

**Kyle and Lauren Masterson** prepare for Olympic Trials in Atlanta.

Pet doors can provide convenience and extra freedom to pets and owners.

— Page 7



Colorado Genuine Today's Issue Sponsored By:

**FEBRUARY 27, 2020** 

LOCAL NEWS... LOCAL VIEWS

THURSDAY EDITION

incer

# Your **Ad Here!**

# Today **Property** taxes are due soon

SLY

ALAMOSA — This is a reminder that the first half of property taxes are due to the Alamosa County Treasurer's Office by Feb. 29. The office is open Monday-Friday from 8 a.m. to 4:30 p.m. and does not close for lunch. The phone number is 719-589-3626 and the office accepts phone payments with credit card or ECheck. One can also visit www.alamosacounty.org and make an online payment. If one prefers to stop by the office it is located at 8999 Independence Way,

# Library offers free overdrive

Alamosa."

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





49/15

Fri.: Sunny 53/18 Sat.: Partly Cloudy 53/21

	*
INSIDE	
Obituaries	Page 2
Valley News	Pages 3
Opinion	Page 4, 5
Lifestyle	Page 7
Sports	Page 6
Western Living	Page 8
Public Notices	Page 10
Classified	Pages 11
Comics	Page 12



# Cranes swoop into Monte Vista

WWW.ALAMOSANEWS.COM

# Talented, local artists line town with silhouettes

By REBECCA COPLEY Valley Publishing

**MONTE VISTA** — The "Swoop of the Cranes" have landed on the streets of Monte Vista. Fifty beautiful and unique silhou-

ettes where mounted on the light posts on either side of Highway 160 between Madison and Broadway last Friday. A few have also found a place to roost on Adams Street. The 5-foot tall, 12-gauge metal cranes have each been sponsored by

local businesses and organizations in the city and have been decorated by talented local artists. The birds will be on display from March to August. During the Crane Fest, voting by citizens and guests

Choice Award. There will also be a panel of artists who will judge to determine the winner of the Artist's Choice Award. In addi-

will be conducted to decide a People's



tion, there will be a Chamber Choice Award, with the Chamber of Commerce polling its members. Not only will the winning artists earn recognition but they will also receive \$100 per award. Voting during the crane



Photo by Rebecca Copley

These cranes are busy people watching.

Currently the plan is to collect the silhouettes in late August and host a special event in Sept. The event will be

■ See **VOTE** page 3

# **SLVHC receives \$90,000 grant** from State Housing Board

DENVER — Executive Director of Colorado Department of Local Affairs Rick Garcia wrote a letter informing Dawn Melgares, Executive Director, San Luis Valley Housing Coalition, that her organization

was receiving a grant. The State Housing Board reviewed the application of SLVHC at its meeting on Jan. 14 and approved full funding in the form of a Housing Development Grant (HOG) grant of up to \$90,000 over a one-year term," said Garcia in the letter. "I concur with the State Housing Board's approval and am offering to enter into an HOG grant agreement within 12 months from the date of this letter, contingent upon the availability of HDG funds. Following is a list of eligible activities: Down Payment Assistance Loans, Project Delivery, Program Overhead."

Additional conditions are listed in the Addendum on the following page and will be finalized upon execution of the grant agreement, the letter said. A Federal Release of Funds letter is not required for this funding source. The funds may not be obligated before a contract is fully executed. Expenditures made prior to the full execution of the contract cannot be reimbursed by the State.

"Congratulations on this award and best wishes to you on the successful completion of your project," Garcia added. "Please contact Andrew Atchley at 719-298-2903 or andrew.atchley@state.co.us for further information on how to proceed."

### **ADDENDUM** ADDITIONAL CONDITIONS

- ▶ Funding is conditioned upon the availability of HOG funds.
- ▶ Administrative costs shall be reimbursable at the rate of \$1,785 per loan for project delivery and \$1,215
- per loan for program overhead. ▶ HDG program income may be used to pay loan servicing costs of up to \$15 per month per non-deferred loan in the DPA portfolio.

Report courtesy of Rick Garcia, cc: Larry Crowder, District 35, Donald Valdez, Representative, District 62.



### Look at gators for free MOSCA — Colorado ago. He was joined by

Gators Reptile Park will be hosting free admission days on Friday-Saturday.

The February free days are in celebration of Mr. Bo Mangles, an albino

alligator who arrived at

Colorado Gators 10 years

two female alligators five years later. The park will be open 9 a.m. to 5 p.m. both days and is located 17 miles north of Alamosa on Hwy 17. Check out http:// www.coloradogators.com for more details.

festival will be possible by scanning a code attached to the crane of your choice. Or you can also go online and cast your vote at bit.ly/BestCrane.



Courier photo by Daniel McKillop Hugh Poland, who is a native of Kentucky and has lived in Alamosa for six months, jogs across the bridge that connects one end of Cole Park to the other end over the Rio Grande. Poland said he exercises in the park, which "gives you a good look at the mountains and everything beautiful about Alamosa."

# **Nature prescribed**

# **Alamosa Parks** and Recreation team up with Park **RX America**

ALAMOSA - Do you know that nature, and time spent in it, is great medicine for many chronic health problems?

Alamosa Parks and Recreation has teamed up with Park Rx America to help make getting time in nature a part of everyone's health plan.

This nationwide program is offered in collaboration with one's health care provider, health educator or behavioral health clinician. These providers are trained to use the Park Rx America system to provide prescriptions for nature and outdoor activities.

Why is outdoor time healthy for us? The

American Heart association said, "Physical activity not only helps control high blood pressure (HBP or hypertension), it also helps you manage your weight, strengthen your heart and lower your stress level." Just minutes outdoors can reduce elevated blood pressure, reduce high cortisol levels that are associated with stress and improve depression. And there are more benefits as well! Even

children benefit.  $The American \, Psychiatric \, Association$ notes, "Increasing evidence demonstrates the many benefits of nature on children's psychological and physical well-being, including reduced stress, greater physical health, more creativity and improved concentration." Time outdoors, whether relaxing or exercising, is great medicine for the entire family.

The Park Rx America program is a project of the Revitalize the Rio community initiative convened by San Luis Valley

■ See **RX** page 3

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

# Record

## **OBITUARIES**

## James Russell Brown, 75

ALAMOSA — James Russell Brown passed away on Feb. 23, in Lubbock, Texas. He was born Feb. 20, 1945 in Alamosa and raised on the Brown family farm near La Jara. Russ, or as most of us called him, "Rusty," was the fourth of six children born to Thomas Harold and Irene Brown.

He attended school in La Jara, where he excelled in the team sports of football and wrestling. After high school, Russ worked as a potato inspector, attended Adams State University and joined the Army; where he fought in the Vietnam War of 1968 and 1969.

After his safe return home, he would marry and settle down in Albuquerque, where he became a father to four daughters and one son.

Later in life, he would meet the love of his life, Jo Ann Yates and live the rest of his life in Artesia, N.M. He was a very loving father and grandfather.

Russ was preceded in death by parents, Thomas Harold and Irene Brown; grandparents, Thomas and wife, Myrtle Brown: Charles and wife, Vernice Franks; sister, Lynda Sue McCoy; nephews, James and Gerald Jones; and grandniece, Jackie Jones. He is survived by daugh-

ters, Tera Chavez, Tamara Pierce, Tanya Pino, and Tressy Pointer; son Thomas James (TJ) and his wife; five granddaughters, seven grandsons, one great-grandson, two great-granddaughters; step children, Frank Yates and wife, Mary; Shari Yates Farrell and





husband, Thomas; Scott Yates and wife, Jill; Darin Yates and wife, Tonna; brother, Wendell Brown; sisters, Phyllis Hoyt, Delores Ford and Sharon Engelhardt; former spouse, Margo Eagan Ray, and husband, Arthur; and many nieces and nephews.

There will be a viewing Sunday, Mar. 1, from 4-7 p.m. at Rogers Family Mortuary in Alamosa, located at 205 State Avenue.

The funeral will take place at 11 a.m. on Monday, March. 2, at Church of Jesus Christ of Latter Day Saints, located at 927 Weber Drive, Alamosa. Interment will follow services in the Sanford Cemetery.

The family asks that you send flowers, gifts and donations to Roger's Mortuary. Donations may be made to "The Disabled Veterans," in honor of James Russell Brown — 'Russ.' To express condolences, please visit www. rogersfunerals.com.

### 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.

# Announcement to all registered voters from **Conejos County**

CONEJOS COUNTY — Conejos County Democrats announced their precinct caucus location for the upcoming County Democratic Caucuses on Sat-

urday, March 7.

New this year, the caucuses will take place during the daytime, from 2-4 p.m., on Saturday.

At these caucuses registered Democrats will be selecting delegates to the County Assembly to elect

their preferred county candidates.

The County Assembly will take place from 2 to 4 p.m. on Saturday, March 21 at the Knights of Columbus Hall in La Jara.

The following are the precincts and their locations: Precinct 1: North Antonito: Chaves S.W. Market,

611 Main St.

Precinct 2: South Manassa: St. Teresa's Catholic Church, 115 Main St.

Precinct 3: Mogote-Fox Creek and west: Antonito

Library, 201 Main St. Precinct 4: South Antonito: Antonito Library, 201

Main St.

Precinct 5: Capulin and Carmel: Capulin Library,

8047 State Hwy. 15.

Precinct 6: South La Jara: La Jara Library,11703 US Hwy. 285.

Precinct 7: North La Jara: Conejos County Arena,

11705 US Hwy 285. Precinct 8-Sanford: Sanford Community Center –

390 Greenleaf St. Precinct 9: South Manassa: St. Teresa's Catholic

Church, 115 Main St.

Precinct 10: Romeo - Romeo Town Hall: 315 2nd

If anyone is unsure of his or her current voter reg-

istration status or if one wants to register to vote, go online to govotecolorado.com, or visit the Conejos County Clerk or call 719-376-5422.

# Conejos County Republican

Caucuses will be March 7 CONEJOS — The Conejos County Republicans will conduct their 2020 Caucuses on March

7 in order to elect their

delegates to the County Assembly.

All 10 precincts will meet at the Sanford High

School in Sanford.

# **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.

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 Mill- #113, Alamosa, holds its er, 719-873-5466 or email mkmillermink@aol.com

MONTE VISTA — The

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

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

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

ALAMOSA — The San Luis Valley Photography Club meets the first Wednesday at the Alamosa Public Library at 6:30 p.m. Contact Stephen Jensen at 379-0001 or slvphotostephen@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 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—Vallev 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. Callor 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 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 learn-by-doing environment that allows them to achieve their goals at their own pace. Call (719) 588-5127.

ALAMOSA-TheGFWC 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: womanscitizenshipclub@ 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-

ALAMOSA — Grief support group meets the meets at First United first Tuesday of every Methodist Church, 2005 month at 300 Hunt at the Mullins, Alamosa, on Alamosa Public Library the first Monday of every from 5:30-6:30 p.m. For more information, call Liz Hood, 580-3697.

For schedule changes,

**AL-ANON** 

**TUESDAY** 

8 p.m. 15 Country Club

WEDNESDAY

5:30 p.m. SLV Behavior

**THURSDAY** 

5:30 p.m. First Christian

7 p.m. Crestone Town

Hall, downtown Crestone

(second and fourth Thurs-

please contact your group

service representative

Vista

(GSR)

## AA MEETINGS

Luis Valley offers many Alcoholics Anonymous groups.

A.A. members' primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Following are District 3 San Luis Valley AA 12-Step Meetings. The 6th Tradition states that we are not affiliated with any outside organizations, but in the spirit of cooperation, we list these meeting schedules for friends and family. For information, call 719-937-5083.

## **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

VALLEY — The San ing at Masonic Hall, 598 Alamosa Spruce St., Del Norte

7 p.m. Community Church on Main St., Creede 7:30 p.m. Creative Resource Center at 304 Wal-

### nut 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

## WEDNESDAY

12 p.m. First United Methodist Church at 2005 Mullens, Alamosa 6 p.m. Senior Citizen's

Building at 710 Main St., Antonito 6 p.m. Amistad of San

Luis at 403 Main St., San Luis 7:15 p.m. RV Park in

Blanca 7:30 p.m. Masonic Hall

at 598 Spruce, Del Norte. 12 p.m. First Christian 5 p.m. Women's Meet- Church at 1st and State,

# **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 Dr. Monte Vista 7:30 p.m. Creative Resource Center at 304 Wal-

7:30 p.m. Ables/Disables, Health Group at 8745 CR Baptist Church at 751 Lin-9S., Alamosa coln St., Monte Vista

**FRIDAY** 7 p.m. Sacred Heart Church at 518 1st St., School at 3rd and Edison, Alamosa

Alamosa.

nut St., La Jara.

## **SATURDAY**

5:30 p.m. at 929 State days) 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



## School-Menu--Thursday-Feb. 27, 2020 <u>BREAKFAST</u> Breakfast Pizza Juice & Fruit ELEMENTARY Sweet Chili Thai Chicken

Egg Roll Rice Vegetable Bar

<u>SECONDARY</u> Domino's Pizza Steamed Broccoli

Vegetable Bar

An assentment of fresh fruit and connect fruit as well as fresh vegetables and connect vegetables will be offered weekly. Wenu subject to change, To sponsor the School Menu call 589-2553

## FAMILY READING Reading the newspaper is a great way to get the family together.

MAKE TIME FOR

and remain eligible for rewards.

You'll find tun and informative news and features on a wide range topics. Plus, reading the newspaper with your children helps them understand what's happening in the world and how it attents them

Valley Courier For Subscription Information, call 589-2553

San Luis Valley Crimestoppers

unsolved crime in the San Luis Valley, Crimestoppers

pays for information that leads to the arrest of criminal

offenders. Citizens may report crimes anonymously

Call San Luis Valley Crimestoppers at 589-4111.

If you have information about an unreported or



# **Cranes**

■ Continued from Page 1

a special event in September. The event will be a fundraiser and will include a live or silent auction of all the metal cranes. Organizations and businesses that have sponsored birds will be allowed to "buy back," their cranes if they so wish for \$50.

The remaining silhouettes will be auctioned off and the money raised from the event will be used for beautification projects in the city of Monte Vista.

Although they have just gone up, the colorful birds have already attracted a great deal of interest. Local business owners are hopeful that the beautiful cranes will encourage people to get out and explore all that Monte Vista has to offer. "I've already heard people saying as they drive downtown, they're like, 'Wow! So many beautiful cranes. I should stop and get a round of pictures," said Kyle Riggenbach of Rain Brews

Katy Kelley part owner of Fae-Moon Wolf Designs, shared how her mother and her were once driving through Canyon City and there was an art display that caused them to stop and explore. "My mom went back a couple of weekends later and I think that those cranes are going to do the same here in Monte Vista.

"Even if people are going somewhere and they can't stop they're





Some well-dressed cranes sporting some snazzy outfits, left, clockwise, So many creative cranes, and scannable codes will be attached to each of the cranes to make voting quick and easy.



going to say I want to come back and look," said Kelley.

Many are hopeful this spring and

summer that visitors will flock to Monte Vista to see these spectacular birds and enjoy this special city.

# **Accomplished Colorado Army National Guard aviation unit** home from Afghanistan

CENTENNIAL — The Colorado National Guard will welcome home about 50 Soldiers from Detachment 1, Company B, 2nd General Support Aviation Battalion, 135th Aviation Regiment and Company D, Forward, 2-135th, after a year-long mission in support of Operation Freedom's Sentinel in Afghanistan, Feb. 27, at 3 p.m., at the Army Aviation Support Facility at Buckley Air Force Base, Aurora. While deployed, the unit con-

ducted more than 1,200 missions, including 450 air assaults, 250 maintenance test flights and over 500 other missions, which included battlefield circulation (transportation of personnel) and transport of over 500,000 pounds of equipment.

"During their deployment, these Colorado National Guard aviators upheld a long, proud history of dependable support for our warfighters," The Adjutant General of Colorado U.S. Air Force Maj. Gen. Michael Loh said. "They are the best of the best." Air assaults by coalition and Af-

ghan Special Forces disrupted enemy networks, killed or captured high value targets throughout the Task Force's areas of operation. Battlefield circulation efforts

helped to provide security forces with the opportunities to meet

with Afghan leaders and conduct meetings with regard to the welfare and support of Afghanistan and Coalition Forces throughout the region.

Maintenance test flights ensured aircraft were always ready to support deliberate and general support operations.

The 2-135th first came to the COARNG in the mid-1970s as Company D, 40th Aviation (Attack). In 1993, Colorado Army aviation changed from the attack role to the light utility helicopter. Today, the 2-135th primarily

operates the CH-47 Chinook and UH-60 Black Hawk helicopters. The unit consists of eight companies: a headquarters element, four flight companies, one forward support company, one aviation unit maintenance company, and one aviation intermediate maintenance detachment.

The unit's previous deployments included Iraq in 2007-08, Afghanistan in 2010-11 and Kuwait in

During the 2011 mission, one of the unit's members did not return home. COARNG pilot U.S. Army Chief Warrant Officer 5 David Carter was killed in action during the Extortion 17 mission while supporting Operation Enduring Freedom. The AASF on BAFB is named in his honor.

# Correction



In the Tuesday, Feb. 25 issue of the Courier in the story "Wind, fire destroy home: Neighbor rushed to hospital with chest pain," the name of the Colorado Division of Fire Prevention Control (DFPC) and its fire truck were incorrectly identified.

# Overnight closure set for US 285 near Fairplay

PARK COUNTY — Due to large amounts of snow, CDOT have closed US 285 overnight from Wednesday, Feb. 26 to Thursday, Feb. 27, (mile points 184 to 203) from Fairplay to west of Grant for winter maintenance operations.

Snow will be moved from the roadway to another location. The closure will be between 8:30 p.m. and 5 a.m. A detour along US 24 to I-25 in Colorado Springs and up to I-70 will be in effect. Please plan accordingly.

For current road closure and condition information, check cotrip.org. You can also sign up for text and/or email alerts at http://subscription.

### **REMEMBER: SLOW** FOR THE CONE ZONE

The following tips are to help you stay safe while traveling through maintenance and construction work

Do not speed in work zones. Obey the posted speed limits.

■ Continued from Page 1

Great Outdoors. The

vision of this grassroots

initiative sees Alamosa

as a diverse community

with strong agricultural

roots that supports the

health and wellness of its

- ▶ Stay Alert! Expect the unexpected.
- ▶ Watch for workers. Drive with caution.
- Don't change lanes unneces-
- sarily. Avoid using mobile devices such as phones while driving in work
- ▶ Turn on headlights so that work-
- ers and other drivers can see you. ▶ Be especially alert at night while driving in work zones.
- ▶ Expect delays, especially during peak travel times.
- ▶ Allow ample space between you and the car in front of you.
- ▶ Anticipate lane shifts and merge when directed to do so.

### • Be patient! WHOLE SYSTEM

WHOLE SAFETY

In early 2019, CDOT announced its Whole System—Whole Safety initiative to heighten safety awareness. This initiative takes a systematic, statewide approach to safety combining the benefits of CDOT's programs that address driving behaviors, our built environment and the organization's operations. The goal is to improve the safety of Colorado's transportation network by reducing the rate and severity of crashes and improving the safety of all transportation modes. The program has one simple mission — to get everyone home safely

## ABOUT CDOT

CDOT has approximately 3,000 employees located throughout Colorado, and manages more than 23,000 lane miles of highway and 3,429 bridges. CDOT also manages grant partnerships with a range of other agencies, including metropolitan planning organizations, local governments and airports. It also administers Bustang, the stateowned and operated interregional express service. Governor Polis has charged CDOT to further build on the state's intermodal mobility options.

In the Wednesday, Feb. 26 issue of the Courier in the story's headline "BLM will conduct prescribed burn in Blanca" was incorrect, as the burn will be conducted in the Blanca Wetlands. The burn is expected to take place today and Friday.

Correction





STRUCTURES

www.GingerichStructures.com

125 f





Specializing in Pole Barns & Garages

RAZORBACK CONSTRUCTION Mose GIROD • 719-588-1965

members and its natural During the last year the environment. Members Alamosa Family Recreof this initiative include ation Center and key staff,

tality.

Valley-Wide Health Sys-

tems, SLV Health, San

Luis Valley Local Foods

Coalition, Adams State

Adventure Program, Ala-

mosa County Convention

&Visitors Bureau and

many more individuals

and organizations that

support community vi-

system.

provider can write a prescription for outdoor time and send it directly to your email or phone, complete with map to the park or

including John Reesor,

Outdoor Recreation Spe-

cialist, has placed maps

of local parks and trails

into the Park Rx America

Now, your health care

They can even send

reminders to spend your time outdoors. Thank you John and

Alamosa Parks and Recreation for this great opportunity! For more information about Park Rx America and the benefits of time outdoors go to parkrxamerica.org. Better yet, ask your health provider for a prescription for nature from Park Rx America.

### V Tourism hosts 20th annual conference 406 Hunt Avenue from Speakers will include Nick Parker, teaching

ALAMOSA — The San Luis Valley Tourism Association will host its 20th annual conference at the Alamosa Elks Lodge at

9:30 a.m. to 4 p.m. on March 4.

This year's theme is "Let's Get Sustainable!"

Addison Phillips with Charge Ahead Colorado, Steve Coffin with NoCo PLACES 2050, and Dr.

Sustainability 101.

One may register online at sanluisvalley.org or at the door.

# God bless **America**

**HOLLYWOOD** — Harvey Weinstein was convicted on one rape charge in New York on Monday and taken off to jail to await sentencing.

The movie mogul was friends with the Clintons and Donald Trump, as well as the Royal Family. So allow me to be the first to say that Harvey Weinstein did not commit suicide.

The Democratic Party presiden-

tial primary race switched from Nevada to South Carolina this week. Each region of the nation has different needs.

This week Bernie Sanders promises that if he's elected, he'll take some of Alabama's National Championshipsand give them to South Carolina.

Clint Eastwood surprised many in the political world

Sunday by announcing he was endorsing Mike Bloomberg for president. On the same day, Chuck Norris en-

**Argus** 

Hamilton

dorsed President Trump but that is not going to affect my vote. The last time I listened to Chuck Norris, I got stuck with a Total Gym. Bernie Sanders gave an interview to

CBS' 60 Minutes on Sunday in which he tried to soft-pedal the negative impact of socialism on America if he becomes president. Bernie assured the country that he's the unifier who will bring us all together. He has the gulag already picked out. Bernie Sanders conceded on 60 Min-

utes on Sunday that the campaign trail can get a little crazy at times.

Last week topless women protestors leaped on the stage during his speech to protest the dairy industry.

At first it was thought to be an attempt on Bernie's life, given his recent heart attack.

President Trump addressed India in the world's largest cricket stadium Monday, then saw the Taj Mahal.

The state visit really stepped on the Democratic primary. It provided quite a  ${
m contrast}, {
m Donald\,Trump\,being\,cheered}$ by 125,000 Indians and Mike Bloomberg getting scalped by Liz Warren.

coming speech started negotiating a trade deal with India's prime minister That morning, his Indian hosts gave

President Trump following his wel-

Trump a tour of the nation's most famous tourist sites and shrines. When

Trump saw the Taj Mahal he declared bankruptcy out of habit.

Michael Bloomberg used massive TV ad spending to meet all six requirements to participate in last night's debate in South Carolina.

He's determined to make his mark with the South Carolina voters. His campaign letters are delivered to each home by the Publisher's Clearing

House Prize Patrol. The South Carolina primary has Mayor Pete and Liz Warren striving to remain contenders in the Democratic

Mayor Pete was praised Sunday for helping a 9-year-old boy come out as gay. In response, Elizabeth Warren went in and out of a 7-Eleven buying firewater for teenage boys.

The U.S. Olympic Committee met with President Trump last week in Los Angeles in their bid to host the next

games in 2024. There's enough drama already around this year's Summer Games.

This news in, from the World Health Organization, the Olympic Games in

Tokyo have just gone viral. The Wall Street Journal blamed business uncertainty over the Corona Virus for the thousand point drop in

the Dow Jones on Wall Street Monday. It could end up affecting moviemaking. Warner Brothers is considering shooting a remake of Zorro, only

this time the mask is over his mouth. Daredevil Mad Mike Hughes took off in his homemade steam-powered rocket strapped to his back in a quest

to prove that the world is flat  $\operatorname{Saturday}$ . Things didn't go exactly as planned in the air. The parachute opened without him in it, the result being the Earth is

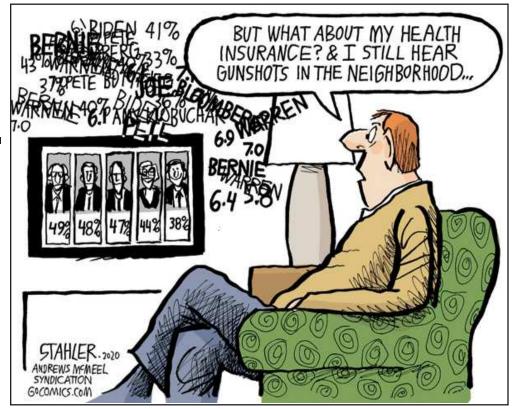
round and Mad Mike is flat. German police seized thousands of orange ecstasy tablets with Trump's

face on them. Doctors say it makes you feel giddy,

all-powerful, sexually aroused, teethclenching and temperamental.

It appears that Nancy Pelosi has switched from Botox to ecstasy tablets with Trump's picture on them.

 $Argus\, Hamilton\, is\, the\, host\, comedian$ at The Comedy Store in Hollywood and entertains groups and organizations around the country. E-mail him at



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."

# **Neonatal Drug Use, Part 2** 12,000 who misused tranquilizers and cocaine or methamphetamine.

This is my fourth column in a series devoted to educating people about the dangers to the baby and his or her future life, when the

Amarah's

Corner

'Kids Like Me

mother uses alcohol and drugs during pregnancy. "Kids like me" are

kids and adults of all ages whose parents are, or were, drug addicts and alcoholics; kids who have suffered, or who are suffering, abuse and neglect on multiple levels — i.e., trauma - and kids who are victims of bullying.

Some "kids like me" can be absolutely impossible: they don't listen, they run crazy-wild wherever they are, even in church or school. They're unruly and just impossible.

LONG-TERM EFFECTS TO A BABY DUE TO SUBSTANCE-ABUSING MOTHER

According to Laguna Treatment Hospital-American Addiction Treatment Center, substance use during pregnancy can be dangerous in many ways. Pregnant women who use substances regularly may have children who are born dependent on those substances.

Babies who are regularly exposed to opioids in utero — while the mother is pregnant with them — may develop neonatal abstinence syndrome (NAS), a collection of problems that happen because the baby is undergoing opioid withdrawal after birth. NAS may also refer to conditions caused by newborns withdrawing from other substances they become dependent on in utero.

Studies have found that smoking cigarettes, using opioids, drinking alcohol, using cocaine and using methamphetamine while pregnant can each affect fetal development.

Babies exposed to drugs in utero may experience developmental consequences, including impaired growth, birth defects and altered brain development. Prenatal drug exposure may impact the child's behavior, language, cognition and achievement long-term. Drug use during pregnancy may also lead to miscarriage or pre-term labor.

Based on the 2017 National Survey on Drug Use and Health (NSDUH), an estimated 194,000 pregnant women between the ages of 15 to 44 — 8.5% have used illicit drugs in the past month; including an estimated 161,000 who used marijuana, an estimated 32,000 who misused pain relievers, an estimated an estimated 8,000 who misused cocaine. An estimated 334,000 pregnant women between the ages of 15 to 44 - 14.7%— have used tobacco in the past month and an estimated 261,000 used alcohol in the past month. PHYSICAL HEALTH PROBLEMS

Using opioids, cocaine, alcohol, nicotine or other drugs during pregnancy may lead to:

- Miscarriage
- Pre-term birth
- ▶ Low birth weight
- ▶ Abnormal neurobehavior **▶** Birth defects

Symptoms that suggest the newborn

is suffering from neonatal abstinence syndrome may include:

- Crying that is excessive and/or highpitched
- **▶** Irritability ▶ Trouble sleeping
- Poor feeding, slow weight gain Diarrhea, vomiting
- Fever
- ▶ Blotchy skin
- Sweating
- Quick breathing
- ▶ Stuffy nose, sneezing
- Hyperactive reflexes, increased muscle tone
  - Trembling, seizures

A baby whose mother used certain drugs while pregnant may suffer from long-term problems, due to growth failure or birth defects involving the brain, heart, kidneys or intestines. Infants exposed to drugs in utero have an increased risk of sudden infant death syndrome (SIDS).

Alcohol use during pregnancy is associated with impaired fetal growth, birth defects and long-term impacts on growth. It may cause a fetal alcohol spectrum disorder (FASD) in the baby. The most severe type of FASD is fetal alcohol syndrome (FAS).

FASDs may cause physical and psychiatric problems. Possible physical consequences of FASDs include:

- ▶ Small head
- ▶ Abnormal facial features ▶ Vision/hearing problems
- ▶ Low body weight
- ▶ Shorter-than-average height
- ▶ Poor coordination
- ▶ Problems with sleep and nursing
- ▶ Heart, kidney, or bone problems Prenatal exposure to amphetamines

may cause facial clefts, heart defects and decreased fetal growth. Neonatal abstinence syndrome might occur in babies exposed to opioids prenatally. These infants may also have impaired growth in utero. Fetal growth reduction is also associated with the use of nicotine.

### EMOTIONAL AND BEHAVIORAL PROBLEMS Substances like nicotine, alcohol, opi-

oids and illegal drugs are associated with long-term mental and behavioral effects in children exposed to them prenatally, such as issues with: **▶** Cognition

- ▶ Achievement
- Language
- Behavior

In addition to the possible physical consequences of fetal alcohol spectrum disorders, potential psychiatric and social issues include:

- Hyperactivity
- ▶ Memory and attention problems
- ▶ Intellectual disability or low IQ
- Delays in speech and language Learning disabilities and difficulty
- in school ▶ Poor judgment and reasoning skills Nicotine is linked to neurobehavioral impacts on infants and long-term effects

on cognition, achievement, language and Alcohol is associated with neurobehavioral effects in infants, and long-term impacts on cognition, language, achieve-

ment and behavior. Marijuana exposure prenatally is related to some infant neurobehavioral alterations and long-term effects on cognition, behavior and achievement.

Opioids cause neurobehavioral changes to unborn babies and infants who are exposed to opioids prenatally and can have long-term behavioral effects. Prenatal exposure to cocaine is associated with some impacts on infant neurobehavior and can have long-term effects on behavior, executive function and language.

Methamphetamine is linked to neurobehavioral alterations in infants.

Retrieved from https://lagunatreatment.com/support-for-women/newbornhealth-effect/.

Now, any questions as to why a pregnant woman's alcohol and/drug-use dumps a lifetime of horror, including horrible behavior, on the innocent baby or child?

Remember, Jesus loves you and Jesus

# 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 REPRESENTA-**TIVES**

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

## Today's Day in History singer; John Steinbeck, 1902-1968, au-

Today's history: In 1837, a group of costumed students paraded down the streets of New Orleans in celebration of Mardi Gras, creating the city's trademark

In 1951, the 22nd Amendment to the Constitution was ratified, limiting presidents to two terms.

In 1973, Native American activists and members of the American Indian Movement occupied the village of Wounded Knee on Pine Ridge Reservation in South Dakota, beginning a standoff with federal marshals that lasted until May 8. Today's birthdays: Henry Wadsworth

Longfellow, 1807-1882, poet; Hugo

Black, 1886-1971, U.S. Supreme Court

justice; Marian Anderson, 1897-1993,

Morgan Neely

actress; Elizabeth Taylor, 1932-2011, actress; Ralph Nader, 1934-present, consumer activist; James Worthy, 1961-present, basketball player; Donal Logue, 1966-present, actor; Tony Gonzalez, 1976-present, football player; Chelsea Clinton, 1980-present, journalist; Josh Groban, 1981-present, singer-songwriter and Kate Mara, 1983-present, actress.

thor; Joanne Woodward, 1930-present,

Today's fact: In 1939, first lady Eleanor Roosevelt resigned from the Daughters of the American Revolution when it barred African American singer Marian Anderson from performing at Constitution Hall. Anderson performed at the Lincoln Memorial instead.

Richard R. Ouintana

Keith R Cerny Daniel McKillop Publisher 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.newscorporation.com. Postmaster send change of address to P.O. Box 1099. Awarded Colorado Awarded Colorado
Press 2017
First Place, Best Phote
Essay
First Place, Best Phote
Portfolio
Second Place, Best
News Photo
Second Place, Best
photo Essay
Second Place
Serious Columns Sports Editor/Asst. Editor **Production Manager** Stephen Jiron Lany Sveum Production/Press Foreman Helen Smith Staff Writer **Editorial Assistant** 

Your FIRST Source for Local News Argus@ArgusHamilton.com. Editor's Note: The views expressed in individual columns on this page do not necessarily reflect the opinion of the Valley Courier.

Sales Associate

# Racism alive and well

The 1920's in Colorado was a period of hatred, prejudice and racism. As hard times deepened, more middle and lower class workers became unemployed. Money was tight, jobs were few, agriculture was failing and scapegoats were needed.

The Ku Klux Klan — 'KKK' — became a powerful force in Colorado politics at this time. The KKK came out of Georgia during the 1912-1918 era and it gained considerable strength during the "Red Scare" of 1919. Colorado was a good breeding ground for the KKK because of a fairly large ethnic population and several industrial

Pueblo was a major contributor of KKK members who spouted patriotism, "Americanism," racism and bigotry. Their targets were minorities like Blacks, there were few in Colorado at this time, Spanish-Americans, Italians, southern Europeans, Jews, Catholics and Orientals. Trinidad. Walsenburg, Aguilar and other coal towns were prime candidates for Klan activities.

Italian newspapers in Trinidad, such as La

Corriere de Trinidad successfully defended their communities against the

Southeastern Colorado may have seen a few cross burnings, some threats against minorities, and other incidents, but there were no deaths or injuries due to KKK activities.

Because there was a large Spanish-American population in the San Luis Valley, the KKK did not do well. Canon City saw a fair amount of KKK activity, but there were not very many minorities living there. Local Catholics and Jews took the brunt of KKK hatred.

So powerful was the KKK in Denver and the Front Range, that in 1924 these areas elected Clarence J. Morley governor. This Klan-backed executive was a Klan sympathizer, as were most members of the House of Representatives in Colorado's legislature. All kinds of bills were introduced, from banning wine for use in Catholic church services to the abolition of parochial schools.

Colorado's Senate was the only body that kept these efforts from becoming law. The sole

accomplishment of the Morley administration was abolition of the office of Horseshoe Inspector. Morley was removed from office in the 1926 election and the Klan's political influence quickly diminished. (Source Colo History

Presently, we in Colorado face legislative bill HB20-1031, which abolishes Columbus Day. I look at this bill as racism.

Not only does this affect those of Italian descent but also of Hispanic descent. The Knights of Columbus, which are of Catholic descent, are directly affected by this as they also follow the traditions of Columbus Day. The Sons of Italy are another group.

All of these groups have contributed greatly to Colorado and their foothold into our society should not be diminished

by a small racist group. For over a hundred years this has been happening and should not be tolerated. This is not about Columbus, rather  $the \,people \,that \,adhere \,to$ noble principles of goodwill toward all.

SenatorLarryCrowder, Alamosa, 719-850-2459.



Couresy photo

**State Representative Donald Valdez** 

# San Luis Valley Water

Letter to the Editor: My whole life I have grown up around agriculture and have learned the value and importance of growing crops, maintaining a garden and raising livestock, to provide nourishment to my family, other families and the community as a whole.

Over the last two weeks, I have been contacted by concerned individuals in regards to phone calls stating they were targeted for the sale and transfer of water from the San Luis Valley.

However, this issue is not new as this has been a major topic, often at the forefront of many discussions. As you may recall, during the early 90's our San Luis Valley faced a similar controversial battle, with AWDI, where developers sought to pump 65 billion gallons of water out of the San Luis Valley.

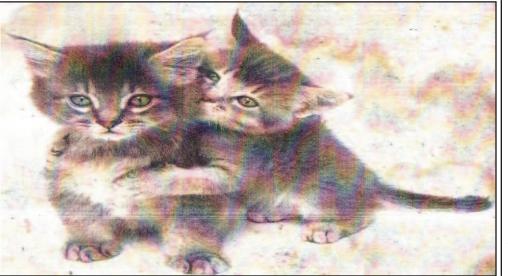
As your State Representative, I am

very concerned because this water is a precious resource. It is our lifeblood for our agriculture industry, our municipalities and, most importantly, our next generation. At the current time, our aquifer levels are below average some would argue we will need a continuous, major snowpack to ensure aquifer levels are managed and stable.

I continue to work with the Rio Grande Water Conservation District by bringing forth a bill to address these concerns. Water must be tied to the land and we do not need to 'buy and dry' our communities. I remain committed to advocating for you, our water and for our communities we call home!

If you have any questions or concerns, please feel free to contact me at donald. valdez.house@state.co.us or via phone at 303-866-2916.

Alamosa



# Feline tips, tiny miracles

Letter to the Editor: First, as always, I'd like to thank all of the folks that donate cat food, money, supplies, and support that help to care for the "kitties" in the San Luis Valley.

Last week I received a call from a lady in Manassa. She was allergic to her four grown cats and was looking for somebody that would give them a good home.

It is normally harder to relocate grown cats. However, my phone rang about 15 minutes later and this man said he was looking for four grown cats for his child's birthday present.

He said that they had already bought litter boxes, cat food and treats. They were ready with everything to give them a new, perfect indoor home.

They were in Del Norte and I asked him if they were willing to drive to Manassa. He said, "no problem," and I gave him the Manassa lady's number. God works in mysterious ways.

There are a lot of "silent heroes" that offer their time and efforts to help the feral colonies in this cold weather.

They go down alleys, in fields, or in their own back yards to feed them and supply shelter, when necessary, to keep them healthy and warm.

One of the most important things all of us can do is to spay and neuter our animals and get their shots for feline distemper. As the Manager for Cat Welfare Alpha Humane Org., I work closely with the 'Cats Alive' staff.

We all agree that we tell the vetrinarian to clip the left ear so we all know that it has been 'fixed.'

We also agree it's never a good idea to have an animal declawed. When this procedure is done the claw is cut off at the first joint. This procedure is painful and inhumane.

I have a young female kitten that I need to find a good home for. She needs to be indoors and the only cat. She gets along with my dog. I will close for now and let you know more

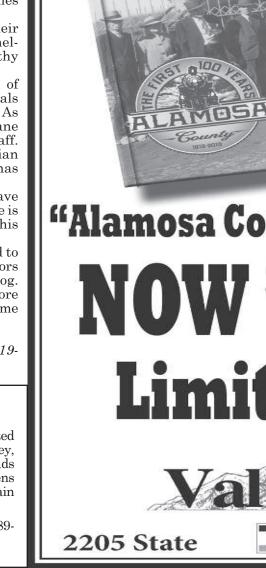
about the TNR clinics when the details become available. God Bless You.

Donna K. Ditmore, 719-589-5952 or 719-

## 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-





# Adams State alumni to compete in Olympic Team Trials

ALAMOSA — Continuing to carrying the torch of Adams State University elite runners, Lauren Martin Masterson and Kyle Masterson will compete in the United States Olympic Team Trials for the marathon on February 29, in Atlanta.

A native of the San Luis Valley, Martin Masterson was a 4-time Individual National Champion as an Adams State student. Winning the 5k (2014 indoor) and 10k (2014 outdoor) before finishing with an impressive double victory in the 5K and 10K at the 2016 National Championships. Along with these individual titles, she received 10 All-American honors. In addition to her athletic achievements, Martin Masterson was the NCAA Woman of the Year in 2016.

Masterson made the Adams State cross-country team his sophomore year finishing 18th at the 2013 National Championships, helping Adams State to the team title.

Daughter of the legendary Coach Damon Martin, Adams State Cross Country and Track and Field Head Coach. Martin Masterson has been

training in earnest for the Olympic per week. Team Trials since October. She won the Albuquerque Half Marathon and the Colorado 10k road championships. She averages 100-135 miles



With an Olympic trial qualifying

mark of 2:17 in his debut run at ČIM,

Sacramento, Masterson developed

an interest in ultra-running and

Photos courtesy of ASU

Kyle Masterson (left) and Lauren Martin Masterson will compete in the United **States Olympic Trials.** 

earned his place on the USA 50K team in 2019. At the 50K World Championships held in Romania in September, he placed a remark able 7th overall and was the first American across the line in his first international competition.

Following college, Martin Master son pursued a professional running career. Training for the marathon she won the 2017 Bolder Boulder She would make her marathon debut at CIM, Sacramento, in December 2017 with an Olympic trials E standard of 2:37. Feeling that she had opportunity for improvement she would return to CIM in 2018 finishing in 10th place at the USA Marathon Championships in ar Olympic Team Trials A standard time of 2:33.

Along with her running career Martin Masterson is head coach for Trinidad State Junior College cross country and track team. In just 4 years, the program has produced 9 National Champions and 48 All-

NBC will broadcast the US Olympic Team Trails in the marathon at

# District basketball hits the court running

By STEPHEN JIRON Courier Sports Editor ALAMOSA — Tuesday night marked the beginning of district tournaments for basketball in the valley. The first rounds of all six tournaments were played at the higher seed's home location. The later rounds of

the Intermountain

League (IML) tournament will take place at Monte Vista High School. Tuesday night in the IML featured one home district game, Monte Vista girls at Alamosa. The Mean Moose made short work of the visiting Pirates with a 54-5 victory. With the loss of Emily Lavier in the final game of the season against Centauri to a knee injury, the Moose had a gap left to be filled in their perimeter shooting game. Alamosa did well to make up the slack sinking 5 three-pointers as team, led by 2 each from Devyn Mitchell and Terese Chavez, the later leading the team in scoring with 14 points. Plenty of AHS girls saw minutes in Tuesday's game with Maddie Martin scoring 7 points off the bench. For Monte Vista, the lead in scoring went to Larissa Media who hit a three-pointer as time expired. With the win, Alamosa advances in the tournament to meet second-seeded Centauri who had a first-round bye. Alamosa plays Centauri in Monte Vista at

7:30 on Friday. In the 3A boys bracket, Monte Vista went



Lilly Lavier (00) pushes a shot to the net with Monte Vista's Mareh Medina (01) in defense during Tuesday's district game. Monte Vista's Analysia Perea (20) looks on.

on the road to face Pagosa Springs in a Pirate civil war. Monte Vista started slow and spotted Pagosa a 39-19 lead at the half. Though the green and gold were able to outscore Pagosa down the stretch breaking loose for a 24 point fourth quarter they could not make up the distance and fell 58-53. Pagosa Springs will advance in the tournament moving on for a meeting with Alamosa. The Mean Moose were undefeated in the league this year sweeping the regular-season series with Pagosa Springs 2-0. Alamosa

meets Pagosa Springs

in Monte Vista Thursday night at 6 p.m. Also boasting a firstround bye, Centauri will play on Thursday night as well. The Falcons will meet Bayfield in Monte Vista after the Wolverines edged Montezuma-Cortez in a 65-63 opening-round game. Bayfield bested both Cortez and Monte Vista for their 2 league wins. Centauri and Bay-

field play at 7:30 p.m. The final rounds of the 2A District 1 Tournament will take place in Alamosa High School's gymnasium. In the 2A Southern Peaks league, it was a busy Tuesday night.



Courtesy photo by Vibrant Valley

Cole Christensen (23) slips in against the Creede defense during Tuesday's district game in Mosca.

boys basketball upset Sargent on the road with a 53-44 game thanks to a hot night from beyond the arc where the Tigers hit 7 three-pointers. Del Norte will move on to face top-seeded Crested Butte in the district semifinals. Crested Butte swept the regular-season series 2-0. Del Norte and Crested Butte will meet in Alamosa Friday night at 4:30 p.m. Both Center and Sanford cleared the first-round defeating opponents Custer County and Sanford respectively. With the wins, the two squads

Fifth-seeded Del Norte will meet once again in the district semis. Second-seeded Sanford holds the edge with a 2-0 record in their meetings during the regular season. Sanford-Center tipoff is scheduled for 7:30 p.m

Friday in Alamosa. In the 2A girls District 1 Tournament, Center got past Custer County 43-39. As a reward, the Vikings will get to face first-seeded Del Norte who went undefeated in the SPL during the regular season. Del Norte and Center will play 3 p.m. on Friday at Alamosa H.S. In the other quadrant, it was Sargent rolling over South Park 50-21 to set up a meeting with the No. 2 seed, Sanford. Sanford holds an advantage after taking the regular-season series 2-0 over Sargent. Sanford, Sargent is scheduled for 6 p.m. on Friday at AHS.

The final round of the 1A Southern Peaks League will be played in the new gym of Del Norte H.S.

In the 1A Southern Peaks girls bracket, Sangre de Cristo was once again seeded first. The T-Birds rolled over Manzanola in a 73-12 game to advance. Also winning big was No. 4 Antonito, besting La Veta by a score of 60-36. Antonito and Sangre de Cristo will open play at Del Norte with a 3 p.m. start time. No. 2 Cotopaxi cleared Sierra Grande in a 63-29 finish. The Pirates will either meet Moffat-Mountain Valley or Centennial. As of press time, the final score from the Wednesday night contest had not

yet been reported. In the boys bracket, a 78-37 romp over Creede in the first round sent first seeded Sangre de Cristo boys basketball to the next round where they will take on No. 4 Manzanola who punched their ticket after besting Sierra Grande 52-38 on Wednesday night. Sangre de Cristo will take on Manzanola in Del Norte at 4:30 p.m. On the other side of the quadrant the winner of Sangre de Cristo-Manzanola will await the winner of Cotopaxi-Primero.

# Results

Adams State Basketball

Western Colorado 62, ASU 43 (W) Western Colorado 83, ASU 58 (M)

Feb. 22

Colorado Mesa 63, ASU 51 (W) Colorado Mesa 94, ASU 91 (M)

Prep Basketball Feb. 22

Feb. 25

Feb. 26

Center 45, Custer County 42 (G) Center 57, Custer County 37 (B) 3 p.m. Caprock at Moffat-Mt.Valley (B) Del Norte 45, Sanford 27 (G) Sanford 69, Del Norte 30 (B)

1A District 6 Play-ins Creede 47, Antonito 39 (B) Veta 45, Moffat-Mtn.Valley 41 (B) Manzanola 67, Creede 37 (G) Sierra Grande FFW, Lake City FFL (G)

3A Intermountain League Pagosa Springs 58, Monte Vista 53 (B) Alamosa 54, Monte Vista (G)

2A District 1 Sargent 50, South Park 21 (G) Center 43, Custer County 39 (G) Sanford 80, South Park 33 (B) Del Norte 53, Sargent 44 (B) Center 67, Custer County 56 (B)

1A District 1 Sangre de Cristo 73, Manzanola 12 (G) Sangre de Cristo 78, Creede 37 (B) Cotopaxi 60, Centennial 28 (B) Antonito 60, La Veta 36 (G) Cotopaxi 63, Sierra Grande 29 (G)

# **Sports Bulletin**

1A District 1 Manzanola 52, Sierra Grande 38 (B)

Adams State Lacrosse

Feb. 21 Colorado Mesa 21, ASU 3 (M)

Feb. 23 Westminster 22, ASU 9 (M)

Adams State Softball Feb. 22

Regis 11, ASU 2 Regis 10, ASU 4 Regis 11, ASU 1 ASU at Regis (DH)-Cancelled

Prep Wrestling Feb. 20-22

State Championships 3A - 5.Alamosa- 91

2A. 5. Centauri- 91, 32. Monte Vista - 11, 33. Del Norte- 10, 40. Sierra Grande/Centennial - 3,

# **Upcoming Events**

Adams State Baseball

March 1

1 p.m. ASU at CSU-P

1 p.m. ASU at CSU-P

Adams State Basketball

5:30/7:30 p.m. Fort Lewis at ASU (W/M)

Prep Basketball Feb. 27

3A Intermountain League at Monte Vista H.S.

7:30 p.m. 2. Centauri vs 6. Bayfield (B)

Feb. 28

3A Intermountain League at Monte Vista H.S. 7:30 p.m. Centauri vs Alamosa (G)

2A District 1 at Alamosa H.S 3 p.m. 1.Del Norte vs 4.Center (G) 4:30 p.m. 1.Crested Butte vs. 5.Del Norte (B) 6 p.m. 2. Sanford vs 3. Sargent (G)

7:30 p.m. 2.Sanford vs. 3.Del Norte (B) 1A District 1 at Del Norte H.S.

3 p.m. 1. Sangre de Cristo vs 4. Antonito (G) 4:30 p.m. Sangre de Cristo vs. Manzanola (B) 6 p.m. 2. Cotopaxi vs Moffat-Mtn Valley or Centennial (G)

Adams State Lacrosse March 2

3 p.m. Otterbein Univeristy at ASU (M)

Adams State Softball

 $12/\,2$ p.m. Colorado Christian at ASU (DH)

11 a.m./ 1 p.m. Colorado Christian at ASU (DH)

**Adams State Wrestling** 

West Regional All Day ASU at Nebraska-Kearney

Schedules subject to change

## AP&R Youth Soccer

ALAMOSA — The 2020 Alamosa Parks & Recreation coed youth spring soccer registration is now open. You may register your child online at www.AlamosaRec.org, or drop by the AFRC located at 2222 Old Sanford Rd. For more information, contact the AFRC at (719) 589-2105.

# Lifestyle



Pet doors can provide convenience and extra freedom to pets and owners.

# Pets quickly take up residence in their owners' homes and hearts

Many pet parents treat their pets as full-fledged members of the family, with the same privileges and attention they devote to other family members.

A 2016 Harris Poll found 95% of Americans consider their pets to be part of the family, and there is not much they won't do for their companion animals. One area where pet owners may focus their attention is giving their pets more freedom to explore the outdoors. This can be achieved with the installation of a pet door. With busy schedules taking many pet parents away from home, pets may spend many hours home alone. An outdoor retreat could be just what the veterinarian ordered for pets who need more fresh air. Before pet owners install doors for their four-legged friends, it may

### the advantages and disadvantages to doing so. **PROS**

behoove them to consider

Pet doors can be very convenient for pet owners and pets. Unencumbered the morning or rush home from work to let out a pup can give pet owners more freedom. Cat owners may choose to have their cats soil outdoors, removing the hassle and odor of indoor litter boxes.

A pet door provides a way for pets to regulate when they need to go and not be at the mercy of their human companions. This is handy when training a puppy who cannot hold his bladder for more than a few hours. Avoiding indoor accidents can be a great reason to install a pet door.

Pets need exercise and stimulation to alleviate boredom and avoid destructive behaviors. Access to the outdoors promotes physical activity and mental stimulation. Cats may chase bugs or small animals. Dogs may run around the yard and play with a ball or stick. Easy access to outdoor play can take some of the burden off of busy pet

## CONS

As convenient as pet their own devices outside. bathroom breaks is one doors can be, they may of the prime reasons to disconnect pet owners get a pet door. Not hav- from their pets. People ing to wake up early in may feel they don't need

to spend the time in the yard or walking the animal, and that can adversely affect the bonds between pet owner and

Another potential disadvantage concerns alpha-driven pets. Giving pets control over their comings and goings may reinforce ego and potentially cause the animal to be less responsive to his owner's commands.

Safety is another concern. Although there are smart doors that can only open when triggered by a chip on the pet's collar, one never knows what pets may bring indoors. Cats may present dead rodents and dogs may dirty the house with muddy

Weather is another concern. In colder climates, pet doors may be another source of drafts, contributing to inefficient heating and cooling situations.

Dogs or cats who are prone to roaming could get into trouble if left to

Pet owners should consider a host of factors before installing pet doors in their homes. PE19B390

# Shrink your carbon pawprint with ecofriendly pet care

For many people, making efforts to reduce their environmental impact is important, but some pet owners may find that making this lifestyle change can be a complicated process because of the additional supplies needed to care for their animals.

Emerald Rodriguez and Kristy Yu, two veterinary students at the Texas A&M College of Veterinary Medicine & Biomedical Sciences (CVM) and members of the Green Vets student organization, advise pet owners on what steps they can take to keep their furry friend happy while being more environmentally conscious.

Oftentimes, pet owners may be able to swap out their usual products for more Earth-friendly versions. For example, Rodriguez and Yu recommend that owners seek out compostable cat litter, biodegradable waste bags, and pet toys and accessories made from recycled or plant-based materials.

When pet care essentials are not offered in more sustainable options, owners can still be proactive in disposing of packaging waste responsibly.

"Pet owners can recycle empty and clean items such as aluminum cans for wet pet food and cat litter containers," Yu these agencies to reduce



said. "There are also recycling programs for certain brands of pet food bags."

Owners may also reduce waste by donating items that their pet no longer needs. This not only keeps trash out of landfills, but also reduces the number of items that must be produced. Donating old pet supplies to charitable organizations has the added benefit of supporting valuable causes. "Rescues and shelters

may accept donations of gently used pet items, including dog beds, toys, pet carriers, crates, exercise pens, collars, leashes, and bowls," Yu said. "They might also accept household items, including newspapers, towels, and blankets. Contact your local animal shelter to learn what gently used items

they will accept." In addition to supporting shelters and rescues by donating supplies, owners

overcrowding, and spaying and neutering pets can benefit the environment by preventing overpopulation, says Rodriguez.

One significant but preventable environmental issue is large populations of feral cats and the disruptions they introduce to an environment. When pet cats are allowed outdoors, they will sometimes breed and generate populations of stray cats that disrupt local ecosystems by hunting wild birds. For this reason, pet cats allowed outdoors should be spayed or neutered and should have a bell on their collar to help lessen their success when hunting.

Although some aspects of pet care generate unavoidable waste, there are also areas in which owners can make adjustments to care for their furry friends in an eco-friendly manner. There is no reason why pet owners can't take care of their pet and the Earth at the same time!

Pet Talk is a service of the College of Veterinary Medicine & Biomedical Sciences, Texas A&M University. Stories can be viewed on the web at vetmed.tamu.edu/news/ pet-talk. Suggestions for future topics may be dican also adopt pets from rected to editor@cvm.

tamu.edu.





Switch To The Better Unlimited!

### QUESTIONS? VISIT WWW.VIAERO.COM OR STOP BY YOUR LOCAL VIAERO STORE!

This promotion requires a new line of service for each iPhone 11 on us, customer trade-in, and the Assurance Service Program feature for \$11/month per phone. The new promotion-eligible phone must be purchased on the Viaero NOW! installment plan and activated on a new Viaero postpaid rate plan. The full qualifying trade-in value of the customer's phone is used to pay down the initial purchase price of the new phone and the promotional discount (up to \$500) will then be applied to the remaining balance of the new phone over 30 months. The full remaining balance of the original purchase price of the phone, minus trade in value, will be due if the line is terminated, together with any other applicable termination fees. The activation fee and taxes based on the full price of the phone are due at purchase. Customers porting in a new ine of service will receive an account credit for the activation fee.



60-90-minute in-home product consultation will receive a \$100 gift certificate. Visit https:// www.restaurant.com/about/terms for complete terms and conditions and https://www. restaurant.comfor participating restaurants. Retail value is \$100. Offer sponsored by LeafGuard Holdings Inc. Limit one per household. Company procures, sells, and installs seamless gutter protection. This offer is valid for homeowners over 18 years of age. If married or involved with a life partner, both cohabitating persons must attend and complete presentation together. Participants must have a photo ID, be able to understand English, and be legally able to enter into a contract. The following persons are not eligible for this offer: employees of Company or affiliated companies or entities, their immediate family members, previous participants in a Company in-home consultation within the past 12 months and all current and former Company customers. Gift may not be extended, transferred, or substituted except that Company may substitute a gift of equal or greater value if it deems it necessary. Gift card will be mailed to the participant via first class United States Mail within 10 days of receipt of the promotion form. Not valid in conjunction with any other promotion or discount of any kind. Offer is subject to change without notice prior to reservation. Expires 2/29/20.

EEL LIKE A FISH

New in town?

Oet acquainted with and all it has to offer by ordering a subscription to the

Valley Courier

719-589-2553

UT OF WATER?

# Western Living

# Eat healthy at the fair

Fairs, carnivals, rodeos, and roving amusement parks are popular summer attractions. Rides and raffles may attract the majority of revelers, but fairs and carnivals also are great places to enjoy mouth-watering food.

Fried dough, meats on sticks, pretzels, cotton candy, cheesesteaks, and other aromas waft through the air at carnivals. However, fairs have not always been so great for people watching their calories. And while fairs might not be dietfriendly, it's not impossible to adhere to one's diet while visiting the fair.

### FILL UP AT HOME

Prior to heading out to the fair, be sure to eat a filling, healthy breakfast. This will provide ample nutrients and decrease the likelihood that you will overindulge in less healthy fare while at the carnival.

Foods that are comprised of protein and fiber can help you to feel fuller longer. Pack a snack that can provide a boost of energy prior to indulging in any fair foods. Trail mix or a low-calorie protein bar may be enough to tide you over until you leave the fair.

### STAY HYDRATED

The Academy of Nutrition and Dietetics said that mild dehydration produces similar symptoms to hunger. If one feels hungry after eating, one's body may only need fluids and not food. Therefore, reach for water or a hydrating sports drink (particularly when it is hot outside) as a first step to abating hunger symptoms, especially if one's recently

### CHOOSE HEALTHY FOOD VENDORS

Look for vendors that offer things like yogurt cups, roasted vegetables, lean meats, and fresh fruits. Kabobs that include lean meats that are low in calories can make a great carnival meal. Corn on the cob without gobs of butter also can be a filling snack. Smart dessert options include fruit smoothies, water ice, frozen yogurt, and even a candied apple, which may be rich in fiber. A small dose of cotton candy, which is just 100 calories per ounce, can offer a sweet fix while avoiding deep-fried concoctions. Keep in mind that cheese curds can set one back 650 calories and a funnel cake 720 calories, according to the YMCA. It can take several miles of traversing the fair to burn all those calories.

# WATCH PORTION

 $If one \, splurges \, on \, a \, treat \, or \,$ two, consider sharing it with a friend or family member to cut the portion size. A single bite of a calorie-rich food can be enough to satisfy a craving.

If one is heading to a Renaissance Fair, giant turkey legs may be prime for the picking. Those legs, which may contain as many as 1,140 calories, are well beyond the typical poultry portion size of 4 ounces. Such food is best shared with others.

### PAY ATTENTION TO BEVERAGES

Before one fills up on lemonade or visit the beer tent, remember some beverages contain lots of calories. Weigh such options carefully. If one wants a cold beer, one may need to skip that chocolate-covered banana.

Fair foods are delicious but often high in calories. Smart choices can ensure dining at a fair does not derail your diet. TF187155

TownAndCountr

81

19) 587-1800 | 20 Graft Dr. Alamosa

# **Steer wrestlers** move very fast

According to the Professional Rodeo Cowboys Association, steer wrestling is the quickest event in professional rodeo.

Steer wrestlers combine physical strength with technique to wrestle steer, which typically weigh more than twice as much as the wrestler, to the ground as quickly as possible. Steer wrestlers are often referred to as "bulldoggers" and begin each competition on horseback in a box.

When the event begins, the steer is released and gets a head start, the length of which is determined by the size of the arena.

Once the steer reaches the predetermined advantage point, the bulldogger is released and takes off in pursuit. Once the bulldogger reaches the steer, he slides off of his galloping horse and hooks his right arm around the steer's right horn while grabbing the left horn with his left hand.

The bulldogger then uses his physical strength and the leverage of his position to slow the steer and wrestle it to the ground.

The bulldogger's efforts to corral the steer are aided by a person riding horseback on the opposite side of the steer. This person is referred to as a hazer and is there to prevent the steer from veering away from the bulldogger.

Once the bulldogger has wrestled the steer to the ground, he must then make sure the steer is on its side and all four of its feet are pointing in the same direction. Only then is the event considered over. TF167241

# PUBLIC AUCTION

Union sold my farm therefore I will offer the following Equipment, Vehicles and Missellaneous Items at Public Auxtion, Located Iron Center, C.O., 2 rates South of the Guaburrel Station on HWY 285 then Fast I mile on roud 10, Fram Monto Vista, CO 10 miles North on HWY 285 to roud 10 then East I mile

TUESDAY MARCH 10, 2020 Sale Starting at 10:00 o'clock Sharp

TRACTORS AND WINDROWERS

2018 Mac Don 31 155 Windrower, 20' Drapor Head 95 Hrs 95 JD 7600 W/JD 740 Loader, Duals 2874 Hrs. GRAIN AND TILLAGE

JID 1900 Air Seeder 28'-7" Space Seed Stan Brillion 24' Roller Packet JD II x 20 Beater

w.MD 730 Spring Tooth Finisher 2010 Farms 30° Land Plane 2015 Kulm Krause 4840 Dominato 2016 M & W 5000 Dyna Drive DO 50 20

Bash Hog 31' Disc

15' Conveyor 45' Piler

EveryMan Land Place Set Moline Dykers Place Harrows 8" x 54" Auger Pto JD 900 Deep Chisel 3p 2 Bigham Bros Removators 3pt JD LT 155 Riding Lawn Morre JD 10' Blade, 8 Way 3pt POTATO

2-25' Pilera 18" Miscellaurous Potato Rubber Rollers 49' Com-cyor 2 25' Pilers 24'

SHOP AND M ISCELLANEOUS

TRUCKS AND VECHICLE

79 Ford F-600 Dump Truck 1600 Gal Plastic

94 Mercury Marquis 2 79 IHC Trucks, 20 Logan Bulk Beds, Tandom 5 8P, Auto Chery C-60 Dump Truck

RECREATION Magnum 425.4 Wheeler wiTeailer 12º Canor

Trailer Are Torch Cherry Picker Space Henters 5 HP Transfer Pump

Agri- Inject Chemylgation Unit

Sadde Tanks

Set 15.5-38 Clamp on Dual Tires, Rims Set 16.9-38 Clamp on Dual Tires, Rims 500 Gal Fuel Innk, Electric Pump 500 Gal Ford Tauli, Stand 300 Gal Fuel Tank, Stand 500 Burlap Socks 100 – 6' Steel Posts

10-6" Siphon Tubes 50 – 3" Siphon Tubes 100 – 2" Siphon Tubes Large Lot Elec. Cords Several Lots of Scrap

3 Section Harmwa

TERM CASH - GOOD CHECK

Nothing Removed Until SetCod For Not Responsible For Loss or Accident Lunch Will Be Available

LARRY REED: OWNER

Anctioners: Art Goods Cole Larsen 713-558-3414 119-595-1512 NOTE: Excellent offering Tractors, Tillage Equipment. Like New

# LUBE SALE

**10% OFF through March Includes DEF & Antifreeze** 



615 State Ave. Alamosa, CO 81101 719-589-2312

Mobil

1739 E Platteville Blvd. Pueblo West, CO 81007 719-543-1841



# **Pre-Owned Vehicles**





# **2018 Dodge Journey**



# **2015 Chrysler, 300S AWD**





# 2019) Jeep Compass



## 2019 Toyota 4-Runner



2013 Chevy Camaro



## 2016 Ford Fusion





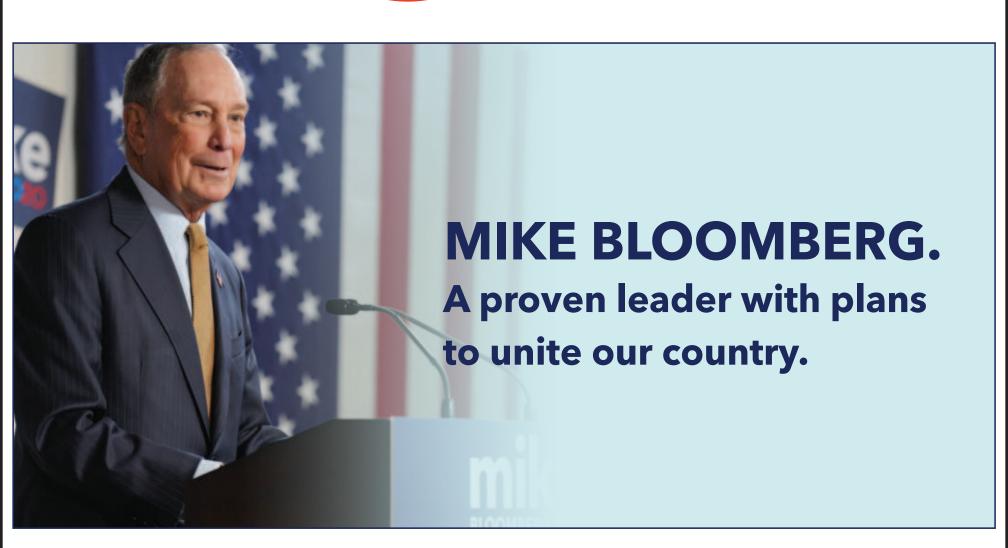








\*Includes GM Financial Trade Assistance. All prices exclude tax, tags, title. Price include delivery and handing fee \$359.99. All prices include Owner loyalty. Payments are with 10% down or trade equity at 3.25% APR for 75 months with all factory incentives applied. See dealer for complete details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



# PROVEN RECORD

As Mayor of New York City, Mike helped expand health care to over 700,000 people and lowered the number of uninsured by 40%.

As Mayor, Mike increased energy efficiency and reduced New York City's carbon footprint and helped make the city's air the cleanest it had been in 50 years.



**Election Day in Colorado is** Tuesday, March 3rd.

MIKE WILL GET IT DONE.

# **UNIFYING PLANS AS PRESIDENT**

# **On Climate:**

- Restore America's leadership in fighting the global climate crisis by rejoining the Paris Agreement
- Reduce carbon pollution by 50% by 2030
- Ensure 100% of new vehicles are pollution-free by 2035

# **On Health Care:**

- ✓ Create a Medicare-like public option for health coverage
- $\checkmark$  Ban surprise medical bills
- ✓ Lower prescription drug prices

Mike Bloomberg is the only Democrat who can take on **Trump-and Trump knows it.** 









mikebloomberg.com

Paid for by Mike Bloomberg 2020

# **Sell your household items for FREE.**Total value of item must be \$200 or less. FREE ads include 20 words or less and run 5 times. Classified 1334 Marketplace

SERVING: ALAMOSA • RIO GRANDE • CONEJOS • COSTILLA • SAGUACHE • MINERAL COUNTIES

# **Public Notices**

## NOTICE OF STOCKHOLDERS MEETING

NOTICE IS HEREBY GIVEN that the annual meeting of the Stock holders of the Los Sauces Ditch Company is called for and will be held at the Conejos County Nursing Building in La Jara, CO on Mon-day, March 2, 2020 at 7:00 p.m. for the purpose of conducting busi-

ness that may come before the ditch company and for the election of officers and three directors for the upcoming year, and the transaction of such other business as may come before such a meeting Alonzo Salazar, Secretary #1307

Published in the Valley Courier on February 22, and 27, 2020

Alamosa Public Schools is seeking bids from qualified Asbestos Abatement Contractors for Asbestos Abatement at Ortega Middle School located at, 401 Victoria Street in Alamosa, Colorado The following is a list of the work required but not limited to:

1) Asbestos Abatement of 7 rooms

2) Ceiling tiles, floor tiles and transite panels 3) Work must start May 26, 2020 Estimate of time required to complete work required

Coordinate with District Environmental Engineer
Contractor required to provide State Permit

Contractor to provide restroom facilities

 By Electrical and water will be available at NO cost to contractor
 Written minimum 2 year warranty for all work. 10) Worker Compensation Certificate required (All certificates re-

11) Minimum \$1,000,000 Liability, vehicle coverage required with

12) Successful contractor must submit Back ground checks for all ON-SITE employees All interested contactors must attend the MANDATORY pre-bid meet

ing to be held at the District Administration Office located at 209 Victoria Street on Monday, March 2, 2020 at 10:00 a.m. Alamosa Public Schools reserves the right to reject any and all proposals and accord-

ing to BOE policies is not required to accept the lowest bid.
The deadline for sealed bids will be Tuesday, March 10, 2020 at 4:00 p.m. and must be addressed to Alamosa School District, Ortega Middle School Asbestos Abatement, 209 Victoria Street, Alamosa, Colorado 81101. No late bids will be accepted or opened. Questions can be directed to Charlie Jackson, Director of Maintenance at (719)

Published in the Valley Courier on February 22, 25, 26, 27, and 28

Alamosa Public Schools is seeking bids from qualified Concrete Con-tractors for pouring Concrete Slabs at the Alamosa K-2 Elementary School located at 1707 West 10th Street, in Alamosa, Colorado. The following is a list of the work required but not limited to: Removal and stock piling of landscape rock and boulders

Removal of sod, trees, shrubs and misc. plants is required
 Compact sub grade for new concrete

4) Provide material and labor for approx. 3,050 sq. ft. of concrete Concrete to be 4500 psi with wire and fiber mesh and ai

6) Control joints are to be included

7) Broom finished with curing compound 3) Protection of existing concrete is required

Colored concrete is part of this project Contractor to provide restroom facilities
 Electrical and water will be available at NO cost to contractor

Written minimum 2 year warranty for all work 13) Worker Compensation Certificate required (All certificates re-

14) Minimum \$1,000,000 Liability, vehicle coverage required with

ccessful contractor must submit Back ground checks for all 16) All interested contactors must attend the MANDATORY pre-hid

meeting to be held at the District Administration Office located at 209 Victoria Street on Friday, February 28, 2020 at 10:00 a.m. Alamosa Public Schools reserves the right to reject any and all proposals and according to BOE policies is not required to accept the lowest bid. The deadline for sealed bids will be Friday, March 6, 2020 at 4:00 p.m. and must be addressed to Alamosa School District, Alamosa K-2 Elementary School Concrete Bid, 209 Victoria Street, Alamosa, Colorado 81101. No late bids will be accepted or opened. Questions can be directed to Charlie Jackson, Director of Maintenance at (719)

Published in the Valley Courier on February 22, 25, 26, 27, and 28

### A CALL FOR NOMINATIONS (NOTICE BY PUBLICATION OF)

TO WHOM IT MAY CONCERN, and particularly, to the electors of the Rio Grande County Ambulance District of Rio Grande County, Colorado

NOTICE IS HEREBY GIVEN that an election will be held on the 5th NOTICE IS HERLEY GIVEN that an election will be held on the 5th day of May, 2020, between the hours of 7:00a.m. and 7:00p.m. At that time 2 directors will be elected to serve 3 –year terms. Eligible electors of the Rio Grande County Ambulance District interested in serving on the board of directors may obtain a Self-Nomination and Acceptance form from the District Designated Election Official (DEO): David Hinkley

37 Washington Street Monte Vista, Colorado

719-852-3442 The Office of the DEO is open on the following days: Monday-Thursday from 9:00a.m. to 5:00 p.m. The deadline to submit a self-Nomina tion and Acceptance is closed of business on February 28, 2020 (not less than 67 days before the election).

Affidavit of intent To Be A Write-in-Candidate forms must be submitted

to the office of the DEO by the close of business on Monday, March 2, 2020 (the sixty-fourth day before the election). NOTICE IS FURTHER GIVEN, an application for an absentee ballot shall be filed with the DEO no later than the close of business on Tuesday preceding the election, May 5, 2020.

David Hinkley

Designated Election Official Signature
NO. 1324

Published in the Valley Courier on February 27, 2020

### 099 **ANNOUNCEMENTS ANNOUNCEMENTS**

**DEL** Norte Community Acupuncture Clinic Every Thursday 3:00pm to 6:00pm \$30.00 For Flu Prevention, Pain, Digestive issues, Trigger Point Therapy and Dry Needling. For Appointment call Jim Fox L.AC 360-821-9006, 99 6th St., Del Norte CO. (3/11)

2020 COLORADO CAUCUSES will be held on Saturday, March 7, 2020 @ 2:00PM. Doors open at 1:00 Meeting Room 128 Alamosa Family Recreation Center for all Alamosa County Precincts Questions admin@alamosademocrats.org Info www.alamosademocrats. org Ron Brink Chair Alamosa County Dems 719-480-3265. (3/7)

BIDS REQUESTED **FOR** Residential Light Installation A total of 23 ceiling light mounts and electrical power to be installed in eight apartments. Must be a licensed electrician and possess proof of Work Mans Comp and Liability Insurance. Bids must be submitted by noon March 10th, 2020. Please contact Saguache County Housing Authority, 719-

849-0356 (3/5)

# 099

BEING SOUGHT for garage door installation at the Bus Garage of the Upper Rio Grande School District. For more information, please contact the Administrative Offices at 719-657-4040. Bids due by April 1.(4/1)

NOTICE OF RE-QUEST FOR BIDS The East Alamosa Water and Sanitation District is accepting bids for a lease on an 80-acre parcel of farm ground located on Road 12 South, Alamosa, CO, along with 2 shares of Common Wealth Water. If a multi-year lease is proposed, please state proposed terms of lease. Bids should be a minimum of \$5,000 per year together with payment of water assessments. Sealed bids will be accepted until 4:00 p.m. on March 9, 2020. Bids can be mailed to P.O. Box 1092, Alamosa, CO 81101 or hand delivered to 10 Costilla Blvd. Alamosa, CO. Bids will be opened at the Board's regular meeting on March 12, at 6:00 p.m. at 10 Costilla Blvd. The District reserves the ries call 719-376-6799 right to reject any and

all bids.(2/29)

# 112 - BUSINESS OPPORTUNITIES

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

### 221 **HELP WANTED**

### LOOKING FOR A

career opportunity and being a part of your local community? Ist South-West Bank is growing and hiring in the following positions, Teller, Loan Assistant, and Loan Processor, offering a strong benefits package & career growth opportunities. EOE. Go to https://www.fswb. bank/who-we-are/careers/ for more details & to apply.(3/5)

LOOKING FOR A career opportunity and being a part of your local community? 1st South-West Bank is growing and hiring in the following positions, Teller, Loan Assistant, and Loan Processor, offering a strong benefits package & career growth opportunities. EOE. Go to https://www.fswb. bank/who-we-are/careers/ for more details & to apply.

SOUTH CONEJOS **SCHOOL** District is now accepting applications for Anticipated K-12 Principal for the 2020-2021 school year. Start date will be July 2020, with a competitive salary based on experience, plus and attractive benefit package. Qualifications: Experience as a vice-principal or comparable administrative experience. Must hold a Colorado Administrative License. Interested individuals should submit a District application, resume, cover letter, transcripts and credentials to apply@ Southconeios.com by March 13, 2020.(3/13#1)

SOUTH CONEJOS **SCHOOL** District is now accepting applications for the following Anticipated Teaching Positions for the 2020-2021 school year: Secondary math teacher, Teacher of grade 1, .5 Art, and .5 Social Studies. Qualifications: Must hold a Colorado Teacher's License, or such alternative to the above qualifications as the Board of Education may find appropriate and acceptable. Please submit a District application, resume, cover letter, transcripts and credentials to apply@ southconeios.com by

March 13, 2020.(3/13#2) SOUTH CONEJOS **SCHOOL** District is seeking a current paraprofessional. Candidate must possess Early Childhood Credentials, have great communication skills, and the ability to multi-task. Interested individuals should submit a District application, resume, cover letter, transcripts and credentials to apply@ Southconejos.com by March 13, 2020.(3/13#3)

**CONEJOS COUNTY DEPARTMENT** of Social Services is seeking a Case Manager (CM). Responsibilities include: Determines eligibility for Food Stamps, Adult programs, Temporary Aid to Needy Families (TANF), and Medicaid. Ability to apply critical thinking to a wide range of situations. Must have strong computer and interviewing skills. A broad knowledge of community services a plus. High School Diploma or equivalent required, two years of education and customer service experience preferred. County Application Form Required. Applications are available at Conejos County Administration Office 6683 County Rd. 13, Conejos, CO 81129, or via email upon request at cricci@co.coneios.co.us. Deadline is Tuesday, March 3, 2019. Inqui-

EEOE 20. (3/3)

# **HELP WANTED**

GIVEN THAT THE present attorney for the Town of La Jara has announced his intent to retire effective April 1, 2020, the town is accepting applications from attorneys who might be interested in accepting this position. This is not a full-time position. The successful applicant must be a graduate of an accredited law school and in good standing with the Colorado Supreme Court with no prior grievances to the Disciplinary Committee. The successful applicant will be expected to attend in person all regular and special meetings of the Board of Trustees. Compensation is negotiable by mutual agreement. Please submit Letter of Intent together with supporting documentation to include a resume, personal information, past experience, if any, in municipal government and not less than three references. Please submit application by no later than March 20, 2020, to the Town Clerk, 719-274-5363, PO Box 273, La Jara, CO 81140.

MONTE VISTA SCHOOL District is seeking dynamic, people oriented candidates for the position of Monte Vista Middle School Principal. Start date will be August 1, 2020, with a competitive salary available to download on the district web site or call (719)852-5996.

MONTE district website or call 719-852-5996. (3/12)

THE NORTH CONE-JOS School District is accepting applica-Manassa and La Jara El-Submit application to Mr. Curt Wilson, Superintendent. EOE(3/4) EXPERIENCED DENTAL HYGIEN-

based on experience, plus an attractive benefit package. Interested individuals should submit application materials electronically in pdf format to mary@monte. k12.co.us by March 26, 2020. A full description of desired qualifications and experience may be viewed on the district website https://ww2. monte.k12.co.us/employment-opportunities. html. Applications are

VISTA SCHOOL District is accepting applications for a Fifth Grade Teacher for the 2020-2021 school year. The person in this position will teach both Science and Language Arts. A complete list of desired qualifications and expe-Applications may be downloaded from the

IST wanted. Established practice in Alamosa, full time or part time. Must have active license. Send resume to PO Box 1841 Alamosa, CO 81101.(1/15-TFN)

rience is posted on the district website http:// ww2.monte.k12.co.us/ employment-opportunities.html. Monte Vista School District offers a competitive salary and an excellent benefit package including employee health, dental, vision, and life coverage. Applications may be submitted to the District Office, 345 E. Prospect Ave., Monte Vista, CO 81144, by March 23, 2020, or until the position is filled.

tions for (1) full time ementary music teacher for the 2020-21 school year. Applicants must hold a current Colorado Teaching License or be able to obtain proper endorsement. NCSD offers a competitive salary, great discipline and environment for staff and students, and up to \$915 monthly towards health insurance. Applications are available at the Administration office, 17890 US Hwy 285, La Jara, CO 81140 or can be downloaded at www.northconejos.com. Application deadline is until position is filled.

# **HELP WANTED**

THE ALAMOSA THE BOE OF Center SCHOOL District is accepting applications for the following position for the 2020-2021 school year: English Teacher (AHS) Must possess or be able to obtain a Colorado Teachers License Applications are available online at https:// alamosa.k12.co.us. For more information, contact Mindi Van Ry at 719-587-1600. Application deadline is until filled. EOE (3/3)

THE BOE OF Center Schools is now accepting applications for Substitutes for Pre-School and Toddler Classrooms for the remaining 2019-2020 School Year. Qualifications: Must be at least 18 years of age with a high school diploma or equivalent, or, such alternative to the above qualifications as the Board of Education may find appropriate and acceptable. All candidates must be able to pass background checks. Current or former Head Start or Early Head Start parents encouraged to apply. For information and application materials please call (719) 754-3442 or visit the District's website at www.center.k12.co.us and click on the Employment Opportunities and "Non-Certified Staff Application". Applica-tion Deadline: Until Position is Filled. EOE.

SARGENT SCHOOL **DISTRICT** is accepting applications for a Current Secondary English Teacher position. Please visit our website for additional information and application: www.sargent.k12.co.us or call 719 852-4023. Applications accepted until po-

(2/29 # 1)

### 221 **HELP WANTED**

Schools is now accepting applications for Elementary Teacher Assistant for the remaining 2019-2020 School Year. Qualifications: Highly Qualified according to NCLB or, such alternative to the above qualifications as the Board of Education may find appropriate and acceptable. For information and application materials please call (719) 754-3442 or visit the District's website at www.center.k12.co.us and click on the Employment Opportunities and 'Non-Ĉertified Staff Application". Application Deadline: Until Position is Filled. EOE. (2/29 # 2)

THE BOE OF Center Schools is now accepting applications for Anticipated Elementary Teacher for the 2020-2021 School Year. Qualifications: Must hold a Colorado Teacher's License or, such alternative to the above qualifications as the Board of Education may find appropriate and acceptable. For information and application materials please call (719) 754-3442 or visit the District's website at www.center.k12.co.us and click on the Employment Opportunities and "Certified Staff Application". Application Deadline: Until Position is Filled. EOE.(2/29#3)

RIO GRANDE INN Nursing Home is now hiring Cook/Dietary Aide, RN, LPN and CNA's Come join our TEAM! Must have a License for Nursing and CPR Please stop in for an application 39 Calle Miller La Jara, CO or call 719-274-3311 Ask for Charlotte or Denise.

# **HELP WANTED**

KRISTI MOUNTAIN **SPORTS** is now seeking sales associates to join our team. Please apply online at www. surveymonkey.com/r/ KMSAPPLY (2/29)

RIVER VALLEY INN is seeking a Transportation Aide / CNA Must have a current Colorado drivers license with a clean driving record, 25years of age, dependable will float on the floor as needed interviews will be conducted with the Director of Nursing and Administrator. please stop in @ 1335 6th st for an application. (2/29) OFFICE ADMIN-

ISTRATOR, FULL-**TIME** The Rio Grande Headwaters Land Trust is hiring a full-time Office Administrator to work in our Del Norte office. Find the job announcement at http://www.riograndelandtrust.org/job-opportunities or email Joelle Marier at joellem@ riograndelandtrust.org for more information.

# **HELP WANTED**

THE NORTH CONE-JOS School District is accepting applications for (1) full time custodian offering a competitive benefit package with up to \$915 towards health insurance. Applications are available at the Administration Office, 17890 US Hwy 285, La Jara, CO 81140 or can be downloaded at www.northconejos. com. Please call 719-274-5174 with questions. Application deadline is until positions are filled. Submit application to Mr. Curt Wilson, Superintendent. EOE (2/28)

SCHOOL District is accepting applications for a HS Girls Golf Coach. Applications may be submitted to the District Office, 345 E. Prospect Ave., Monte Vista, CO 81144, until the position is filled. Applications may be downloaded from the district website http:// ww2.monte.k12.co.us/ employment-opportunities.html or call 719-

# \$30,000+

**Immediate opening** in multi-media sales. Experience appreciated. Send resume to:

KCerny@alamosanews.com

Valley Courier

# Colorado Nonprofit Week

# Planting Seeds of Community **MARCH 2020**

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

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

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

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

# Your Options Include:

1/4 Pg. \$279
(1/2 Pg. with the Matching Space)
1/2 Pg. \$399
(Full Pg. with the Matching Space)

(2 Full Pgs. with the Matching Space)

Full \$599

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

Deadline Tues., Mar. 10th

Colorado Nonprofit Week

# Classifieds

### 221 **HELP WANTED**

AREA Ditch Companies seeking a ditch rider, experience preferred. Must have a valid CDL, reliable transportation, welding capabilities, able to run and maintain heavy equipment. Salary based on experience. Send resume to 147 Washington St., Monte Vista, CO 81144.(3/10)

THE SAN LUIS Valley Local Foods Coalition is excited to announce it is hiring for the Rio Grande Farm Park Farm Manager Position. Job description available at www.slvlocalfoods. org. Please submit Resume and Cover Letter to opportunity.slvlocalfoods@gmail.com Open until filled. Questions call 719-937-2319.(3/5)

MONTE VISTA **SCHOOL** District is accepting applications for a Middle School Track Coach (2019-2020 school year), a Middle School Volleyball Coach (2020-2021 school year), a Middle School Football Coach (2020-2021 school year), and a Middle School Boys Basketball Coach (2020-2021 school year). Applications may be submitted to the District Office, 345 E. Prospect Ave., Monte Vista, CO 81144. Each position will be open until the position is filled. Applications may be downloaded from the district website http:// ww2.monte.k12.co.us/ employment-opportunities.html or call 719-852-5996. (3/11)

NIGHT STAFF NEED-ED at La Puente Home. Need Mature, dynamic, compassionate person, able to deal with all types of people. Must be able to work weekend and graveyard shifts. (21+). Bilingual preferred. Looking for the unique applicant who will be a part of an awesome team of individuals helping others. Join our staff of dedicated professionals and learn the joys and satisfaction of helping others. Send resume to: hr@lapuente.net (3/5)

# **HELP WANTED**

THE CITY OF Monte

Vista is seeking a Chief of Police. Candidates should possess demonstrated leadership skills, high integrity, demonstrated success in problem-solving policing methods, the development and implementation of police budgets, data-driven deployment methodologies and department-level financial management. Minimum requirements: Bachelors' degree in police or criminal justice, public administration, law enforcement or a directly related field. A Masters' degree and / or leadership training such as: FBI National Academy, Northwestern University School of Police Staff and Command or equivalent preferred. Colorado POST certification, or the demonstrated ability to obtain Colorado certification, is required. Candidates must have been a peace officer for a minimum of 10 years, including 6 years of police supervisory/ leadership experience at the rank of sergeant or higher. The position has a competitive salarv and excellent benefit package. The general hiring minimum salary is \$82,000. Salary at appointment is dependent on qualifications. To be considered for this position you must complete a City of Monte Vista employment application at www.cityofmontevista. colorado.gov. Please submit your completed job application (resume

must be received not later than Monday, March 16, 2020.(3/14) LOOKING FOR FULL-TIME employee to help farm. Welding experience and driving farm equipment call 719-850-2137.(3/10)

optional) and a cover

letter to the Human Re-

sources office, 95 W. 1st

Ave., Monte Vista, CO

81144 or e-mail your

application to hrman-

ager@ci.monte-vista.

co.us. All applications

### 221 **HELP WANTED**

THE CITY OF Alamosa is seeking a Full-time Maintenance Worker I for the Streets Department with a starting salary of \$14.42 - \$15.86 per hour DOQ. For more information and to apply visit www.cityofalamosa.org or City Hall at 300 Hunt Avenue. Protected by the EOE law. Closing date February 24, 2020 at 4:30

WORKING TO-GETHER FAMILY Advocate – The Adelante Family Services Program is hiring a grant funded case manager to provide outreach, assessment, and financial literacy to WT families living in Alamosa, Costilla and Saguache counties. The cm will coordinate educational and vocational goals for families and monitor their progress, including home visits. CM will work as part of a team to help alleviate barriers to family success. Requirements: 4 year college degree or equivalent work experience, prefer prior case manager experience, ability to work with diverse populations, driver's license. Bilingual preferred. Send cover letter, resume and references to: hr@lapuente.net. 719-589-5909. www.lapuente.net (3/5)

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

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

### 221 **HELP WANTED**

DEL NORTE ELE-MENTARY School is seeking an energetic, caring candidate to serve as a PARA-EDUCA-TOR. Applicants must have a high school diploma. Please submit your application to Amy Duda, DNES Principal at 950 French Street, Del Norte, CO 81132; aduda@urtigers.co; or call 719-657-4030. The position will be opened until filled. Please pick up an application at the District Office or on-line at dncsd.org.(2/27)

### 324 - FEED & SEED

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

PREMIUM ALFALFA AND grass/alfalfa, small bales \$7.00 in hay shed (719) 580-2509. (03/18)

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

### 345 WOOD

WE HAVE FIRE-WOOD! Allpine lumber 719-274-4381(3/18)

WOOD FOR SALE! \$145.00 a cord. Call 719-588-1183.(2/7 TFN)

### 351 **LIVESTOCK**

FOR SALE IS head of 2-3 Year old Limousin bred Heifers. Start calving 3/1/2020. Eddie Orth 719-852-3069. (2/28)

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

### 360 - MISCELLANEOUS **FOR SALE**

ZACH'S EUROPEAN MOUNTS. Professional work, low prices. 719-580-0398. (TFN)

### 360 - MISCELLANEOUS **FOR SALE**

JOHN DEER RIDING mower, Stock Tank, 4 Wagon Wheels, Antique Buggy, King Bed with Simons matters, 2 cords of fire wood. 719-588-1422. (2/29)

RAMSEY 12 VOLT Pro 8000R Series #817508 wench 93 ft. 5/16 cable. Remote switch, roller fairlead. 719-852-2285 (10/22-

### 369 - PETS & **SUPPLIES**

BORDER COLLIE **PUPPIES** \$250.00 have first shots and dewormed. One male two females call719-588-2974. (3/3)

ALL DOGS AD-OPTED FROM THE VALLEY HUMANE LEAGUE HAVE TO BE SPAYED OR NEU-TERED BEFORE GO-ING TO THEIR NEW HOME. (TFN)

OOPS! GOT PUP-**PIES** who need a home? San Luis Valley Animal Welfare Society is a nonprofit animal rescue dedicated to stopping the euthanasia of healthy adoptable pets. Having pets altered is the number one way to stop pet overpopulation. If your pet has had puppies contact us. We will take the puppies into our rescue and spay the mama dog for free after the puppies are weaned. If needed we will also provide dog food & gas money to get the dogs to us to help in this situation. Spay/neuter is one of the greatest gifts you can provide your pet, your family and your community. We have found good responsible homes for over 8,000 animals. Contact 719-587-9663 (WOOF); email: woof@

NEED CATS FOR mousers? Want to adopt kittens? Help trap/neuter/release efforts? Donate food/litter/supplies? Low cost spay/neuter clinic for cats. http:// www.catsaliveslv.com 719-298-7028, (TFN)

slvaws.org. (TFN)

### 369 - PETS & **SUPPLIES**

FREE TO GOOD home. Adults and kittens. NO MOUSERS OR BARN CATS. Spay/neuter clinics coming to Alamosa in near future. Call Donna K 719-589-5952 or 719-580-9078. (TFN)

### **387 - WANTED TO BUY**

LOOKING FOR A 2 or 3 bedroom mobile home 1981 or higher for \$15,000 or under. Call or text 719-580-9525(TFN-E)

### 409 FARM & **RANCH LAND**

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

### 415 - HOMES **FOR SALE**

Trees! 3 wells! Extra electric system, Corrals. \$184,000.00 970-640-9562(3/20)

2 TO 3 Bedroom, one bath, double care garage, single care garage on just under an acre. Halfmile outside of Alamosa \$125,000. Call 719-580-2935.(2/26)

1 BEDROOM GA-RAGE carport fenced front and back yard, and workshop. \$600/Mo. 719-580-6055.(3/11)

### 420 - LOTS & **ACREAGE**

25 ACRES AT Sangre de Cristo Ranches, with Elec. 200' water well, Sangre de Cristo creek runs through it. 80 acres 2 ½ miles west of San Acacio call Al Lopez 719-588-2930 / 719-843-0930.(2/25)

> 525 **GUNS**

ZACH'S EUROPEAN MOUNTS. Professional work, low prices. 719-580-0398. (TFN)

Attorney

ATENCIO LAW

719.589.6005

· Civil Litigation

· Real Estate · Water Law

· Business Law

Wills & Probate

(call for more information)

Unbundled Legal Services steve@atenciolaw.net

PROUDLY SERVING CLIENTS

THROUGHOUT THE SAN LUIS VALLEY

STEVE ATENCIO

www.atenciolaw.net

### **601 APARTMENTS FOR RENT**

Century Property Management & Sales, uc Alamosa • 589-5744

PROPERTY MANAGEMENT SERVICE

For all your rental needs please call 719-589-5744 or stop by 823 Main St. Alamosa, CO 81101

www. alamosarentals .com

**RENT 1 BEDROOM** studio Alamosa some utilities included 800-641-3750 / 719-480-3932 (3/19)

ROOM FOR RENT next to TSJC all utilities included 719-580-4689.(2/29)

AFFORDABLE 1 BED-**ROOM** apartment for rent in Alamosa and a studio apartment for rent in Monte Vista. Call (719)850-2069. (2/27)

### 611 - HOMES **FOR RENT**

NICE 2/BED-ROOM CLOSE to College. No Pets. No Smoking. Deposit. Call 719-580-8353.

ONE BEDROOM HOUSE fenced yard ideal for couple or single person. Deposit and 1st months rent required. Call 719-248-3634.(3/4)

X3 BEDROOM 1 Bathroom propane and wood heat fenced yard room for livestock. 970-640-

# WATER SHARES

AUGMENTATION WATER SHARE of Middlemist water for sale 719-588-3224. (2/28)



Auctioneering

AUCTION

SERVICES LLC

Brady Stagner

(719)588-2573

Email: aandbauctions@gmail.com

For All Your Auction Needs

\*Farm \*Ranch \*Benefit

\*Household \*Fundraising

www.aandbauctionservices.com

Marty's Maintenance

**CONTACT US TODAY!** 

Marty\_Husmann@yahoo.com

719.480.3375

Home Maintenance

# You'll find it all in the **Business & Service Directory**

Affordable • Seen 5 Days a Week To Place Your Ad Call (719) 589-2553

FREE ESTIMATES

Concrete

Tree Trimming

& Much More!

719-580-8918

# Accounting

Small Business Accounting

Financial

Statement Audits Other Assurance

Services

Wall

Tax Compliance & Planning Smith, Litigation Bateman too Support Certified Public Accountants

700 Main St. • Alamosa • 589-3619 15 Washington St. • Monte Vista • 852-5103 \* Celebrating 40 Years of Service \*

## Earth Moving

Earthworks of Southern Colorado 11 Troy Geringer 719-480-1756 · Dirt Work

 Treaching Ditch Cleaning · Site Cleaning & Prep ·Driveway Construction & Gradino · Landscapino House Pada · Stream Bank Bestocation

Irrigation Welding & Fabrication

Tractor Moving





QuickBooks Pro

Advisors

Business

# Advertising

**Advertise Your Business in this** Only \$99 per month\* \*3 month commitment

Lumber

Cleaning



# Electrical



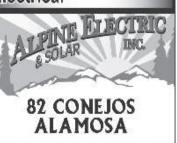
Residential & Commercial

Carpet Cleaning & Auto Detailing

Plus... Construction Cleanup

Lori - 719-298-2502

# Gardening



Handyman

Earth Moving

Demolition

Remodels

Additions

Roofing

Backhoe

joshshandymanoncall@yahoo.com

### **Alamosa Garden Supply and Grow Store** 0711 W. Highway 160, Suite C, Alamosa, CO 81101 719-206-3336

Monday - Saturday 10:00 am - 5:00 pm Get ready for spring gardening now! Fall is the best time to amend your soil

after you've put the garden to bed. We carry a wide variety of soil, trace minerals, soil conditioners, mycorrhizae mixes, bio-char and so much more. HAPPY FROG SOIL SPECIAL! 2 FOR \$36 - Tex 25% OFF FISH SH\*T SOIL PROBIOTICS \* 25% OFF ALL DOWN TO EARTH PRODUCTS

We will meet or beat any local competitor's price!

# Real Estate



Tires



**Excellent Service** 

Store

711 1/2 State Ave. • Alamosa

719-589-9690

NEW • USED • RECAPPED

**Great Service!** 



**Expert Advice** 





# **We Buy Cars**

Real Estate

RIBAUDO REALTY

719-580-2541 Serving All Your Real Estate & Auction Needs

view my website for listings and upcoming auctions

FREE Estimates We Welcome Insurance Claims

www.ribaudorealty.com

joe@ribaudoreality.com

Independent Broker Auctioneer

8425 Rd. 8 South · Alamosa 589-9205

Real Estate





(719) 589-6977 • www.slvproperties.com





VALLEY TRACTOR REPAIR

# **Exceptional Results** Tractor Repair

GREG GOODWIN

Greg@PurlerRealiy.com

**EXPERT SERVICE** 60+ years experience

719-852-0200

ALLEY OOP

I HEARD

ARMED DOLPHINS

WITH GIANT MUSKETS!

AHHH! THE

FIGHTING BACK

WITH EXPLODING SQUID!

BIG NATE

WHITEY!

WHAT

DID

YOU

DO

HAT WAS A DOFT

EXPLOSION.

TIME T HODE

BIGGER!

AND A CLEVER MEME

WOULD MAKE US RICH

HOW?

THERE

WAS A PRETZEL

POCKET.

BROTHER

## CROSSWORD PUZZLE

41 Linden or

42 Firm up

43 Pungent

46 Yanking,

50 Seedcase

51 Broad

word

4 Largest

8

9

1

2

6 2

1 4

5

2 8

8 7

should.

4 9 8

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

3 6 8

5

7

6

9

Holbrook

vegetable

as a tooth

- **ACROSS** 1 Walt Kelly strip 5 Folk dance shoe 9 Cot or crib 12 Poles' connector 13 Clock hand 14 Navajo foe 15 Exam
- smile 53 Squared away 16 Jot 54 Genre 17 Tie up the 55 Good phone fortune 18 Contest 56 Mitchell hopeful 20 Preference
- mansion 57 Overhead 22 Potato st. railways 23 Ms. Farrow 58 Online of films auction 24 Brake parts site 59 Weather 27 Dog-tired
- 30 Yikes! (hyph.) **DOWN** 31 Runway sight 1 Elegant 32 Gullet spread 34 Benedictine 2 Draft title animals 35 Crawling 3 Primary insect point 36 Carpet

37 Let

1

3

9

6

1 7

8

5

without

HOW TO PLAY:

Each row, column and set of 3-by-3 boxes must con-

poxes must contain the numbers 1

choice bird 5 Pagoda's 40 Gooseland bumpy 6 Plunder

SUDOKU

DIFFICULTY RATING: 食食食会会

2

9 1

5 8

1

3

8

6

8

9 2 8

1

2 3

4 3

2 7

9 6 8 4 7 1

6 5 9 2

6

5 6

5

3

7 9 5 1

9

5

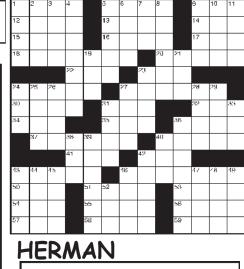
8

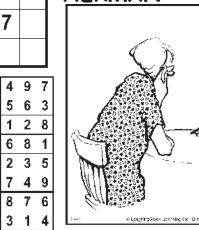
1

- T O P RIOT |H A|L E A L D A IIRII S BONSA I | E EN D S PERSIA |R|| K | A|L|A|S | O|D D B E A U J U D E AS TERN JESSE CUD A G O R|E|M I|S S ALLI GH T O V A L OMNI SHD E LONE
- 7 Ump's yell 8 Free 9 Purchases 10 Oregon, to Yves 11 Hockey
- feint 19 Classified section 21 Pleased sigh
- 23 Stray dog 24 Fizzle 25 Flapjack chain 26 Several 27 Aptitude
- 28 Arab VIP 29 "Soft Watches" artist

- ARLO & JANIS
- 31 Clink or cooler 33 Quite tiny 36 Lead shot 38 Sweater letter 39 Tear
- 40 Snaky fish 42 Sticky 43 NYC theater award
- 44 and void 45 Peeves 46 Type option 47 Dreaded czar
- 48 Firstcentury Roman emperor

# 49 Nibble 52 Chafe





Nothing your mother does surprises me anymore."

# THE BORN LOSER

HUG



JUST A **HU**G?

YOU CRUSHED MY

SPINE! I HEARD

A CRACK!!

I GUESS IT'S AS GOOD

LEAVING BEHIND A LITTLE CHAOS

IS KIND OF OUR

CALLING CART

Uohnson 2/27

MIND

# FOR BETTER OR FOR WORSE









# Wife grows anxious as man grows closer to her sister

married to my husband for as upset as you are because, 21 years. We've had our ups and downs, but our relationship is solid.

For the last year, I have watched as my husband has become closer to my sister. It started with phone calls every once in a while to check on how she's doing. (She lives in our second home in a different state.) Then it turned into hourslong conversations a few times a week. When I told him it made me very uncomfortable, he said they are just "very, very good

About six months ago, he started calling me by her name at inappropriate times. I told him he has been murmuring her name in my ear while we're in bed. He said he was sorry, and he would make some changes to the relationship with my were to talk to her every night for hours at a time. Then he needed to go to our other house "to get it ready for winter." He was alone with her for two weeks and then extended his stay by

I told him I think he's having an emotional affair with my sister, but he disagreed. I'm in constant panic mode and don't know what to do. Any advice?

another week because she

is "having health issues."

NORTHWEST

DEAR ABBY: I've been don't blame you for being to say the least, what your husband has been doing is inappropriate. Have you talked to your sister about this? If you haven't, you

> I am surprised that you didn't go with him when he went to visit "Sissy" and help her with her "health issues." That he extended his stay with her makes me wonder if there may be more going on than an emotional

You need more support than a newspaper column can provide. Make an appointment with a licensed marriage and family therapist, if only to calm your panic and gain an ally. If you can convince your husband to go, it might allay your fears. But if he isn't interested -- go alone.

sister. The changes he made dream job and enjoy every part of it, except for the lunch hour. The time for my break isn't debatable, nor is the area. We have a specific area for eating, and we aren't supposed to bring food to our work station. During lunch time, seven

to 10 people talk politics every day. It doesn't help that we are on opposite sides of the fence, but even if we weren't, I'm tired of all the to music. However, if that's nastiness on both sides.

I have politely asked -- SUSPICIOUS IN THE them to discuss topics other than politics. I even talked DEAR SUSPICIOUS: I to my boss about it, but he



# ABIGAIL Van Buren

said it's not up to him what people talk about on their down time. Sometimes he joins us in the lunchroom and contributes to the topic. One of my co-workers is eight months pregnant, and she gets so worked up, I worry she'll go into DEAR ABBY: I have a premature labor. What should my next step, short of quitting, be? -- LOSING MY APPETITE

> DEAR LOSING: Unless there is a rule specifying that you must eat your lunch inside the office, consider taking your lunch break outside. When the weather is mild, it could be a nice, quiet break. If it's too cold to eat outside, you could do it in your car and listen not possible, the solution to your problem might be as

simple as noise-canceling

headphones.

# FRANK & ERNEST



# *GA*RFIELD





# THE GRIZZWELLS



# **PEANUTS**





