



Kyle and Lauren Masterson prepare for Olympic Trials in Atlanta.

— Page 6



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

— Page 7

San Luis Valley
Colorado Genuine
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Valley Courier

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LOCAL NEWS... LOCAL VIEWS FEBRUARY 27, 2020 \$1

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SLV
Today
Property
taxes are
due soon

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, Alamosa.

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SLV WEATHER



Sunny
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

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 silhouettes were 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 will be conducted to decide a People's Choice Award.

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



File photo

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 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.



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.

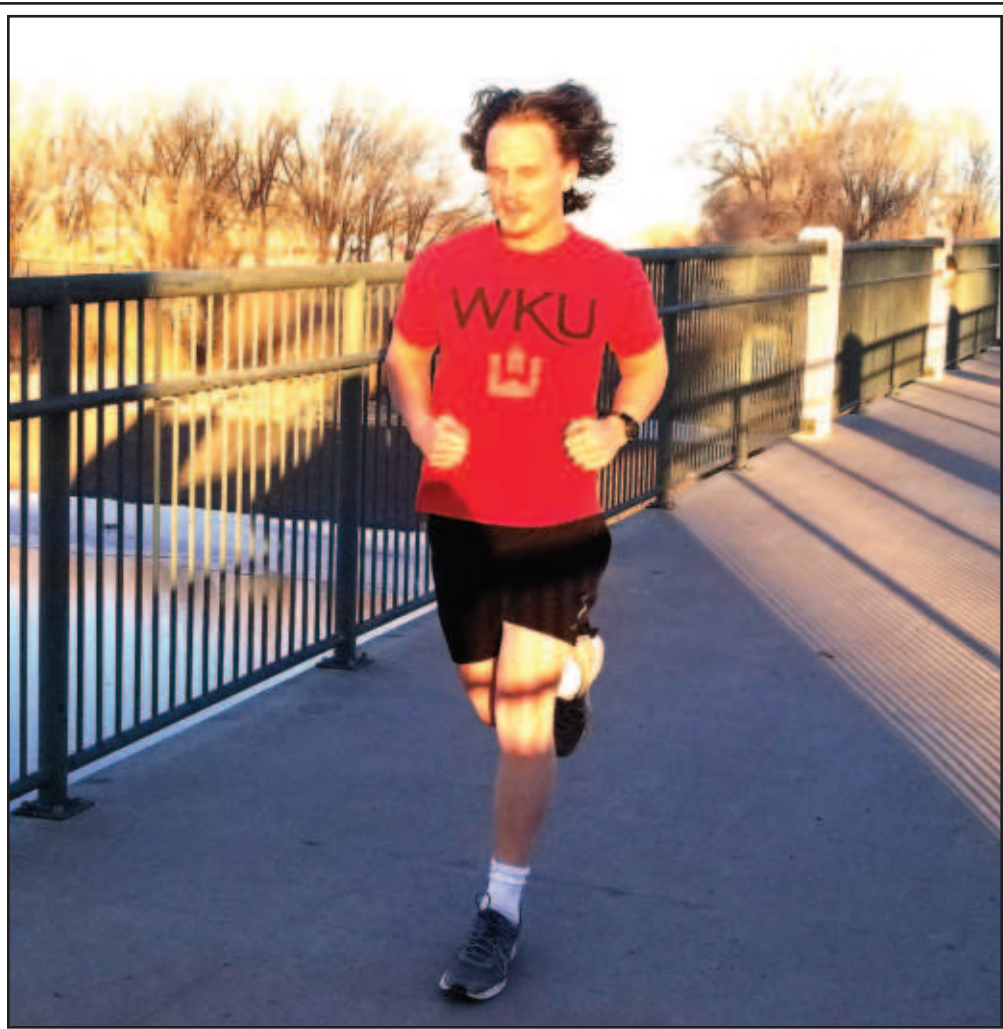


Photo courtesy of website from Colorado Gators Reptile Park

Look at gators for free

MOSCA — Colorado 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 ago. He was joined by 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.



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
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www.alamosanews.com

Valley News

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 Tavern.

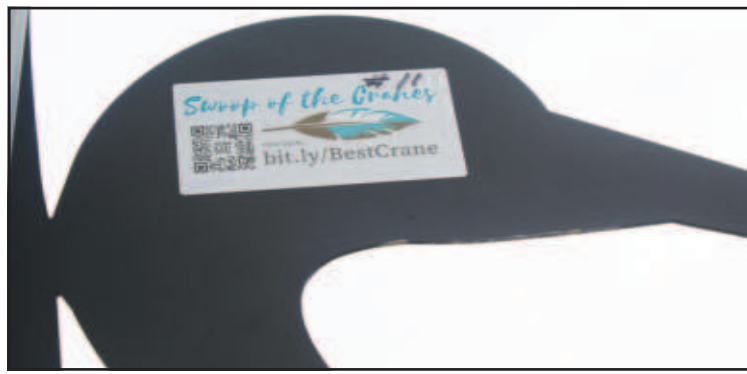
Katy Kelley part owner of Faem-Moon Wolf Designs, shared how her mother and her were once driving through Canyon City and there was an art display that caused them to stop and explore. “My mom went back a couple of weekends later and I think that those cranes are going to do the same here in Monte Vista.

“Even if people are going somewhere and they can’t stop they’re



Photos by Rebecca Copley

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 conducted 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 Afghan 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 2015.

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.

Correction

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.

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THE CALL OF THE WILD
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Tues - Thurs: 5:25, 8:15
FANTASY ISLAND
This Island is A Scream PG-13

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

Tues - Thurs: 5:30, 8:15
1917
Time is the enemy R

Tues - Thurs: 5:40, 8:15
THE PHOTOGRAPH
Love story for the ages PG-18

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.cotrip.org/>

REMEMBER: SLOW FOR THE CONE ZONE

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

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

Stay Alert! Expect the unexpected.

Watch for workers. Drive with caution.

Don’t change lanes unnecessarily.

Avoid using mobile devices such as phones while driving in work zones.

Turn on headlights so that workers 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 state-owned and operated interregional express service. Governor Polis has charged CDOT to further build on the state’s intermodal mobility options.

Rx

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 members and its natural environment. Members of this initiative include

Valley-Wide Health Systems, SLV Health, San Luis Valley Local Foods Coalition, Adams State Adventure Program, Alamosa County Convention & Visitors Bureau and many more individuals and organizations that support community vitality.

During the last year the Alamosa Family Recreation Center and key staff,

including John Reesor, Outdoor Recreation Specialist, has placed maps of local parks and trails into the Park Rx America system.

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

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.

SLV Tourism hosts 20th annual conference

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

406 Hunt Avenue from 9:30 a.m. to 4 p.m. on March 4.

This year’s theme is “Let’s Get Sustainable!”

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

Nick Parker, teaching Sustainability 101.

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

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Opinion

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 presidential 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 Championships and give them to South Carolina.



Argus Hamilton

Clint Eastwood surprised many in the political world Sunday by announcing he was endorsing Mike Bloomberg for president.

On the same day, Chuck Norris endorsed 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 Minutes 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 contrast, Donald Trump being cheered by 125,000 Indians and Mike Bloomberg getting scalped by Liz Warren.

President Trump following his welcoming speech started negotiating a trade deal with India's prime minister Tuesday.

That morning, his Indian hosts gave 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 race.

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 movie-making. 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 Saturday.

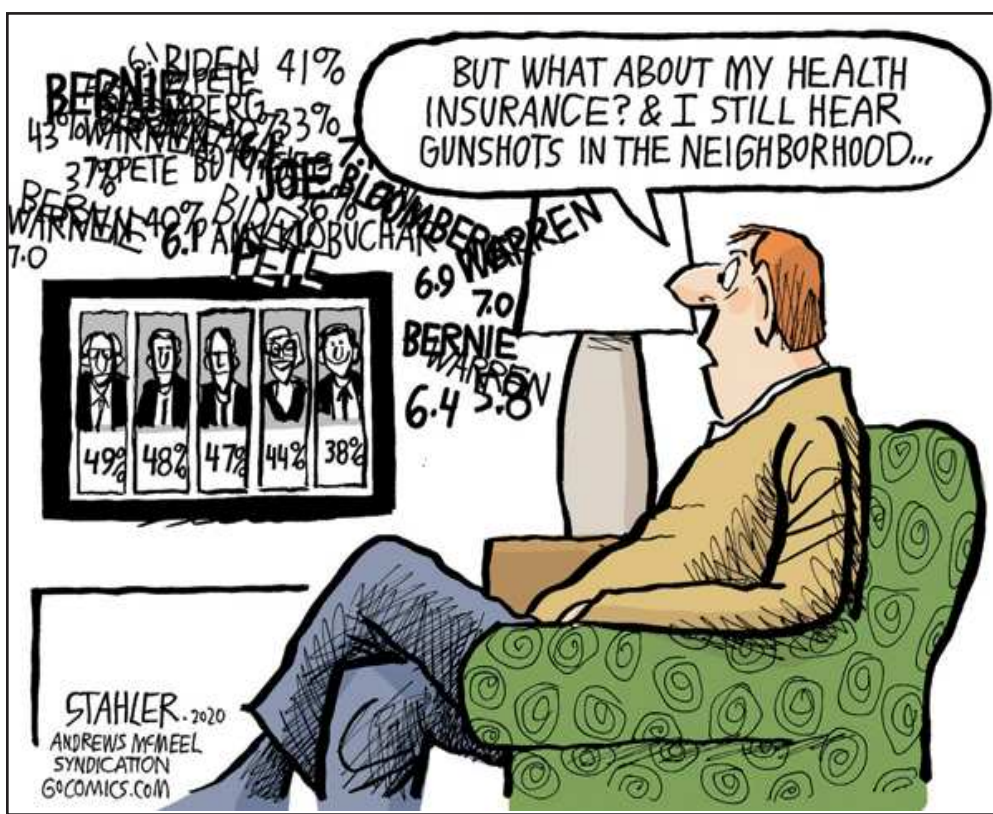
Things didn't go exactly as planned in the air. The parachute opened without him in it, the result being the Earth is round and Mad Mike is flat.

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, teeth-clenching 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 Argus@ArgusHamilton.com.



Neonatal Drug Use, Part 2

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 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

12,000 who misused tranquilizers and 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 high-pitched
- 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,

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."

Amarah's Corner



'Kids Like Me'

Today's Day in History

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 festival.

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,

singer; John Steinbeck, 1902-1968, author; Joanne Woodward, 1930-present, 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.

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.

Keith R Cerny Publisher

Daniel McKillop Managing Editor

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Opinion

Racism alive and well

Letter to the Editor: 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 cities.

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

Voratore Italiano and the Corriere de Trinidad successfully defended their communities against the KKK.

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.

Senator Larry Crowder, Alamosa, 719-850-2459.



Courtesy 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.



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 veterinarian 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.

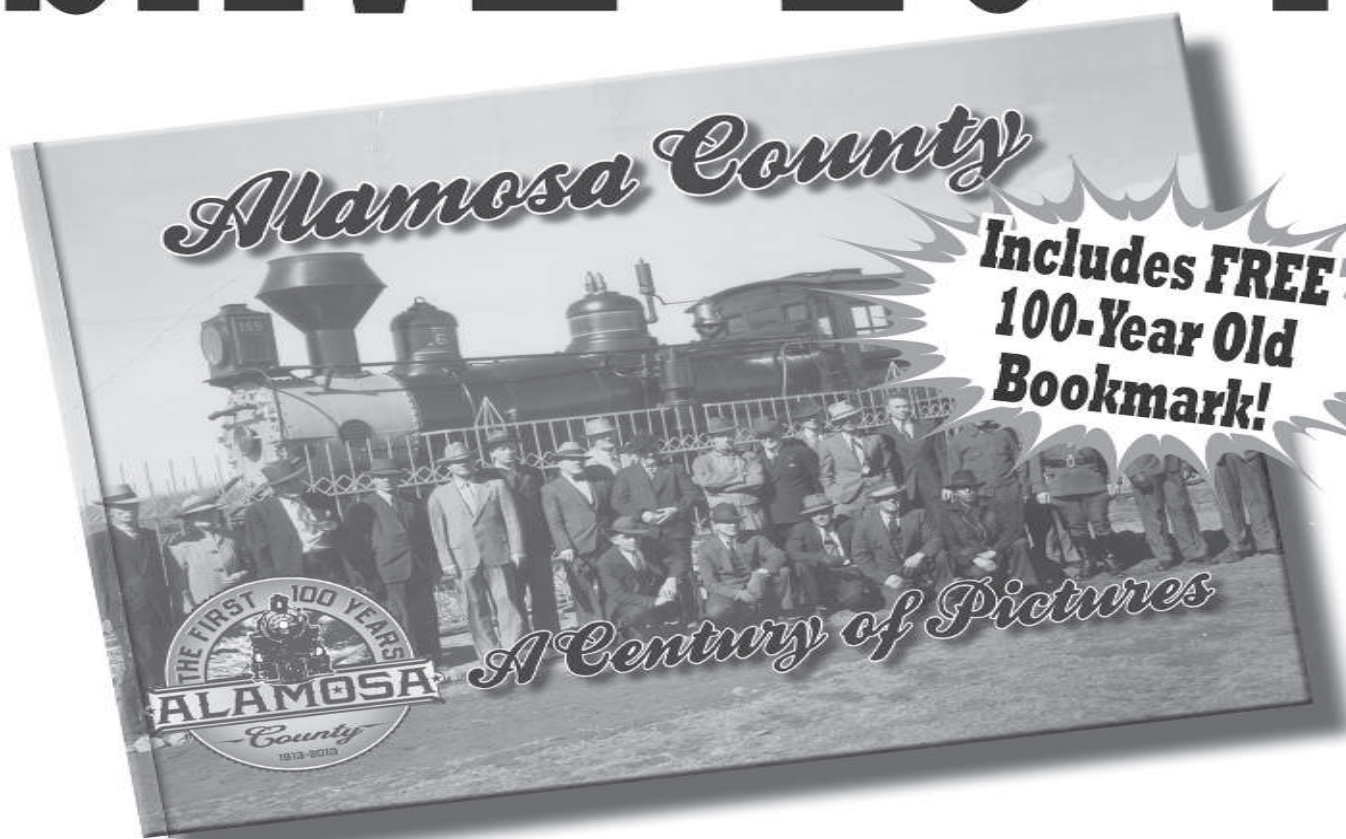
Donna K. Ditmore, 719-589-5952 or 719-580-9078.

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.

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Alamosa



Sports

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 Team Trials since October. She won the Albuquerque Half Marathon and the Colorado 10k road championships. She averages 100-135 miles

per week.

With an Olympic trial qualifying mark of 2:17 in his debut run at CIM, Sacramento, Masterson developed an interest in ultra-running and

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

Following college, Martin Masterson pursued a professional running career. Training for the marathon, she won the 2017 Boulder Boulder. She would make her marathon debut at CIM, Sacramento, in December 2017 with an Olympic trials B 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 an 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-Americans.

NBC will broadcast the US Olympic Team Trials in the marathon at noon eastern time.



Kyle Masterson (left) and Lauren Martin Masterson will compete in the United States Olympic Trials. Photos courtesy of ASU

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 a 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 Analysis 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 first-round 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 Bayfield 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.



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

Fifth-seeded Del Norte 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

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**
Feb. 21 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 Center 45, Custer County 42 (G)
Center 57, Custer County 37 (B)
3 p.m. Caprock at Moffat-Mtn.Valley (B)
Del Norte 45, Sanford 27 (G)
Sanford 69, Del Norte 30 (G)
- 1A District 6 Play-ins**
Creede 47, Antonito 39 (B)
La Veta 45, Moffat-Mtn.Valley 41 (B)
Manzanola 67, Creede 37 (G)
Sierra Grande FFW, Lake City FFL (G)
- Feb. 25**
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)
- Feb. 26**

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**
Feb. 29 1 p.m. ASU at CSU-P
- March 1**
1 p.m. ASU at CSU-P
- Adams State Basketball**
Feb. 28 5:30/7:30 p.m. Fort Lewis at ASU (W/M)
- Prep Basketball**
Feb. 27 **3A Intermountain League at Monte Vista H.S.**
6 p.m. 1.Alamosa vs. 4.Pagosa Springs (B)
- 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**
Feb. 29
12/2 p.m. Colorado Christian at ASU (DH)
- March 1**
11 a.m./1 p.m. Colorado Christian at ASU (DH)
- Adams State Wrestling**
Feb. 29
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 behoove them to consider the advantages and disadvantages to doing so.

PROS

Pet doors can be very convenient for pet owners and pets. Unencumbered bathroom breaks is one of the prime reasons to get a pet door. Not having to wake up early in

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 owners.

CONS

As convenient as pet doors can be, they may disconnect pet owners from their pets. People 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 pet.

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 paws.

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 their own devices outside.

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

Shrink your carbon pawprint with eco-friendly 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

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 can also adopt pets from these agencies to reduce

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 directed to editor@cvm.tamu.edu.

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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 diet-friendly, 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 eaten.

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 SIZES
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



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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

I have sold my farm therefore I will offer the following Equipment, Vehicles and Miscellaneous Items at Public Auction, Located from Center, CO, 2 miles South of the Gamburd Station on HWY 285 then East 1 mile on road 10, From Monte Vista, CO 10 miles North on HWY 285 to road 10 then East 1 mile

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2015 Kuhn Krauss 4840 Dominator Disc Ripper	22' Roller Single	Flux Harrows
2016 M & W 5000 Dyna Drive DO 50 20	JD 900 Deep Chisel 3pt	8' x 54' Auger Pto
JD 995 7' Bottom Switch Plow	2 Bigham Bvss Renovators 3pt	JD 1.7 155 Haying
Bush Hog 21' Disc	JD 10' Blade, 8 Way 3pt	Lawm Mower

POTATO

15' Convector	40' Cmo spuer	2 25' Filers 15'
15' Piler	2 25' Filers 24"	Miscellaneous Potato Rubber Rollers

TRUCKS AND VECHICLE

04 Mercury Marquis	79 Ford F400 Dump Truck 1100 Gal Plastic Tank
1 79 HIC Trucks, 20' Logan Bulk Bels, Tandem 588' Auto	Chovy C-60 Dump Truck

RECREATION

Magnus 425 4 Wheeler w/Trailer
12' Canot

SHOP AND MISCELLANEOUS

Lincoln Portable Welder 120 AC-DC, 10 Amp	Set 155-38 Champ on Dual Tires, Rims	10-16" Siphon Tubes
Are Torch	Set 16.9-38 Champ on Dual Tires, Rims	51-57" Siphon Tubes
Cherry Picker	1 14.8-24 Sphalerite Tires	100-2" Siphon Tubes
Space Heaters	500 Gal Fuel Tank, Electric Pump	Large Lot Elec. Cords
5 HP Transfer Pump	500 Gal Fuel Tank, Stand	Several Lots of Scrap Iron
Agri-Injecter Chromygonia Calc	500 Burtp Socks	(Pumps-pipe-old Machinery)
Stake Tanks	100-6' Steel Posts	

TERM CASH - GOOD CHECK

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

LARRY REED: OWNER

Auctioneer: Art Gucht
719-585-1912
Coke Liron
719-586-3414
Clerk of Sales: Jim Higel
719-589-3126

NOTE: Excellent offering Tractors, Tillage Equipment, Like New

NEED TO SELL YOUR VEHICLE? WE WILL BUY IT!

PROVEN



MIKE BLOOMBERG.
A proven leader with plans
to unite our country.

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.

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
- ✓ Ban surprise medical bills
- ✓ Lower prescription drug prices

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

mike
FOR PRESIDENT
2020

MIKE WILL GET IT DONE.

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



mikebloomberg.com

Paid for by Mike Bloomberg 2020

Comics

CROSSWORD PUZZLE

ACROSS

1 Wait Kelly strip
5 Folk dance shoe
9 Cot or crib connector
13 Clock hand
14 Navajo foe
15 Exam
16 Jot
17 Tie up the phone
18 Contest hopeful
20 Preference
22 Potato st.
23 Ms. Farrow of films
24 Brake parts
27 Dog-tired
30 Yikes! (hyph.)
31 Runway sight
32 Gullet
34 Benedictine title
35 Crawling insect
36 Carpet choice
37 Let
40 Goose-bumpy

41 Linden or Holbrook
42 Firm up
43 Pungent vegetable
46 Yanking, as a tooth
50 Seedcase
51 Broad smile
53 Squared away
54 Genre
55 Good fortune
56 Mitchell mansion
57 Overhead railways
58 Online auction site
59 Weather word

DOWN

1 Elegant spread
2 Draft animals
3 Primary point
4 Largest bird
5 Pagoda's land
6 Plunder

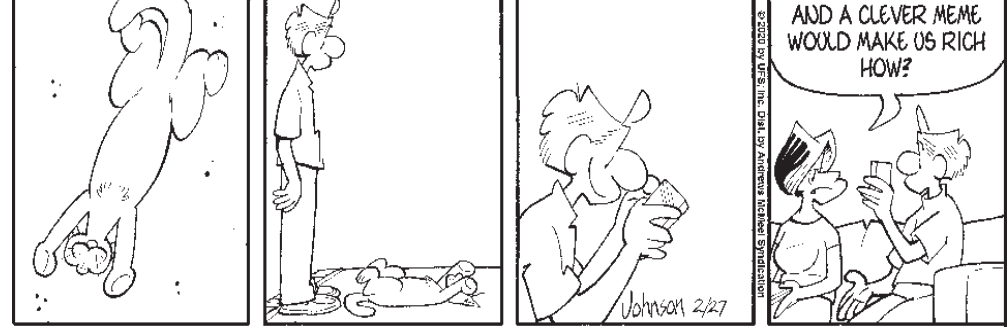


7 Ump's yell
8 Free
9 Purchases
10 Oregon, to Yves
11 Hockey feint
19 Classified section
21 Pleased sigh
23 Stray dog
24 Fizzle
25 Flapjack chain
26 Several
27 Aptitude
28 Arab VIP
29 "Soft Watches" artist
31 Clink or cooler
33 Quite tiny
36 Lead shot
38 Sweater letter
39 Tear
40 Snaky fish
42 Sticky
43 NYC theater award
44 — and void
45 Peeves
46 Type option
47 Dreaded czar
48 First-century Roman emperor
49 Nibble
52 Chafe

ALLEY OOP



ARLO & JANIS



BIG NATE



THE BORN LOSER



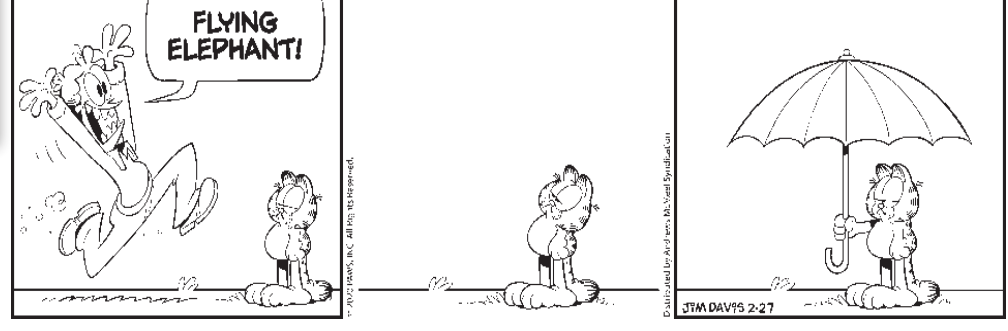
FOR BETTER OR FOR WORSE



FRANK & ERNEST



GARFIELD



THE GRIZZWELLS



PEANUTS

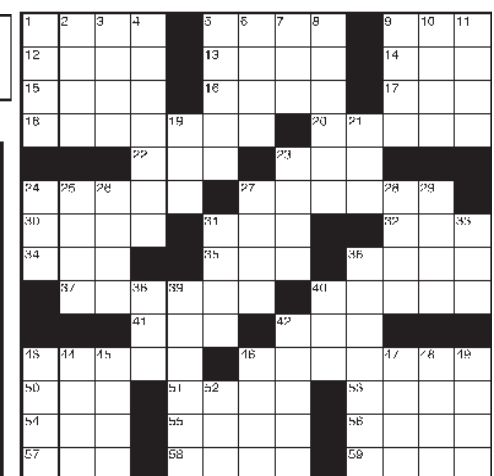


SUDOKU

DIFFICULTY RATING: ★★☆☆☆



HOW TO PLAY:
Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.



HERMAN



"Nothing your mother does surprises me anymore."

Wife grows anxious as man grows closer to her sister

DEAR ABBY: I've been married to my husband for 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 hours-long conversations a few times a week. When I told him it made me very uncomfortable, he said they are just "very, very good friends."

About six months ago, she 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 sister. The changes he made 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 another week because she is "having health issues."

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?

I have politely asked -- SUSPICIOUS IN THE NORTHWEST

DEAR SUSPICIOUS: I

don't blame you for being as upset as you are because, 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 should.

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 affair.

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.

DEAR ABBY: I have a 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 nastiness on both sides.

I have politely asked them to discuss topics other than politics. I even talked 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 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 to music. However, if that's not possible, the solution to your problem might be as simple as noise-canceling headphones.