My hat is off to the entire delegation for getting this done," said

Greg Felt, chairman of the Chaffee County Board of Commissioners and member of the Southeastern Colorado Water Conservancy District, who was recently appointed to the Colorado Water Conservation Board.

"Despite being authorized by President Kennedy nearly 60 years ago, southern Colorado's water needs have been put on the back burner year after year by the federal government," said Colorado State Senator Larry Crowder, whose district covers the majority of area affected by the project. "Thanks to Senator Gardner's leadership, we will finally see those promises begin to be fulfilled. This is a big deal for dozens of communities in my district and I'm excited to see the Arkansas Valley Conduit finally move forward."

"Water is of extreme importance to Colorado's industries, especially agriculture. I'm very grateful that Senator Gardner stepped up and delivered," said Colorado State Senator Jerry Sonnenberg. "Water affects everything we do and the Arkansas Valley Conduit will help expand

access to clean water across Southern Colorado. That's a huge win for all of Colorado."

## Scholar

Continued from Page 1

As a scholar and faculty member, he has an impressive research portfolio as a microbiologist. He had numerous grants from federal agencies, including the National Institutes of Health and the National Aeronautics and Space Administration (NASA), as well as from private foun-

datations.

He has more than 30 publications and has been an invited speaker on microbiology and immunology at national conferences. He has been a reviewer for several peer-reviewed academic journals as well as a member of the Oklahoma Academy of Sciences, the International Society for Human and Animal Mycoses and the Medical Mycology Society of the Americas.

President Lovell thanked Margaret Doell for serving as interim vice president for academic affairs during the search process. "She has provided invaluable leadership and has demonstrated a very strong commitment to Adams State University," said President Lovell. "Margaret will continue to serve as our associate vice president of academic affairs." Doell also will take on campus-wide initiatives

as special projects director for Adams State.

Dr. Buchanan will move to Alamosa with his wife, Lauri. Their son, Bachelor, is working on a bachelor's degree in game design and animation at Oklahoma City University.

Report courtesy of news release from Chris Lopez: 719-587-7846; chrislopez@adams.edu; www.adams.edu/

## SKI-HI 6 SHOWTIMES

719-589-4471

Tues - Thurs: 5:30, 8:15  
Birds of Prey  
Mind over mayhem - Margot Robbie R

Tues - Thurs: 5:25, 8:10  
Bad Boys  
Will Smith, Martin Lawrence R

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

Tues - Thurs: 5:30, 8:15  
Rhythm & Section  
Blake Lively, Judd Law R

Tues - Thurs: 5:30, 8:10  
Dolittle  
Robert Downey Jr., Antonio Banderas PG

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

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# Opinion

## God bless America ...

**HOLLYWOOD** — Joe Biden got angry with a crowd in New Hampshire Friday after Iowa caucus results showed that Joe finished behind Bernie Sanders, Mayor Pete and Liz Warren. Biden finished fourth behind a communist, a gay man and a fake Indian. You'd be angry too if you'd just lost to the Village People.

The Masked Singer opened its third season on Fox after the Super Bowl on Sunday and drew big ratings. Singers perform in disguise before a celebrity panel and incite a national guessing game as to their identity. I don't know the identity of this week's Masked Singer but I'm guessing he's Chinese.



**Argus Hamilton**

Steve Martin stopped by the Comedy Store on Saturday to try out his Oscar jokes in the club's Original Room before a crowd thrilled to see Steve up there. The kids went wild with joy and so did I. For the first night in over 20 years, I wasn't the oldest guy performing at the Comedy Store.

The New Hampshire Primary gave Democrats a chance to vote directly. All week, Biden attacked Mayor Pete who attacked Bernie who attacked Liz who attacked herself for having white privilege.

I could help Liz out by pointing out that 1600 years ago, the Saxons were technically a tribe.

The Iowa Caucus winner was finally able to be announced five days after everyone had left for New Hampshire. The results are still a bit mysterious. My guess is, someone accidentally replaced the voting app with the one for Netflix series and the winner of the Iowa caucus was Queen Elizabeth.

New York con man Bernie Madoff seeks release from prison due to terminal disease.

In his scheme, he took money from new investors to pay off old investors, while investing none of the principle and skimming off the middle. Bernie's job in prison is Director of the Social Security Administration.

The London Sun says Murder She Wrote, the popular detective series that ran for 12 years in prime time on network television, is going to be brought back with a new cast. It's about how murder after murder follows a 70-year-old woman wherever she goes. It will star Hillary Clinton.

A Christian vowed to sue the NFL, saying the Super Bowl halftime show was too sexy.

Shakira is so hot she'd make a Bishop kick out a stained-glass window. And as for J-Lo's number, pole dancing is a nightly competition in every strip club in America to determine who had the worst father.

The Academy Awards In Memoriam segment required hasty last-minute updating after Robert Conrad, Kirk Douglas and Orson Bean all died in three days before the telecast Sunday. It's not like these guys were Charlie Sheen. The Academy has had his obituary picture ready to air since 1996.

Orson Bean was struck and killed by two cars while crossing Venice Boulevard in L.A. Friday night.

Many locals blame L.A.'s new environmentally-friendly street lights which are far too dim for pedestrian safety. In California, jaywalking is the only death penalty offense that gets carried out.

Harvey Weinstein's sexual assault trial in New York ground into witness testimony and brutal cross examinations before going to jury Friday. The Hollywood mogul was confronted by six women who testified that he sexually assaulted them. Even his sex robot reported him to Radio Shack.

President Trump effusively praised Mike Pence at Thursday's televised White House rally of supporters. Pence is a devout Evangelical and Trump is a devout Trump. Today Trump told Pence that last night's crowd gave him a Standing-O, and Pence told Trump that's a sin and he must repent.

The Arizona Republic reported a couple in Arizona ordered two trash bins from Amazon and when the bins were delivered to them, one bin was packed with 56 pounds of marijuana. It was an honest mistake. It turns out they had no idea they'd accidentally enrolled in Amazon Primo.

*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.*



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## My, what a beautiful colon you have

When Dr. Sam said to me, "You've got the colon of a man half your age," it was hard to keep from beaming. This must be how a mother feels when a complete stranger tells her how beautiful her new baby is.

Well, maybe not so much.

Still, it was hard not to feel proud of my big, fat, beautiful colon. It was like winning the Oscar for Best Digestive Organ. "I'd like to thank everyone who made this possible -- Mom and Dad for their genes, and especially all the little people, the antioxidants ..."

"Yes, that is one pretty colon — don't you think so, class?" I heard murmurs of approval, some polite applause. I am not beaming anymore. Not beaming at all. Here I am, exposed as a person can possibly be, and there's an audience? What was going on?

I was lying on my left side, looking at a wall of tongue depressors, blood pressure cuffs, those flashlights they stick in your ears, boxes of rubber gloves and a gallon-sized plastic container for used needles. Sorry, I mean "sharps."

I said, "I didn't know this was a teaching hospital."

"It's not," said Dr. Sam. "It's my son's

fourth grade class from St. Celia's. Say hello to Mr. Mullen, kids."

"Hello, Mr. Mullen," they said in unison. "You're their Show and Tell this week," he said as he snapped off his rubber gloves.

"Excuse me, but isn't there a privacy issue here?" I asked Dr. Sam. His real name is much longer, but he goes by Dr. Sam. He told me once that his full name means "Smith" in Urdu.

"Certainly there is a privacy issue. It would be very inappropriate for you to know the names of the children. We have to respect their privacy at all costs."

"I was really thinking about my privacy."

"But you signed the blue form. You should really read things before you go around signing them. You didn't sign the green one, did you? Because that means you've volunteered to donate a kidney to Keith Richards."

"Tell me you're joking."

Of course, I'm joking. Everyone knows he'll need a new liver before he needs a new kidney. And stop worrying about the kids. They were watching a separate video of a colonoscopy; I just told them it was yours. It gets their attention. Trust me, once you've seen one colon, you've seen them all. It's not like they saw you naked or anything.

"I didn't want to scare them, I just don't want these kids to go through life thinking that there's something embarrassing about getting a colonoscopy. I don't want

them to wait 17 years between checkups, the way you did. People have got to learn that a physical exam is as natural as breastfeeding a baby on a bus."

"What bus have you been riding?" "Don't be silly, I drive a Jaguar. It was just a figure of speech. You can put your clothes back on now."

Why bother? I thought. He's seen places on me that I haven't. Maybe more people would get physicals if the doctors had to take off their clothes every time they asked you to take off yours. My nudity comfort level is very low. I don't even wear shorts in the summer.

Why do men wait so long before going to the doctor? Probably because when they do go, they spend half their time saying, "You want to do what to my what?!" and "You don't reuse these cups, do you?"

But when you think about it, the doctors are going to examine you once you get sick, and it's going to be just as embarrassing then as it is when you're healthy. So you may as well suck up your pride and go.

Or you could get one of those do-it-yourself-at-home screening tests for those ultra-personal exams. I got one, and it came with a disposable spork and a cotton swab. Wait five minutes and if it turns green, you go back to work on Monday. If it turns red, you start maxing out your MasterCard.

At least Dr. Sam gives you more choices.

Contact Jim Mullen at [mullen.jim@gmail.com](mailto:mullen.jim@gmail.com).



**THE VILLAGE IDIOT**  
**Jim Mullen**

## Let Italians, Columbus Day be

Letter to the Editor: For a third time in as many years, we are faced with a bill HB20-1031, in the state legislature, to eliminate Columbus Day in Colorado with a replacement day.

Once again this is a slap in the face to all those of Italian descent.

A little history on how this movement occurs maybe in order. Howard Zinn wrote "A People's History of the United States". A self described "anarchist," Zinn's highly selective quotations from Columbus's log are designed to give the impression that Columbus had no concern for the Indians' spiritual or physical well-being — that the explorer was motivated only by a "frenzy for money."

His writings give the impression that America is, and always has been, an evil exploitive country. "The American

Scholar" by Oscar Handlin gave a blistering review of this book as non-factual of history, as well as many other academia sources.

This book has sold several million copies and has been the textbook of choice for both high school and college level teachings.

The only problem is that the facts have been distorted by a liberal college professor author who interprets this in a way in which in reality does not depict the truth in which educators bought into. Only a warped view of someone who cares little for his country through his own perception.

If indeed Mr. Zinn's hatred of America and little or no respect for humanity resulted in the tone of this book which again the schools taught, it is no wonder

## NAACP founded 111 years ago

**TODAY'S HISTORY:** In 1554, Lady Jane Grey, who reigned over England for nine days in 1553, was beheaded for treason.

In 1909, the National Association for the Advancement of Colored People (NAACP) was founded in New York City.

In 1999, the U.S. Senate voted to acquit President Bill Clinton on charges of perjury and obstruction of justice, bringing his impeachment trial to a close.

In 2008, General Motors offered buyouts to its more than 70,000 union workers after posting a \$39 billion loss in 2007.

**TODAY'S BIRTHDAYS:** Charles Darwin (1809-1882), scientist; Abraham Lincoln (1809-1865), 16th U.S. president; Omar Bradley (1893-1981), U.S. Army general; Lorne Greene (1915-1987), actor; Franco Zeffirelli (1923-

2019), director; Bill Russell (1934- ), basketball player; Judy Blume (1938- ), author; Arsenio Hall (1956- ), actor/comedian; Josh Brolin (1968- ), actor; Darren Aronofsky (1969- ), filmmaker; Christina Ricci (1980- ), actress; Brad Keselowski (1984- ), race car driver.

**TODAY'S FACT:** Charles Darwin replaced Charles Dickens on Britain's 10-pound note in 2000, reportedly in part because Darwin's beard would make forgery more difficult.

**TODAY'S SPORTS:** In 1878, Harvard baseball player Frederick Thayer received a patent for the catcher's mask.

**TODAY'S QUOTE:** "Where there are people, there is pride and ambition, prejudice and conflict. In generals, as in all other men, capabilities cannot always obscure weaknesses, nor can talents hide faults." — Omar Bradley, "A Soldier's Story"

**Keith R Cerny**  
Publisher

**Daniel McKillop**  
Managing Editor

(ISSN 1047-1170)

The Valley Courier and Conejos County Courier are published daily. Paid at 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.valleycourier.com>. Postmaster send change of address to P.O. Box 1099.

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# Lifestyle

## Future of youth will shape our communities, state

Letter to the Editor: It is essential that we invest in young people and ensure they have the resources needed to succeed.

Colorado Boys & Girls Clubs play a vital role in the state in providing safe, affordable and enriching after-school programs.

There are 17 clubs in the state, including one in the San Luis Valley (Alamosa) and one in Pueblo. The CEOs and directors from around the state came to the Capitol to have an informative lunch session with Representatives and Senators.

They touched on a number of issues that are impacting our youth all over the state, namely, mental health, the opioid crisis, behavioral development, homelessness, nutrition and vaping.

There were overlapping issues between Boys and Girls Club locations, but the CEOs were particularly concerned about the increasing rates of suicide, negative health effects of

vaping and impact of the opioid crisis. The focus for all of us has to be finding ways to increase access to mental health care services and resources for young people struggling with depression or anxiety, particularly for those who have been directly impacted by the opioid crisis.

To address vaping, the CEOs were hopeful that creating educational resources to inform our youth and the population as a whole about the harmful health effects could be a first step in ameliorating that crisis. It is time that we, as communities, support these organizations and seek opportunities for collaboration. These are deeply rooted issues that will take comprehensive solutions.

An over-arching sentiment that was repeatedly brought up was: "It takes a village." It will take all of us to create a safe, healthy, enriching environment for every single young person



Courtesy photo  
**Rep. Donald Valdez (left) and Aaron Miltenberger, CEO of Boys & Girls Clubs of San Luis Valley, shake on it.**

in this great state of Colorado. I fully support the Boys and Girls Clubs and am grateful to every individual working to support our youth.

*Sincerely,*  
*Rep. Donald Valdez*

## Senior Center welcomes 22 new members aboard

By LYNETTE COTTON  
*Column*

The new decade started off with a bang as the Alamosa Senior Citizens Center has welcomed 22 new members in just the first five weeks. You are the lifeblood that keeps us going and we're so thankful for each and every one of you!

The blowing wind leads us to believe that spring is just around the corner, but the temperature drops and the snow flies to remind us that winter is still here.

And we are so thankful for the great crew from the City of Alamosa that stopped by this morning to plow the parking lots and shovel snow off of the sidewalks. We certainly do appreciate you taking care of our seniors. If we do have snow, please note the Center will open at 8:30 a.m. allowing us time to sweep the sidewalks and plow the parking lot. Your safety is always our first priority.

If you haven't had a chance to stop by the second-floor atrium at the SLV Regional Medical Center, you'll be sure and want to do so. Eighteen senior artists submitted art pieces for our first ever Senior Art show entitled "Senior Art from the HeArt." It is absolutely incredible! There are so many talented "Senior" artists in our community and we are honored that they are willing to share their gifts with us. Most of the artwork is for sale and some sales will benefit the Alamosa senior citizens. The show runs through April.

Space is rapidly filling for our October Hawaii trip, so give us a call if you are interested in signing up. Members of the Alamosa Senior Citizens Center, along with Fal-

con Tours, are planning a once in a lifetime nine day trip to Hawaii October 27 through November 4, 2020. We'll journey to the islands of Maui, Kauai, and Oahu. Dave Hagan, owner of Falcon Tours, will be at the Alamosa Senior Center to conduct an informative presentation on Thursday, March 12th at 11 a.m. Dave has been to the islands over 100 times and should be able to answer most of your questions. He will also be taking deposits for those who wish to reserve a spot for this fun and exciting trip.

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

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

- ▶ Billiards play.
- ▶ Coffee social hour at 8:30 a.m.
- ▶ Puzzle construction.
- ▶ M, W, F Strong Bones at 9:30 a.m.
- ▶ Dime Bingo, Monday-Thursday from 1 p.m.-3 pm. Free to members. \$2 fee for non-members.
- ▶ Bridge play takes place on the 1st and 3rd Tuesday of the month at 1 p.m.
- ▶ Tai Chi with Lyn Johnson at 8:30 a.m. on Wednesday mornings.

▶ Free 5 point ear acupuncture conducted by Rick Wertz each Tuesday at 9:30 a.m. for veterans and seniors 50 and over.

▶ Sewing Group, including knitting, crocheting, quilting, meets each Wednesday at 10:30 a.m. and the Mah Jongg group at 1p.m.

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

▶ Dominoes-Fridays at 12:30 p.m.

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

▶ If you are not yet a member, please consider joining us. Seniors age 50 and over are eligible for membership. Regular annual membership is \$30 per person or for an ambassador membership \$100 per person.

Members receive a monthly newsletter with a calendar of events, timely information, challenging activities and a lunch menu.

We are located at 92 Colorado Ave. in Alamosa, adjacent to Cole Park. Hours of operation are: M-Th 8 a.m.-3 p.m. and Fridays 8 a.m.-2 p.m.

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

For more information, call 719-589-3277.

*Cotton is the director of the Alamosa Senior Citizens Center*

## Tuberculosis not limited to lungs

According to the Centers for Disease Control and Prevention, the bacteria that causes tuberculosis, or TB, does not always limit its attacks to the lungs.

While the World Health Organization notes that TB most often affects the lungs, the TB bacteria can actually attack any part of the body, including the kidneys, spine and brain. That's just one of many facts about TB that may

come as a surprise to people outside the medical community.

Another eyebrow-raising fact about TB is that, according to the WHO, about 25% of the world's population has latent TB.

That means one-quarter of the global population has been infected by TB bacteria but is not yet ill with the disease and is incapable of transmitting it.

While that may seem

worrisome, it's important to note that the WHO also points out that people infected with TB bacteria have between a 5 and 15% lifetime risk of falling ill with TB.

Those with already compromised immune systems, including people living with HIV, tobacco users and people with diabetes, have a higher risk of falling ill with TB upon being infected with the TB bacteria. TF203791

## UPCOMING GRIZZLY ATHLETIC EVENTS

Wednesday, February 12th  
Swimming vs RMAC Championships  
Grand Junction, CO

Thursday, February 13th  
Swimming vs RMAC Championships  
Grand Junction, CO  
Track vs Don Kirby Elite Invitational  
Albuquerque, NM  
Wrestling vs Colorado Mesa University  
Alamosa, CO • 6:00 p.m.

Friday, February 14th  
Swimming vs RMAC Championships  
Grand Junction, CO  
Track vs Don Kirby Elite Invitational  
Albuquerque, NM  
Track vs Husky Classic  
Seattle, WA  
Baseball vs University of the Southwest  
Alamosa, CO • Noon & 3:00 p.m.  
Women's Basketball at Dixie State University  
St. George, UT • 5:30 p.m.  
Men's Basketball at Dixie State University  
St. George, UT • 7:30 p.m.

Saturday, February 15th  
Swimming vs RMAC Championships  
Grand Junction, CO



Valley-Wide Welcomes  
**Laura Martin, FNP-C**  
to our  
Edward M. Kennedy Health Center  
925 2nd Ave, Monte Vista

Laura Martin was born and raised in the San Luis Valley. Growing up here and her 30 years of healthcare experience elsewhere led her to make the decision to return to the San Luis Valley, where she felt the need for providers is greatest. She has experience in Emergency Medicine, teaching and home healthcare. In her free time, Laura enjoys spending time with family, reading, camping, fly fishing and horseback riding.

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# Sports

## CHSAA publishes rankings for new week

By **STEPHEN JIRON**  
*Courier Sports Editor*

Another week of prep basketball is in the books and positions are beginning to solidify in the minds of the coaches polled. Below are how teams from the San Luis Valley were ranked in Monday's coaches polls. For the complete listing be sure to visit CHSAANow.com.

**3A**  
**4. Centauri - 73**



The Falcons girls squad are right on track. Centauri (14-2, 5-2 IML) sits at the number two spot in the Intermountain League (IML) right now and trail their main competition Pagosa Springs (14-2, 8-0 IML) by a few league games.

In the Colorado High School Activities Association (CHSAA) Coaches Poll rankings, the Falcons hold the No. 4 spot and 1 coach even saw fit to ranked them No. 1 overall. Centauri and The Vanguard were the only two teams to take first-place votes from St. Mary's this week. St. Mary's has been unanimously ranked No. 1 by all coaches for 6 of 8 weeks thus far.

The Falcons aren't far behind Pagosa, tying their overall record in the standings and leading for a good portion of the game during their second meeting. Unfortunately, Centauri would not be able to hold on to the lead and Pagosa would go on to win. That loss allowed the Pirates to sweep the season series with the Falcons.

Barring some late-season upsets, it's looking like the Pirates will take the No. 1 seed in the

district tournament. Meaning Centauri will be looking to snag the No. 2 seed. The Falcons will attempt to complete their series sweep of Montezuma-Cortez on Friday then will be the rematch with Alamosa on Saturday. The Falcons would be wise not to overlook Alamosa (13-3, 5-2 IML).

Even if Alamosa didn't sit at No. 9 in the state and boast a good record, you could almost throw the records out when Alamosa and Centauri face one another no matter the arena.

The last time Alamosa and Centauri met it was a 44-40 game that wasn't decided until the final minutes. And for the rematch in La Jara this weekend both teams are likely to stage an equally competitive tilt.

**9. Alamosa - 35**



The Mean Moose (13-3, 5-2 IML) have taken a little tumble in the rankings falling from No. 7 last week to the No. 9 team in the rankings this week. The Mean Moose likely owe the fall to a slow week competition-wise facing two IML teams that combine for an overall record of 8-23. Those two games also come on the heels of Centauri (14-2, 5-2 IML) handing them their third loss of the season on Jan. 31.

Alamosa will end their regular season on a road trip, neither contest looking particularly appetizing. On Friday, Alamosa will be in Pagosa Springs to take on the third-ranked Pirates.

Then the Moose will return to the valley for a game against the fourth-ranked Centauri Falcons.

A win by the Moose in the Alamosa-Centauri rematch could serve to muddy the waters with regard to seeding the district tournament.

While seeding is important both Alamosa and Centauri's goal is likely to take the District title as that is the best way to guarantee that a quadrant of the state tournament is played on familiar grounds.

**2A**  
**4. Del Norte- 80**



The Tigers (13-2, 3-0 SPL) continue to work their way through a six-game road trip.

It has been a productive week that saw Del Norte best league foes Custer County, Sanford and Center. Monday's rankings put Del Norte at the No. 4 spot in the rankings with 80 points.

The Tigers can expect a small fall in next week's rankings as Tuesday night Del Norte was upset by unranked Ignacio 61-56. Despite the loss, Del Norte will continue to hold on the tie for the top spot in the 2A Southern Peaks League (SPL) since the Bobcats reside in another district.

This weekend the Tigers will be given an opportunity to take first place in the SPL outright when they face Sargent. The Farmers (8-6, 3-0 SPL) are the only other team in the SPL that is undefeated in district.

Del Norte will face Sargent Friday evening with tipoff scheduled for 4:15 p.m.

**9. Sanford - 26**



A home meeting with Del Norte this past weekend was detrimental to Sanford. Host Sanford fell behind in the first half and couldn't make up enough ground in the second half to complete the comeback relenting a 48-45 game to Del Norte.

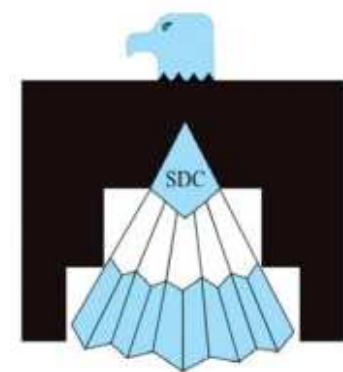
With a big district loss on the books, Sanford (10-5, 2-1 SPL) dropped slightly in Monday's rankings going from the seventh spot to the No. 9 team.

Sanford has already begun their climb back with a 40-24 Tuesday night victory over the No. 5 team in 1A Basketball, Sangre de Cristo.

Sanford will close their regular season with three straight league games. Sanford will host Center and Sargent on consecutive Fridays. If history is a guide Sanford holds the advantage in both games - in late January Sanford downed both the Vikings and Farmers by scores of 41-28 and 36-18, respectively.

Then Sanford will be on the road for their final league game of the year taking on Del Norte on Feb. 22.

**1A**  
**5. Sangre de Cristo - 95**



The Thunderbirds (11-3, 6-0 SPL) saw their second winning streak of the year fall on Tuesday. Sanford handed Sangre de Cristo a 40-24 loss on Tuesday night.

Following a little slipping in the rankings after their first two losses of the season Sangre de Cristo has been standing steady at the No. 5 spot this week collecting 95 points. The Thunderbirds even collected one first-place vote in Monday's rankings.

Sangre de Cristo hasn't moved from last week's rankings and will look to keep on bettering their position. Though the loss might bruise the ego a little Sangre can take heart in the fact they are still undefeated in the 1A class and their district.

At 6-0 in the 1A Southern Peaks League, the T-Birds are the favorite to earn top seeding in the district tournament. Sangre de Cristo has a busy week with Thursday through Saturday allotted for league games, all three opponents combining for a 7-29 record.

Sangre de Cristo's final league challenge is slated for next week when they meet Moffat-Mountain Valley (10-3, 6-1 SPL). Moffat is ranked second in the district the lone league loss coming to Cotopaxi in a 44-26 game. Sangre de Cristo faces Moffat on Feb. 20.

## Grizzlies swimming to Conference Championships

By **SOPHEEA VOMUND**  
*ASU Sports Information*



**GRAND JUNCTION** — The Adams State Men's and Women's Swim Teams will travel up to Grand Junction, Colorado to compete in the 2020 Swimming & Diving RMAC Championships at Colorado Mesa University's El Pomar Natatorium.

The Championships will begin February 12th and stretch over Valentine's Day and into Saturday. Swimming events and diving will be split between the days, parts of each day being devoted to preliminary timings and then the other part of the day devoted to finals.

The event schedule for the Championships is as follows:

Wednesday, February 12th: 1000 Yard Freestyle, 200 Yard Individual Medley, 50 Yard Freestyle, 200 Yard Medley Relay, and Women's 3-Meter Diving.

Thursday, February 13th: 400 Yard Individual Medley, 100 Yard Butterfly, 200 Yard Freestyle, 200 Yard Freestyle Relay, 400 Yard Medley Relay, and Men's 1-Meter Diving.

Friday, February 14th: 500 Yard Freestyle, 100 Yard Backstroke, 100 Yard Breaststroke, 200 Yard Butterfly, 800 Yard Freestyle Relay, and Women's 1-Meter Diving.

Saturday, February 15th: 1650 Yard Freestyle, 100 Yard Freestyle, 200 Yard Backstroke, 200 Yard Breaststroke, 400 Yard Freestyle Relay, and Men's 3-Meter Diving.

Swimming for the Men's RMAC title will be Colorado Mesa, Oklahoma Baptist, Oklahoma Christian, Colorado School of Mines, and Adams State.

Swimming for the RMAC Women's title will be Colorado Mesa, Dixie State, Oklahoma Baptist, Colorado School of

Mines, Western Colorado, Oklahoma Christian, Adams State, CSU-Pueblo, and Nebraska Kearney.

In the past, the Women's Swim Team has had a plethora of swimmers reach the finals in individual events, but relay teams have struggled at times. Individually, Claudia Garcia and Megan Dudden, two veteran members of the Women's team, have placed relatively high in the past at the conference meet and will look to repeat that success this weekend. The Men's team will be making their first appearance since 2016 at this year's RMAC Championships with their team being reinstated this past Fall.

The Grizzlies hope to compete and make quite the splash at the RMAC Championships this weekend, as they prepare to face off against some of the best swimmers in the conference.

### Results

- Adams State Baseball**  
**Feb. 7** Arizona Christian 12, ASU 1  
**Feb. 8** ASU 8, Midland 7 - 10 Inn.
- Adams State Basketball**  
**Feb. 7** Regis 72, ASU 46 (W)  
Regis 99, ASU 75 (M)  
**Feb. 8** Colorado Christian 52, ASU 44 (W)  
Colorado Christian 86, ASU 73 (M)
- Prep Basketball**  
**Feb. 7** Cotopaxi 65, Sierra Grande 41 (G)  
Cotopaxi 51, Sierra Grande 50 (B)  
Moffat-Mt.Valley 65, Manzanola 41 (G)  
Manzanola 66, Moffat-Mt.Valley 40 (B)  
La Veta 51, Creede 22 (G)  
Antonito 52, Lake City 11 (G)  
Del Norte 61, Gunnison 24 (G)  
Gunnison 71, Del Norte 35 (B)  
Pagosa Springs 57, Centauri 50 (G)  
Centauri 53, Pagosa Springs 36 (B)  
Alamosa 68, Monte Vista 18 (G)  
Alamosa 60, Monte Vista 45 (B)  
Sangre de Cristo 64, Centennial 31 (G)  
Sangre de Cristo 79, Centennial 34 (B)  
**Feb. 8** Raton 57, Sangre de Cristo 46  
Primero 64, Antonito 60 (B)  
Centauri 61, Bayfield 35 (G)  
Centauri 58, Bayfield 46 (B)  
Crested Butte 47, Sanford 38 (B)  
Sargent 58, Sierra Grande 25 (G)  
Del Norte 65, Center 33 (G)  
Center 53, Del Norte 50 (B)  
Moffat-Mt.-Valley 65, Centennial 51 (G)  
Centennial 44, Moffat-Mt.-Valley 35 (B)  
Alamosa 59, Montezuma-Cortez 42 (B)  
Pagosa Springs 69, Monte Vista 26 (G)  
Pagosa Springs 53, Monte Vista 38 (B)  
**Feb. 10** Sanford 40, Sangre de Cristo 24  
Ignacio 61, Del Norte 56  
Ignacio 61, Del Norte 56
- Adams State Wrestling**  
**Feb. 7** Colorado School of Mines 23, 18
- Prep Wrestling**  
**Feb. 7** Alamosa 76, Monte Vista 3

### Sports Bulletin

- Feb. 8** Pagosa Springs 47, Centauri 26
- Charger Invite**  
11. Sargent-19, 14. Center- 9,  
16. Mountain Valley -6
- Upcoming Events**
- Adams State Baseball**  
**Feb. 14** 12/ 3 p.m. Univ. of the Southwest at ASU (DH)  
**Feb. 15** 12/ 3 p.m. Univ. of the Southwest at ASU (DH)
- Adams State Basketball**  
**Feb. 14** 5:30/7:30 p.m. ASU at Dixie State (W/M)  
**Feb. 15** 5:30/7:30 p.m. ASU at Westminster (W/M)
- Prep Basketball**  
**Feb. 10** 4:30 p.m. Lake City at Sierra Grande (G)  
**Feb. 11** 3 p.m. Del Norte at Ignacio (G/B)  
5 p.m. Sangre de Cristo at Sanford (G/B)  
**Feb. 13** 5 p.m. Lake City at Creede (G/B)  
5 p.m. Sangre de Cristo at Sierra Grande (G/B)  
**Feb. 14** 3 p.m. Center at Sanford (G/B)  
3 p.m. Antonito at Cotopaxi (G/B)  
4 p.m. Creede at Moffat-Mt.-Valley (G/B)  
5 p.m. Del Norte at Sargent (G/B)  
5 p.m. Sierra Grande at Centennial (G/B)  
5:30/ 7 p.m. Monte Vista at Bayfield (G/B)  
5:30/ 7 p.m. Centauri at Montezuma-Cortez (G/B)  
4/ 7 p.m. Alamosa at Pagosa Springs (G/B)  
6 p.m. Sangre de Cristo at Manzanola (G/B)  
**Feb. 15** 1 p.m. Manzanola at Creede (G/B)  
2 p.m. Moffat-Mt.-Valley at La Veta (G/B)  
2 p.m. Sanford at South Park (G/B)  
2 p.m. Crested Butte at Center (G/B)  
3 p.m. Monte Vista at Montezuma-Cortez (B)  
3 p.m. Centennial at Antonito (G)  
5 p.m. Sargent at Swink (G/B)  
5:30/ 7 p.m. Lake City at Sangre de Cristo (G/B)  
5:30/ 7 p.m. Alamosa at Centauri (G/B)
- Adams State Lacrosse**  
**Feb. 21**

- Feb. 23** 6 p.m. ASU at Colorado Mesa (M)  
12 p.m. ASU at Westminster (M)

- Adams State Softball**  
**Feb. 15** 12/ 2 p.m. ASU vs Okla. Panhandle State (DH)  
**Feb. 16** 11 a.m./ 1 p.m. ASU vs Okla. Panhandle State (DH)
- Adams State Swimming**  
**Feb. 12** RMAC Championships  
ASU at Mesa State (W/M)
- Prep Swimming (G)**  
**Feb. 14** State Championships  
Sargent at Thornton
- Adams State Wrestling**  
**Feb. 13** 6 p.m. Colorado Mesa at ASU  
**Feb. 16** Rocky Mountain Open  
10 a.m. ASU at Colorado School of Mines
- Prep Wrestling**  
**Feb. 14** CHSAA 3A, Region 1  
Alamosa at Montrose Event Center  
CHSAA 2A, Region 2  
Centauri, Center, Del Norte, Monte Vista, Sanford,  
Sargent at Sierra Grande HS

*Schedules subject to change*

### Volleyball registration extended

**ALAMOSA** — The team registration deadline for the Alamosa Parks & Recreation adult volleyball league has been extended to Sunday, Feb 9th. You can register online at [www.AlamosaRec.org](http://www.AlamosaRec.org), or drop by the AFRC located at 2222 Old Sanford Rd. For more information, contact the AFRC at (719) 589-2105.

### SLV Special Olympics Showcase

**ALAMOSA** — Come show your support for the SLV Dust Devils by bringing your friends and teammates for an unforgettable and unique experience.

There will be a silent auction, concessions, and a great game at Plachy Hall on Feb. 23rd at 2 p.m. Admission is free but donations are always appreciated.

# Lifestyle

## Marriage, divorce rates fluctuate throughout nation

Feb. 7-14 is National Marriage Week and in lieu of Valentine's Day on Friday, QuoteWizard by LendingTree's team of analysts uncovered data ranking which states have the biggest rate increases of marriages, states with the least divorces overall, and the top divorce states over the last decade.

QuoteWizard analyzed National Centers for Health Statistics data on marriage and divorce rates in the United States and compared both sets over a 10-year period per 1000 people.

It then ranked each state by marriage and divorce rates.

Colorado was found to have a 10.14% rate increase in marriage over the last 10 years, making it the fourth-highest rate of betrothed in the country.

QuoteWizard analyzed National Centers for Health Statistics data on marriage and divorce rates in the United States, comparing marriage and divorce rates over a 10-year period per 1000 people from 2009 to 2018 to find the rate of increase or decrease in marriage and divorce rates in each state.

Around the country marriage is on the decline. Marriage rates also are outpaced by the divorce rate. Less people are getting married over the last 10 years and therefore less people are getting divorced. However, with a decline in the divorce rate outpacing the marriage rate someone could assume more married couples are sticking together. Chivalry isn't dead after all.

When looking at the marriage rates over the last 10 years in each state, polarizing results were found. The majority of states are seeing a decline in marriage rates, but there are a number of states with positive trends. The good news there, nearly all states with a higher marriage rate over the last 10 years also saw a decline in divorce rates.

QuoteWizard analyzed National Centers for Health Statistics data on marriage and divorce rates in the United States. It compared marriage and divorce rates from 2009 to 2018 to find the rate of increase or decrease in marriage and divorce rates in each state. It then ranked each state 1 to 50, with

first having the largest increase in marriage rates and 50th having the lowest. Then it paired divorce rates to show which states are experiencing marriage trends compared to a divorce rate. Marriage and divorce rates in each state are based on a provisional count of marriages per 1,000 people.

**KEY FINDINGS:**  
Colorado's divorce rates have decreased by -23.26% in that same time period.

Colorado's marriage rate in 2009 was 6.9%. In 2018 it was 7.6%

Nationally, marriage rates have decreased by 7.74% over the last 10 years.

Divorce rates are on the decline by 19.55% over the last 10 years.

Mississippi, New Mexico and Massachusetts saw the largest increase in marriage rates.

Illinois, Kansas and West Virginia saw the largest decrease in divorce rates.

Source: Emily Lamb | QuoteWizard by LendingTree, LLC  
Public Relations Specialist  
157 Yesler Way, Ste 400 | Seattle, WA 98104



Courtesy photo

## Why roses are such a must-have on Valentine's Day

Many things are symbolic of Valentine's Day.

In the 1800s, heart-shaped boxes of candy became wildly popular ways for sweethearts to express their affection for each other, and since then they have become one of many symbols of Valentine's Day. But one such symbol traces its history back even further than that.

Roses are now as symbolic of Valentine's Day as those heart-shaped boxes, and, in fact, have long maintained a connection with feelings of love. The Ancient Greeks and Romans, for example, wore rose garlands during wedding ceremonies. But the practice of giving Valentine's Day flowers can

be traced to King Charles II, who served as King of Sweden from 1809, as well as King of Norway from 1814 until his death in 1818.

During his travels, King Charles visited Persia, where he learned about the use of flowers to express certain emotions. Red roses were used to express deep love, and King Charles shared the language of flowers when he returned home to Europe. It soon became quite popular.

But Europeans were learning about the symbolic power of flowers even before King Charles' visit to Persia. In fact, Lady Mary Wortley Montagu, the wife of a British ambassador to Turkey, began

sharing the practice of assigning meaning to objects via letters she wrote home to England in 1716. Lady Montagu noted how the locals had assigned meaning to various colors, flowers and plants in order to send secret love letters to one another. However, Lady Montagu was incorrect in her interpretation, as historians would later note. Despite her misinterpretations, Lady Montagu's perception of the flower language would spread, and many people still associate certain flowers with certain emotions. Never is that more apparent than on Valentine's Day, when red roses remain a popular way for lovers to express their deep love for each other. TF202685



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# Lifestyle

## Colorado lakes, reservoirs stay free of invasive mussels

**DENVER** — More boats requiring decontamination because of infestations of destructive mussels entered Colorado last year than in 2018, but the statewide inspection program coordinated by Colorado Parks and Wildlife again succeeded in keeping invasive mussels out of the state's lakes and reservoirs.

While Colorado remains mussel free, CPW officials are concerned that the number of boats entering Colorado that need decontamination continues to increase.

CPW will not let down its guard to keep invasive aquatic species out of the state.

"The Colorado Parks and Wildlife's Aquatic Nuisance Species Program continues to meet the challenge of protecting the state's water resources and infrastructure from the establishment of Aquatic Nuisance Species," said Elizabeth Brown, the agency's invasive species program manager. "Colorado remains free of adult zebra and quagga mussel reproducing populations, while some nearby western states without mandatory inspection programs continue to detect infestations."

Colorado has prevented the introduction of this invasive species due to the diligent efforts of watercraft inspection and decontamination, early detection monitoring, education and enforcement efforts.

Other western states that have mussel infestations include: Arizona, Utah, Kansas, South Dakota, North Dakota, Oklahoma, Texas and California.

Where there are infestations, mussels can clog up pipes and important infrastructure, cover docks, shorelines, rocks, any hard surface and can ruin powerboat engines.

Throughout the state last year, 481,543 boat inspections were conducted, 7,000 more than in 2018.

A total of 22,947 boats, 281 with attached mussels, were decontaminated, compared with 19,111 in 2018. Unfortunately, the number of intercepted boats fully infested with mussels increased by 40%, from 51 in 2018 to 86 in 2019.

In 2017, only 16 mussel-infested boats were inter-

cepted.

Brown said she's very concerned about the substantial increase in infested boats entering the state.

"This growth trend is directly related to the growing threat invasive mussels pose to Colorado's water infrastructure, natural resources and outdoor recreation. Along with work by our partners, CPW's Invasive Species Program is critical to maintaining opportunities for recreation, preserving natural heritage and protecting water supply and delivery infrastructure for municipal, industrial and agricultural use," Brown said.

A fully formed adult zebra or quagga mussel has never been detected in Colorado waters. However, the larval stage of the mussels, known as veligers, were detected as recently as 2017 in Green Mountain Reservoir in Summit County and the reservoir is still considered suspect for quagga mussels.

For detection, biologists perform three types of sampling to target the three life stages of mussels. CPW confirms all visual detections with DNA analysis to confirm the genus and species of the mussel.

If no additional detections are verified in 2020, Green Mountain Reservoir will be delisted.

In 2019, crews sampled 179 standing, and four flowing waters statewide for veligers.

In addition to the sampling efforts performed by CPW, the National Park Service contributed 38 plankton samples. There were no detections of zebra or quagga mussels in Colorado.

CPW works in partnership with dozens of other agencies, counties and municipalities throughout the state. Help from the partners is critical in maintaining a mussel-free Colorado, Brown said.

In 2019, CPW authorized 72 locations to perform watercraft inspections and decontaminations.

For more information about CPW's ANS prevention program, see: <https://cpw.state.co.us/thingstodo/Pages/Boat-Inspection.aspx>.

CPW is an enterprise

agency, relying primarily on license sales, state parks fees and registration fees to support its operations, including: 41 state parks and more than 350 wildlife areas covering approximately 900,000 acres, management of fishing and hunting, wildlife watching, camping, motorized and non-motorized trails,

boating and outdoor education.

CPW's work contributes approximately \$6 billion in total economic impact annually throughout Colorado.

Report courtesy from a news release from Joe Lewandowski, CPW SW Region PIO, 970-375-6708

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# Comics

## CROSSWORD PUZZLE

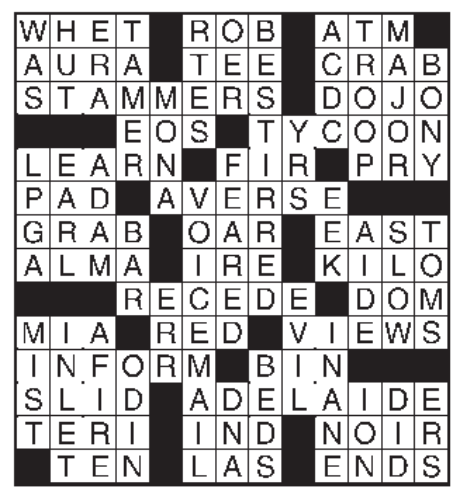
**ACROSS**

1 Livy contemporary  
5 Tobacco plugs  
10 Low-budget film (hyph.)  
12 Christie sleuth  
13 Plan  
14 Traffic circle  
15 Men's accessories  
16 Italian writer  
18 Sault — Marie  
19 Feminine principle  
21 Nash of humorous poems  
25 An antiseptic  
29 San Antonio landmark  
30 Honshu port  
32 Longest bone  
33 Ward off  
34 Term papers  
37 Lacks

**DOWN**

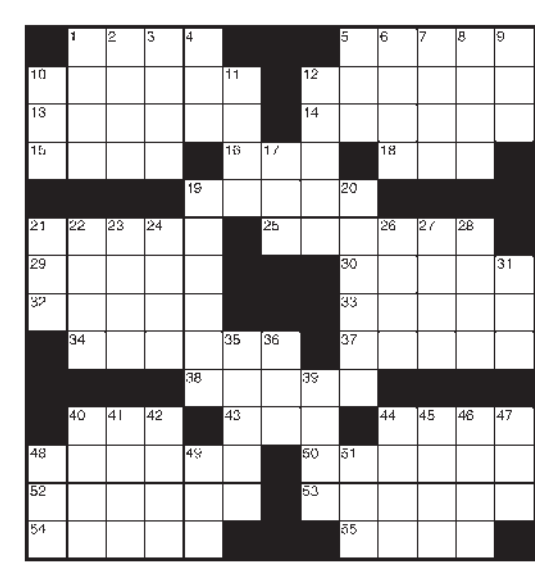
1 Former Atlanta stadium  
2 Show of hands  
3 Folksinger Burl —  
4 Uproar  
5 Cote  
6 Sellouts  
7 Was, to Caesar  
8 Became frayed  
9 Pippen  
10 Harness part  
11 Shangri-la  
12 Ad

38 Laments shrilly  
40 Tai language  
43 — Paulo, Brazil  
44 Brief letter  
48 Reanimated corpse  
50 Unearth (2 wds.)  
52 Shuns  
53 Chant  
54 Lap dogs  
55 Dingbat

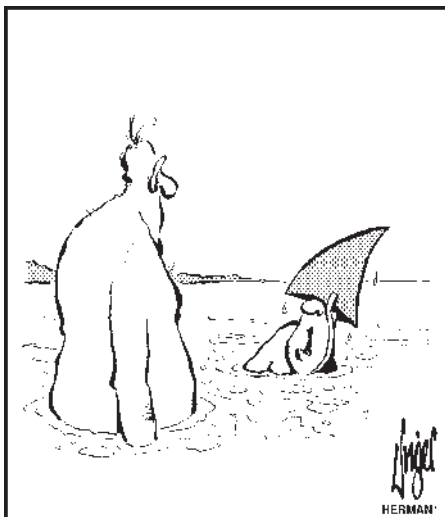


17 A fifth of DX  
19 Parka  
20 Makes pretty  
21 Clumsy one  
22 Merriment  
23 Stops up  
24 Rhea cousins  
26 Aha! (2 wds.)  
27 Back of the neck  
28 Made do with  
31 Hirt and Gore  
35 Words of approval  
36 Body of water

39 Rule of thumb  
40 Feel great affection  
41 In a frenzy  
42 Stage award  
44 Prohibition (hyph.)  
45 Klemperer or Preminger  
46 Istanbul resident  
47 Pollution control org.  
48 Ray gun blast  
49 Freudian subjects  
51 Acorn bearer



## HERMAN



"Can't you take a joke?"

## 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.

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

TODAY'S CLUE: r s t u v w x y z

Previous Solution: "I'm going to do what I want to do. I'm going to be who I really am. I'm going to figure out what that is." — Emma Watson

## Mom fears teen dating drama will lead to principal's office

DEAR ABBY: I've got a new one for you. My beautiful 16-year-old daughter was interested in a boy her age from school. He was interested in her, too. He told her he wanted to date her, but that he is "polyamorous" and would be dating many girls simultaneously. She told him he's too young to know what he is yet, and he was just using it as an excuse to date multiple girls, and she wasn't interested.

that boy may have meant was he enjoys "playing the field." Your daughter didn't discriminate; she showed good common sense. If the principal hears about it, the administrator not only won't call your daughter into the office, I'm pretty sure the person will get a chuckle out of this.

DEAR ABBY: Our brother-in-law made a terrible mistake and is now serving time. My younger sister, "Tess," and I have visited him on a few occasions. We support him by listening and have told him that although he made a horrible mistake, he has to move forward.



ABIGAIL VAN BUREN

Well, something happened that has put a damper on things. This brother-in-law sent Tess a letter, and in it he confessed to her that he had a dream, and she was in it. It wasn't a horrible letter, but I believe it was very inappropriate. He alluded to the fact that it was a sexual dream.

Tess has asked me if she should let our older sister, "Jane," know what her husband wrote. Jane has been through so much, so I told Tess it would not be a good idea to disclose it and add to her misery. Tess says it isn't fair to her to have to swallow this pill for the sake of not making waves. She feels Jane should know what kind of man her husband is. Abby, Jane knows exactly what kind of man she has. Part of what he did wrong was have a cyber affair.

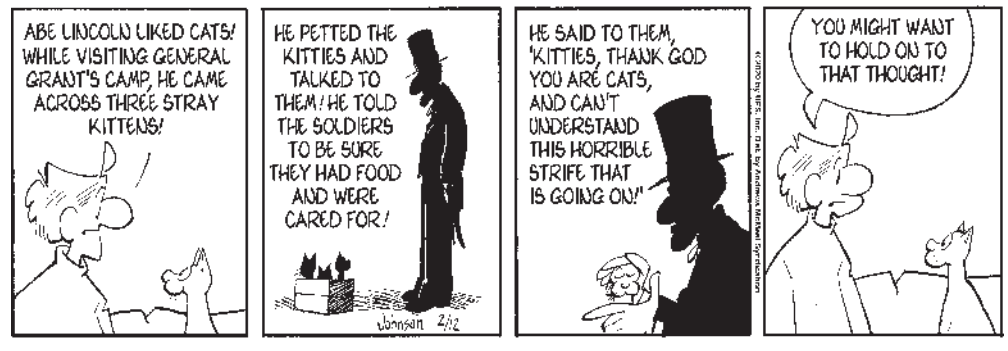
Should Tess inform Jane that her husband has been inappropriate? She now refuses to visit our brother-in-law and has basically written him off. Please give me your opinion and advice. -- TORN UP OVER THIS IN TEXAS

DEAR TORN UP: Tess is right. It appears incarceration hasn't discouraged your brother-in-law from writing inappropriate material to inappropriate recipients. Tess should not be discouraged from informing Jane about what her husband has done and showing her the letter, if it is still in her possession. Jane has a right to know. Please respect that Tess needs to distance herself from this troubled individual and his fantasies, and don't encourage her to visit him again. In light of what's happened, I'm not sure you should either.

## ALLEY OOP



## ARLO & JANIS



## BIG NATE



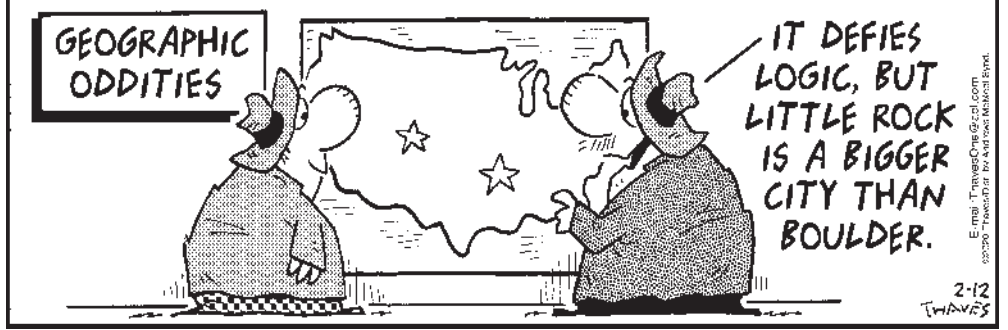
## THE BORN LOSER



## FOR BETTER OR FOR WORSE



## FRANK & ERNEST



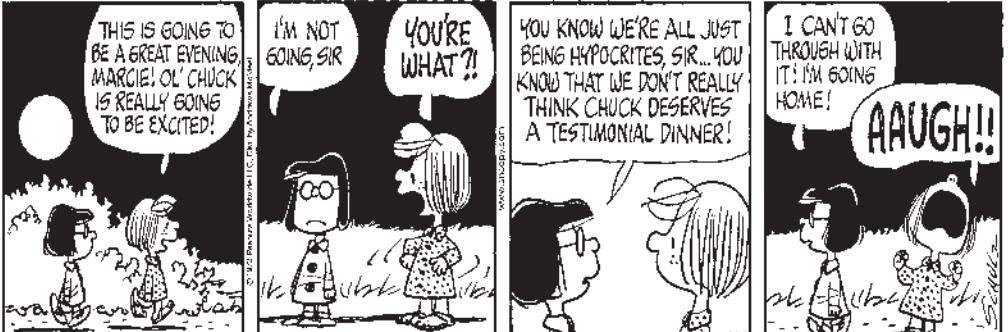
## GARFIELD



## THE GRIZZWELLS



## PEANUTS



# Lifestyle



## How being bilingual benefits youngsters

Being bilingual is a necessity for millions of people across the globe. While many United States citizens may never need to speak any language other than English, that's not the case for people who reside in other parts of the world. Even some citizens of America's neighbor to the north, Canada, may need to learn both French and English depending on where they live.

Fluency in more than one language can produce some surprising benefits. For example, a 2017 study published in the journal Proceedings of the National Academy of Sciences of the United States of America found that lifelong bilingualism may help to delay the onset of dementia by as much as five years. In addition, numerous studies, including one conducted by an economist at MIT, found that people fluent in more than one language can earn tens of thousands of dollars more than their monolingual peers over the course of their careers.

Perhaps in recognition of the benefits of bilingualism in an increasingly global world, foreign language programs are now part of the curriculum at many day-care facilities and preschools. That might come as a surprise to parents who did not begin studying foreign languages until junior high or even high school. But the U.S. Department of Health & Human Services notes that the following are some of the ways that being bilingual can benefit kids.

**COGNITIVE DEVELOPMENT**  
The DHHS notes that a nearly 20-year-old study from the National Clearinghouse for Bilingual Education found that bilingual students had an easier time understanding math concepts and solving word problems than their peers who were not bilingual. The DHHS also notes that researchers have uncovered numerous additional

cognitive benefits to being bilingual as opposed to monolingual. These benefits include a greater ability to use logic, focus, remember and make decisions.

**SOCIAL-EMOTIONAL DEVELOPMENT**

Researchers with the National Academy of Science found that children who grow up in bilingual households exhibit better self-control than those who grow up in monolingual households. That's an important benefit, as the DHHS notes that self-

control is a key indicator of academic success. The DHHS adds that bilingual children benefit socially from being bilingual because they are capable of making new friends and building strong relationships using their second language, as well as their first.

The ability to speak more than one language fluently can produce some surprising benefits that children can use to their advantage in school and throughout adulthood. TF19A371

## Tips for learning a foreign language

At the start of a new year, many people would like to make changes that can lead to personal growth and future success.

One of the skills that can open more doors, and even help create personal satisfaction, is learning a new language.

There are many reasons to learn a new language. Doing so can help people land a new job or speak fluently on an overseas vacation.

Knowing more than one language can have various cognitive benefits as well. The American Council on the Teaching of Foreign Languages states speaking more than one language can lead to improved memory and problem-solving skills, and may enhance one's ability to concentrate.

Bilingual or multilingual people also may stave off mental aging.

Children take to foreign languages quickly and readily, but people of all ages can learn a foreign language.

Set learning goals. Focus on specific, measurable outcomes. This can include learning a set number of words in a certain period of time to reduce feelings of being

overwhelmed by the vast task of learning a new language.

Invest the time. Set aside consistent time each day to devote to learning a new language. Neuroplasticity, or the ability of the brain to form and reorganize connections, doesn't come as easily for adults as it does for children. Therefore, practice is necessary for adults to learn new skills.

Use the correct learning style. Some people are visual learners and others auditory. Finding out one's learning style can make the process go smoothly.

Tie learning to culture. Having a vested interest in the culture of the language a person is trying to learn can facilitate the process and make it more interesting.

There's no "easy" language. Keep in mind that all languages have their challenges, and one is not easier to learn than another, say linguists. Accepting challenges and sticking with the process can help avid learners along.

Learning a new language can open doors and lead to both professional and personal growth. TF191622

## Einstein, Churchill have taken naps

Do you relish the idea of an afternoon nap? If so, you're in good company. According to the National Sleep Foundation, John F. Kennedy, Winston Churchill, Napoleon, and Albert Einstein each fancied afternoon naps. Youngsters nap, and so do many seniors. But by and large, humans are part of the minority of mammals that do not sleep for short periods of time throughout the day, instead dividing their days between sleep and wakefulness. However, there are some

benefits to catching a midday snooze. The Mayo Clinic says napping can be a way to catch up on sleep lost during the night or if a person is feeling sleep-deprived. It also may be a way to relax, increase alertness and improve mood. Naps should take place before 3 p.m. and not exceed 20 minutes. The longer and later one naps, the greater the potential it will interfere with nighttime sleeping or backfire and cause daytime grogginess. TF203783

**kids' corner**

**BODY FACT:**

THIS MUSCLE HAS BECOME SYMBOLIC OF THE EMOTION OF LOVE.

ANSWER: HEART

**Creative Coloring**  
Celebrate Valentine's Day.  
Color in this picture to create your own masterpiece.

**THIS DAY IN...**

**HISTORY**

- 1861: JEFFERSON DAVIS IS ELECTED AS THE PRESIDENT OF THE CONFEDERATE STATES OF AMERICA.
- 1964: THE BEATLES MAKE THEIR FIRST APPEARANCE ON "THE ED SULLIVAN SHOW."
- 1991: LITHUANIA VOTES FOR INDEPENDENCE FROM THE SOVIET UNION.

**New word**

**ROMANCE**

a feeling of excitement associated with love

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*How they SAY that in...*

**ENGLISH:** Affection  
**SPANISH:** Afecto  
**ITALIAN:** Affetto  
**FRENCH:** Affection  
**GERMAN:** Zuneigung

**Did you know?**

FEBRUARY 14 IS A POPULAR DAY TO EXCHANGE GREETING CARDS.

**GET THE PICTURE?**

Can you guess what the bigger picture is?

ANSWER: RED ROSE

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