



# Valley Courier

TUESDAY EDITION | WWW.ALAMOSANEWS.COM

VOLUME 94, NO. 4

LOCAL NEWS... LOCAL VIEWS JANUARY 7, 2019 \$1

*Imagine*  
**Your Ad Here!**

**SLV Today**  
Calling all senior artists

**ALAMOSA**— Alamosa Senior Center is looking for artists 50 years old and older to participate in its "Senior Art from the Heart" Art Show, to take place at San Luis Valley Health Regional Medical Center from February-April. For more information, please contact Lynette Cotton at 719-589-3277 or by emailing senior.director@hotmail.com. Deadline for participation is Jan. 17.

**Veterans beware**

**HOMELAKE** — The Colorado Veterans Community Living Center at Homelake will be destroying patient medical records for the discharged year 2013. If you wish your record be retained, please contact Medical Records at 719-852-5118 before Feb. 3.

**SDCSBOE will meet Jan. 14**

**SANGRE DE CRISTO** —The Sangre de Cristo School Board of Education monthly meeting will be Jan. 14 in the school library at 8751 Lane 7 North, Mosca, with an executive session from 6 to 6:30 p.m. and an open session at 6:30 p.m. Copies of agendas are posted at school site, the Hooper and Mosca post offices, and the Mosca Pit Stop. Meetings are open to the public.

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**SLV WEATHER**



Sunny  
26/-6  
Wed.: Sunny 31/0  
Thurs.: Sunny 29/2

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## GOCO awards grants to local parks

**ALAMOSA** — The Great Outdoors Colorado (GOCO) Board awarded a total of \$1,942,586 in youth corps and open space grants to projects in your district.

The City of Alamosa received a \$16,600 youth corps grant to hire Southwest Conservation Corps (SCC) to construct and maintain trails on several municipal properties, adding six miles to an existing network of 15 miles of trail. Colorado Open Lands (COL) received a \$925,986 open space grant for its Conejos Ranchland Initiative, which aims to protect important agricultural lands in Conejos County. The Board also awarded a \$1,000,000 open space grant to Southern Plains Land Trust (SPLT) to acquire and conserve land that will add an additional 6,614 acres to Heartland Ranch Nature Preserve in Bent County, creating a larger, contiguous protected area of critical wildlife habitat.

The first grant is part of GOCO's Colorado Youth Corps Association (CYCA) grant program,



Alamosa Mayor Tom Coleman (not pictured) addresses a gathering of about 30 people during the Oct. 15 ribbon-cutting ceremony (above) for Alamosa Riparian Park. The new park, which is due in part to contributions of the Western Rivers Conservatory and the City of Alamosa, is expected to deliver long lasting benefits to the community of Alamosa and to the fish and wild life of the San Luis Valley.

and will help the City of Alamosa hire SCC crews to construct new trails and improve existing trails at Alamosa Riparian Park, at Alamosa City Ranch, and on the city's

southside. Alamosa has expanded its trail network in recent years, creating additional, ongoing need for care and maintenance.

Opened to the public in September of 2019, Alamosa Riparian Park is a 203-acre open space located along the Rio Grande.

■ See GRANTS page 3

## National holiday forecast

By HELEN SMITH  
Staff Writer

Although the holiday season has passed, there is still plenty to celebrate.

Thursday, Jan. 9, will feature National Law Enforcement Appreciation Day.

If someone has a police officer as a friend or family member, National Law Enforcement Appreciation Day is the perfect time to show them that they are appreciated for their daily sacrifice and risk. Whether there is civil unrest, labor strikes, huge sporting events or just helping a cat get down from a tree, law enforcement is a critical part of daily life woven into the everyday fabric of America.

They keep our neighborhoods safe and help ensure that whatever needs to be done, they will ensure that the community will have peace of mind. Some of the ways that National Law Enforcement Day is recognized, include wearing blue, showing support on social media, organizing a Neighborhood Watch program, and volunteering with or donating to a local Crimestoppers program.

**NATIONAL MILK DAY**  
National Milk Day falls on Jan. 11 and it observes the very first delivery of milk to homes inside sterilized glass bottles.

It was not until 1878 that bottles were filled with milk and sealed with waxed paper.

With the technology to purify and deliver fresh milk to homes, stores and processing facilities across the country, this most basic type of dairy is more accessible than ever before.

By today's standards, milk with its nine essential nutrients is considered a staple food, technically able to support human life without the addition of any other food groups. (Other life-supporting foods include sourdough bread, chicken, eggs, red beans, and surprisingly, beer.)

Milk is the first food for babies and often remains a common source of nutrition.

Observances of National Milk Day, include learning something new about the product, trying a new milk product, and visiting a local dairy.



Courtesy photo

## Library presents Storytime

**ALAMOSA**— Alamosa Public Library is pleased to welcome one and all for Storytime sessions this winter.

Free Sweater Weather Storytime sessions are held every Tuesday and Friday morning, starting with family playtime in the Story Room at 10 a.m. followed by stories and songs at 10:30 a.m.

Sweater Weather Storytime sessions are mixed age, with all ages and stages welcome. Warm up this winter with children's librarian, Ms. Holly, in the APL Story Room for a joyful storytime that will be interactive, educational and fun for everyone.

School is back in session, and Friday afternoons in the Library are free. Join the staff for Weekend Kick-Off Kids Club, a story and activity session geared toward elementary-age students. Ms. Holly takes the lead from 1-2 p.m. every Friday where we will enjoy stories, silliness, music, games, crafts and even special guest stars. While each week may hold something new, literacy enrichment will be at the heart of every session.

Parents and guardians please be prepared to stay for each session, because "big kids" can enjoy storytime, too.

## Creede set for big hockey tourney



**CREEDE** — Creede will be the place to go for enjoying hockey on Jan. 18-19.

The Colorado Pond Hockey tournament, one of Mineral Counties' most popular winter events, called "The Golden Pick," will be hosting the competition, which is sponsored by Tommyknocker Tavern and Kip's Grill for Creede Athletics.

The event draws amateur teams from all over the United States. Some travel from as far as Dallas, Detroit and Albuquerque.

The tournament will take place on the frozen Willow Creek drainage ponds, just underneath the famous Creede cliffs. Observers can enjoy the unique rock formations while watching locals battle many out-of-town teams for the winner's puck and bragging rights.

## Prepare car for disaster

Disasters can happen in a flash, and having a plan in place for common emergency situations can make it easier to handle adverse conditions, particularly when away from home.

According to MFASCO Health and Safety, a supplier of first aid supplies and kits, 90 percent of people do not carry first aid supplies or other emergency gear in their vehicles. Among those who may carry supplies, 30 percent never check to determine if they're in good working order. The National Safety Council says that drivers should always keep emergency supply kits in the trunks or cargo areas of their vehicles. Kits should be inspected every six months, and worn out items should be replaced.

Roadside emergency kits can make the difference between getting back on the road safely or being stranded for hours. Such kits also may help prevent or treat injuries, potentially saving lives. Weather should be considered when preparing vehicle emergency kits, which should include the following:

- ▶ A properly inflated spare tire and tire-changing equipment
- ▶ Jumper cables
- ▶ A multipurpose utility tool and/or tool kit

■ See CAR page 3



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# Valley News

## Senior Citizens Center ushers in the new year

**ALAMOSA** — The Alamosa Senior Citizens Center said farewell to 2019 and welcomed in 2020.

The Alamosa Senior Citizens experienced some amazing things in 2019. Several folks enjoyed touring the Canadian Rockies by coach and rail.

"We were blessed with new furniture in the lobby, tables in the dining room, vanities and sinks in the bathrooms, flooring and window coverings throughout the building and 42 new members," said Alamosa Senior Citizens director Lynette Cotton by email. "Our fundraisers were exceptional, and we were able to offer several informative and fun workshops and classes."

"The support we receive from the City of Alamosa, county commissioners and this entire community overwhelm us with gratitude. Thank you all so very much. 2020, here we come."

Anyone who is 50 and over is invited to submit his or her creative artwork for consideration to be displayed in Alamosa Senior Center's "Seniors from the HeART" art show.

It will be the center's first ever Senior Art Exhibition and it will take place Feb. 3 on the second floor of the San Luis Valley Regional Medical Center and run through April 30. Art must be original and able to hang on a wall.

The artists have the opportunity to sell their art work and if they wish, donate a

portion to SLV Regional Medical Center and/or the Alamosa Senior Citizens. A reception will be held at the Medical Center on Saturday, Feb. 15 at 4:30 p.m., followed by a fundraising dinner at the Senior Citizens Center. If anyone is interested, please call the center for more information.

At 8:30 a.m. on Jan. 13, chair yoga with Chayne resumes. Yoga has been shown to improve overall health, prevent and (even in some cases) reverse disease when practiced regularly as a lifestyle. Please join and experience the wonderful benefits of yoga.

If anyone is interested in increasing his or her energy flow? Join the center on Friday Jan. 17 at 10:30 a.m. for part two of a free self-help workshop presented by Kitty Von Mills, CMT.

Thinking about an exotic trip to Hawaii? The Alamosa Seniors are partnering with Falcon Tours to offer a fabulous nine-day trip to Hawaii in October.

"We'll journey to the islands of Maui, Kauai and Oahu," Cotton said. "We have flyers available at the office or feel free to give us a call for more information."

The following weekly activities are for all seniors whether they are members or non-members. Please stop by and join in on the activities. All classes are free unless otherwise noted. If anyone has suggestions for a new class or group, please let the center know and be sure

to call with any questions or concerns.

- Billiards play.
- Coffee social hour at 8:30 am.
- Puzzle construction.
- Monday, Wednesday, Friday: Strong Bones at 9:30 a.m. Participants enjoy many health benefits, such as improved bone density, reduction of falls, improved flexibility and increased strength. Anyone is welcome to join at any time.
- Dime Bingo, Monday-Thursdays from 1 p.m.-3 p.m., which is free to members and there will be a \$2 fee for non-members.
- Bridge play takes place on the first and third Tuesday of the month at 1 p.m.
- Tai Chi with Lyn Johnson Wednesday mornings at 8:30 a.m.
- Free five-point ear acupuncture conducted by Rick Wertz each Tuesday at 9:30 a.m. for veterans and seniors 50 and over. Those who participate note less stress and anxiety and better sleep.
- Sewing Group (includes knitting, crocheting, quilting (and anything one wants to work on) meets each Wednesday at 10:30 a.m. and the Mah Jongg (come and learn, even if one is not familiar with the game) group at 1 p.m.
- Art class with Rosi Myers meets on Fridays at 9:30 a.m. Each class will offer something new. Anyone may join in at any time. Everyone is an artist, so drop by and have fun being creative. The cen-

ter will be having a senior art show at the hospital in February, so be thinking about which of creations to enter. Please call the center if one is interested or drop by class on a Friday.

- Dominoes-Fridays at 12:30 p.m.
- Daily transportation is available for seniors 60 and over within Alamosa City limits between 9 a.m.-1 p.m. Please call ahead at least 24 hours in advance to schedule a ride for doctor visits, grocery shopping, dining and participating in events at the center, etc. Transportation is limited to passengers with a permanent residence. The center does not transport to or from shelters, hotels, treatment centers, etc.

If one is not yet a member, please consider joining the center. Seniors age 50 and over are eligible for membership. Regular annual membership is \$30 per person or for an ambassador membership \$100 per person. Members receive a monthly newsletter with a calendar of events, timely information, challenging activities and a lunch menu.

*The center is located at 92 Colorado Ave. in Alamosa, adjacent to Cole Park. Hours of operation are: Monday-Thursday from 8 a.m.-3 p.m. and Friday from 8 a.m.-2 p.m. For more information, contact 719-589-3277.*

*Report courtesy of Cotton.*

## Grants

Continued from Page 1

just northwest of Alamosa. SCC crews will improve and reroute trails located along an eroding part of the stream bank there.

Corp members may also be used to replant willows and cottonwood saplings along the river to help reestablish bird and fish habitat.

As a second part of the project, SCC crews will help improve the Rio Inspire Trails, a series of single-track trails at Alamosa City Ranch. The trails have been damaged by flooding caused by excessive snowpack

runoff. Corps members will engage in corridor clearing, tread work, and footbridge construction to help with drainage and protect the trails from further flood damage.

SCC crews will also finish trail construction at South Alamosa's Malm Trail and install fences between City-owned property and private property along the trail.

In addition, GOCO funded CYCA projects that impact broad swaths of the state. To learn more about them, read the program press release.

The second grant is part of GOCO's open space

grant program. With this funding, COL will work with the Rio Grande Headwaters Land Trust (RiGHT) and Colorado Cattlemen's Agricultural Land Trust (CCALT) to conserve the 500-acre Rancho la Luz, the 433-acre Jackson Ranch, the 160-acre Crowther Meadows Ranch, and the 587-acre Caldon Cattle Company property, all located in the Conejos River floodplain near Manassa. These properties are some of the oldest ranches in Colorado. Conserving them is an important step in protecting a historically significant agricultural landscape and

diverse ecosystem.

All four ranches are currently in operation and will continue operations once conserved. In addition to helping maintain the region's agricultural heritage, conserving the properties will protect 3.48 miles of active channels of the Conejos and San Antonio rivers as well as over 700 acres of persistent wetlands, wet meadows, marshes, and dense willow and cottonwood galleries.

The third grant is also part of GOCO's open space grant program and will help SPLT expand Heartland Ranch Nature Preserve by purchasing a

6,614-acre parcel of the adjacent Jagers Ranch. The Jagers parcel acquisition will protect 7.4 miles of Arkansas River tributaries.

The Jagers property is highly biodiverse, with critical habitat for leopard frog, swift fox, golden eagle, ferruginous hawk, burrowing owl, horned lizard, and the potential reintroduction of black-footed ferret.

The property contains short grass prairie, dramatic rock-covered mesas, lush canyons and bottomlands, perennial springs, and juniper woodlands that serve as feeding and breeding grounds for bison,

pronghorn, and elk herds. Conservation of this property advances Colorado Parks & Wildlife's conservation plan for grassland species in the area that the Colorado Natural Heritage Program considers of high biodiversity significance.

The conserved property will be owned and managed by SPLT. Colorado Open Lands will hold the conservation easement, as it does for the existing preserve.

In addition, GOCO has funded open space projects that impact broad swaths of the state. To learn more about them, read the program press release.

## Car

Continued from Page 1

- Flashlight and batteries
- Flares or triangle reflectors
- An extra quart of motor

oil

- A first-aid kit containing at the least, gauze, tape, bandages, antibiotic ointment, aspirin, non-latex gloves, scissors, hydrocortisone, thermometer, tweezers, and instant cold compress

- A blanket
- A tire pressure gauge
- A portable tire inflator
- Paper towels
- Nonperishable, high-energy foods
- Drinking water
- A reflective vest

- Duct tape
- A fire extinguisher
- An ice scraper
- A folding shovel
- Coolant and washer fluid
- A phone charger
- Baby/child supplies, if pertinent

- Rope

Keep roadside emergency kits organized at all times. Store items securely in a milk crate, box or backpack so they are always readily available. People should familiarize themselves with the items

in the kit so they know how to use them correctly and quickly.

With some planning and organization, drivers can have the supplies they will need to make it through roadside emergencies safely. TF201588

## Aug., Sept. 2019 OBITUARIES

### Farewell

**VALLEY** — We bid farewell to the following people we lost in 2019 in the San Luis Valley. (Any omissions were not intentional.)

### August

Earl C. Van Treese, 91  
Herbert Martinez  
Donald Montoya  
Billy Joe Bond, 80  
Norma Lenore (Hanna) Myers, 91  
Elizabeth "Sharon" Oringdolph  
Bill Bond

Robert (Bob) Wadleigh 93  
Sharon Renee Duran, 60  
Richard Kent Barr  
Josephine (Jo) Bowers  
Myron Beckner, 93  
Beth Jayne, 63  
Jose (Michael) Montano, 70  
Veronica Eloisa Sierra, 83  
Dennis "Denny" Eugene Armstrong, 82  
Linda Ann Hagedorn, 72  
Elias (Bud) Ubaldino Manzanares

Vincent Archie Trujillo, 62  
Regina Bernice Garcia, 42  
James Lewis Shawcroft  
Leroy (Kung fu/Teek) Lujan  
Orval Reid Gylling, Jr., 87  
Norman Ray Clark  
Carl J. Westbrook, 79  
Richard R. Garcia, 64  
William Marion "Bill" Henderson  
Steve L. Valdez  
Orlando Teddy "Weasel" Medina, 49  
Elsie Marian Studebaker  
Paul Hogue  
Felix Donald Valdez, Jr.  
Virginia Barr Davlin, 76  
Virginia Ann Widhalm,

## AA MEETINGS

**VALLEY** — The San Luis Valley offers many Alcoholics Anonymous groups.

AA 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.

**WEDNESDAY**

12 p.m. First United Methodist Church at 2005 Mullens,  
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.  
8 p.m. 1st Christian Church, 1st and State, Alamosa.

**THURSDAY**

12 p.m. First Christian Church at 1st and State, Alamosa  
12 p.m. Crestone Baptist Church, County Rd. T, Crestone  
7 p.m. Community Church on Main St., Creede  
7:30 p.m. Creative Resource Center at 304 Walnut St., La Jara.  
7:30 p.m. Ables/Disables, Baptist Church at 751 Lincoln St., Monte Vista

Vista

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

**AL-ANON TUESDAY**

8 p.m. 15 Country Club Dr. Monte Vista

**WEDNESDAY**

5:30 p.m. SLV Behavior Health Group at 8745 CR 9S., Alamosa

**THURSDAY**

5:30 p.m. First Christian Church at 518 1st St., Alamosa  
7 p.m. Crestone Town Hall, downtown Crestone (second and fourth Thursdays)

**NARCOTICS ANONYMOUS (NarcAnon)**

**TUESDAY**

7 p.m. 1st Christian Church, 1st and State, Alamosa.

7:30 p.m. Baca Grande Library at Road T, Crestone

**THURSDAY**

7 p.m. SDA Church at 313 Craft Drive, Alamosa

**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. 1st Christian Church, 1st and State, Alamosa  
5 p.m. Women's Meeting at Masonic Hall, 598 Spruce St., Del Norte  
7 p.m. Community Church on Main St., Creede  
7:30 p.m. Creative Resource Center at 304 Walnut St., La Jara

**TUESDAY**

12 p.m. First Christian Church at 1st and State, Alamosa  
8 p.m. Mountain View Presbyterian Church at 2nd and Broadway, Monte Vista

**FRIDAY**

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

**SATURDAY**

5:30 p.m. at 929 State Ave., Alamosa  
6 p.m. Senior Citizen's Building at 710 Main St., Antonito.  
8 p.m. Mountain View Presbyterian Church at 2nd and Broadway, Monte Vista



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**Oct. 2019 obits will be in the Wednesday Courier**

Rita F. Curtis.  
Epifania Dolores Mondragon 79  
Jose (Joe) Agapito Gonzales  
Olivia Mary Espinoza, 79  
Bryant Kyle Keck  
Nellie Marie Vanderpool, 96  
Allen E. Harrison  
Della Alice Nielson  
Potberg Steineckert, PhD, 86

**VALLEY COURIER POLICY ON OBITUARIES**

The Valley Courier charges a flat fee of \$30 for each obituary published. Pending arrangements or death notices are run at no charge.

This charge affects funeral homes, as well as family or other representatives, that directly place obituaries. All paid obituaries are published on our web site, www.alamosanews.com, for no additional fee.

In the event the newspaper errors in publishing an obit, corrections will be made and the obit will be rerun. If the errors are on the part of the submitting party, an additional fee will be assessed.

**SKI-HI 6 SHOWTIMES**

719-589-4471

Tues - Thurs: 5:20, 8:10  
**BOMBSHELL**  
Charlize Theron, Nicole Kidman R

Tues - Thurs: 5:35, 8:10  
**THE GRUDGE**  
It will never let you go R

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

Tues - Thurs: 4:45, 8:00  
**STAR WARS**  
Every generation has a legend PG-13

Tues - Thurs: 5:00, 8:00  
**LITTLE WOMEN**  
Own your story PG

Tues - Thurs: 5:35, 8:00  
**SPY DISGUISE**  
Super spy, super fly PG

# Lifestyle

## Protecting skin during winter months

Sunscreen and the great outdoors go hand-in-hand during the warmer months of the year.

For instance, few people can imagine spending a day at the beach without first covering their skin in sunscreen. But skin also must be protected when spending time outdoors in winter.

The World Health Organization notes that one in every three cancers diagnosed across the globe is skin cancer. While that's a scary notion, it's important to note that many skin cancer cases are preventable. Protecting skin in winter, a time when many people mistakenly believe their skin is not vulnerable to damage caused by the sun, is one way for people to reduce their risk of developing skin cancer.

Don't put sunscreen in storage. Even if one won't be beachfront and basking in the sun's rays, it's still important to apply sunscreen in winter.

The Dana-Farber Cancer Institute, which specializes in cancer treatment and actively seeks tomorrow's cures through cutting-edge research, recommends applying a sunscreen with a minimum sun-protection factor, or SPF, of 30.

Make sure to apply sunscreen to all areas that may be exposed to the sun, including the face, neck, ears and hands. Frequently reapply sunscreen.

The set it-and-forget it approach does not apply to protecting the skin with sunscreen. Reapply sunscreen every 90 minutes while outdoors to ensure one's skin is fully protected at all times.

Skiers should recognize that they are much closer to the sun as they traverse the slopes, and that means the UV ra-

diation is more intense on the mountain than it might be in the foothills or lower elevation areas. That heightened intensity only underscores the importance of reapplying sunscreen.

Don't forget to protect one's lips. The DFCI notes that the lower lip is especially vulnerable to the sun's rays.

A lip balm with an SPF of 30 or higher should be applied before going outside and then frequently reapplied while outdoors. In addition, women can use makeup with SPF to further protect their lips and their skin.

Avoid tanning booths. Indoor tanning booths increase users' risk for skin cancer and premature skin aging.

In fact, the DFCI notes that cancer researchers have found that the risk of developing melanoma is 60% greater among people who have been exposed to UV radiation from indoor tanning. And that risk only increases with each visit to a tanning booth.

Don't forget to protect the skin while on vacation. People who vacation in warm climates during the winter may be the envy of co-workers and neighbors upon returning home with a tan, but it's imperative that travelers prioritize protecting their skin while on vacation. Embrace the same principles of skin protection, including applying sunscreen and wearing wide-brimmed hats and sunglasses, that someone would when lounging by the pool or visiting the beach in the summer.

Unprotected skin is vulnerable to sun damage and skin cancer year-round, including when the temperatures dip below freezing.



Courtesy Photo

Protecting skin in winter, a time when many people mistakenly believe their skin is not vulnerable to damage caused by the sun, is one way for people to reduce their risk of developing skin cancer. HM201574

## Exercise Helps Prevent Disease

Exercise plays a significant role in disease prevention.

According to the Centers for Disease Control and Prevention's National Center for Chronic Disease Prevention and Health Promotion, physical activity helps to reduce individuals' risk of chronic conditions, including type 2 diabetes, heart disease, various types of cancer and dementia.

As vital as exercise is to a healthy lifestyle, many people simply are not getting enough of it.

A 2018 report from the National Center for Health Statistics found that only about 23% of American adults between the ages of 18 and 64 are meeting the benchmarks for physical activity guidelines set forth by the U.S. Department of Health and Human Services.

And that problem is not unique to the United States. A recent study from statistics Canada found that only about 17% of adults in Canada were meeting the minimum guidelines for weekly physical activity established by the Canadian Society for Exercise Physiology.

Such figures illustrate the emphasis that many adults must place on getting more physical activity.

But returning to physical activity after a long layoff or becoming physically active for the first time are not as simple as lacing up a pair of running shoes and hitting the road.

In fact, the American College of Sports Medicine notes the importance of pre-participation health screening for adults about to engage in physical activity after a period of inactivity.

What is a pre-participation health screening?

A pre-participation health screening is an examination conducted by a physician that looks for particular issues that may interfere with one's ability to exercise.

Doctors will likely ask patients about their medical histories and their family histories as well, as each of these factors can be used to determine whether a person is ready for physical activity or any restrictions needed to be put in place to protect them.

What happens after a pre-participation health screening?

Once a physician conducts a health screening, he or she will conclude if an individual can exercise and how much he or she can exercise.

Adults who are cleared to exercise but have never been physically active or have gone years without exercising will likely be advised to take it slowly at first.

Doctors may provide specific exercise recommendations or refer patients to a sports medicine professional who can help them devise an appropriate workout regimen.

Doctors also may recommend follow-up appointments to track patients' progress. Such appointments can be invaluable, as they can help people whose overall health has improved after limited exercise ramp up the intensity of their workouts, which can help them continue on the course to a healthier life.

However, it's important that people consult their physicians before increasing the intensity of their workouts.

A second screening might even be worth-

while, helping people and their physicians alter workout regimens that reflect their improved overall health.

Many people aspire to exercise more.

In many instances, a pre-participation screening is a vital component for people looking to become more physically active after a long layoff.

# Remember When "Decade in Review"



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719-589-2553



# Lifestyle

## Wolf Creek Ski Area results

**PAGOSA SPRINGS** — Wolf Creek Ski Area held its second Fun Race of the season on Sunday.

There were 57 racers this time, and the fastest time of the day was 26.41 made by, yet again, Buzz Burke, from Pagosa Springs.

Burke was the most experienced of the skiers, competing in the 71-plus bracket.

The next Fun Race in the series will be held on Jan. 12. The race is open to all ages and abilities levels and is free with the purchase of a lift ticket.

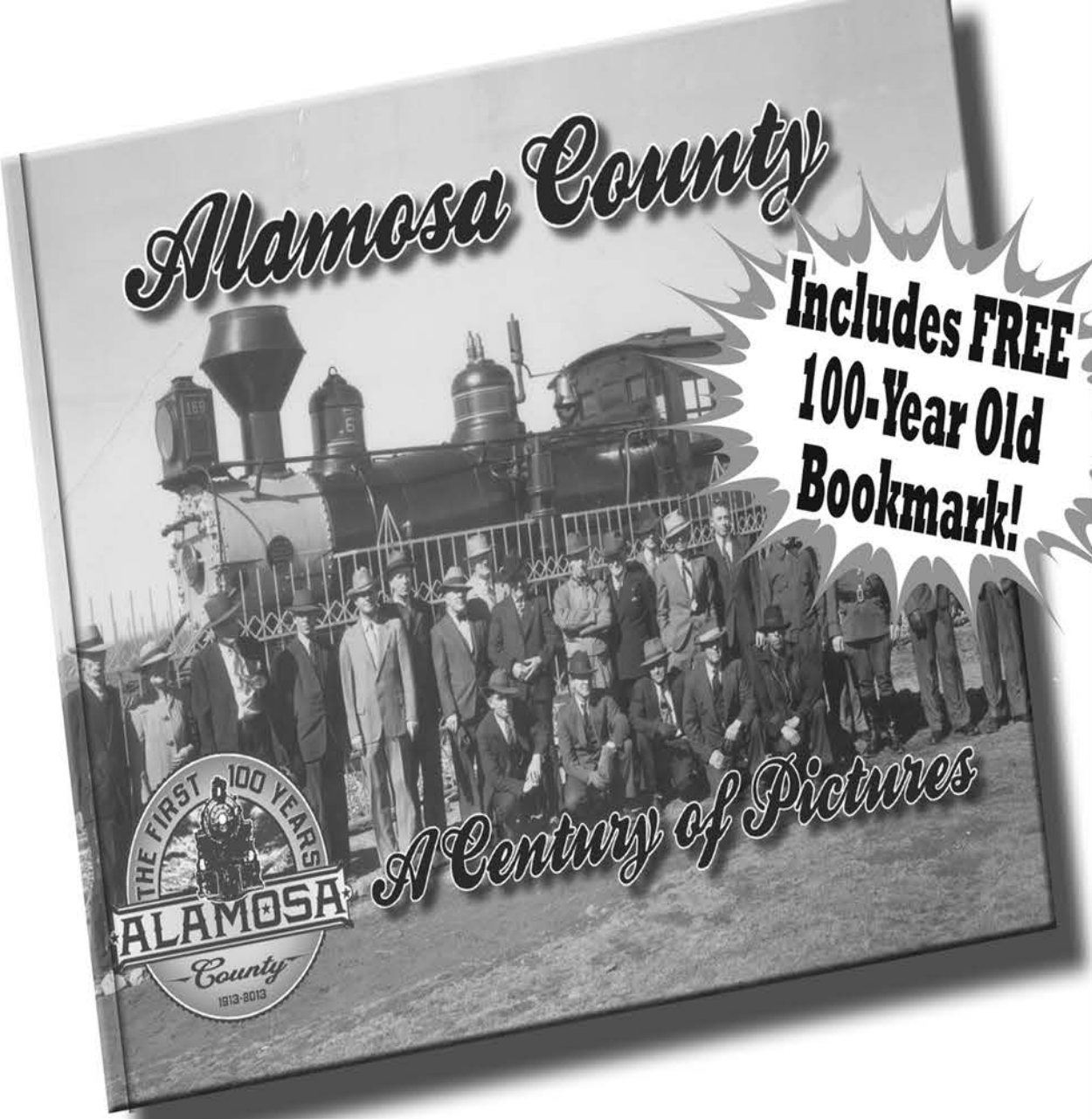
Racers can sign-up at the Raven Grill between 9:30 a.m. and 10:30 a.m. and the race will be held between 11 a.m. and 1 p.m. on the Charisma run.

*Report, photo, statistics courtesy of Melanie Allen, Marketing, Wolf Creek Ski Area.*

Race: Fun Race No. 2 on Sunday	Fastest Time of the Day: 26.41	Number of Skiers in Race: 57	BOYS 9-11 Medal, Name, City, Time,	GOLD Noah Bellina Pagosa Springs 32.86	SILVER Alex Lamas Grapevine 33.44	BRONZE Ryan Rich Pagosa Springs 35.66
BOYS 12-14 Medal, Name, City, Time,	GOLD Corbin Horrocks South Fork 27.32	SILVER Corley Pearson Amarillo 34.75	BRONZE Andrew Pearson Amarillo 40.98	BOYS 15-17 Medal, Name, City, Time,	GOLD Tabn Knapp Pagosa Springs 36.50	MEN 21-25 Medal, Name, City, Time,
GOLD John Otts Albuquerque 32.66	SILVER Christian Schmidt Los Angeles 35.87	BRONZE Michael Schmidt Pagosa Spring 36.62	MEN 26-30 Medal, Name, City, Time,	GOLD Zach Maun Pagosa Springs 45.57	MEN 31-35 Medal, Name, City, Time,	GOLD Alan Davis Fort Worth 36.08
MEN 36-40 Medal, Name, City, Time,	GOLD Chris Pitcher Pagosa Springs 27.86	GOLD Augie Sparrow South Fork 27.86	SILVER Aaron Horrocks South Fork 28.39	BRONZE Sean Willingham San Antonio 35.95	MEN 41-50 Medal, Name, City, Time,	GOLD Luke Thompson Pagosa Springs 28.10
SILVER Joe Bush Pagosa Springs 29.59	BRONZE Lance Talkington Celina 29.93	MEN 51-60 Medal, Name, City, Time,	GOLD Steve Dayton Pagosa Springs 30.62	SILVER Tim Davis Fort Worth 31.36	BRONZE Al Hagonian Melbourne 32.33	MEN 61-70 Medal, Name, City, Time,
GOLD Howard Cox Del Norte 31.39	SILVER Jim Mazda Oxford 32.14	BRONZE Courtney Parker South Fork 36.78	MEN 71+ Medal, Name, City, Time,	GOLD Buzz Burke Pagosa Springs 26.41	SILVER Greg Johnson Pagosa Springs 34.36	GIRLS 6-8 Medal, Name, City, Time,
GOLD Veda Deitemeyer Pagosa Springs 38.57	SILVER Alexandria Jernigan Oklahoma City 1.01.27	GIRLS 9-11 Medal, Name, City, Time,	GOLD Isabelle Ratliff Pagosa Springs 29.38	SILVER Kenli Bush Pagosa Springs 33.72	GIRLS 12-14 Medal, Name, City, Time,	GOLD Aybree Hampton Pagosa Springs 31.35
GIRLS 15-17 Medal, Name, City, Time,	GOLD Rylie Rapp Pagosa Springs 34.11	SILVER Jordan Maxwell Pagosa Springs 35.48	WOMEN 21-25 Medal, Name, City, Time,	GOLD Lyndsay Irwin Albuquerque 46.84	WOMEN 36-40 Medal, Name, City, Time,	GOLD Nikki Horrocks-South Fork 31.53
SILVER Jennifer Devino Ft. Worth 36.79	WOMEN 51-60 Medal, Name, City, Time,	GOLD Cathy Lemon Pagosa Springs 31.39	WOMEN 61-70 Medal, Name, City, Time,	GOLD Chris Schmidt Pagosa Springs 36.8		



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## Valley Courier

2205 State



Alamosa

## Valley Community Concert Choir rehearsals begin soon

**ALAMOSA**— The Valley Community Concert Choir invites all singers to be a part of the spring 2020 program. The VCC will perform an eclectic program, reflecting the SLV musical career of the accompanist, Caleb Clark. Guest artists include Don Richmond and Adams State University music students. Concerts are scheduled for May 1, in Creede, and May 3, in Alamosa.

The Valley Community Chorus is open to all adults and high school students. No auditions are required. All are welcome. Rehearsals begin at 7 p.m. every Tuesday. The first rehearsal is Jan. 21 in the Adams State Music Building room 117. For more information or to register, contact David Schneider, director, at 719-298-8152 or dwschnei0@yahoo.com.

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# Sports

## Grizzlies Stomp Roadrunners at Home 91-73

By AARON KINNISCHTZKE  
ASU Sports Information Director

ALAMOSA — The Adams State Grizzlies Men's Basketball team were all systems go Saturday night, as they blew out the Metro State University-Denver Roadrunners 91-73 at Plachy Hall for their second straight victory. The game featured four starters in double figures, with both Kaelin Crane and Juwan Green scoring 20 or more. The victory Saturday night was by far the Grizzlies' most complete game of the 2019-20 season thus far, and they will look to build off of the strong game moving forward.

team shot an overall percentage of 50.7 percent from the field. Half of these three-point buckets came from freshman Rylan O'Brien who was cooking the entire game. In 31 minutes of action, O'Brien tallied 19 points on 7 of 9 shooting and knocking down 5 three-pointers. He continues to show promise as a budding star for the Grizzlies' backcourt.



on track Saturday, as Green totaled 22 points to lead all scorers, and completing the one-two punch was Crane right behind him finishing with 20 on the night. The Roadrunners had no answer for the two, as they led an offense that gashed the Metro defense all night long.

The Grizzlies had not been a great shooting team coming into the game, but Saturday night their shooters went 10-18 from three-point range, as the

The scoring duo of Kaelin Crane and Juwan Green that Grizzly fans had been accustomed to seeing early on got back

Seniors Rickey Norris and Szymon Walczak led the Grizzly defense that broke the Roadrunners' will in the second half. The two combined for 11 rebounds and 3 steals on the evening and led a defense that intercepted a

total of 6 steals and forced 16 Roadrunner turnovers. As has been the story for the Grizzlies all year, they did not have the height advantage in the game but made up for it with effort and grit on the defensive end.

The win Saturday night marked the second straight victory for the Grizzlies who now have a 4 and 1 record at Plachy Hall on the season. After wins this week end against RMAC opponents Chadron State and Metro State, they improved their conference record to 3-4, and are slowly climbing back up the standings with hopes of a postseason berth. They will be back in action next weekend on the road, as they travel north to face off against Colorado Mines on Friday and UCCS on Saturday.

## Centauri stays unbeaten in Sanford

### Falcons take down Sanford for ninth win

By STEPHEN JIRON  
Courier Sports Editor

SANFORD — The girls basketball game between neighbors became a barn-burner on Saturday night with the visiting Falcons taking a 47-43 overtime win.

second quarter. Centauri would begin the trek back tying things up at 16 points before relenting a 20-17 lead to Sanford at the half.

Neither team was able to gain a definitive edge at the end of the fourth quarter. A 36 tie prompted an overtime period to decide a winner.

Centauri would strike the first blow with four unanswered points. The Falcons would use the two-possession lead to keep Sanford at bay for the remainder to stay perfect with the win.

Falcon junior Brenna McDaniel led Centauri in scoring with 15 points. McDaniel shined from the free-throw line banking 8 of 9 attempts and draining her one three-point attempt. The Centauri junior was also one rebound shy of a double-double grabbing 9 boards. Following McDaniel in scoring was teammate Mia Garcia with 10 points.

Centauri will get a chance to prove their mettle with a road game against fifth-ranked Pagosa Springs (5-2) on January 18th. Sanford will continue with their difficult schedule, Friday, Jan. 10 Sanford will go on the road to meet 3A Ellicot (3-1) then they'll follow that by hosting 3A's fifth-ranked team in Pagosa Springs (5-2) Saturday, Jan. 11.

### Sanford fades down the stretch against Centauri

By STEPHEN JIRON  
Courier Sports Editor

SANFORD — A contrast between halves helped Centauri come from behind against host Sanford for a 47-34 win to return from the holiday break.

Centauri (9-0) has been on a roll this year. In their first two weeks of competition, the Falcons were able to take their home Mountain Top Classic as well as the La Junta Holiday Shootout. Two more wins before the holiday break allowed Centauri to construct an eight-game run leading into Saturday's game. For their effort, the Falcons are moving up the top ten going from ninth place up to sixth in Monday's Colorado High School Activities Association (CHSAA) Coaches Poll.

Sanford (3-3) is doing a great job keeping their heads above water heading towards their league schedule. Sanford has played 5 of 6 games in the 3A class and is 2-3 over that upper-class stretch. With 6 points in the CHSAA Coaches Poll, Sanford is still looking to get back since having been ousted from the top ten in Dec. 16's rankings.

Saturday night Sanford looked well on the way to doing that, opening play with a 14-10 lead in the first quarter. Ten more points from Sanford's offense in the second frame and the home team would lead Centauri 24-23 at the half.

Centauri kept up their offense production through the second half, going from averaging 11.5 points per quarter in the first half to 12 points in the second half.

Sanford was unable to keep pace and totaled 10 points in the second half allowing Centauri to take their ninth win in a row.

The Falcons have two more games on their road trip. Both of which will be the beginning of Centauri's league schedule. First, the Falcons will face the Pirates of Monte Vista on Jan. 17th then they'll meet up with the Pirates of Pagosa Springs on January 18th.

Sanford will continue their journey through 3A with games against Ellicott and Pagosa Springs, then returning to 2A for a game against Crested Butte on Jan. 18 before beginning their league schedule with Center on Jan. 24th.



Photos courtesy of Vibrant Valley Photography

Centauri's Brenna McDaniel (14) shoots as Sanford senior Abbey Sittler (4) defends.



Sanford's Ethan Larson (21) rushes in to attempt and to disrupt a clean shot from Centauri senior Alec Holman (22)

### Results

- Adams State Basketball**  
**Jan. 3**  
 Adams State 73, Chadron State 58 (W)  
 Adams State 81, Chadron State 79 (M)
- Jan. 4**  
 Metro State 66, Adams State 58 (W)  
 Adams State 91, Metro State 73 (M)
- Prep Basketball**  
**Jan. 4**  
 Rocky Ford 48, Center 27 (G)  
 Center 53, Rocky Ford 45 (B)  
 Sangre de Cristo 76, Creede 15 (G)  
 Sangre de Cristo 79, Creede 31 (B)  
 Centauri 47, Sanford 43 (G) OT  
 Centauri 47, Sanford 34 (B)

- Prep Wrestling**  
**Jan. 4**  
 Colt "Bobby Hawk" Classic  
 12. Alamosa 55.5

### Upcoming Events

- Adams State Basketball**  
**Jan. 10**  
 6/8 p.m. ASU at Colorado School of Mines (W/M)
- Jan. 11**  
 5:30/7:30 p.m. ASU at UC-CS (W/M)
- Prep Basketball**  
**Jan. 7**  
 5:30/7 p.m. Pueblo Central at Monte Vista (G/B)
- Jan. 10**  
 2:30 p.m. Center at Mancos (G/B)  
 3/4:30 p.m. Sanford at Ellicot (G/B)  
 5 p.m. Sangre de Cristo at Rocky Ford (G/B)

### Sports Bulletin

- 5 p.m. Dolores Huerta at Creede (G/B)  
 7 p.m. Alamosa at Kent Denver (B)  
 TBA Antonito at Escalante (B)
- Jan. 11**  
 1 p.m. Creede at Crested Butte (G/B)  
 2 p.m. Sargent at Center (G/B)  
 4 p.m. Antonito at Questa (B)  
 4 p.m. Alamosa at Pinnacle (B)  
 5 p.m. Sierra Grande at Primero (B)  
 5:30 p.m. Alamosa at Ignacio (G)  
 5:30/ 7 p.m. Del Norte at Sangre de Cristo (G/B)  
 5:30/ 7 p.m. Sanford at Pagosa Springs (G/B)  
 5:30/ 7 p.m. Monte Vista at Kent Denver (G/B)

- Prep Hockey**  
**Jan. 17**  
 6:40 p.m. SLV at Taos
- Jan. 18**  
 8:40 a.m. SLV at Taos

- Adams State Swimming**  
**Jan. 17**  
 Colorado Classic  
 ASU at Colorado College (W/M)

- Adams State Wrestling**  
**Jan. 10**  
 All Day ASU at San Francisco State Tourney
- Jan. 16**  
 6 p.m. Western Colorado at ASU

- Prep Wrestling**  
**Jan. 9**  
 7 p.m. Alamosa at Centauri
- Jan. 10**

4 p.m. Alamosa Duals

**Jan. 11**  
TBA Centauri at Pagosa Springs

**9 a.m. Alamosa Invitational**

**Cowboy Invitational**  
Center, Del Norte, Sierra Grande-Centennial at Gunnison

*Schedules subject to change*

### AHS Basketball Reunion

ALAMOSA — Alamosa High School is hosting a reunion for former coach Ken Niven. While at Alamosa, Niven oversaw a Mean Moose run of four consecutive titles from 1989-92 over Classes AA and 4A. He also had four Division I signees. The reunion will take place Friday and Saturday of Jan. 24th and 25th. Friday will be the home games against Montezuma-Cortez at 5:30/7 p.m. followed by a social at the Bankshot. Saturday will be a mid-morning shoot around at AHS then the home games against Pagosa Springs at 5:30/7 p.m. Niven and Alumni players will be recognized at halftime. Saturday's social will take place at the Purple Pig Pizzeria following the games.

### ASU Volleyball open tryouts

ALAMOSA — Saturday, January 25th the ASU Grizzlies Volleyball team will be holding tryouts. The event is open to any 2020/2021 high school students and/or Junior College players. For the registration form email alimiller@adams.edu. Participants are asked to bring or email in a completed registration form, a current sports physical and a proof of insurance (company and policy information). For questions or to email in a form, physical, insurance package be sure to contact Coach Miller at alimiller@adams.edu or at (720) 879- 2803

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## Public Notices

**DISTRICT COURT, RIO GRANDE COUNTY, COLORADO**  
Court Address: 925 6th Street, Del Norte, CO 81132  
Phone: 719 657-3394  
THE PEOPLE OF THE STATE OF COLORADO  
IN THE INTEREST OF:  
R.G.-G. (D.O.B. 12/23/2002);  
J.G. (D.O.B. 01/16/2005)  
T.M. (D.O.B. 01/26/2016) CHILDREN  
AND CONCERNING:  
W.M. (D.O.B. 04/06/1979)  
J.M. (D.O.B. 05/20/1981) RESPONDENTS  
S.F. SPECIAL RESPONDENT.  
COURT USE ONLY  
Case Number: 2019JV53  
Div.: Ctrm:  
Attorney for Rio Grande County Dept of Social Services:  
W. Ryan Dunn  
Address: PO Box 40 Del Norte, CO 81132  
Phone: 719 657-3381 Fax: 719 657-4013  
E-Mail: Reg No: 39307  
ALIAS SUMMONS FOR PUBLICATION  
TO: FILIDELFO GUZMAN-CANO:  
You are hereby notified that a Verified Petition for Adjudication of Dependence and Neglect of the above-named child/ren has been filed in the above-named Court in which it is represented to the Court that the child/ren, is/are dependent or neglected for the reasons set forth more fully in said Petition, the original of which is on file in the above Court and copies of which will be made available to you upon request during normal business hours at the office of the Clerk of the District Court in Rio Grande County.  
You are further notified that the Court has set a hearing on the following date and time:  
DATE: JANUARY 7, 2020  
TIME: 9:15 A.M.  
LOCATION: RIO GRANDE COUNTY DISTRICT COURT  
925 6TH STREET (3RD FLOOR, DISTRICT COURT ROOM)  
DEL NORTE, CO 81132  
You are further notified that TERMINATION OF THE PARENT-CHILD LEGAL RELATIONSHIP IS A POSSIBLE REMEDY AVAILABLE IF THIS PETITION ALLEGING THAT THE CHILD/REN IS/ARE DEPENDENT OR NEGLECTED IS SUSTAINED. A SEPARATE HEARING MUST BE HELD BEFORE SUCH TERMINATION IS ORDERED. TERMINATION OF THE PARENT-CHILD LEGAL RELATIONSHIP MEANS THAT THE CHILD/REN WHO IS/ARE SUBJECT TO THIS PETITION WOULD BE ELIGIBLE FOR ADOPTION.  
Pursuant to Rule 4.1 of the Colorado Rules of Juvenile Procedure, a responsive pleading is not required, although you may file one, if you so desire, nor is it necessary for you to deny any allegations of the Petition, except jurisdictional matters of age and residence of the child/ren which shall be deemed admitted unless specifically denied.  
You are further informed that if you choose to appear at the hearing at the time and place hereinabove stated, you shall be fully advised by the Court of your constitutional and legal rights pursuant to C.R.S. 19-3-202, as amended. You may demand a trial by jury of not more than six. Unless a jury is demanded, it shall be deemed to be waived.  
You have the right to be represented by counsel at every stage of the proceedings. If you request representation by an attorney and you are found to be without financial means to afford an attorney, an attorney will be appointed for you by the Court.  
You are further advised that, if the court finds that the allegations in the Petition are supported by the necessary standards of proof, the Court shall hold a dispositional hearing, but that in a proper case, providing prior notice thereof is given to you, and, you are now so advised, the dispositional hearing may be had co-extensively with the adjudicatory hearing.  
If you fail to enter your appearance, or if you fail to deny jurisdictional matters, if any, as permitted by law, the above matter, and any other related matters that may come before the Court will be decided without further notice to you.  
Furthermore, you have the following additional rights:  
1) The right to subpoena witnesses;  
2) The right to know the nature of the allegations contained in the Petition;  
3) Any admission on your part must be voluntary;  
4) If you admit the allegations of the Petition, the Court is not bound by any promises or representations made by anyone about the dispositional alternatives by the Court;  
5) The Court may appoint an attorney as a Guardian ad Litem to represent the interest of the child/ren.  
6) The right to present evidence;  
7) The right to cross examine witnesses;  
8) The right to appeal;  
9) In order for the Court to find the child/ren to be neglected or dependent, it must be proven to a judge or jury by the preponderance of evidence;  
10) In order to terminate the parent-child legal relationship, the Court would have to find at a separate hearing by clear and convincing evidence either of the following:  
a) That the child/ren has/have been adjudicated dependent and neglected and has/have been abandoned by his/her/their parent or parents.  
b) That the child/ren is/are adjudicated dependent or neglected, and the Court has found by clear and convincing evidence that no appropriate treatment plan can be devised to address the unfitness of the parent or parents.  
c) That the child/ren is/are adjudicated dependent or neglected and all of the following exist:  
(I) That an appropriate treatment plan approved by the Court has not been reasonably complied with by the parent or parents or has not been successful;  
(II) That the parent is unfit;  
(III) That the conduct or condition of the parent or parents is unlikely to change within a reasonable amount of time;  
WITNESS my hand and official seal of said Court this 3RD DAY OF JANUARY, 2020.  
CLERK/DEPUTY CLERK OF THE COURT  
By: /S/ HEATHER GARCIA  
JUDICIAL ASSISTANT  
No. 1221  
Published in the Valley Courier on January 07, 2019.

**DISTRICT COURT, RIO GRANDE COUNTY, COLORADO**  
Court Address: 925 6th Street, Del Norte, CO 81132  
Phone: 719 657-3394  
THE PEOPLE OF THE STATE OF COLORADO  
IN THE INTEREST OF:  
J.D. (D.O.B. 07/12/2005) A CHILD,  
AND CONCERNING:  
C.E. (D.O.B. 06/01/1974) MOTHER, RESPONDENT.  
Attorney for Rio Grande County Dept of Social Services:  
W. Ryan Dunn  
Address: PO Box 40 Del Norte, CO 81132  
Phone: 719 657-3381 Fax: 719 657-4013  
E-Mail: attorney.riograndedss@gmail.com Reg No: 39307  
COURT USE ONLY  
Case Number: 2019JV51  
Div.: Ctrm:  
ALIAS SUMMONS FOR PUBLICATION  
TO: ROBERT DELGADO:  
You are hereby notified that a Verified Petition for Adjudication of Dependence and Neglect of the above-named child/ren has been filed in the above-named Court in which it is represented to the Court that the child/ren, is/are dependent or neglected for the reasons set forth more fully in said Petition, the original of which is on file in the above Court and copies of which will be made available to you upon request during normal business hours at the office of the Clerk of the District Court in Rio Grande County.  
You are further notified that the Court has set a hearing on the following date and time:  
DATE: JANUARY 7, 2020  
TIME: 11:45 A.M.  
LOCATION: RIO GRANDE COUNTY DISTRICT COURT  
925 6TH STREET (3RD FLOOR, DISTRICT COURT ROOM)  
DEL NORTE, CO 81132  
You are further notified that TERMINATION OF THE PARENT-CHILD LEGAL RELATIONSHIP IS A POSSIBLE REMEDY AVAILABLE IF THIS PETITION ALLEGING THAT THE CHILD/REN IS/ARE DEPENDENT OR NEGLECTED IS SUSTAINED. A SEPARATE HEARING MUST BE HELD BEFORE SUCH TERMINATION IS ORDERED. TERMINATION OF THE PARENT-CHILD LEGAL RELATIONSHIP MEANS THAT THE CHILD/REN WHO IS/ARE SUBJECT TO THIS PETITION WOULD BE ELIGIBLE FOR ADOPTION.  
Pursuant to Rule 4.1 of the Colorado Rules of Juvenile Procedure, a responsive pleading is not required, although you may file one, if you so desire, nor is it necessary for you to deny any allegations of the Petition, except jurisdictional matters of age and residence of the child/ren which shall be deemed admitted unless specifically denied.  
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If you fail to enter your appearance, or if you fail to deny jurisdictional matters, if any, as permitted by law, the above matter, and any other related matters that may come before the Court will be decided without further notice to you.  
Furthermore, you have the following additional rights:  
1) The right to subpoena witnesses;  
2) The right to know the nature of the allegations contained in the Petition;  
3) Any admission on your part must be voluntary;  
4) If you admit the allegations of the Petition, the Court is not bound by any promises or representations made by anyone about the dispositional alternatives by the Court;  
5) The Court may appoint an attorney as a Guardian ad Litem to represent the interest of the child/ren.  
6) The right to present evidence;  
7) The right to cross examine witnesses;  
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10) In order to terminate the parent-child legal relationship, the Court would have to find at a separate hearing by clear and convincing evidence either of the following:  
a) That the child/ren has/have been adjudicated dependent and neglected and has/have been abandoned by his/her/their parent or parents.  
b) That the child/ren is/are adjudicated dependent or neglected, and the Court has found by clear and convincing evidence that no appropriate treatment plan can be devised to address the unfitness of the parent or parents.  
c) That the child/ren is/are adjudicated dependent or neglected and all of the following exist:  
(I) That an appropriate treatment plan approved by the Court has not been reasonably complied with by the parent or parents or has not been successful;  
(II) That the parent is unfit;  
(III) That the conduct or condition of the parent or parents is unlikely to change within a reasonable amount of time;  
WITNESS my hand and official seal of said Court this 3RD DAY OF JANUARY, 2020.  
CLERK/DEPUTY CLERK OF THE COURT  
By: /S/ MARISOL HERNANDEZ  
No. 1222  
Published in the Valley Courier on January 07, 2019.

**163 LOST & FOUND**

**LOST 6 MO.** old grey kitten, Amber eyes, 700 block of Douglas, Alamosa. Call 719-480-9251.(1/14)

**FOUND A HUSKY** dog call to identify and claim 719-480-1103. (1/14)

**173 - PROFESSIONAL SERVICES**

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**PART-TIME SHIFT MANAGER** needed at Alamosa business. Sundays from approximately 12:30 p.m. to 11 p.m. with breaks. Send application or resume to: FE, c/o Valley Courier, PO Box 1099, Alamosa, 81101.(1/14)

**221 HELP WANTED**

**WANTED: SAGUACHE COUNTY** Landfill is Hiring for an additional Full Time Attendant. **REQUIREMENTS:** Applicants must fill out and submit an application, must be an experienced front end loader operator and possess a valid driver's license. Applicants should have a high school diploma or GED and six months or more of relevant experience. Final candidates applying with Saguache County will be required to submit and pass a pre-employment drug screen and criminal background check. Pay D.O.E. Landfill Attendant is a full time 40 hour per week position - starting at 8:00 A.M. each day Tuesday through Saturday (subject to change) Those applying must be an experienced front end loader operator, have the ability to do strenuous outdoor physical labor in extreme weather conditions and be able to lift and/or move 20 lbs. to 75 lbs. Applications are available at the Saguache County Road and Bridge/Landfill Office 305 3rd Street, PO Box 476, Saguache, CO 81149 719-655-2554 or on the Saguache County website - www.saguachecounty.net under the Landfill Department tab. Completed applications can be hand delivered or mailed to Saguache County Road and Bridge/Landfill Office - at the address listed above, sent by email to mhashbarger@saguachecounty-co.gov or faxed to: 719-655-2543. **APPLICATION DEADLINE:** Open until a qualified candidate is hired. Saguache County is an Equal Opportunity Employer. (01/31)

**221 HELP WANTED**

**RIO GRANDE SAVINGS & Loan** is seeking a Full Time Teller/Customer Service Representative to join our team in the Monte Vista office. Qualified candidates will have superior customer service skills, the ability to work cooperatively in a team environment and must be proficient with a 10-key and Microsoft Office. Successful candidates must be able to perform teller functions and assist customers, while complying with banking regulations and internal policies and procedures. Position offers excellent salary and benefits in a great working environment. For additional information please contact Kate Ruybal @ 719-852-7051. Applications available at www.rgsla.com/contact - deadline is January 7th, 2020.(1/10)

**SIERRA GRANDE SCHOOL** District is accepting applications for a High School Boys Baseball Coach; applicants must be willing to meet all CHSAA guidelines. For more information contact Mr. Lucero at mlucero@sierragrandeschool.net or at (719) 379-3259. Applications are available at Sierra Grande School District at 17523 Hwy 160, Blanca, CO 81123 or www.sierragrandeschool.net. Application deadline is open until filled. EOE.(1/10)

**221 HELP WANTED**

**VISITING ANGELS IS** Now hiring compassionate caregivers to do non-medical in-home care in the SLV area. We Train You! You will receive pay for the following trainings: diabetic care, Home Health Aide care, nutrition care, dementia care, CPR certification and domestic violence reporting to name a few. If you have a heart for this kind of work, and you want to work for an amazing, FUN, and dedicated agency, we want you! We offer incentives, bonus program, paid training and much more! C.N.A.'s also Needed...We are the #1 agency in the nation, and we take pride in caring for the elderly and disabled. Flexible Shift Availability. Some Travel may be required. LOVE....it's what we do! Apply today at https://vasvcolorado.clearcare-online.com/apply/ or call 970-264-5991 for more details.(1/8)

**SLV FEDERAL BANK** is now accepting applications for a Member Service Representative in our Monte Vista office. Applications and position descriptions are available at www.slvfed.com or at each branch location. Equal opportunity Employer, including considering individuals with Disabilities and Veterans/Affirmative Action Employer.(1/15)

**ALAMOSA COUNTY JOB OPPORTUNITIES**

- Detention Officer
- Patrol Deputy
- Road & Bridge Maintenance Technician
- DHS Child Welfare Social Worker

Visit [www.alamosacounty.org](http://www.alamosacounty.org) for details  
8900-A Independence Way • Alamosa

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Some officials want to move notices from newspapers to government-run websites, where they may not be easily found.

This is like putting the fox in charge of the hen house.

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**Valley Courier 13,000 Readers**

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# Comics

## CROSSWORD PUZZLE

- ACROSS**
- 1 Steal from
  - 4 Airgun ammo
  - 7 Typewriter type
  - 11 Plumbing bend
  - 12 Stadium noise
  - 14 Famed prep school
  - 15 Boxing great
  - 16 Weight or Capri
  - 17 Dog chow brand
  - 18 White water
  - 20 Like some arches
  - 22 Pop-up
  - 23 Fury
  - 24 Entertainer Della
  - 27 Omitted in speech
  - 30 As well as
  - 31 USC rival
  - 32 Chart shape
  - 34 Shoe-wiping place
  - 35 Does it wrong
  - 36 Lake dwellers
- DOWN**
- 1 Emulate a bronco
  - 2 Earthen jar
  - 3 Radar screen image
  - 4 Horse's gear
  - 5 Imperious
  - 6 Famed mule
  - 7 Rang out

A	M	P	M	O	S	T	S	T	A	B	
L	O	U	A	G	U	E	C	O	C	O	
T	I	N	L	E	E	R	A	U	R	A	
A	R	C	H	I	E	M	A	N	G	E	R
R	E	H	A	B	A	S	H				
			Z	U	R	I	C	H	E	E	
E	A	V	E	U	T	A	A	N	N	E	
P	I	E	D	N	E	V	P	S	S	T	
A	R	N	C	E	M	E	N	T			
		D	U	E		O	L	D	I	E	
K	E	E	N	E	R	D	R	I	N	G	
A	R	T	S	S	W	I	M	C	U	R	
R	I	T	E	V	E	R	A	E	R	E	
L	E	A	R	P	E	E	L	S	E	T	

- 8 "— do for now"
- 9 Handle problems
- 10 Soon
- 13 Pharmacy requests
- 19 In that case (2 wds.)
- 21 Opera tune
- 24 Barnyard animal
- 25 Gusto
- 26 Is, to Pedro
- 27 Light brown
- 28 Homer's "Aeneid," for one
- 29 Platter
- 31 Nuclear reactor fuel
- 33 Codgers' queries
- 35 "WNBA Tuesday" ailer
- 36 Lapp neighbor
- 38 Playground gear
- 39 Nice and warm
- 41 "Laughing" animal
- 42 Tree trunk
- 43 Dreaded czar
- 44 Good-natured
- 46 Military cap
- 47 Uniform
- 48 Wet and chilly
- 51 RSVP word

## ALLEY OOP

THIS IS WHAT I WANTED TO GIVE YOU. THE UNIVERSE TRANSIT DEVICE!

YOU TURN THIS DIAL TO THE UNIVERSE YOU WANT TO TRAVEL TO, AND PUSH "GO."

AND THIS BUTTON LOCKS THE UNIVERSE UP. NO ONE CAN GO IN OR OUT OF IT FOR ONE YEAR.

WHY A YEAR?

IT USED TO BE FOREVER, BUT ONCE I LOCKED MY KEYS IN A UNIVERSE AND HAD TO CALL AN INTERDIMENSIONAL LOCKSMITH. SUCH A HASSLE!

## ARLO & JANIS

OH, STOP IT!

I FEEL LIKE YOU'RE MAKING FUN OF ME!

I AM NOT MAKING FUN OF YOU!

I SAID, I FEEL LIKE YOU ARE!

## BIG NATE

THE BEST WAY TO CREATE INTELLECTUAL PROPERTY IS TO START BY WRITING A BOOK!

THEN THE BOOK GETS ADAPTED INTO AN AWARD-WINNING TV SERIES...

...AND THEN HBO HANDS ME A ZILLION DOLLARS TO DEVELOP SPINOFF PROJECTS! THAT'S HOW YOU BUILD AN I.P. EMPIRE!

EXCEPT YOU'VE ONLY WRITTEN THREE WORDS. ...AND TWO OF THEM ARE YOUR NAME. YOU CAN'T RUSH GENIUS!

## THE BORN LOSER

SIGH

I'VE GIVEN UP WISHING MY DREAMS WOULD COME TRUE...

NOW, I JUST HOPE THAT MY NIGHTMARES DON'T!

## FOR BETTER OR FOR WORSE

I'M GLAD YOU DON'T MIND COMING TO THESE CLASSES AGAIN, JOHN.

NOT A BIT.

EVEN THOUGH WE'VE BEEN THROUGH THIS BEFORE, A REFRESHER COURSE IS A GOOD IDEA.

UH HUH.

IT'S BEEN 10 YEARS SINCE WE HAD LIZ—BUT IT SHOULDN'T TAKE LONG FOR EVERYTHING TO COME BACK.

...DO YOU THINK THIS IS THE RIGHT ROOM?

## FRANK & ERNEST

RATHER THAN TELLING PEOPLE THAT WE'VE BEEN DEMOTED, LET'S SAY "A SEGMENT OF THE MILITARY HAS BEEN PRIVATIZED."

## GARFIELD

WHAT WORRIES YOU, GARFIELD?

OH, YOU KNOW...

MY MORTALITY... PESTILENCE...

I'M WORRIED ABOUT THE ROBOT UPRISING.

WELL, THERE WILL BE NO SLEEPING FOR ME TONIGHT.

## THE GRIZZWELLS

JUST FOR KICKS I ATE SOME CATNIP LAST NIGHT.

YOU DUDE, YOU!

HOW WAS IT?

NOT ONLY WAS IT TASTY, BUT NOW I HAVE AN INCREDIBLE URGE TO WEAR TIE-DYE TEE SHIRTS.

## PEANUTS

WHAT DO YOU DO WITH TWO FRIENDS WHO ARE HAVING A MISUNDERSTANDING?

STRAIGHTEN THEM OUT! SHOW 'EM WHERE THEY'VE GONE WRONG!! TELL 'EM TO SHAPE UP!!!

IS THAT GOOD PSYCHOLOGY?

IN STRICT MEDICAL TERMS, IT'S CALLED "BUTTING IN!"

## SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

1	2	3	4	5	6	7	8	9	10	
11			12			13			14	
15			16					17		
18		19			20	21				
24	25	26			27		28	29		
30				31				32	33	
34			35				36			
	37	38			39					
42	43	44			45			46	47	48
49			50	51				52		
53			54					55		
56				57				58		

## HERMAN

"I can't hear the peasants singing. You'd better put the guard on 'red alert.'"

# Man's family treats him as a second-class citizen

DEAR ABBY: I have been married to a wonderful man for 33 years. He doesn't drink or smoke and has never used pot or drugs. We have the best time together, love each other and enjoy our life together.

The trouble is his family. He's the youngest, and they treat him like an outsider. Whenever we get together, his mother often tells him he was a "surprise" baby, and his siblings treat him like an interloper.

I have been wanting to limit our contact with his family, and my husband, who has been loyal to them even though they treat him this way, is finally coming around. I don't want to be rude, but his family will never change their ways.

What's the most polite way of distancing ourselves without hurting anyone?

DEAR WIFE: The "polite way" is to tell the relatives you can't see them because you have a schedule conflict, a previous commitment, a trip planned, a sick pet, or think you may be coming down with something contagious and don't want to give it to them. The BETTER way would be for you

to tell them you don't like the way they treat him and if it continues, they will see much less of both

of you. DEAR ABBY: I have been at my current job just over a year, and I really enjoy it. My co-workers and I get along, and it is a great job for my skill set.

When I was interviewing for the position, I made a point of saying that I am not the type of person who will leave after a short while because it's a problem employers face where I live. Recently, however, I have been asked to help my father run his business. He's not a young man, and he genuinely needs the help I can provide.

I'm torn. Should I put my family first, or keep my promise not to leave this job after such a short time?

DEAR TORN: I think you already know what you must do. Talk to your boss, explain the situation and apologize. Then give enough notice that a replacement can be found so you are not leaving your employer in the lurch.

DEAR ABBY: My husband and I recently lost our beloved pet of 12 years, "Bootsy." He was our first "fur baby." His death was very sudden, and we are devastated. We don't have children; it was as if he was our firstborn. What can we do to get through the death of our beloved dog-child?

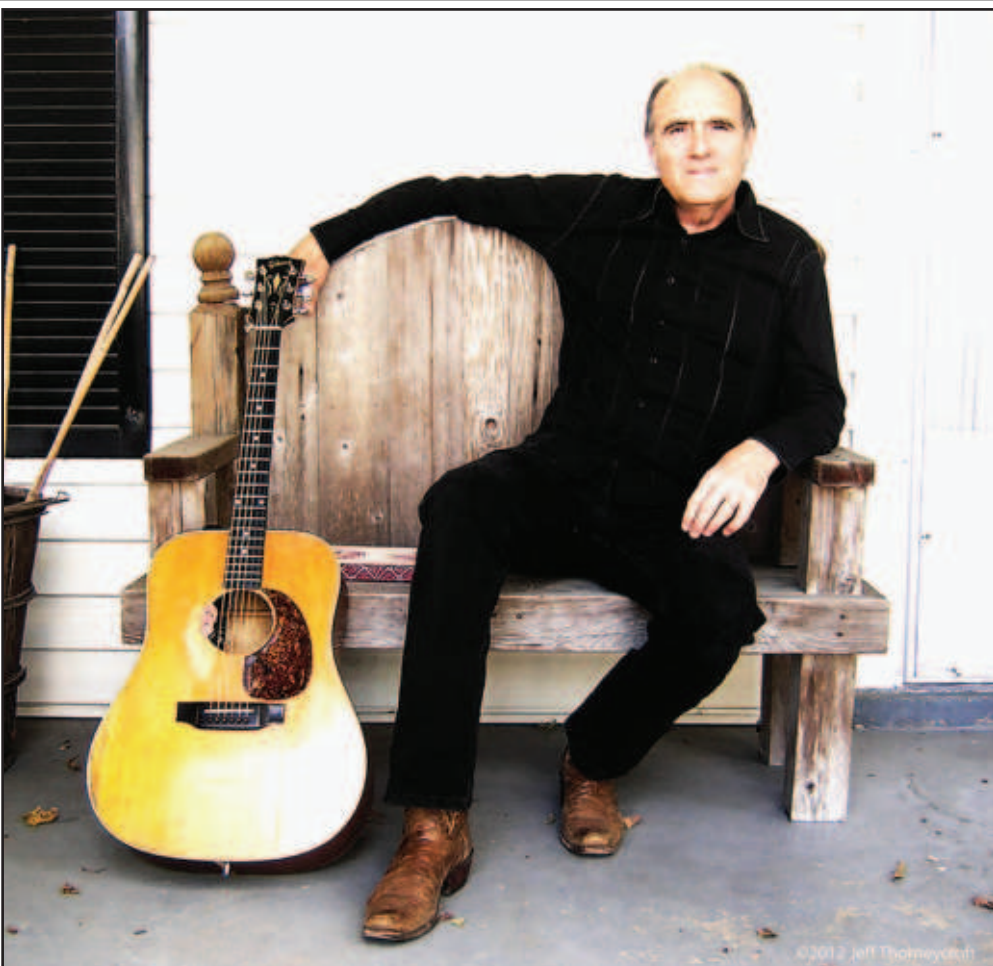
DEAR SUFFERING: I am sorry for your loss. An unfortunate aspect of being emotionally invested in a pet is the reality that they have much shorter lifespans than humans do. Start the healing process by reminding each other that you gave Bootsy the best life possible. Consider making a contribution in his name to an animal rescue organization. Then contact the veterinarian who cared for Bootsy about joining a grief support group to help you through this time of bereavement.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at [www.DearAbby.com](http://www.DearAbby.com) or P.O. Box 69440, Los Angeles, CA 90069.



ABIGAIL VAN BUREN

# Lifestyle



## Society Hall welcomes back Dana Cooper

ALAMOSA — One of the true troubadours of folk music Dana Cooper will be returning at 7 p.m. on Friday to Society Hall. Cooper is one of the most experienced road warrior songwriters there is anywhere, writing and delivering songs of the heart, of great depth, beauty, and wry humor, harvested from his heartland background, his breadth of experience and his 40-plus years on the road.

Audiences around the world are engaged and inspired by his quick wit, insightful stories and commanding presence. Cooper's songs have been recorded by top-notch artists such as bluegrass star Claire Lynch; Irish vocalist Maura O'Connell; and luminary songwriters Pierce Pettis and Susan Werner.

Dana is no stranger to the San Luis Valley, having been one of the featured songwriters in the SLV Cancer Relief Fund's "Concert for Cancer Relief" in 2015, as well as other appearances at area venues. He also has performed at Michael Hearne's Big Barn Dance Festival in Taos.

He is the recipient of the 2014 Heritage Musician Award from Pilgrim Center for the Arts in Kansas City, Mo., and was also named the 2015 Spirit of Folk award winner by Folk Alliance International. He has performed on Austin City Limits, Mountain Stage and the Kerrville Folk Festival where he was nominated for their Hall of Fame.

Cooper's mixture of flat-picking, finger-picking and percussive strumming style is legendary among other guitarists. He is also one of the best harmonica players around. An expressive singer, his voice is ageless,

evoking his rich lifetime of experience.

Cooper started out early — at 12 he sang, played drums, guitar and harmonica in local bands. By 13, he began writing his own songs and at 16 he performed regularly at the prestigious Vanguard Coffeehouse in Kansas City. His deep love and commitment to a life of music drew Cooper away from an art scholarship. He took to the road touring Midwest college coffeehouses for one year then sold an electric guitar and his entire record collection to buy a one-way ticket to Los Angeles. Four months later he was signed to Elektra Records where his eponymous first album was released in 1973. The record features such acclaimed players as Leland Sklar, Russ Kunkel and Jim Horn.

Cooper eventually moved to Texas writing, performing and recording with Shake Russell in the late 70s and with his own power trio, DC3 during the early 80s. Returning to his roots as a solo performer, Cooper relocated to Nashville in 1988. He has become an integral figure in the Music City songwriting community collaborating with renowned writers such as Tom Kimmel, Sally Baris, Kim Carnes and Don Henry. Cooper has been invited to participate in songwriting workshops from Belfast to Copenhagen to Austin.

His prolific endeavors have resulted in 28 albums. The critically acclaimed Miracle Mile on Compass Records was nominated for a Nashville Music Award as "Best Pop Album" and was chosen by Performing Songwriter magazine as one of the top DIY recordings for the year. Harry Truman

Built a Road was named one of the best records of 2002 by The Tennessean and was also chosen as one of the top twelve DIY recordings for that year. Made of Mud released on King Easy Records in 2005 won Cooper the "Best Male Songwriter Award" by Indie Acoustic Project. Working with co-producer/guitarist Thomm Jutz, Cooper released his 27th album, Building a Human Being, in September, 2015. Cooper and Jutz also coproduced his 28th recording, Incendiary Kid, which was released Oct. 20, 2017 on Travianna Records.

Robert K. Oermann in Music Row Magazine said of Building a Human Being "Nashville veteran Cooper wins the Disc of the Day prize. Highly recommended." Fellow singer songwriter Buzz Holland says "Cooper is a person who can sing like an angel and play like the devil." Legendary Texas singer songwriter Eric Taylor said of Cooper's performance at Kerrville Fall Festival 2015 "Dana Cooper gave the best solo performance I've seen and heard for many years. Could be the best I've ever."

For more information contact, contact Don Richmond at 719-588-3453 or email him at [donrichmond@att.net](mailto:donrichmond@att.net).

Enjoy a music filled evening with Dana Cooper at Society Hall, 400 Ross Ave, Alamosa, Friday August 10<sup>th</sup>, "Where Community Celebrates!" Doors open at 6:00, music starts at 7:00. Beer and wine, as well as other refreshments and snacks are available. Tickets are \$15.00 in advance, \$20.00 day of the show and can be purchased online at [www.societyhall.org](http://www.societyhall.org) or at the Green Spot in Alamosa.

## Kentucky Belle Market stops using plastic bags

CREEDE — Plastic bags are no longer available at the Kentucky Belle Market since Jan. 1.

In an effort to reduce the amount of blue plastic bags in the local area, the Kentucky Belle Market announced they will stop offering plastic bags to its customers.

Reusable bags will be available for purchase and paper bags will remain available at no charge during the transition period.

The average life span of a single-use plastic bag is 12 minutes.

About 150 single-use bags are used annually per person.

The entry into town along the Silver Thread Scenic is becoming littered with single-use bags.

"In an effort to help clean our local area

from blue plastic bags we would like to do our part by asking our patrons to please use reusable bags, which we offer for sale. We will offer paper bags as a backup but beginning March 1 we will be charging \$.25 for their use. Our county disposal area is only so big, and it is filling up," said Ron Fief, Kentucky Belle Market Owner.

The store owners realize there will be an adjustment period for their patrons, so they will have reusable bags with the store logo available for sale in addition to offering paper bags for those that forget to bring their bag.

On March 1, a paper bag fee of \$.25 per bag will go into effect.

The Kentucky Belle Market is located at 103 W. 2nd Street, Creede and is open year-round. For additional information visit their website, [kentuckybellemarket.com](http://kentuckybellemarket.com).

# 9 Reasons to Shop Local

**1 Shopping Local Creates Jobs:** The jobs created allow spending in the local economy and helps create more jobs.

**2 Local independent businesses invest more in our community:** They support local charities, schools and community events which financially impacts our community.

**3 Local businesses sell a wide range of great products at affordable prices and cater to the needs and wants of the community.**

**4 Shopping Local saves you money and time!** Travel expenses and personal time make the overall cost of items higher.

**5 Shopping Local retains our community:** Without the support in the local community, restaurants, shops and services are forced to close.

**6 Shopping Local retains our distinctiveness:** Local businesses respond quicker to the needs of the customers and stock products to meet the core community's needs.

**7 Shopping Local encourages community growth.** By choosing to do business locally you help maintain Alamosa's diversity, charm & appeal. Which in turn, attracts new community members.

**8 Shopping Local invests in community services and city economy.** Your dollars spent in locally-owned businesses have three times the impact on your community as dollars spent outside of Alamosa.

**9 Local shops value you more:** Local businesses survive by their reputation & repeat business which means you get a higher standard of service.

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