



Grizzlies tangle with the Rangers over the weekend.

— Page 6



Sanford School Board helps students excel.

— Page 7

San Luis Valley Colorado Genuine
Today's Issue Sponsored By:

VOLUME 94, NO. 20

Valley Courier

WEDNESDAY EDITION | WWW.ALAMOSANEWS.COM

LOCAL NEWS... LOCAL VIEWS

JANUARY 29, 2020

\$1

Imagine Your Ad Here!

SLV Today

La Puente to host Free Health Care

ALAMOSA — La Puente will be hosting Free Health Care from 9 a.m. to 1 p.m. on Sunday at its Outreach Service Center at 929 State Ave., Alamosa. The health clinic will feature physical therapy, wound care, health and stress information, as well as wellness supplies. The services will be provided by Regis University Physical Therapy, Nurse Practitioner, and Counseling /Marriage and Family Therapy, Students and Faculty. La Puente is partnering with Global Health Pathway/Regis University's Rueckert-Hartman College for Health Professions, and the San Luis Valley Area Health Education to provide the Free Health Care.

Spud Summit today

MONTE VISTA — The 2020 SLV Potato Business Summit will be held today, from 1-4:30 p.m. at the Vali 3 Theater in Monte Vista. Topics include water management, seed information, insurance, finance, economics, supply and business management. The event is open to all potato growers and industry professionals.

Follow us on Facebook - Alamosa Valley Courier

SLV WEATHER



Cloudy
32/8
Thur.: Partly cloudy 35/3
Fri.: Mostly sunny 36/4

INSIDE

Obituaries..... Page 2
Valley News..... Pages 3
Opinion..... Page 4
Lifestyle..... Page 5, 7, 8, 13
Sports..... Page 6
Public Notices..... Page 9
Classified..... Pages 10, 11
Comics..... Page 12

SLV Health gives advice about flu

By JESSICA GARCIA
Special to the Courier

ALAMOSA — The Center for Disease Control estimates that so far this flu season there have been at least 15 million flu illnesses, 140,000 hospitalizations and 8,200 deaths from flu.

Colorado is amongst 35 states that are experiencing high flu activity levels. Symptoms of the flu can include fever/chills, cough, sore throat, runny or stuffy nose, body aches, headaches and fatigue. Some may also experience vomiting and diarrhea, but this is more common in children than in adults. Those who have chronic medical conditions/diseases, weakened immune systems, blood disorders, are less than 2 years of age or greater than 65 years of age — and they are all at an increased risk of flu-related complications.

If one, or a person anyone cares for, seek medical care for flu-like symptoms, it is important to inform a care provider of one's personal medical history, one's

■ See FLU page 3

No major injuries from rollover accident

By DANIEL MCKILLIP
Courier Editor

ALAMOSA — A woman suffered no major injuries while walking away from a roll-over accident on West Avenue and Sixth Street in Alamosa on Tuesday night.

At approximately 9 p.m., a two-door, white sedan rested on its wheels after rolling over, just west of Highway 160.

"The scene still has to be investigated," Alamosa Police Department Sergeant Dordan said. "It's in the very early stages."

Dordan said the vehicle rolled over in a field.

The woman, who was driving the vehicle, "declined any medical treatment," Dordan said.

"When asked if she was OK, Dordan said, "Yeah."

Several emergency vehicles were at the scene minutes after the accident occurred.



A team of volunteers from SLV Health delivered free flu shots to residents of La Puente Shelter in Alamosa in January. L to R: Andrea Cherne, Jessica Garcia, Shawna Glynn-Apodaca, Tamara Valdez, and Rafelita Atencio



A white sedan rests on its wheels after rolling over in a field after a one-vehicle accident west of Highway 160 in Alamosa on Tuesday night. There were no major injuries suffered from the incident.

SLV clerks weigh in about conference

Carver, Linares represent Alamosa

By LYNN BARTELS
Special to the Courier

COLORADO SPRINGS — Running two elections is always a challenge for Colorado's county clerks, but this year they'll operating a third one, the presidential primary.

Trying to find enough people to work for the presidential primary in March, the primary in June and the general in November — during a tight job market — was one of the issues discussed at the Colorado County Clerks Association's three-day winter conference in Colorado Springs.

Clerks and their staffers turned out in record numbers for the conference, attending workshops dealing with their varied duties, including motor vehicle registrations and document recording,



Terri Carver and Mario Linares from the Alamosa County Clerk and Recorder's office attended the Colorado County Clerks Association conference.

all requiring delivering customer service. "Running three elections in 2020 puts a lot of stress on all of us statewide, but especially a small office like Conejos," Clerk

Student had gun at North Conejos Schools

CONEJOS — The Conejos County Sheriff's Office received a call Tuesday on a student in possession of hand gun at North Conejos Schools.

There is not a threat to the community at this time.

The Sheriff's Office recovered a facsimile air soft gun at an off-site location from the school.

Sheriff Crowther wants the community to know there is no threat to students or the community at this time.

The Sheriff's Office is continuing to investigate and the appropriate charges will be filed with the District Attorney's Office.

The Conejos Sheriff's Office will continue to provide safety and security for its county schools.

If anyone has any questions regarding this matter, call the Conejos Sheriff's Office at 7-19-376-2196.

Report courtesy of the Conejos County Sheriff's Office press release.

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



Valley News

Flu

Continued from Page 1

medical conditions, any medications one takes, and any contact one has had with a sick person.

Additionally, be prepared to inform a provider of the symptoms one is experiencing and how long one has had those symptoms.

Testing for the flu, includes a swab in the nose to collect nasal secretions; this may be uncomfortable, but should not be harmful. If one is experiencing difficulty breathing, a fever that does not respond to treatment or are unable to drink/hold down fluids, it may be necessary to seek emergency care.

Less severe symptoms such as runny nose, cough and mild body aches can be equally managed in a clinic where there may be less wait time. There is no specific medicine that can completely get rid of the flu, but there are certain antiviral medicines that can help limit the length

and severity of illness.

Although antivirals are recommended, their use depends on factors such as the length of symptoms and other health complications that may be present, so they will be prescribed at the discretion of the provider one sees. General treatment for the flu is based on controlling symptoms with the use of anti-fever medications, fluids and rest, but it is always best to follow your provider's recommendations.

If one seeks emergency care, please remember that the Emergency Department is continuously managing multiple patients with varying ailments. The order of being seen is not based on the order of arrival, but is based on the most life-threatening conditions being seen first. Due to the unpredictability of the Emergency Department it is not possible to determine how long someone's visit will take or where one will be placed in terms of rooming. However, staff genuinely care about one's concerns and are highly trained in prompt identification of life-threatening conditions. Also,

note that staff may wear masks and/or other personal protective equipment in attempt to isolate the illness and prevent it from spreading to others.

According to a hospital administrator, during the month of January, 2020, the SLV Health Regional Medical Center (RMC) Emergency Department in Alamosa experienced record high numbers, with many very sick patients from all walks of life with a variety of symptoms. The RMC is a certified Trauma Level III regional hospital and is able to care for a wide range of patients, such as multiple trauma accidents, a premature baby delivered safely, pneumonia, RSV and other emergency surgeries. Over a dozen patients were admitted with severe flu-like symptoms in January.

If everyone does their part, we can all work together to keep the SLV as healthy of a community as possible, especially during flu season.

Wash hands often and use soap or alcohol based hand rubs.

Stay away from people who are sick. If someone is sick, please try to stay away

from unhealthy people or use a mask when in the public.

Cough or sneeze into your elbow. Wash hands after using a tissue. Disinfect high touch objects.

Get a flu vaccine; it's not too late! The effectiveness of the flu vaccine varies depending on multiple factors such as age, overall health of the recipient, the types of influenza circulating and the degree of similarity between the vaccine and circulating influenza strains. Even though the results may vary, vaccination provides important protection against influenza and its potential complications.

As of Jan 18, in Colorado there have been 1,082 hospitalizations from the flu with 20 of those reported in the San Luis Valley. It's not too late to get a flu shot. Vaccines are still available at locations across the San Luis Valley, including at the clinics at San Luis Valley Health where no appointment is needed.

Article submitted by Garcia, who is RN, BSN, Infection Prevention Practitioner, SLV Health.

Training

Continued from Page 1

and learning new methods to learn how to make it a better work environment. We are all a team."

Archuleta County Clerk Kristy Archuleta said the state's Motor Vehicle Division offered a helpful class on sales tax and leases.

"It made it beneficial to have the Colorado Department of Revenue's Sales Tax Division there to explain what we should require to accept paperwork," she said. "We are not policing the dealerships. It is up to the state to do more training and make sure the dealerships are clear how to process their paperwork."

Archuleta also attended classes on recording documents.

"There have been some struggles between clerks and their assessor's office due to redacting too much information and it makes it difficult for the assessor to be certain they are removing the correct name from ownership," she said. "Statewide changes can help consistency and less rejections of documents."

The conference ended Jan. 22 with a day-long election security exercise, Election Preparedness for Infrastructure and Cybersecurity or EPIC. It was hosted by Secretary of State Jena Griswold, and intended to prepare county clerks and other election officials with various worst-case scenarios that could potentially impact the election process.

"This seminar is fast, furious and a bit stressful but it gives you the confidence to handle worst-case scenarios when dealing with inside and outside interferences that can arise when running an election," Conejos County's Rubal said. "This seminar was helpful to have us think quick and make good decisions to keep our elections safe and secure."

Also at the conference, La Plata County Clerk Tiffany Parker took over



Conejos County Clerk Nathan Ruybal attended Colorado County Clerks Association winter conference in Colorado Springs.

the CCCA presidency from Pitkin County Clerk Janice Vos Caudill.

Each clerks conference has a theme and this time it was "Back to the Future." During the banquet, when clerks and their staffs finally have a chance to let loose, a number dressed in '80s garb. Scrunchies held up their hair. They donned leg warmers.

Alamosa's Linares said he loved the dance with its '80s' music.

The '80s were a different time. Colorado's population at the start of the decade was 2.9 million. Eligible voters participated on Election Day at polling places.

Colorado now has 5.7 million people. Neighborhood polling places are gone, replaced by a

mail-ballot system and vote centers.

Voters can start voting 22 days before an election, and they can also register to vote on Election Day.

One thing hasn't changed. The path to democracy still leads right to your county clerk's door.

Bartels was a reporter for 35 years, including for The Denver Post and the Rocky Mountain News, before serving as the spokeswoman for Secretary of State Wayne Williams. She now does communications consulting; one of her clients is the Colorado County Clerks Association. She also writes a weekly column for Colorado Politics, and some of the material in this story also appeared in her column.

CORRECTIONS:

In the Tuesday issue on page 1 of the Valley Courier in the stand-alone photo's headline "Zaragoza goes all in," La Jara Mayor Larry Zaragoza's name was spelled improperly. In the same issue on page 1 in the story "Roberts wins men's Fat Tire," Sidney Crowder was not given credit for placing second during the women's Fat Tire Race at Blanca Park during the Rio Frio Ice Fest on Sunday morning.

Zaragoza all in



Courier photo by Keith R. Cerny

La Jara Mayor Larry Zaragoza was the only SLV mayor to accept the challenge from Alamosa's own Ty Coleman to participate in Sunday's Rio Frio 5K event at Blanca Vista Park. More than 20 people took the plunge and were assisted out of the frigid water by volunteers from the Alamosa Fire Department.

Runner-up



Courier photo by Daniel McKillop

Sidney Crowder, 16, (pictured above) of Monte Vista crosses the finish line in 8 minutes, 35.66 seconds to place second in the women's Fat Bike Race at Blanca Park during the Rio Frio Ice Fest on Sunday morning. Crowder is an SLV Rattlers cross country mountain bike team member.

Subscribe Today for as little as 42¢ Per Day!

SKI-HI 6 SHOWTIMES
719-589-4471

Tues - Thurs: 5:00, 8:10
JUST MERCY
This is about all of us PG-13

Tues - Thurs: 5:25, 8:15
JOJO RABBIT
Nominated for 6 Academy Awards PG-13

Tues - Thurs: 5:25, 8:10
BAD BOYS FOR LIFE
Will Smith, Martin Lawrence R

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

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

Tues - Thurs: 4:45, 8:00
STAR WARS: THE BIRTH OF SEYDLER WARS
Every generation has a legend PG-13

UPCOMING GRIZZLY ATHLETIC EVENTS

- Thursday, January 30th
Wrestling at Colorado State University - Pueblo
Pueblo, CO • 6:00 pm
- Friday, January 31st
Track vs Colorado Invitational
Boulder, CO
- Baseball at Wayland Baptist University (Texas)
Plainview, TX • Noon & 3:00 pm
- Women's Basketball vs Westminster College (Utah)
Alamosa, CO • 5:30 pm
- Men's Basketball vs Westminster College (Utah)
Alamosa, Colo. • 7:30 pm
- Saturday, February 1st
Track vs Colorado Invitational
Boulder, CO
- Softball at Western New Mexico University
Silver City, NM • Noon & 2:00 pm
- Baseball at Wayland Baptist University (Texas)
Plainview, TX • Noon & 3:00 pm
- Women's Basketball vs Dixie State University
Alamosa, CO • 5:30 pm

Opinion

God bless America ...

HOLLYWOOD — Science Live issued a study on India's waste management crisis due to its growing population and old sewage treatment plants. It's not a problem in the U.S. The study said the average American produces 12 tons of poop during their lifetime, one 120 tons if they live in Washington.

The White Privilege Conference will be held this April at Mesa College, where the values of the English-speaking world are annually shredded by socialist academics and their Cancel Culture acolytes. White Privilege destroyed my life. Well, it was cocaine, but it was white and it was a privilege.



Argus Hamilton

Bureau of Atomic Scientists said the Doomsday Clock is the closest to midnight in the 70 years it's measured the risk of world catastrophe.

Bring it on. Looking at everything that's going on in Washington, am I the only one who thinks that Doomsday might be a relaxing change of pace?

President Trump on Friday became the first president ever to attend the pro-life March for Life rally, which drew thousands of supporters to the National Mall in Washington, D.C. In his speech, Trump declared that every child is a gift from God. I'm pretty sure he was referring to Hunter Biden.

Bernie Sanders got good news in Iowa presidential polls over the weekend. They showed him leading the other candidates by a 12-point margin. When Bernie was asked if, as a socialist, he should share the 12 points equally with his six rivals for the nomination, he turned Republican.

CBS, NBC and ABC reported low ratings for the Senate impeachment trial of President Trump despite Nancy Pelosi's claim the trial would help heal the country.

Yes, it's healing like no televangelist ever could. It's so boring that quadriplegics are getting up to change the TV channel.

House impeachment manager Adam Schiff led a three-day partisan assault against President Trump in the Senate last week. I think he may need to go to recovery meetings at On and On and On and On. Adam Schiff's performance kept Iran's promise to retaliate against Trump with a drone.

Adam Schiff led the House Democrat managers in a three-day attack on President Trump and his policies. Their invoking the Founders was hilarious. Democrats declared that the Founding Fathers would have impeached Trump, while neglecting to mention that they would have sold Obama.

China Eastern Airlines began offering a new pre-flight option for its business travelers. All passengers can now select their pandemic 24 hours ahead of flight time. I think it's time China stopped beating around the bush about the Corona Virus and call it what it really is, Kung Flu.

Los Angeles International Airport doctors detained an arriving Chinese citizen diagnosed with Corona Virus. People in L.A. are clueless about it. However, as a retired drunk in good standing I would say that people with Corona Virus should also get Lyme Disease, and make the best of a bad situation.

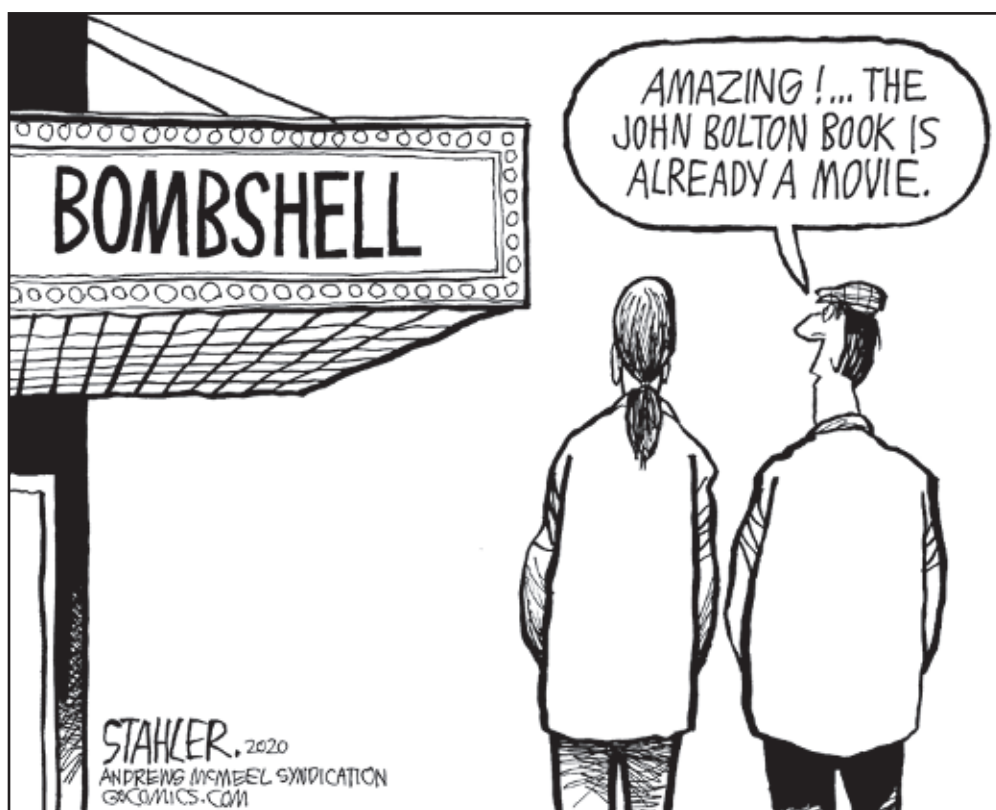
The Hollywood Reporter said religious broadcasters are thriving in today's cable TV era with hundreds of channels available. So it was news when Doomsday prophet Jack Van Impe died Saturday at the age of eighty-eight. Survivors say they are saddened, but it's not the end of the world.

The Oakland Raiders officially changed the team's iconic name to the Las Vegas Raiders on Saturday. Speaking of name changes, protest groups are demanding the Washington Redskins change their name, saying it signifies genocide and imperialism. They want it changed to the Redskins.

Nat Geo was applauded by the Education Department as a valuable resource for student home learning. Last week, Nat Geo revealed a male porcupine urinates on the female to let her know it's time to mate.

In a related story, R. Kelly's lawyer disclosed they're going with the Porcupine Defense.

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.



Iowa could make Dems' Bernie issue much worse

Just days before the 2008 Democratic presidential caucuses in Iowa, Hillary Clinton led Barack Obama by four points in the RealClearPolitics average of polls.

Obama took the lead, by a few tenths of one percentage point, literally 24 hours before the caucuses. And then he won by nearly eight points.

In retrospect, things were moving very fast in Iowa in those final days before the voting. And now, we are again days away from the Iowa Democratic caucuses. Things might be moving in ways we don't know.

Four candidates have held the lead at various times in the Iowa race. Joe Biden led from the start until the third week in September last year. Then Elizabeth Warren took over and led until mid-November. Then it was Pete Buttigieg's turn; he led until the first week in January.

The new year brought new volatility. First Bernie Sanders led until mid-January. Then Biden led again until Jan. 24. And since then, Sanders has jumped back into the lead.

In the last few days, two candidates — Sanders and Biden — seem to be headed up, while the other two — Warren and Buttigieg — seem to be headed down. In any event, this seems to be an Iowa caucus in which there is great possibility for last-minute shifts in voter choices. So predictions are useless.

What is undeniable is Democratic establishment nervousness about Sanders. The basic worry is that he is so far to the left that the party might end up nominating the only candidate President Donald Trump can beat.

Look at some of the headlines:
— "Dems tormented over how to stop Bernie" (Politico)
— "Oh my God, Sanders can win": Demo-

crats grapple with Bernie surge in Iowa" (NBC News)

— "Worried Democratic operatives scramble to fund a network to take down Bernie Sanders" (Daily Beast)

— "Fear of Sanders win growing among Democratic establishment" (Associated Press)

— "Stop Sanders' Democrats are agonizing over his momentum" (The New York Times)

That last headline, from the Times, was from April 2019. Democrats were agonizing then, and they're still agonizing now.

It is hard to imagine two more different men than Bernie Sanders and Donald Trump, but establishment Democrats fear that something could be happening in their party that echoes the events of 2016 for Republicans: A candidate with popular appeal who is dismissed by party leaders yet manages to build so much support that the establishment cannot deny him the nomination.

It might seem a little odd that Democrats are so worried by a Trump 2016 scenario. After all, Trump won. But it was, of course, a rocky road, and more than a little unpleasant for GOP bigwigs.

So now Democrats listen when the loser of that race, Hillary Clinton, expresses her apparently undying disdain for Sanders. In an admiring — aren't they all? — new documentary on her losing campaign, Clinton says of Sanders: "He was in Congress for years. He had one senator support him. Nobody likes him, nobody wants to work with him, he got nothing done. He was a career politician. It's all just baloney, and I feel so bad that people got sucked into it."

In a promotional interview, the Hollywood Reporter asked Clinton if that assessment

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."

It's tax season somewhere

Sometimes, I wonder how they pay their taxes in different countries.

In Russia, two big burly guys probably knock on your door and say, "Give to us all the money you haven't hidden yet." Then they pocket some of it and give the rest to some apparatchik, who pockets some of it and then passes it along to some other official, who takes a cut. On and on and on it goes until, at the end of a long road, it goes to the government. The Russian government then takes that money and uses it to pay for things like snowplows and secret prisons.

Of course, that is not true. The Russian process of collecting taxes is probably very similar to our own. With similar results. Well, their penalties for not paying may be stiffer; as far as I know, the IRS doesn't employ a firing squad. Yet.

If there's one thing almost everyone can agree on, it's that they don't like the way the government spends their hard-earned tax dollars. Or even their inherited tax dollars. The other thing almost all people agree on is that they don't like all the hoops they have to jump through just to file their taxes.

Whenever someone claims that the government never created a job, I always say, "Not true — they created H&R Block." Not to mention the tens of thousands of accounting firms across the country, and entire departments within large corporations that do nothing but "tax compliance."

Some people say this puts our country

at a competitive disadvantage with other countries. Those people have never been to France, Germany or any of 60 other countries that make our complex tax system look like a game of Go Fish. Their systems are more like 3D chess. Their total corporate taxes may end up being lower than ours, but that doesn't mean they're simpler to calculate.

Why can't we make the ordeal of paying taxes simpler? Most of us don't mind paying for necessities like roads, schools, police, firefighters, EMTs and the military — what we mind is making it so difficult. Just let us write a check and stop making us fill out forms.

We have created a system that reminds me of getting a letter with a 50-cent stamp on it that tells me that I owe someone 13 cents. Not only is it a waste of money, it's a waste of time and paper. And this is in the age of computers, when it should just take a simple click to avoid this kind of nonsensical book-balancing. We're not alone, either: "Fill this out in triplicate" is the motto of governments the world over.

If the government spent \$10 to collect \$9, they would (one can only hope) stop it. The trouble is, they aren't spending that \$10. You are. It is costing you, the taxpayer, time and money to file your taxes — not the government. What's their incentive to stop doing business as usual? Maybe a law that makes members of Congress prepare their own taxes would do the trick. Do you remember voting for something called "Schedule C"? Do you know what a 1099 is? My accountant does. I don't. And this, they tell me, is just the basic stuff. Yet somehow this Byzantine system has endured, and even changes each year.

And here's the strangest thing of all:

THE VILLAGE IDIOT



Jim Mullen

Keith R Cerny
Publisher

Valley Courier

(ISSN 1047-1170)

Daniel McKillop
Managing Editor

Awarded Colorado Press 2017
First Place, Best Photo Essay
First Place, Best Photo Portfolio
Second Place, Best News Photo
Second Place, Best photo Essay
Second Place Serious Columns

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

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

Your FIRST Source for Local News

Lifestyle

High Plains Snow Goose Festival

During their annual migration, thousands of snow geese find respite on the lakes and riparian habitats of Lamar and the city's neighboring towns. These beautiful birds land, blanketing fields and bodies of water with white as if snow has fallen, and when they take off in tandem, the sound echoes and shakes the earth.

Witnessing the snow goose migration is jaw-dropping, even to the most novice birdwatcher or naturalist, and there is no better time to see it than during the Annual High Plains Snow Goose Festival, Feb. 6-9.

Each year, nature lovers congregate in Lamar to witness the great snow goose migration and to participate in tours, programs, a trade show, and more.

While the High Plains Snow Goose Festival offers tours to see these magnificent white birds, there are also tours to

nearby canyons, gems of southeastern Colorado offering an outdoor and wildlife viewing experience unique to this corner of Colorado, and Two Buttes Reservoir, one of the region's favorite birding spots.

This year's presentations include the natural wonders of southeastern Colorado, local history, such as the Sand Creek Massacre and the WWII Camp Amache Japanese Internment Camp, and live raptors from the Pueblo Raptor Center.

The keynote speakers for this year's High Plains Snow Goose Festival are Marc Kramer and Eliana Ardila Ardila, who documented their recent journey from Florida to Alaska in a 1978 VW Bus in their blog, "Birding by Bus." Come hear about their journey and the incredible species of birds they discovered along the way.

If you're feeling a bit less adventurous but

still want to partake in birdwatching, you can join an organized walk along the Willow Creek Nature Trail, a mile-long trail behind Lamar Community College. This small tract of land, filled with trees, streams, and ponds, has one of the highest concentrations of bird species in the entire state!

Event registration is free. However, field trips range from price depending on the length of the program and if meals are provided. Numerous programs are also offered at no charge. To learn more, visit HighPlainsSnowGoose.com.

Report courtesy of a press release from ThinkColorado.com PO Box 5236



Courtesy Photo

A very special natural phenomenon occurs on the plains of eastern Colorado each winter, and it's something you have to see to believe.

Bennet, Neguse laud anniversary of CORE Act

WASHINGTON, D.C. — On the one-year anniversary of the introduction of the Colorado Outdoor Recreation and Economy ("CORE") Act, Colorado U.S. Senator Michael Bennet and Congressman Joe Neguse (D-CO-2) released the following statements celebrating the significant progress made to protect over 400,000 acres of public land in Colorado, safeguard existing outdoor recreation opportunities, and boost the state's economy:

"The success we've had over the past year, including House passage in October, is the direct result of over a decade of tireless commitment and hard work by Coloradans to craft legislation that both protects our public lands and boosts our economy — two things that go hand in hand in Colorado," said Bennet. "At this milestone, I'm inspired by the breadth of support behind the CORE Act and look forward to advancing this bill in the Senate."

"There's no reason we can't send the CORE Act to the president's desk — Colorado has waited long enough."

"I'm incredibly pleased with the momentum we have seen for this legislation, it is a true testament to Colorado's commitment to investing in our treasured public lands and outdoor recreation economy," said Neguse. "As representatives in Washington, we should be following the lead of our constituents

and local communities, and that is exactly what the CORE Act proposes. This legislation is the culmination of over a decade of work from Coloradans to preserve precious public lands across our state and designate the first-ever National Historic Landscape at Camp Hale to honor the legacy of the Army's 10th Mountain Division. I was honored to lead passage out of the U.S. House of Representatives earlier this year, and look forward to continued momentum in the Senate."

In September, Bennet sent a letter to Chairman Lisa Murkowski and Ranking Member Joe Manchin requesting the Senate Committee on Energy and Natural Resources hold a hearing on the CORE Act. Following introduction of the CORE Act on January 28, 2019 with broad-based support from affected counties, many cities and towns, local leaders, conservation groups, and a wide range of outdoor industry representatives, the bill quickly gained momentum with a House Natural Resources Committee hearing in April. The bill passed through committee in June, and passed the full House of Representatives in October.

RESOURCES

House and Senate Bill text, a fact sheet, frequently asked questions, updated maps, letters of support, and more are available at www.bennet.senate.gov/COREAct.

Forest bathing can enhance one's health

The mood-boosting feeling of rejuvenation many people experience while spending time in nature is not in their heads.

In fact, researchers in parts of Asia have long since studied and documented the benefits of spending time in nature.

Developed in Japan in the 1980s, the practice of Shinrin-yoku, often referred to as "forest bathing," has become a part of Japanese medicine.

According to Shinrin-yoku.org, the premise behind forest bathing is that spending time in nature via a relaxing walk can prove calming, rejuvenating and restorative.

The benefits of spending time in nature have long been suspected, but only recently has scientific research begun to indicate just how beneficial such time can be. In 2018, researchers from the University of East Anglia released a report indicating some eye-opening benefits

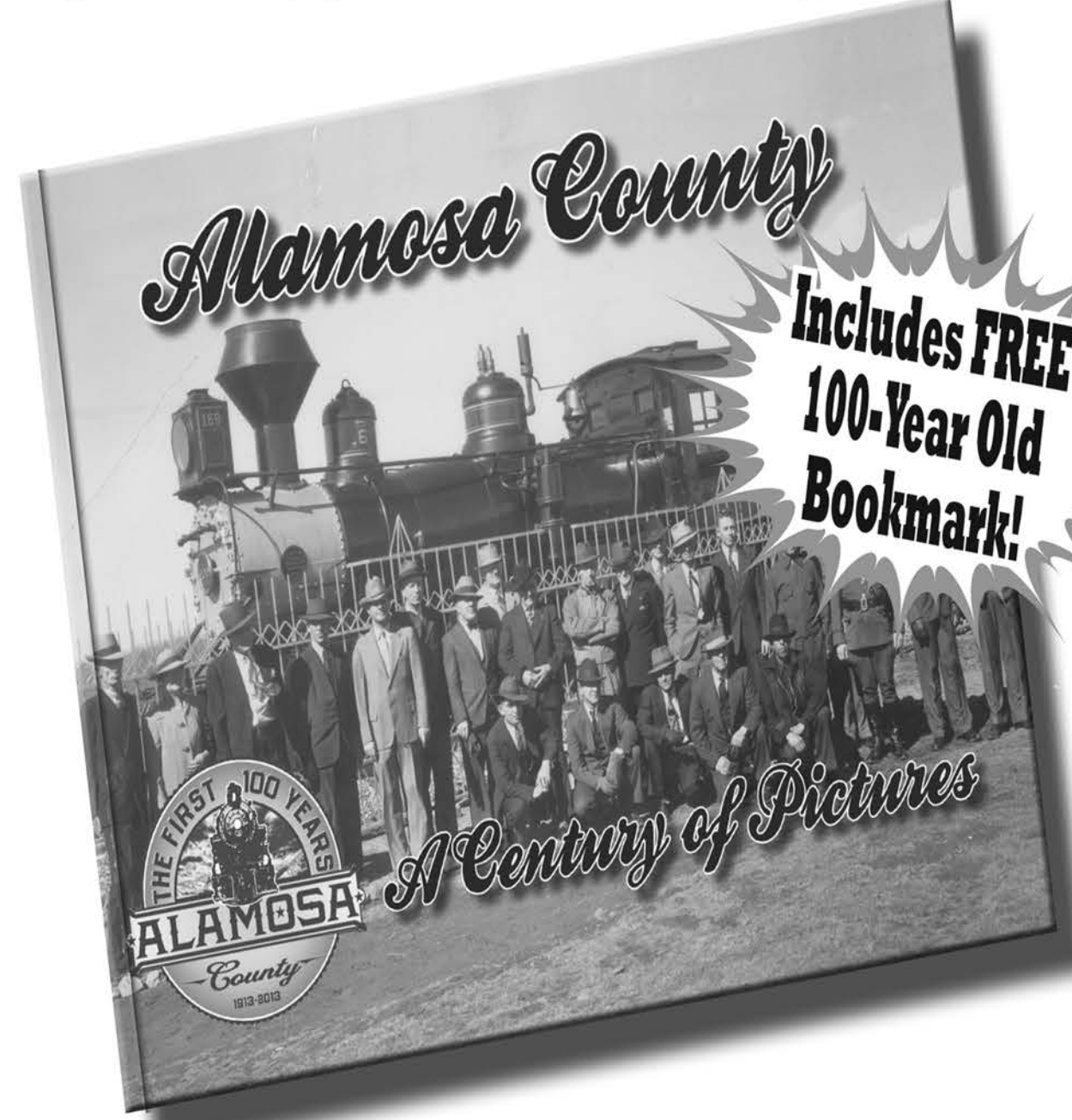
of living close to nature and spending time outside.

In the report, researchers linked exposure to greenspace with a lower risk of type 2 diabetes, cardiovascular disease, premature death, preterm birth, stress, and high blood pressure.

In addition to those benefits, Shinrin-yoku.org notes that research indicates forest bathing can improve mood; increase one's ability to focus, even among children diagnosed with ADHD; accelerate recovery from injury or illness; and improve sleep.

The approach to forest bathing promoted by Shinrin-yoku.org combines leisurely walks on paths under a forest canopy with guided activities. Such activities are designed to open the senses, help people hone their intuition and experience the forest as they never had before. Mindfulness meditation practices also may be included in a forest bathing session. EL196003

SAVE \$20.00!



"Alamosa County: A Century of Pictures"

NOW \$29.95 reg. \$49.95

Limited Time Only



2205 State



Alamosa

Sports

Grizzlies take on Rangers in Plachy Hall

Grizzlies downed late at home 94-99

By AARON KINNISCHTZKE
Sports Information Director

ALAMOSA — For the second straight Saturday, the Adams State Grizzlies Men's Basketball team was able to claw their way back into a game against a tough conference opponent late, and for the second straight Saturday, their valiant effort would come up just short, as they fell to the Regis Rangers at home 99-94. The loss was the Grizzlies' second at home in the 2019-20 season and now drops them to 4-9 in conference play.

The Grizzlies fell behind early, playing what was a mostly inconsistent first half, as they fell behind by as many as 17 early on. The lead did not intimidate, nor would it get the Grizzlies out of their comfort zone, as they forced the issue and scrapped their way back into the ball game. This was due in part to their terrific shooting night, as the Grizzly offense shot a lights-out percentage of 66.67% from three-point range in the first half to dig into the Regis lead in a hurry. They went to the half trailing by 6, and it became a brand-new game heading into the second half.

The Grizzlies kept the pressure on the Regis offense, who also had a big night with Toni Rocak (30 points) and Chris Little (21 points) leading the way. The Grizzlies maintained their foot on the gas pedal, going for broke from outside, and shooting nearly 58% from the field in the second half. They tied the score late, and it was anyone's game in a back and forth shootout. Unfortunately, Regis made just a few more plays in the ball game on offense and prevailed for the five-point victory.

The Grizzly offense featured four players in double figures on the night, with shooters Rylan O'Brien who finished with 29, and Logan Longo who ended up with 17 points, putting the Grizzlies on their back and shooting the lights out of the gym which got the Grizzlies back into the game. O'Brien hit a career-high

9 three-pointers on the evening and was the offensive star of the night, with Longo alongside him draining 5 from deep. In total, the Grizzlies went 15-27 from three, which was by far their best night of the season. Regis was a worthy opponent in this area, as the trigger-happy Rangers hit 12 threes of their own to stay in front the majority of the way.

Guards Juwan Green and Szymon Walczak were the enforcers inside, each playing tough minutes to help the Grizzlies mount their near-comeback. Green had a stellar night, with 23 points on 8-12 shooting as well as going a perfect 7-7 from the free-throw line. Walczak put together an impressive double-double with 18 points and 12 boards, also dishing out 6 assists.

With no true big men on the roster, the Grizzlies relied heavily on their guard play that the evening and they delivered as best as they could. Unfortunately for them, they would fall short of the victory despite big games from key players.

The Grizzlies who now sit at 4-9 in RMAC play, have shown signs of massive improvement, particularly in the shooting category. The question remains, is it too late to make a playoff run? With the Grizzlies back at home next weekend against Westminster and Dixie State, they now get into the most crucial part of their schedule and will have to begin to string together wins in order to reach their goal of a playoff berth.

Grizzlies upset Rangers, 73-56.

By CORRI ZAIGER
Sports Information Assistant

ALAMOSA — Adams State Women's Basketball takes a huge win against the Regis Rangers. The Grizzlies came out ready to play and took down the Rangers. The Grizzlies now move to 3-10 in conference, and 3-3 at home.

The Grizzlies and Rangers opened with a close first quarter. Regis won the tip and quickly added three points to the board. Adams State responded with a Fastbreak layup off of a steal from Zakiya Beckles. Adams State gained the lead with a three-point shot from Danielle Jimenez with the assist from Peyton Demps. The Grizzlies went on a 9-3 run, to give them their largest lead of eight in the quarter. The Rangers added 5 points to cut the deficit, but Kassie Schell went 2-2 from the line at the end of the quarter to put the Grizzlies up, 16-11.

Adams State began the second quarter with a good three from Marshall Hollins. After a responding three-pointer from Regis, Jimenez made the and-one to put the Grizzlies up, 22-14. Adams State extended their lead to 12 from three-pointers from Demps and Beckles. The Rangers battled back hitting shots from the field and going 2-2 from

the line. Schell and Laura Gutierrez each added to the Grizzlies first-half total, leading 37-23.

The Grizzlies came out in the third quarter with momentum, getting up and down the court quickly. The Grizzlies added their first two points of the quarter with a layup from Maddie Dorris. Hollins got hot draining two quick threes within a minute of each other. Hollins added 10 points to the Grizzlies third-quarter total, assisting the Adams State advantage to 16 at the end of the third.

Adams State opened the fourth quarter with a layup from Gutierrez and a three from Beckles. The Grizzlies outscored the Rangers in every quarter of the game and gained their largest lead of 20 in the fourth-quarter. The Grizzlies continued to battle through the last buzzer, getting the big win, 73-56.

All around, the Grizzlies played a good game. On the scoreboard, Adams State was led by Beckles and Hollins, each scoring 18 points on the night. Beckles also lead the Grizzlies with 3 steals. Gutierrez and Demps were also big assets to the Adams State offense, with Gutierrez scoring 12 and Demps scoring 11. Jimenez and Hollins were the big playmakers, each totaling 3 assists. Demps also lead the Grizzlies on the boards, grabbing 7 rebounds, 2 offensive and 5 defensive. Jimenez totaled 6 defensive rebounds, and Gutierrez and Hollins each finished the night with 5, 1 offensive and 4 defensive. Attacking the basket and leading from the line were Demps, going 4-4 and Schell going 4-5.

Adams State hopes to continue with the momentum from Saturday's game this weekend, where they will take on both Westminster College and Dixie State at home.



Jokic helps Nuggets beat Rockets 117-110

By PAT GRAHAM
AP Writer

DENVER (AP) — Colorado was the epicenter of Kobe Bryant's worst moment, but even in Denver, in a building where he was frequently booed, there were tears and stunned silence.

It started with a moment of silence for the NBA great, who was killed in a helicopter crash about an hour before the game, and led to chants of "Kobe! Kobe! Kobe!"

The game became secondary on this melancholy Sunday at Pepsi Center as the Denver Nuggets held off the Houston Rockets 117-110.

"I've got to be honest, it wasn't on my mind when we lost, us losing the game," Rockets guard Austin Rivers said. "This pain is not going to go away anytime soon. You don't even have to be a basketball fan to feel this."

In 2003, Bryant was charged with sexually assaulting a 19-year-old employee at a Colorado resort. He had said the two had consensual sex, and the charge was eventually dropped. The woman later filed a civil suit against Bryant that was settled out of court. Bryant's adulation remained strong in Los Angeles even amid the allegations.

But not so much in Denver, where, for years, his every appearance was met

with lusty boos from fans who heard more about Bryant's case than those in other NBA towns.

All afternoon, the mood was somber.

A few of the Denver players sat at their lockers before the game, staring at their phones in disbelief with the details of Bryant's death starting to emerge. The 41-year-old Bryant and his 13-year-old daughter, Gianna, were among the nine people killed in the crash near Calabasas, California, about 30 miles northwest of downtown Los Angeles.

Houston players Tyson Chandler and P.J. Tucker were visibly upset during the tribute, while Rivers covered his eyes with his arm. Rivers also had a tribute to Bryant on his shoes. So did Tucker, who wrote, "There will never be another."

"This is beyond tough. I don't have the words," Tucker said. "There will never be another person like him. Still trying to process it. ... I don't even really remember much from the game. I'm sorry. Just didn't mean a whole lot now."

Nikola Jokic said he got goosebumps when he heard of Bryant's death.

"I couldn't believe it," said Jokic, who finished with 24 points, 12 rebounds and 11 assists for his ninth triple-double of the season. "He's not just a legend here, he's a legend across the world. We lost

a huge person, a role model. It's a huge loss for everybody."

Jokic gave everything in honor of the player nicknamed Black Mamba.

"When you think about Kobe it's, 'No excuse. Nothing can put your mind off what you love to do,'" Jokic said. "It's the Mamba mentality, for sure."

Like many around the league, Jerami Grant called Bryant his favorite player growing up.

"Watching everything he did on the court, off the court, the way he carried himself," said Grant, who scored a season-high 25 points. "It's extremely tough."

The first half remained a complete blur for Michael Porter Jr. as he processed his feelings. He remembered meeting Bryant at a Nike camp, when the superstar offered him encouragement.

"We all look up to him," said Porter, who scored 17 points to help the Nuggets even the season series with Houston at two apiece. "I didn't think it was real."

Russell Westbrook scored 22 of his 32 points in the second half. Eric Gordon added 19 points and Ben McLemore scored 15 in the absence of leading scorer James Harden, who sat out with a bruised left thigh.

Once the final horn sounded, reality of Bryant's death set back in.

"It's devastating. This one hurt to the core," Gordon said. "To hear news like that before the game, it was tough to stay focused. It's tough to hear news like that before the game — a guy you admire, a guy you looked up to."

TIP-INS
Rockets: Westbrook had 10 turnovers. ... Clint Capela grabbed 12 rebounds.

Nuggets: It was Jokic's 37th career triple-double. ... Morris finished with 17. ... The Nuggets were without Jamal Murray (left ankle sprain), Paul Millsap (bruised left knee) and Mason Plumlee (right foot).

DIFFERENT STORY
Rockies All-Star shortstop Trevor Story drained the pregame free throw while wearing a pair of Kobe Bryant shoes. Story has always been a big fan of Bryant.

"The way he played the game was so inspiring to me," Story said. "The Mamba mentality, you try to mimic that. The intensity he played with was so special."

UP NEXT
Rockets: At Utah on Monday. Rockets coach Mike D'Antoni listed Harden as doubtful for the game against the Jazz and added that Westbrook will sit it out.
Nuggets: At Memphis on Tuesday. The Nuggets are 2-0 against the Grizzlies this season.

Results

- Adams State Basketball**
Jan. 24 Colorado Christian 77, ASU 51 (W)
ASU 101, Colorado Christian 82 (M)
- Jan. 25 ASU 73, Regis 65 (W)
Regis 99, ASU 94 (M)
- Prep Basketball**
Jan. 21 Alamosa 50, Bayfield 35 (G)
Sargent at Bayfield -Postponed to 2/18
- Jan. 23 Sargent 53, Creede 43 (B)
- Jan. 24 Sanford 41, Center 28 (G)
Sanford 49, Center 38 (B)
Del Norte 43, Sargent 19 (G)
Moffat-MV 53, Sierra Grande 46 (G)
Sierra Grande 56, Moffat-MV 47 (B)
Pagosa Springs 75, Monte Vista 19 (G)
Centauri 65, Bayfield 46 (B)
- Jan. 25 Alamosa 68, Montezuma-Cortez 48 (B)
Primero 57, Moffat-MV 47 (B)
Centennial 63, Manzanola 52 (G)
Manzanola 50, Centennial 29 (B)
Del Norte 62, Custer County 24 (G)
Del Norte 63, Custer County 47 (B)
Sanford 36, Sargent 18 (G)
Sanford 73, Sargent 31 (G)
Sangre de Cristo 72, Antonito 29 (G)
Sangre de Cristo 69, Antonito 14 (B)
Bayfield 46, Monte Vista 24 (G)
Monte Vista 49, Bayfield 32 (B)
Centauri 57, Montezuma-Cortez 28 (G)
Centauri 69, Montezuma-Cortez 55 (B)
Pagosa Springs 35, Alamosa 24 (G)
Alamosa 57, Pagosa Springs 49 (B)
- Adams State Swimming**
Jan. 25 Western Colorado 155, ASU 50 (W)
- Adams State Wrestling**
Jan. 22 ASU 36, New Mexico Highlands 9

Sports Bulletin

- Prep Wrestling**
Jan. 23 Del Norte 30, Sargent 24
Sierra Grande- Centennial 48, Del Norte 28
Sierra Grande- Centennial 53, Sargent 11
- Jan. 25 **Platte Valley Duals**
Monte Vista 40, Arvada West 36
Platte Valley 58, Monte Vista 18
- 2020 Screaming Eagle**
18. Center - 30
- Bobcat Invite**
2.SG-Centennial- 102, 6. Del Norte-41, 8.Sargent - 34.5, 9. Mountain Valley - 33

Upcoming Events

- Adams State Basketball**
Jan. 31 5:30/7:30 p.m. Westminster at ASU (W/M)
- Feb. 1 5:30/7:30 p.m. Dixie State at ASU (W/M)
- Prep Basketball**
Jan. 30 5 p.m. Cotopaxi at Moffat-Mtn Valley (G/B)
5 p.m. Creede at Centennial (G/B)
- Jan. 31 1 p.m. Creede at Primero (B)
3 p.m. Center at Sierra Grande (G/B)
5 p.m. South Park at Sargent (G/B)
5 p.m. Custer County at Sanford (G/B)
5 p.m. Centennial at Aguilar (G)
5:30/ 7 p.m. La Veta at Sangre de Cristo (G/B)
5:30/ 7 p.m. Monte Vista at Cortez (G/B)
5:30/ 7 p.m. Centauri at Alamosa (G/B)
- Feb. 1 1:30/ 3 p.m. Bayfield at Alamosa (G/B)
2 p.m. Sangre de Cristo at Swink (G/B)

- 3 p.m. Center at South Park (G/B)
- 5:30 p.m. Del Norte at Sanford (G/B)
- 5/6 p.m. Antonito at Sierra Grande (G/B)

- Prep Swimming (G)**
Feb. 1 9 a.m. La Junta, Salida vs Sargent (at ASU)
- ASU Wrestling**
Jan. 30 6 p.m. ASU at CSU-P
- Prep Wrestling**
Jan. 30 9 a.m. Alamosa at Pagosa Springs
6 p.m. Del Norte, Sargent, Custer County at Sierra Grande-Centennial QUAD
6 p.m. Monte Vista at Bayfield
6 p.m. Montezuma-Cortez at Centauri
- Jan. 31 **Kourtney Lake Duals**
Centauri, Del Norte, Monte Vista, Sargent, Sierra Grande-Centennial at Center
- Feb. 1 **Dual State Tournament**
Alamosa at Pueblo West
- Valley Classic**
9 a.m. Centauri, Del Norte, Monte Vista, Mountain Valley, Sargent, Sierra Grande-Centennial at Center

Schedules subject to change

Adult Volleyball League

ALAMOSA — Alamosa Parks and Recreation Adult Volleyball registration is open.
Team Registration: Jan 8 - Feb 5, 2020
Team Fee: \$100 Player Fee: \$30/Division
Player Registration: Opens Jan 8, 2020
Season: mid - Feb to late - April (min. 10 season games + tourney)
For more information, contact the AFRC - (719) 589-2105; Website: www.AlamosaRec.org

Valley News

Sanford School Board helps students excel

SANFORD — The members of the Sanford School Board of Education are dedicated to making Sanford School the most successful it can be.

The Sanford School Board is committed to helping its students have the best possible environment in which to learn and progress. The current school board is comprised of Tom Stewart, Marleen Canty, Jessica Willet, Logan Larsen and Aus-

tin Miller, who are the dedicated school board members. Tom Stewart is the current president.

School board members oversee numerous responsibilities, such as helping choose curriculum, making, approving, and managing budgets, making policy, hiring employees, along with a number of other demands.

These are often difficult and complex matters that bear a lot of responsibility

that affect the school and community for years.

The first Sanford school house was erected in the late 1800s. For the last 124 years, Sanford School District has been steadfast in providing excellent education for the students and a positive work environment for the staff. The school has been awarded many excellence in education awards and continues to be a leader in the Valley when it comes

to high standards. This is a direct reflection of the leadership provided by the school board and staff.

The school board is often overlooked when it comes to the work and time it

dedicates to its position. The students and staff at Sanford School would like to express appreciation for the positive impact the school board members have made on

their school. A big thank you to the board members for the hours they spend ensuring that the school is supporting its students' and staff's needs in order to have a successful life.



Courtesy Photo

Sanford School Board members pose for a photo, from left to right are: Marlene Crowther, Austin Miller, Cole Larsen, Tom Stewart and Jessica Willet

Blue Mesa Trout tourney starts Feb. 1

GUNNISON — A six-month-long fishing tournament with \$10,000 in prize money sponsored by Colorado Parks and Wildlife starts Feb. 1 at Blue Mesa Reservoir near Gunnison in western Colorado.

The tournament, which continues through July 31, is aimed at maintaining adequate kokanee fry survival by limiting predation from lake trout. Anglers are asked to target smaller-sized lake trout, those that are 24 inches in length or smaller.

"By sponsoring this tournament, Colorado Parks and Wildlife is asking anglers to be our partners in helping to manage the renowned Blue Mesa Reservoir fishery," said Dan Brauch, aquatic biologist for CPW in Gunnison. "We know we can have an excellent kokanee fishery and a trophy lake trout fishery, but we need to continue our work for both species and we need the help of Colorado's anglers."

Here's how the tournament works: Anglers who catch lake trout 24 inches or smaller will remove the heads and place them in a plastic bag provided at one of three boat ramps at the reservoir: Iola, Elk Creek and Lake Fork. Heads can also be turned in at CPW's offices in Gunnison (300 W. New York Ave.) or Montrose (2300 S. Townsend Ave., U.S. Highway 550). There is no fee to participate in the tournament.

Cash prizes will be awarded in three

categories at the conclusion of the tournament:

1) CPW has tagged 23 fish in the reservoir but anglers won't know if they've caught one. CPW will scan the heads later to check for tags and those who caught them will receive \$250 for each.

2) Anglers catching the most fish: first place, \$1,000; second place, \$500; third place, \$250.

3) Anglers will be entered in a raffle for every lake trout head turned in. A total of 20 winners will be selected and each winner will receive \$200.

Kokanee provide the greatest draw for overall catch and harvest while lake trout provide the greatest draw for their trophy potential. Lake trout require plentiful kokanee as prey to achieve trophy size.

Some lake trout that weigh over 50 pounds and 44 inches in length have been caught at Blue Mesa Reservoir.

A change in water management in the early 1990s at BMR resulted in improved conditions at lake trout spawning areas in the fall and now they reproduce naturally. As the number of lake trout grew, they feasted on kokanee which resulted in a significant population decline.

Recently, through angler harvest and CPW's lake trout suppression work, the number of predatory lake trout has been reduced and kokanee abundance has improved.

ENGLERT LeafGuard is the permanent, clog-free gutter solution!*

*Guaranteed not to clog for as long as you own your home, or we will clean your gutters for free

- One-piece, seamless gutter system
- Protective Overhang/Trim
- ScratchGuard® Paint Finish
- Clog-Free Design

30 **\$100** **75% OFF LABOR[†]**

Receive a **FREE \$100 Restaurant.com Gift Card with FREE in-home estimate!****

ENGLERT LeafGuard
(719) 493-9169

Call Today for Your FREE Estimate!

†Does not include cost of material. Expires 1/31/20. **All participants who attend an estimated 60-90-minute in-home product consultation will receive a \$100 gift certificate. Visit <https://www.restaurant.com/about/terms> for complete terms and conditions and <https://www.restaurant.com> for participating restaurants. Retail value is \$100. Offer sponsored by LeafGuard Holdings Inc. Limit one per household. Company procures, sells, and installs seamless gutter protection. This offer is valid for homeowners over 18 years of age. If married or involved with a life partner, both cohabitating persons must attend and complete presentation together. Participants must have a photo ID, be able to understand English, and be legally able to enter into a contract. The following persons are not eligible for this offer: employees of Company or affiliated companies or entities, their immediate family members, previous participants in a Company in-home consultation within the past 12 months and all current and former Company customers. Gift may not be extended, transferred, or substituted except that Company may substitute a gift of equal or greater value if it deems it necessary. Gift card will be mailed to the participant via first class United States Mail within 10 days of receipt of the promotion form. Not valid in conjunction with any other promotion or discount of any kind. Offer is subject to change without notice prior to reservation. Expires 1/31/20.

Join Us for a Special Hearing Healthcare Event

The world's FIRST hearing aid with Sensors & Artificial Intelligence

Our latest Livio® AI hearing aids are designed to:

- Superior sound quality and clarity to hear comfortably in any environment
- The ability to set body and brain health goals with the new Thrive™ Hearing app
- Streaming of phone calls, music and messages from your smartphone directly to your hearing aids
- Convenient adjustments to your hearing aids without an office visit
- Language translation via the easy-to-use Thrive™ app
- Thrive app tracks body activity like steps and overall movement

Join us for our 3-Day event featuring a NATIONALLY KNOWN HEARING AID EXPERT

February 5-7

Space is limited, so call early as appointments will go fast! **719-937-7634**

SPECIAL GUEST!
Nationally Known Hearing Aid Expert, Kristen Schardein, will be available for our special event — **AT NO CHARGE!**

TAKE AN ADDITIONAL

\$500 OFF

MSRP on Livio® AI hearing aids

Expires 2-8-2020

Ears 2U Hearing Aid Services 2101 Main St., Ste-C Alamosa, CO 81101

719-937-7634

Coloradohearingaid.com

Don't miss your opportunity to improve your hearing TODAY!!!

Did you know

that your **hearing health** has a direct effect on your **overall health and well-being?**

Tinnitus

Up to **90%** of people with tinnitus have some level of noise-induced hearing loss.

Cognitive Decline

Adults with hearing loss experience a **30-40% faster decline in cognitive abilities** than their peers with normal hearing.

***75 years and older**

Osteoporosis

Osteoporosis can **adversely affect the three tiny bones** in the middle ear, which can lead to hearing loss.

Depression

In a recent survey, adults with untreated hearing loss were **more likely to report depression**, anxiety and paranoia than peers who wore hearing aids.

***50 years and older**

Hypertension

High blood pressure can be an accelerating factor of hearing loss in adults.

Eye Health

Vision helps you identify where a sound is coming from.

Obesity

Higher body mass index (BMI) and larger waist circumference are **associated with increased risk of hearing loss in women.**

Heart Health

A healthy cardiovascular system has a **positive effect** on hearing.

Safety/Balance

People with mild hearing loss are **3x more likely** to have a history of falling than people with normal hearing.

Smoking

Current smokers have a **70% higher risk** of having hearing loss than nonsmokers.

Isolation

Untreated hearing loss can contribute to social isolation, anxiety, depression and cognitive decline.

Diabetes

Hearing loss is **twice as common** in people with diabetes as their peers without.

Ototoxicity

Ototoxicity is a common cause of hearing loss.

Lifestyle

Conour

www.slvanimalshelter.com

If you are interested in adopting, call 852-3366
Open Tues.-Sat. • 10 a.m. - 5 p.m. • Closed Sunday & Monday • 2825 Sherman Ave. • Monte Vista



This is Finesse, she is a pitbull mix around 3 years old. She is friendly with people, but doesn't really care too much for other dogs, she would need to be the only dog in the house.

All breeds & ages of animals are a "best guess" and are not guaranteed to be accurate. Adoption fee includes: neuter/spay, vaccinations, de-worming and micro-chipping.

Managed by
Upper Rio
Grande
Animal
Society



This is Prince, he is a pitbull mix around 2 years old. He is friendly with people and dogs, he loves attention from people.



This is Bastian, he is a pitbull mix around 3 months. He is a very loving doggie, he loves to be held and loves to play. He is 90% potty trained and sleeps well in a bed all night. He understands "sit," "go to your bed," "lay down," and "up." He does well with children and doesn't let other dogs bother him.



This is Roxy, she is a husky mix about 3 years old. She is a little bit shy but very friendly.



This is Wiley, he is a 4 year old medium mix. He can be a little stand-offish at times with new people, but he is a sweet dog and loves attention and belly-rubs.

ALAMOSA'S DAILY TRANSPORTATION

BUSTANG
OUTRIDER

RideBustang.com | 1-800-900-3011

TOWN & COUNTRY AUTOMALL START SOMETHING NEW SALES EVENT

PRICE MATCH GUARANTEE

CHRYSLER **DODGE** **Jeep** **RAM**

<p>NEW 2019 DODGE CARAVAN SE</p> <p>STK # DG98666 MSRP: \$29,930</p>		<p>AUTOMALL PRICE \$26,995.99</p> <p>PER MONTH \$367</p>
<p>NEW 2019 JEEP RENEGADE TRAILHAWK</p> <p>STK # J9989 MSRP: \$33,655</p>		<p>AUTOMALL PRICE \$27,995.99</p> <p>PER MONTH \$380</p>
<p>NEW 2019 JEEP CHEROKEE TRAILHAWK</p> <p>STK # J2119 MSRP: \$38,235</p>		<p>AUTOMALL PRICE \$32,995.99</p> <p>PER MONTH \$448</p>
<p>NEW 2019 DODGE CHALLENGER GT AWD</p> <p>STK # DG5433 MSRP: \$38,780</p>		<p>AUTOMALL PRICE \$33,995.99</p> <p>PER MONTH \$462</p>
<p>NEW 2019 JEEP GRAND CHEROKEE LIMITED</p> <p>STK # JB319 MSRP: \$49,835</p>		<p>AUTOMALL PRICE \$43,995.99</p> <p>PER MONTH \$598</p>
<p>NEW 2019 JEEP WRANGLER UNLIMITED RUBICON</p> <p>STK # J5D22 MSRP: \$47,730</p>		<p>AUTOMALL PRICE \$43,995.99</p> <p>PER MONTH \$598</p>
<p>NEW 2019 RAM 1500 REBEL CREW 4X4</p> <p>STK # DT3874 MSRP: \$55,820</p>		<p>AUTOMALL PRICE \$48,995.99</p> <p>PER MONTH \$667</p>
<p>NEW 2019 RAM 2500 BIG HORN CREW 4X4</p> <p>STK # DT9646 MSRP: \$62,475</p>		<p>AUTOMALL PRICE \$56,995.99</p> <p>PER MONTH \$775</p>

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

NEED TO SELL YOUR VEHICLE? WE WILL BUY IT!

All prices exclude tax, tags and title. Price includes delivery and handling fee of \$359.99. Artwork used for illustration purposes only. All offers valid on in stock units only. Finance 3.9% for 76 months with 10% down. Must qualify for all applicable factory offered rebates. Must qualify for Factory Conquest Bonus on certain vehicles. Must be financed with Chrysler Capital. See dealer for details. Offers expire on 01/31/2020.

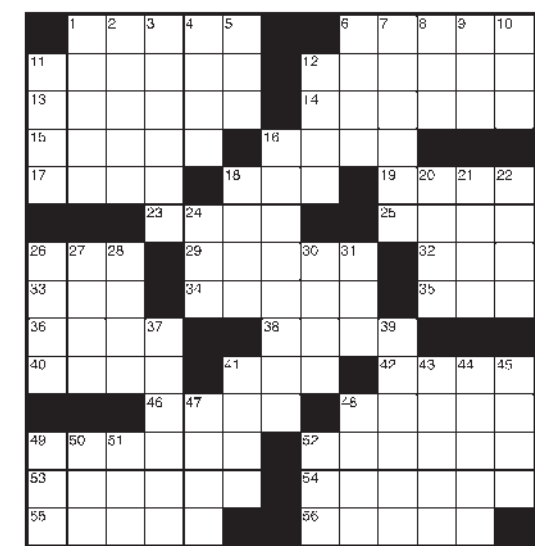
Comics

CROSSWORD PUZZLE

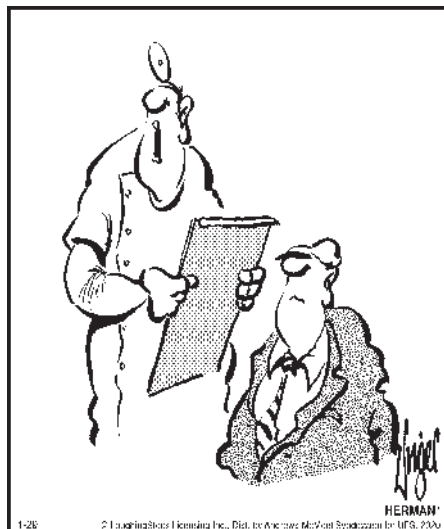
- ACROSS**
- 40 Hooray for me! (hyph.)
 - 41 Billy — Williams
 - 42 Nights before
 - 46 Blaring
 - 48 Philatelist's item
 - 49 Cheery
 - 52 Picnic take-along
 - 53 William S. Porter (2 wds.)
 - 54 Cantankerous
 - 55 Lugs
 - 56 Not tidy
- DOWN**
- 1 Twilled fabric
 - 2 Where Rome is
 - 3 Most congenial
 - 4 WWW addresses
 - 5 Catch a glimpse of
 - 6 Hayseed humor
 - 7 Filled with delight



- 8 D.C. gun lobby
- 9 Weight unit
- 10 Establish
- 11 Black bird
- 12 Tom's cry
- 16 Was certain
- 18 Thailand, once
- 20 Fleecy animals
- 21 Tiny stream
- 22 Repulsive
- 24 Gotcha!
- 26 Russell of "Backdraft"
- 27 This, in Havana
- 28 Require
- 30 Type of sock
- 31 — Nimitz
- 37 Salty
- 39 Wyoming range
- 41 As expected
- 43 Hollows
- 44 Manicurist's board
- 45 Frisky
- 47 Galley movers
- 48 Tender
- 49 Scribble down
- 50 Shout of surprise
- 51 Zoo staffer
- 52 Dot follower



HERMAN



"Get that lab on the phone. This chest X-ray only shows the top of his head!"

CELEBRITY CIPHER

by Luis Campos

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

" A X Z K S M U H U Z K U A P J E M A H X V
 U Z A T U M P H U X Z P Z G H D C Z P N X Z K J U H
 X V S X M L P Z G P H M C B C Z G X E A J U H X V
 G C A T C M P H U X Z . " — G X Z X W P Z

TODAY'S CLUE: W s t n b a 8

Previous Solution: "We meet no ordinary people in our lives. If you give them a chance, everyone has something amazing to offer." — Ryan Seacrest

In his fiancée's eyes, man's secret life online is cheating

DEAR ABBY: After a long relationship, "Eric" and I plan on getting married very soon. My problem is, Eric is secretive. He keeps his phone right next to him, and before he walks into the house, he sits in his car, clearing his history. I know he looks at porn, and I'm not happy about it, but it's the other things I'm angry and confused about. He secretly has social media. I know he's been sending pictures of himself to women, and they send pictures to him. Isn't that cheating? I think secret phone and video calls to women is cheating. I saw an image of a woman's private parts on his phone, and he told me lies about it. When I have confronted him about chatting with the other women, he gets angry and withdraws. One woman even sent me their chat history, and he lied about that, too. Abby, I love my man, but I feel he's cheating. I don't know what else to do as there's a wedding soon. -- DESPERATE FOR ANSWERS

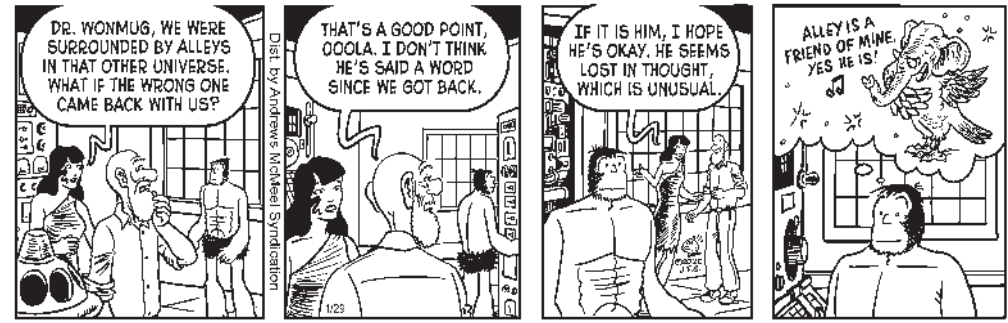
emotionally abusive. This is what your future will be if you marry him. I have only three words of advice for you, and I sincerely hope you will take them to heart: CANCEL THE WEDDING! DEAR ABBY: How do you know if a friend is actually a "frenemy"? I think my friend "Gwen" may be one. I successfully started a second career and was doing well, but Gwen had no interest in hearing about it. She also announced her engagement on my wedding day, which diverted attention away from me on my special day. I went through a difficult time because several family members passed away, and Gwen was neither supportive nor particularly sympathetic. Her lack of response made things even harder for me. I no longer feel like I can share my successes about saving money or getting raises, because this "friend" would be threatened by it. I almost felt Gwen was happy when I was struggling, because it made her better than I was. Is it OK to let people go? Is this a real friend? -- FRIEND OR FOE IN CALIFORNIA DEAR F. OR F.: Gwen appears to have neither good judgment nor empathy. If those are qualities you value in a friend, my advice is to look elsewhere. Friends



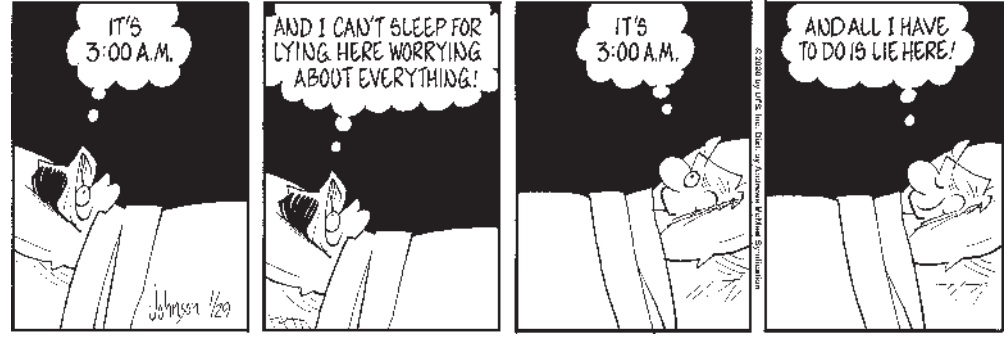
ABIGAIL VAN BUREN

celebrate their friends' successes and reach out to offer comfort when they suffer losses. It is not only OK to let people like Gwen drift away, but it is also healthy. DEAR ABBY: My neighbor has a 17-year-old daughter. Fifteen weekdays a month she and a boy from school come home for 30 to 50 minutes during the noon hour. (Five days a month she comes home by herself.) Her mom and dad are both at work. Do you think her parents should know about the "nooners" at their house? -- NOSY NEIGHBOR IN NORTH CAROLINA DEAR NEIGHBOR: Yes, I do think you should casually ask if they are aware of it. However, when you do, make sure not to sound accusatory or judgmental -- just "curious."

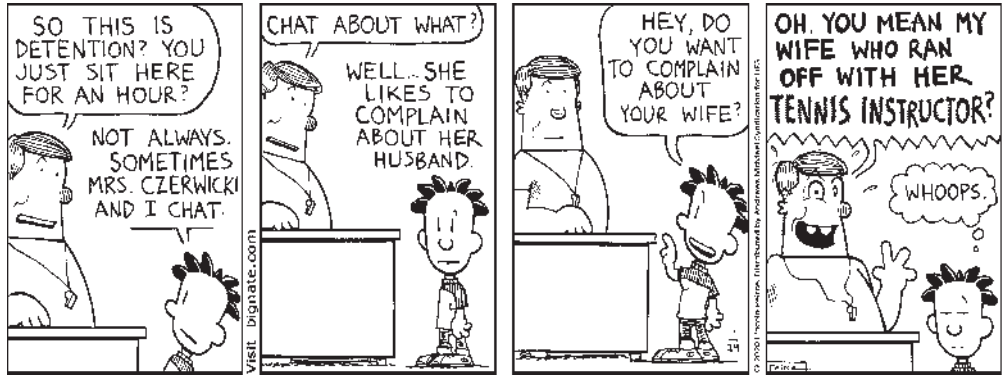
ALLEY OOP



ARLO & JANIS



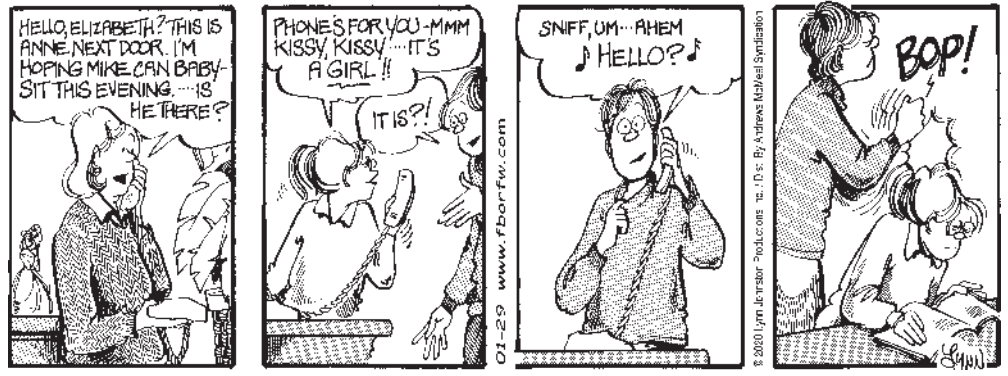
BIG NATE



THE BORN LOSER



FOR BETTER OR FOR WORSE



FRANK & ERNEST



GARFIELD



THE GRIZZWELLS



PEANUTS



Lifestyle



Photo by Linda Relyea

The magic of chemistry will be included on Adams State Gives Day on Feb. 17 in Richardson Hall Auditorium.

A new tradition begins: Adams State Gives Day

ALAMOSA — Adams State University is starting a new tradition it calls Adams State Gives Day that will help establish and create a new culture of giving for the local university.

The very first Adams State Gives Day will be held Feb. 17., and it will include a live talent show and telethon that will be a coast-to-coast livestream via the web page at adams.edu/live.

The Adams State Facebook page also will carry the event live.

Community members of Alamosa and the San Luis Valley are invited to be part of the live audience inside Richardson Hall Auditorium.

The Adams State Talent Show and Telethon will run from 5-7 p.m. at

Richardson Hall Auditorium. As student and community acts perform on stage, the livestream will encourage viewers to call in pledges to support Adams State University. In addition, Adams State students will be working the phones and calling individuals to encourage support for the university.

Local music legend Don Richmond will stop by and perform on stage in support of Adams State Gives Day. Another 12 student acts, including a comedy skit, musical acts and a magic show by chemistry students will be part of the talent show. Others invited to perform include Las Semillas de la Tierra dance group at Adams State and the Adams State mariachi band.

Adams State Gives Day is an effort by the Adams100 Commission to increase support and establish new traditions and new events for Adams State as the university moves into its 100th year in 2021.

The Denver alumni chapter is planning a watch party to bring together area graduates of Adams State to support the event. The Denver watch party will be held at the Lowry Park Club House, 8501 E. Alameda, Ave., in Denver. Denver alumni can RSVP by emailing denveralumni@alumni.adams.edu.

Report courtesy of news release from Chris Lopez, who can be contacted at 719-587-7846; chrislopez@adams.edu or at www.adams.edu/news.



Photo by Jade Winton

The Adams State Music of the Americas Project will perform during Adams State Gives Day on February 17 in Richardson Hall Auditorium.

Curtiss will perform at Wildwood Sounds



Courtesy photo

Cousin Curtiss produces root-stomp music at its finest, lyrics with meaning and vocality with power. Guitar with fury, stomp with soul, and the guy plays harmonica like his hair's on fire. Curtiss's finger-picking style is reminiscent of John Butler, his harp playing is on par with John Popper and his loop jams are straight out of Keller Williams handbook. His one-man-band, ceaselessly-energized performance is designed to move people. Ever practiced. Never the same. Always entertaining. \$15 Door. Reserve by calling 719-657-4757 or email wwshcv7@gmail.com. Doors open at 6:30 and music stars around 7pm. This is a sweetie snacky potluck. Bring a favorite treat to share with coffee and tea on the house. Wildwood Sounds is located at 850 Grande Ave. in Del Norte on Hwy 160. A perfect listening room.

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.

Bar Code?



An approach to advertising...

If each line in the bar code represents a radio station, that's how many stations you'd have to buy to equal the reach of your local newspaper. How often & for how long do you listen to ONE radio station?

You GOTTA BE IN THE PAPER

Valley Courier

719-589-2553

www.alamosanews.com

email: ads@alamosanews.com



Courtesy photo

How to bring beneficial bees back

Bees, birds and butterflies play integral roles in pollinating many of the crops humans rely on for sustenance.

The National Pollinator Garden Network, through the National Wildlife Federation, recently launched the Million Pollinator Garden Challenge, an effort to increase the amount of nectar and pollen food sources as the organization aims to reverse the alarming decline of pollinators such as honey bees, native bees and monarch butterflies.

Many people are afraid of bees because of their propensity to sting.

Unlike their wasp and yellow-jacket cousins, honeybees and bumblebees are much more docile and content to hop from bloom to bloom without paying humans any mind. The only time such bees may resort to stinging is if someone inadvertently steps on them.

Bees are beneficial for yards. Gardener's Supply Company said one out of every three bites of food humans take depends on a pollinator.

That's because about 150 crops grown in the United States depend on pollinators. Even though there are 4,000 species of native or wild bees in the continental United States, many populations are in decline. According to the Pollinator Partnership, various areas of North America have lost more than 50% of their managed honeybee colonies in the past 10 years.

Bringing these important pollinators back will take a little work, but it is possible.

Plants that offer cover can be attractive to bees that desire a respite from the sun and heat. Coleus and other ground cover offerings can be handy.

Offer water in shallow dishes, as even bees need a cool drink to stay hydrated.

Bees like various plants, so plant more than one species.

Some plants that bees tend to like include alyssum, aster, geranium, bee balm, poppies and clover.

When planting, include some native species.

Brush piles, dry grasses and dead woods offer nesting areas for bees.

The Gardener's Supply Company also said that bees find blue, purple and yellow flowers most appealing. Opt for more of these hues when planning gardens.

Above all, avoid using pesticides in the yard. Even organic ones can be toxic to bees and other pollinators, and they may contribute to colony collapse disorder.

With these techniques in mind, homeowners can attract more bees to their yards and gardens, which can benefit bees and humans alike. TF196043

Kid Scoop .COM THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

Find Kid Scoop on Facebook

© 2020 by Vicki Whiting, Editor Jeff Schinkel, Graphics Vol. 36, No. 8

Bee Money Smart

To be money smart, you need to understand goods and services.

Everything humans buy are either **GOODS** or **SERVICES**.

Bees make honey. Jars of honey are **goods** that humans buy.

Collecting nectar for honey, we also spread **pollen**. That helps flowers and the crops that humans need to grow!

Pollination is a **service** we bees provide!

Hmmmm... maybe bees should **charge** people for these goods and services!

Goods = Objects

Goods are things that are made or grown. Basically, things you can touch.

How many goods can you find in this room? Color them.

Services = Actions

A service is work that one person does for someone else.

Draw a line from each person to the service he or she provides.

- PUTS OUT FIRES (Firefighter)
- TAKES PEOPLE PLACES (Taxi driver)
- MAKES COOKIES, CAKES AND PIES (Baker)
- HELPS KEEP PEOPLE HEALTHY (Doctor)

Standards Link: Reading Comprehension: Use context clues to understand the meaning of words.

Is this dictionary **goods** or a **service**? _____

Who could use it? _____

Why would they want to use it? _____

Is this waiter **goods** or a **service**? _____

Who could use it? _____

Why would they want to use it? _____

Is this taxi **goods** or a **service**? _____

Who could use it? _____

Why would they want to use it? _____

Standards Link: Reading Comprehension: Use grade-appropriate words correctly.

Extra! Extra!

Goods and Services Search

Look through the newspaper for five or more examples of goods and five or more examples of services. Write them in the spaces below.

GOODS	SERVICES
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Standards Link: Research: Use the newspaper to locate information.

Kid Scoop Puzzler

Add up the value of these coins. Then circle all the items you could purchase with this amount.

Pen 85¢

Eraser 50¢

Markers 75¢

Sticky Notes \$2.99

Pencil 25¢

Binder Paper 65¢

Standards Link: Math: Addition using money.

Double Double Word Search

SERVICES
FLOWERS
PROVIDES
NECESSARY
OBJECTS
ACTIONS
GOODS
TOUCH
COINS
FIRES
BEES
WORK
PIES
ROOM
TAXI

Find the words in the puzzle. How many of them can you find on this page?

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

Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

FROM THE Kid Scoop LESSON LIBRARY

Wants and Needs

Things that are necessary to our survival are **needs**. Wants make our lives easier or more pleasant but are not critical to daily living. Look through advertisements and see if you can find more **wants** or more **needs**.

Standards Link: Research: Use the newspaper to locate information.

How can you instantly double your money?

ANSWER: Look at it in a mirror.

Kid Scoop Together: A Store You Know!

Some stores sell all or mostly goods. For example, a grocery store sells mostly goods. If it has a bakery that makes birthday cakes, then it offers goods and a service in one product!

Other stores sell mostly services, such as a car wash or a barber shop.

Complete the following to describe a store you go to:

Name of a store I go to: _____

Goods I can buy at that store: _____

Services I can buy at that store: _____

Design a newspaper advertisement for the store you described above. Be sure to include some of the goods or services they offer. Look at the ads in today's newspaper for ideas.

Kid Scoop VOCABULARY BUILDERS

This week's word: **NECESSARY**

The adjective **necessary** means something that is needed, essential or required.

It was **necessary** to have a ticket to get into the theater.

Try to use the word **necessary** in a sentence today when talking with your friends and family.

Write On! Coupon Copy

Imagine you were asked to write a coupon for a product. What would you write? What would be your special offer?



Our Youth Are Our Future!

601 Main Street Alamosa

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

2225 Main Street Alamosa

CELEBRATING 112 YEARS!

MEMBER FDIC

www.alamosastatebank.com Ph. 589-2564