

Your

Ad Here!

SLV

Today

La Puente

to host Free

Health Care

ente 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 services will be provided by Regis

University Physical Ther-

apy, Nurse Practitioner,

and Counseling /Mar-

riage and Family Therapy,

Students and Faculty. La

Puente is partnering will

Global Health Pathway/

Regis University's Rueck-

ert-Hartman College for

Health Professions, and

the San Luis Valley Area Health Education to pro-

vide the Free Health Care. **Rotary Club**

to present Carver Mon.

ALAMOSA — The

Alamosa Rotary Club announced that Ala-

mosa County Clerk and

Recorder office Election

Supervisor Terri Carver

will speak Monday at

noon at Juanito's Restau-

rant, 10196th Street. Terri

Carver will present infor-

mation on the upcoming election cycle, including

the presidential primary

election, caucuses and

the general election.

ALAMOSA — La Pu-

— Page 6

THURSDAY EDITION | WWW.ALAMOSANEWS.COM

to work



The 2019 San Luis Valley REC scholarship winners accept their awards at the co-op's annual meeting last June.

— Page 5







VOLUME 94, NO. 21

LOCAL NEWS... LOCAL VIEWS

JANUARY 30, 2020

Funds aid La Puente, homeless More money — \$1.5 million-plus — might be forthcoming from DOLA

> By DANIEL McKILLOP Courier Editor

ALAMOSA — As San Luis Valley endures another frigid winter, the Colorado Department of Local Affairs continues to help the needy — especially the homeless — with its generous financial

DOLA Executive Director Rick Garcia wrote a letter to SLV-based La Puente Executive Director Lance Cheslock on Jan. 21, which modified a previous award letter issued on Aug. 18, 2017 concerning a supplemental funding request.

"The State Housing Board reviewed a supplemental funding request from La Puente Housing Corporation at its meeting on Nov. 12, 2019, and recommended supplemental funding of up to \$200,000 for the above-referenced project. I concur with the State Housing Board's recommendation and am offering to enter into an amendment to your Homeless Solutions Program (HSP) Grant Agreement to raise the total amount of the award to up to \$1,569,662, within 12 months

The funds are for La Puente's Adelante Family Housing and Over the Rainbow Apartments.

from the date of this letter.'



Courier photo by Daniel McKillop

(left to right) Israel García-Humes, director of community education, La Puente Home, Inc. and La Puente Executive Director Lance Cheslock introduce Bill Holsonback, who is from the San Luis Valley and has been a beneficiary of La Puente's work, to the audience before the play "Treasure Island," which was hosted by Adams State University on Dec. 7.

"I do not know when they will know the final amount," said Israel García-Humes said, director of community education, La Puente Home, Inc., by email. "Much will depend on the cost of upgrading an older system in a historical building."
Garcia said the following is a

list of eligible activities for the supplemental funding, which includes construction: Ā Federal Release of Funds letter is not required for this funding source, he added. The funds may not be obligated before an amendment is fully executed and expenditures made prior to the full execution of the amendment cannot be reimbursed by the state. "La Puente is proud of the local

partnership that we have with DOLA and their support of our efforts to house the most vulnerable," García-Humes said. "This money will go to improve the safety for the residents of our supportive housing community by modernizing the fire suppression system for the 17 units located above Rainbow's End Thriftstore."

When he was asked if it was very promising that Garcia's amendment might garner \$1.5 millionplus for the Homeless Solutions

■ See **LETTER** page 3

Courier photo by Daniel McKillop

The Alamosa City Council members discuss issues during a workshop at City Hall on Wednesday night. From left, clockwise are: Commissioner Charlie Griego, Mayor pro tem Jan Vigil, City Attorney Erich Schwiesow, Mayor Ty Coleman, Councilor Liz Hensley, Planning and Zoning Specialist Deacon Aspinwall and City Manager Heather Brooks.

City Council mulls over sign compliance during workshop

By DANIEL McKILLOP

 $Courier\ Editor$

ALAMOSA — The Alamosa City Council members held a workshop at City Hall on Wednesday evening, as City Planning and Development Specialist Deacon Aspinwall and the City Head of the Department of Public Works Harry Reynolds were consulted often during the discussions.

Regulating signs in the community more efficiently was one of the main topics during the workshop.

In an effort to beautify the city, it has become apparent that certain changes need to be made to clarify the regulations without causing an undue burden on existing business owners.

"It's to better define when we have signs that are obsolete or abandoned — how those can be handled," Alamosa City Manager Heather Brooks said. "We added some language to create areas of creativity for signs that we really want to encourage and to showcase the community.'

One of the changes was to impose a \$100 penalty for failure to impose a sign application; however, the application should remain free in order to encourage

submittal. Language defining obsolete means a sign or any element of a multi-element

sign — except an historic sign — that identifies or advertises an activity, business, product or service which is no longer conducted, produced, performed, or sold on the premises, or a sign that does not contain a message for a period of more than six months also was discussed.

Finding affordable alternatives for a sign owner if a sign is abandoned or obsolete, "we can see how they can maintain that sign," Brooks said.

Sign owners were being given 30 days to comply with regulations before the meeting; however council decided to give them more time.

"We're going to change it to 60," Brooks said.

Now that council adopted the downtown plan, there are some recommendations for some potential change to our code to actually allow a little more use in our business district, Brooks said.

"There were some general areas to the code where we didn't have definitions for a few zones that needed a few things added; whereas, it's easier to interpret, or it allows us to make sure the code is flexible for property owners," she added.

For example, there needed to be definitions for mail processing center, heavy industry and for processing and extraction of hemp, Brooks said.

Atenico's running for Costilla County commissioners seat

FORT GARLAND — Edward Eugene "Champ" Atencio has declared his candidacy for Costilla County Commissioner, District 1.

Atencio is a lifelong resident of Costilla County, having grown up in Fort Garland. Atencio graduated from Sierra Grande High School and attended Adams State College (University), receiving a B.A. degree in 1968 and a M.A. in School Administration in 1975 from Western State College in Gunnison.

He also earned another degree in 2010 from Colorado State University in Athletic Administration.

All of those degrees were accomplished for one reason: "I wanted to be a better teacher," Atencio noted, "that was always my goal.'

In 1968, Atencio did his student teaching under the guidance of Eppie Jaramillo. "He really influenced me,"

Atencio said, so did my parents. "They had no education, but they were smart and worked very hard. It was my mother who said that because of the way I loved sports and children, I ought

to be a teacher and coach." In 1978, Atencio started receiving awards from the Colorado Coaches Association. He has received 64 awards from the association. Atencio has also received plaques from Scholastic Coach, Franklin Life, National Honor Roll for Coaches, and twice for Who's Who in

American High School Teaching. He was also on the Fort Garland Water and Sanita-

tion District Board for 24 years. Atencio took Centennial High School track and field teams to the state meet 31 times and the cross country

team to 18 state meets. ■ See **RUNNING** page 3



Edward Eugene 'Champ' Atencio

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

Starting in March, Colora $dowill \, \tilde{h}old \, a \, presidential \,$ primary election. **Follow** us on Facebook -**Alamosa Valley Courier**

SLV WEATHER



35/0

Fri.: Sunny 36/3 **Sat.:** Sunny 42/9

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Opinion..... Page 4 LifestylePage 5 Sports..... Page 6 Comics...... Page 7 Public Notices Page 8

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Record

OBITUARIES

Kimberly Wert-Baker, 50 MONTE VISTA — On

Jan. 27, 2020 Kimberly Wert-Baker, 50, passed away suddenly in Colorado Springs. She was born June 19, 1969 in Alamosa, to Doug and Judy Wert.

Kimi enjoyed her dinners and gambling nights with her kids, visiting family in Monte Vista and those always fun shopping trips. She also enjoyed spending time with friends.

Her bright smile and budding personality that filled the room whenever she walked in, will be missed

Kimi enjoyed her work as a WIC Tech with El Paso County for 16 years.

She is survived by her sons, Dalton and Logan Baker; her mother, Judy Wert; sister, Connie (Terry) VanBibber; nephews, T.J. (Skyla) VanBibber, Trent VanBibber; great nephews, Asher and Ryder Van Bibber; as well, as several aunts, uncles, cousins and other extended family members.

Kimi was preceded in death by her father, Dough Wert; her sister, Tandi Wert; maternal grandparents, Tommy and Alberta Hart; arrangements.

her paternal grandparents, Wilma and Leland Wert; as well as her great-grandmother, Elsie Goad. Cremation was selected

and a memorial service will be held at 10 a.m. on Saturday Feb. 1, 2020 at the Rogers Family Mortuary in Monte Vista. In lieu of flowers, contri-

butions are suggested to the

St. Jude Children's Research Hospital and may be made in care of the funeral home To express condolences,

please visit www.rogersfunerals.com. The family would like to

express their appreciation for the outpouring show of support from the com-

Rogers Family Mortuary in Alamosa is in care of the

Norma Jean Martinez, 69

CENTER — Center resident Norma Jean Martinez, 69, went to her eternal rest on Jan. 24, 2020. Norma was born on Feb. 11, 1950 in Center, the daughter of Edward Isidoro Garcia and Esther Orilla Gonzalez Garcia.

After graduating high school, she worked for and retired from the Sargent School District as a lunchroom accountant.

Norma Jean was a loving mother, sister, aunt, cousin, godmother and friend, who enjoyed spending time with her sons, gardening, going gambling and spending time with family and friends. She was an avid Denver Broncos fan. She will be dearly missed by all who knew her.

Survivors include her sons, Henry E. "Hank" (Bill) Martinez of Centennial; Trever Scott Martinez of Denver; sister, Shirley Garcia of Alamosa; brother, Edward Garcia of Broomfield: special piece Krysta



great-niece, Mia Ortega of Pueblo; godchildren, Desi, Samuel, Ashly and James.

She is also survived by numerous nieces, nephews, cousins and friends.

Norma Jean was preceded in death by her parents, her husband, Henry Joseph Martinez; and brother, Ron

Cremation was chosen and a celebration of life will be held later this summer.

To leave online condolences, please visit romerofuneralohomes.com. Romero day at 8 a.m. at the Feelin' Funeral Home of Monte (Gabe) Ortega of Pueblo; care of the arrangements.

PENDING OBITUARY

Donald 'Don' David Knapp, 98

LA JARA — Alamosa resident Donald "Don" David Knapp, 98, died Jan. 28, 2020 at the San Luis Valley Health Regional Medical

Center in Alamosa.

Funeral Services are pending and will be announced through Rogers Family Mortuary.

COURIER POLICY ON OBITUARIES

The Courier charges \$30 for each obituary per day. Pending arrangements or death notices are free. This charge affects funeral homes, family or other representatives that place obituaries. All paid obituaries are published on www.alamosanews.com, for no additional fee.

Please email obituaries if possible to news@ alamosanews.com If the newspaper errors in publishing an obit, corrections will be made and the obit rerun. If the errors are on the part of the submitting party, an additional fee will be assessed.

San Luis Valley Crimestoppers

If you have information about an unreported or unsolved crime in the San Luis Valley, Crimestoppers pays for information that leads to the arrest of criminal offenders. Citizens may report crimes anonymously and remain eligible for rewards.

Call San Luis Valley Crimestoppers at 589-4111.

BIRTHS

Spirit Amber Rae Casias 1/2 inches.

SAN LUIS VALLEY— Spirit Amber Rae Casias was born on Jan. 23, 2020 at San Luis Valley Health to Kevin Casias and TeAndra Truiillo.

She weighed 6 pounds, 7 ounces and measured 19

ALAMOSA — John

Spirit is welcomed by siblings, James, Jealicy, Alexis, Alaina and Kevin Jr. Maternal Grandmother is Cori Trujillo. Paternal grandparents are Dianna

Casias and Jack Stanstall.

John Rambo Cordova

Rambo Cordova was born on Dec. 29, 2019 at San Luis Valley Health to Justin and Kim Cordova of Alamosa. John weighed 6 pounds,

6 ounces and measured 20 inches. He is welcomed home by brother Jacob.

Maternal grandparents are Chuck and Valerie Finnegan. Paternal grandparents are Pam and Justin Rhoads and Steve and Cathy Cordova. Greatgrandparents are Tony and Querina Martinez and Dale and DeAnn Cornum

Kriya, Meditation & Lamp-

ALAMOSA—The San Luis Valley Military Family Support Group meets the fourth Tuesday at from 5-6:30 p.m. in Alamosa. For more info call Vicki Jones at 852-3123.

ALAMOSA — Sierra Blanca Chapter #43, Order of The Eastern Star, meets on the first and third Mondays, at 7:30 p.m. at the Alamosa Masonic Hall, 512 San Juan Ave. Call Sharon at 589-4320.

ALAMOSA—La Leche League of the San Luis Valley holds its monthly meetings on the fourth Saturday at 11 a.m. at Hospice del Valle, 524 Main St. in Alamosa. Pregnant and nursing women are welcome to attend with their children and babies. Please call 587-3657.

ALAMOSA —The Alamosa Kiwanis Club meets on the second, third and fourth Thursdays at noon at IHOP. Contact: Amanda Wilkinson, 719-589-2564 or email amanda@ alamosastatebank.com

ALAMOSA — The Optimist Club of Alamosa meets at Nino's Restaurant in Alamosa the first and third Tuesdays at noon. Contact the club at alamosaoptimistclub@ gmail.com or President Dawn Melgares at 719-580-0178. Visitors and new members are wel-

ALAMOSA —The Alamosa Rotary Club meets every Monday at noon at Juanitos in Alamosa. Contact Dean Swift, 589-3499 or dean@deanswiftseed.

ALAMOSA — Veterans Therapeutic/Support Group meets every Monday from 5-6:30 p.m. at 315 State Ave. Ste 101, Alamosa. Call 588-8885 to register or email d.counselingservices@ho-

SOUTH FORK — Kiwanis meets every Thurs-Good Coffeehouse in South rork. Contact: Karen Mili er, 719-873-5466 or email mkmillermink@aol.com

MONTE VISTA — The Alzheimer's Caregiver's Support Group meets on the second Thursday from 11 a.m. to noon at the Chamber of Commerce, 947 1st Avenue, Monte Vista. Call the Southern

Colorado office at 719-

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

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

ALAMOSA — The San Luis Valley Photography Club meets the first Wednesday at the Alamosa Public Library at 6:30 p.m. Contact Stephen Jensen at 379-0001 or slvphotostephen@gmail.com

ALAMOSA — Families Healing Families is a community-based organization that provides support and resources for families affected by the impact of substance abuse. They meet on the third Thursday at 6:30 p.m. at the Senior Citizens Center at 92 Rio Grande Ave. (on the north end of Cole Park) in Alamosa.

ALAMOSA— Peace Meditation at the Campus Ministry Office, Adam State University, Alamosa, is held on Thursdays at 5:15 p.m. Everyone is invited. Contact Candace Knowlan 805-886-6959.

ALAMOSA — American Legion Auxiliary Unit #113, Alamosa, holds its monthly meeting at 6 p.m. on the second Wednesday at the American Legion Building at 514 Fourth Street, Alamosa. Call Evelyn Espinola at 719-313-1466 or Alice Robinson at

ALAMOSA — Open drop-in meditation for health, stress management and spiritual growth, is held at 10:45 a.m. the second Sunday of the month at St. Thomas Episcopal Parish Hall, 607 Fourth St., Alamosa, with Mountain Institute, A

Reserve a table now for ASU's Spring Career Fair

ALAMOSA — Get the best recruits for your business or school.

The Adams State University Office of Civic Engagement and Career Services is sponsoring its spring 2020 Career and Graduate School Fair for students, alumni and community. Organizations and graduate school recruiters can reserve a booth now.

The fair is scheduled from 10 a.m. until 3 p.m., with a 9 a.m. set-up time, Tuesday, March 5, in the Adams State Student Union Building banquet rooms on the first floor.

Early Bird registration is \$40, through Jan. 31 and cost is \$50 after the deadline. To register visit adams.edu/students/ career-services/employer-resources/. Registration includes a 6-foot table, two chairs, lunch for two, WIFI, and free parking.

For more information, call 19-587-8105 or civicengagement@adams.edu.

CPAC election approaching SAN LUIS VALLEY — The Colorado Potato Ad-

ministrative Committee annual election will be Feb. 4-6. If anyone is interested in serving as a member of CPAC, please submit one's name to the CPAC office as a nomination to be placed on the ballot. USDA and CPAC encourages committee membership

that reflects the diversity of the individuals served by its industry. Diversity includes gender, race, disability, length of

service and size and type of operation. Available positions include; one Alamosa County Grower, one Rio Grande County Grower, one Saguache County Grower, one Costilla/Conejos County Grower, two Independent Handlers and one Bulk Shipper and an alternate for each position.

Report courtesy of Linda Weyers, Colorado Potato Administrative Committee, 719-852-3322.

ONGOING VALLEY MEETINGS

lighting School. Contact Martin at 575-758-5876 or ALAMOSA — TOPS talentolocal@live.com

ALAMOSA — Youngsters are invited to the Alamosa Public Library Story Room every Friday morning to sing, color, dance, read, enjoy adventures, share with friends and giggle. Babies and toddlers are welcome at 9:30 a.m. and preschoolers at 11 a.m.

offered in Alamosa at the San Luis Valley Health Education and Conference Center on the second and fourth Mondays of each month from 3-4 p.m. MONTE VISTA — Valley Fiber Art Guild — VFA

ALAMOSA — Free

breast feeding classes are

is a group for anyone interested in fiber arts: knitting, crocheting, weaving and spinning. We work on our individual projects, sometimes do projects together and learn from each other. We meet the fourth Saturday of every month from 1 p.m. until 4:30 p.m. at 757 County Rd. 29, .Monte Vista. Call or email Wanda Couzens-Smith for more information at (719) 852-5000 or wcouzenssmith@ gmail.com

ALAMOSA— Alamosa Masonic Lodge meetings are every first and third Thursdays at 7 p.m. (except June, July and August) at the Alamosa Masonic Lodge, Main and San Juan.

ALAMOSA — A Caregivers Support Group meets at First United Methodist Church, 2005 Mullins, Alamosa, on the first Monday of every month. For more information, call 589-2243.

ALAMOSA — Alamosa Toastmasters meets on Mondays at noon at The Bridge in Alamosa at 3407 Carroll Street. Participants will find a supportive learn-by-doing environment that allows them to achieve their goals at their own pace. Call (719) 588-5127.

ALAMOSA-The GFWC Woman's Citizenship Club of Alamosa meets on the second Friday at noon from September through May at First United Methodist Church, NW door, 2005 Mullins Ave. For more information, please email: womanscitizenshipclub@ gmail.com.

ALAMOSA — Made up of community members who write in many different genres, the Sophia Circle meets weekly to provide support for writers and their writing projects in the downstairs conference room at the Colorado Welcome Center at Alamosa, 6th and State on Sundays from 1-3 p.m.. Writers may drop in on any meeting. Bring copies of the work you want to share. Call Holly at 719-588-7066.

CENTER — The Cen-

AA MEETINGS

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

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

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

SUNDAY

5:30 p.m. Sacred Heart Parish Center at 3rd and Edison, Alamosa

MONDAY

7 p.m. Town Hall at 108 Dr. Monte Vista W Galena Ave., Crestone

copal Hall at 607 4th St., 9S., Alamosa Alamosa 5 p.m. Women's Meeting at Masonic Hall, 598 Spruce

St., Del Norte 7 p.m. Community Church on Main St., Creede source 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

WEDNESDAY

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

Building at 710 Main St., Antonito 7:15 p.m. RV Park in

Blanca 7:30 p.m. Masonic Hall

at 598 Spruce, Del Norte. 8 p.m. St. Thomas Episcopal Church at 607 4th St., 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

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.,

8 p.m. Mountain View Presbyterian Church at 2nd and Broadway, Monte Vista

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

AL-ANON

TUESDAY

8 p.m. 15 Country Club WEDNESDAY

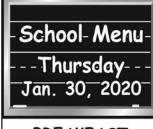
5:30 p.m. SLV Behavior 12 p.m. St. Thomas Epis- Health Group at 8745 CR

THURSDAY

5:30 p.m. First Christian Church at 518 1st St.,

7 p.m. Crestone Town 7:30 p.m. Creative Re- Hall, downtown Crestone (second and fourth Thurs-





<u>BREAKFAST</u> Chocolate Crescent Juice & Fruit

<u>ELEMENTARY</u> Mandarin Orange Chicken Egg Roll Rice Vegetable Bar

<u>SECONDARY</u> Domino's Pizza Corn Vegetable Bar

An assortment of fresh fruit and canned fruit as well as fresh vegetables and canned vegetables will be offered weekly. Menu subject to change.

To sponsor the School Menu call 589-2553

Valley News

La Puente's holds vigil for homeless

By MEGAN COWELL Special to the Courier

ALAMOSA — Homelessness has become an epidemic in the United States. It can be understood as a symptom of

poverty. As the gap between the wealthy and poor widens, the homeless popula-

In 2019, the U.S. Department of Housing and Urban Development reported over 500,000 people had experienced homelessness. The San Luis Valley is no exception. In fact, the 2015 Point-In-Time polocount revealed the Valley's homelessness rate was 10 times higher than the national average.

Too often, the homeless are dismissed as stereotypical beggars. However, homelessness impacts a wide variety of the population. Many face barriers such as generational poverty, mental illness, poor health and addiction. These complications do not exist in a vacuum — they are often compounded and complex. It may be surprising to find those affected are usually families with children, senior citizens, people of color, veterans, the differently-abled, LGBTQ+ folks, and youth. The truth is the average person is only a crisis or two away from becoming homeless themselves.

As the homeless population grows, communities are becoming overwhelmed. Different communities are responding in different ways. The Durango Herald reports cities, like Sacramento and Denver, have passed legislation outlawing "urban camping," essentially criminalizing homelessness.

The Colorado Springs Independent described entire homeless camps being

La Puente recognizes these actions as harmful and unproductive. In the end, they don't solve but exacerbate the problem.

Those impacted are imprisoned, displaced, or physically and emotionally harmed.

The San Luis Valley community, with



Vigil attendees (from left to right) Emmanuelle Tolende Botuli, Anna Allison, Christina Bolt, Valerie Mays, Emily Shaffer and Shanae Diaz hold their candles in front of La Puente on Jan. 20.

the help of La Puente, chooses to address this crisis differently, with compassion and patience.

From its origins, La Puente has put human dignity at the center of its mission. All of its programs were born directly

from a need and built with and by the community. The outcome is a safety

net of services where individuals and families get what they need to stabilize, heal, strengthen and ultimately thrive.

La Puente renews its commitment to serving the most vulnerable at its annual Winter Vigil, which was observed

The vigil provides the community

with an opportunity to remember those too often forgotten: The individuals who've lost their battle with poverty and homelessness. Intentionally held during the coldest

month of the year, the vigil also provides attendees with some small insight into what the homeless population endures This past Thursday evening, over 30

community members gathered outside of La Puente's Shelter and each received a candle. A moment of silence was observed, full of reflection and shivering.

Then folks were encouraged to share their memories of those they remember who have lost their battle. One Shelter staff member, Gra-

ham Hunt, fondly remembered local Grady Woodruff, "a generous soul." Mr. Woodruff was known for his big heart and often provided much-needed transportation to struggling communityOnce all who desired to had spoken,

the candle lighting began. From one candle all the others were lit, reminding folks, "It takes nothing from one's own flame to light another.'

The emotional night ended with the group singing Amazing Grace, in the memory of those passed finding peace. The La Puente Shelter added their names to the plaque of "Remembered Guests," which commemorates all the Shelter guests who have passed on after being part of La Puente's community.

Education Director Israel García-Humes encouraged community members to be part of the solution to home-

"If we can each dedicate ourselves to do doing our part to help those struggling with homelessness, he said, "we can create a light of compassion that will make the darkness evaporate."

If community members want to know how they can help be part of the solution, visit www.lapuentehome.org/ getinvolved to learn how.

Letter

■ Continued from Page 1

Program, García-Humes said, "With homelessness becoming a greater issue for communities across Colorado, we are very proud of DOLA's efforts to bolster local solutions to combat homelessness.

"La Puente is eager to strengthen our Continuum of Housing: Emergency shelter, homeless prevention, rapid rehousing and supportive housing offer a myriad ot solutions to ensure a path to stable housing.' The generous support

of DOLA has already helped La Puente add to

its staff.

"La Puente is excited to have recently been awarded some of these funds to hire a full-time housing navigator, who will specialize in creating partnerships and access to help local residents find and attain affordable local housing," García-Humes said. "They will seek to help clients overcome obstacles to housing by offering assistance and advocacy to help ensure a path to a home here in our community."



GARCIA'S **EARLIER** LETTER:

Garcia sent Cheslock a letter on Jan. 16, which read as follows: The U.S. Department of Housing and Urban Development ("HUD") has awarded Emergency Solutions Grant ("ESG") funding to the Department of Local Affairs ("DOLA") Division of Housing

("DOH"). DOH's staff has recommended that DOLA match available ESG funds with Homeless Solutions Program (HSP) state funds.

In response to the DOH 2019 ESG Notice of Funding Availability ("NOFA"), the ESG Review Team recommended using a portion of DOH HSP to fund La Puente Home.

On Nov. 12, 2019. the DOH State Housing Board ("SHB") concurred with DOH team and ESG Review Team's recommendations.

I concur with the SHB and am offering to enter into an HSP grant agreement of up to \$155,000 within six months from the date of this letter. The following is a list of eligible funding activi-

- ▶ Shelter Operations: \$50,000
- ▶ Essential Services: \$28,000
- ▶ Street Outreach:
- \$12,000 ▶ HMIS: \$5,000
- ▶ Housing Navigation: \$60,000

This project is Categorically Excluded Not Subject to Other Laws/ Requirements, and the

required Environmental Review Form Exhibit IV-B was completed and approved.

No further action is required; you may proceed directly to contracting.

EXAMPLE OF LA PUENTE'S WORK

Bill Holsonback, who is from San Luis Valley and has been a beneficiary of La Puente's work, to the audience before the play "Treasure Island," which was hosted by Adams State University on Dec. 7, "first came to La Puente's Shelter by referral through the criminal justice system, García-Humes said. "He was an alcoholic and was homeless for several

From the shelter, he was then enrolled in our Adelante's Supportive Housing Program, García-Humes said.

"Bill has recounted how this is the first home he has ever had," García-Humes said. "Adelante partnered with him to build on his strengths to achieve his self-identified goals.

"Now after several years in the program, he is one of La Puente's most active volunteers in the wood lot.

Report courtesy of

"He has also been instrumental in helping to build connections with the unsheltered homeless population in our community.

"Bill is a testament to what can happen when a community believes in an individual and supports them to achieve their potential.'



Running

■ Continued from Page 1 Atencio coached for 43 years and cross county for 23 years.

In 2010 and 2011, Atencio received three rings from the Colorado Coaches Association for 18 or more top 10 finishes as a team in boys track and boys and girls cross country.

In 2011, Atencio received the Warren Mitchell Award as the top track and cross county coach in Colorado.

Atencio served on advisory boards for the Colorado High School Activities Association and was very active in the Southern Peaks Association. In 2013, Atencio re-

ceived the Educator's Hall of Fame award from Adams State Universitv

In 2019, Atencio received the Colorado

High School Coaches As-

sociation Hall of Fame

Award in recognition of his service to high school athletics and coaches of Colorado.

Atencio was a class-

room teacher for 36

years, an athletic direc-

tor for 31 years and a coach for 43 years. Since his retirement in 2003, Atencio has been a substitute teacher.

He expressed his admiration and pride for the people of Costilla County. Costilla County is the best place in Colorado because of the land, water, traditions, the Spanish language and culture and most of all the children, the adults, and the senior citizens. Atencio intends to fo-

cus on creating local jobs and helping all senior citizens and all children. Children are the future. He believes all citizens

of Costilla County are unique and the hardestworking people in the

Atencio believes that grant writing and getting grants is the key

to any county. It brings monies for jobs, county projects, repairs, needed buildings, restoration, preserving history, roads and bridges, helping farmers and tourism. He stated that he

has always loved politics, "Everything you do in America involves politics in one form or another." Atencio said that pro-

tecting our water is critical to all counties in the San Luis Valley. As far as education

in concerned, we must keep pre-school to college for all people. Education is essential

to having a productive community.

"Once students graduate from college, we must find them jobs here in the Valley," Atencio said. "We can't afford to let them leave the Valley.

"We must create jobs for them. "Costilla County is a

wonderful place to live. It would be an honor and a privilege to represent the people of Costilla County. "I feel that I can do

a great job as a commissioner; I am retired and can devote all the time it takes to do a great job.





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God bless **America**

HOLLYWOOD — God Bless America, and how's everybody?

The New York Times weighed in on the Democratic presidential race Thursday by giving out their endorsement just 10 days before the Iowa

The newspaper endorsed Amy Klobuchar and Elizabeth Warren for president. They also picked the 49ers and the Chiefs to

win the Super Bowl. The Church of England suspended my church, the Episcopal Church, for its support of liberal social issues.

Every Sunday I get laryngitis listing all the transgressions I've committed during the past week. I believe that Jesus died for my sins and I want to make sure he gets his money's worth.

China's government quarantined cities in Hunan Province where the Corona Virus is believed to have originated. The concern over its spread is escalating. An arriving Chinese citizen caused a wild stampede at L.A. Airport on Friday when he identified himself to Immigration officers as Ah Chu. The CDC said Monday six cases of

Argus

Hamilton

Corona Virus have been diagnosed in the U.S. so far. There is reason to panic. The Surgeon General could point out that fewer Americans have caught the Corona Virus than have been married to the Kardashians, and Corona Virus victims suffered far less. A California winery spilled 18,000

gallons of wine into a creek in Sonoma County on Monday. It's an ominous sign. Trump can save the economy and fortify the border, but if he starts turning water into wine, the Democrats will drop impeachment for crucifixion without thinking twice.

The National Weather Service pre-

dicted a warmer than normal February for the South, as well as the Upper Midwest and the Eastern Seaboard. They also forecast a continued cool and rainy winter for Southern California. Today in Los Angeles it is 59 and cloudy, just like Adam Schiff.

The New York Times alleged Monday that John Bolton's new book claims that Trump wanted to withhold aid from Ukraine unless they investigated corruption.

That doesn't make it a crime. John Bolton's book may not sell that well, but it's already made the New York

Times Best Sellout List.

Chief Justice John Roberts oversaw the Senate impeachment trial Monday whose conclusion could lead to healing. Hopefully, the House Democrats are completing the five stages of grief. They are grief, anger, denial, impeachment, and finally acceptance of the results of the 2016 election.

Harvard Law professor Alan Dershowitz stood on the floor of the Senates on Monday and he tore apart the House Democrats' case for impeachment. Bet on this guy. In the past, Alan Dershowitz has defended Harvey Weinstein, Jeffrey Epstein and O.J. Simpson and not one of them got impeached.

CNN legal analyst Jeffrey Toobin pointed out to CNN viewers Monday that all the members of the Trump impeachment legal defense team were white people. It's an alarm that needed sounding. Looking at them, you realized that any moment a Democratic presidential debate could've broken

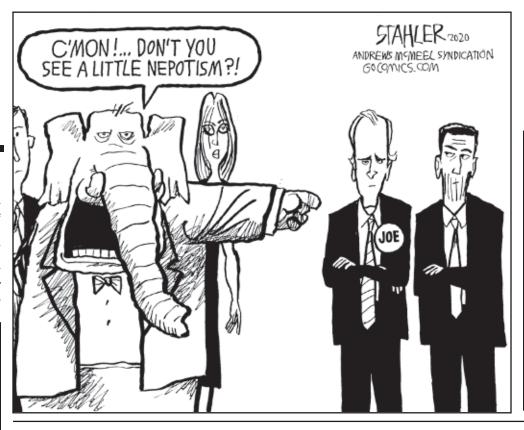
Hunter Biden agreed to obey a court order and pay child support to a former Washington D.C. stripper he impregnated.

The kid's a real chip off the old block. The baby boy is only a year and a half old, he's sitting on the board of Gerber's and already more of an expert on gas than his father.

The FDA is reportedly close to approving the use of Ecstasy as treatment for PTSD sufferers, on top of mushrooms and pot being legalized everywhere. My sobriety is still safe. I'm resigned to knowing that Los Angeles won't legalize cocaine until the day after I die, just to keep the price down.

The New York Times-Picayune reported that a local store in New Orleans has just agreed to remove all the Nazi memorabilia and Ku Klux Klan regalia after receiving customer complaints. What did they expect when they walked into a store called Bob's Big and Tall and White Supremacist.

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



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."

Shane shares message of recovery

This is Shane's story:

My name is Shane. Who I became has a lot to do with my upbringing and adversities I faced in Amarah's

my life. Growing up biracial, without a father in a predominantly white, affluent New Jersey suburb left me with feelings of abandonment and indifference. While most of my friends had two parents and nice houses, I had a mother and onebedroom apartment. I was 12 when I

'Kids Like Me

Corner

learned our father wasn't in our lives because of heroin addiction — I always wondered how someone could choose drugs over a relationship with their own children. My mother did the best she could, but I never shook that feeling of abandonment. I told myself I would do everything possible to not turn into

But my story didn't go that way.

At 11, I tried marijuana and fell in love. It became a way for me to suppress my feelings and stay out of my head, so to speak. Then, I was introduced to alcohol. Both drugs were an outlet for me throughout grammar and high school and were soon accompanied by cocaine and ecstasy.

I loved playing sports but never excelled. All I wanted to do was get high. My high school girlfriend got pregnant and my first daughter arrived, January 1998, followed by my second daughter one year, 11 months later. At 20 years old, I was an addict, spiraling out of control, in denial.

After several years, I began a relationship with another woman and my third daughter was conceived.

During her pregnancy, I started taking Vicodin after a back injury led to a prescription. When my doctor discontinued my

prescription, I started going through

withdrawal and purchased opiates on the street from Vicodin to Roxicet to After the birth of my daughter in March 2009, I began sniffing heroin. Six months later, I was the father with a needle in

For the next six years, heroin stole my soul — nothing else mattered. My relationship with my two oldest daughters began to deteriorate. My youngest was $too\,little\,to\,understand.\,There\,were\,times$

my daughters begged, "Daddy, please

don't leave us." My heroin addiction was all that mattered. I began stealing from friends, family and stores. I was accused of robbing a gas station and was arrested, but I didn't commit that crime and was never convicted. My family wanted nothing to do with me. Everyone thought jail was

As the days in jail passed and withdrawal kicked in, all I thought about was how much I missed my children. My mother and brother eventually bailed me out. My body was cleansed of drugs, but I went right back to where I left off. One

month later, I was arrested for possession of narcotics.

for the best.

I accepted drug court but continued to use. My addiction eventually led to six jail cells; three-drug rehabs; physical, mental and spiritual abuse, as well as suicidal thoughts.

On Feb. 23, 2015, after fleeing drug court because of another failed drug test, I finally had enough. The pain was so great, and I was so sick and tired of being sick and tired: I wanted to die.

With 40 bags left of a brick of heroin (50 bags), I planned to inject 20 so there was no chance I'd survive.

That morning, I told my oldest daughter I would turn myself in to jail, but my true intention was suicide. She cried and said she would miss me. I also started to cry. At that moment, I had unexplainable clarity of thought. Taking my own life, leaving my daughters and my family, would be such a selfish, cowardly act.

My daughter saved my life.

I surrendered to jail. Incarceration was a huge part of my recovery and staying clean. Time away from my daughters - $2\frac{1}{2}$ months in jail, three months in drug rehab and four months in a halfway house — gave me the will to try the 12-

It promised one thing: Any addict can lose the desire to use (drugs) and find a new way to live.

On Feb. 25, 2018, I celebrated three years clean from all drugs and alcohol. Today, I share the message of recovery

to anyone who struggles with the horrors of drug addiction.

Today:

I have and practice integrity.

I try to continue to do the next right I don't have to feel bad for myself or

want to take my own life. I am so grateful to be the father and

best friend of the three most beautiful girls in my world, because if not for them, wouldn't be here today.

My daughters don't have to say, "Daddy, please don't leave us."

Shane Buffaloe, 38-years old, is a student at Lincoln Technical Institute and an HVAC/R technician in New Jersey. He has lost more than 20 friends to addiction.

Retrieved from http://www.chicagotribune.com/lifestyles/sc-fam-heroinaddiction-parent-essay-0327-story.html

Until next time, remember, Jesus loves you, and Jesus is Lord.

Parents upset that son's school dwells on racism

DEAR HARRIETTE: Seemingly out of the blue, they are reading lots of books about race at my son's school. Seriously, they have read three books back-to-back about racial injustice. While I think it is important for the kids to learn about these topics, it is making us uncomfortable. Not everything is about race, but you would never know from this class. I don't have the knowledge or time to debate these issues with my son

I'm not trying to be rude or insensitive. My husband and I work hard to make sure that our son is thoughtful and not racist, but we also don't want him to feel super selfconscious about being white. He shouldn't have to apologize for being himself. I don't know how to support him as times change. I do teach him to treat everyone with respect, but does that mean I have to allow him to be exposed to so much conversation about the atrocities of racism? — Too Much Race Talk

DEAR TOO MUCH RACE TALK: I need to respectfully disagree with you on this. Hopefully your son is in the perfect place to engage in a conversation that is necessary for healing in our country. The good news, in my book, is that schools are walking toward the challenge rather than avoiding it. Perhaps our youth will be able to wrestle issues of diversity, equity and inclusion in respectful, creative ways. Consider that this is the way you can think about the curriculum he is engaging, rather than as a burden.

I think you should read the books, too, so

Serious Columns

that you can have informed conversations with him about what he is learning. Your job as a parent is to guide your child and to help him process whatever information comes before him. The more you equip vourself with the conversations of the day coupled with your own experience, the better you will help him navigate this extremely challenging reality — that racial injustice is still staring us in the face, and we have to do something about it.

DEAR HARRIETTE: I hired a young woman to work with me this year fresh out of college. She is smart and personable. She knows how to do the job for the most part, but she has terrible basic manners. I am shocked that she doesn't know how to eat using basic utensils. She doesn't have an understanding of professional dress and what's appropriate to wear to a business meeting or a special event after work. These may seem like small things, but they can make or break a person in their career. She is sensitive, and I'm not sure how to broach the subject. I want her to succeed, so I think she needs some guidance. What do you recommend? — In Need of Etiquette Classes

DEAR IN NEED OF ETIQUETTE CLASSES: Invest in this young woman. If your HR department does not teach the basics of etiquette, send her to a class that will give her tips on how to present herself in a professional setting.

Harriette Cole is a lifestylist and founder

of DREAMLEAPERS, an initiative to help people access and activate their dreams. You can send questions to askharriette@ harriettecole.com.

Write them

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Governor Jared Polis (D), State Capitol Building Room 136, 200 East Colfax, Denver CO 80203; (303) 866-2471; Fax (303) 866-2003.

■ STATE HOUSE

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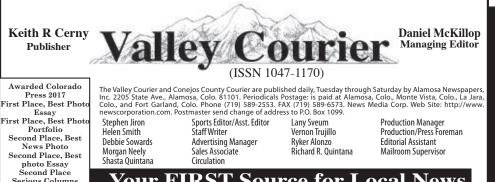
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Your FIRST Source for Local News

Lifestyle

SLV REC scholarship deadline Feb. 6

MONTE VISTA— For the past several years, the San Luis Valley REC has made secondary education a priority when giving back to the Valley. With just over \$180,000 given in the past five years, the REC annually awards up to 12 scholarships to local

The awards are primarily reserved for REC members' children, although a few of the scholarships are available to other Valley students as well.

"The SLVREC scholarship has been such a blessing to me; it has provided me with the means to get my degree and work towards my dream of becoming a teacher," said Adams State freshman Aleceva Tolsma.

Tolsma was awarded the 2019 SLVRECA damsState University Four-Year Scholarship, which is renewable for up to a maximum of four years. The value of the scholarship equals the total of in-state tuition, some fees and a book allowance for the award year.

Balancing seven classes, Tolsma is majoring in elementary education with an emphasis in mathematics. "The support I have received from the community, specifically through the REC, has become a huge part of my college experience and a wonderful motivator; knowing that I have supporters who are pushing me to succeed. I can't thank this company enough for providing me with my education," she commented.

Anthony Lewis, Alamosagraduate and 2018 fouryear scholarship recipient, is majoring in Exercise Science. He commented on his education at ASU,

This scholarship means a lot to me because it is helping me greatly in paying for me to go to college. I just finished my first year of college; it was a very new experience. I enjoyed it very much and had very exciting moments, from $the\, classroom\, to\, the\, soccer$ field. I am looking forward to another three great years at this university."

Del Norte graduate Bailey Jones was the recipient of the four-year scholarship in 2017. Studying elementary education at Adams State University, Jones will graduate in December 2020. "Without the $help\,of\,the\,REC,I\,wouldn't$ have been able to go to college; it's so expensive. I especially wouldn't have been able to do it without student loans," she commented. "It's amazing not to have to pay for anything towards college; it's been so helpful.

In addition to the fouryear scholarship, the REC awards the following:

Electric Lineworker **Scholarship:** \$4,000

Robert Wolfe Scholar**ship**: \$1,000

SLVREC Past Director Scholarship: \$1,000 SLVRECPastRetiredGMRay Villyard & CEO John Villyard Scholarship: \$1,000

Basin Electric Power Cooperative Scholar-

Tri-State G&T Scholarships (six): \$500/each

For full requirements and details, see the scholarship application online at slvrec.com/content/scholarships. The deadline to apply is just around the corner on Feb. 6, 2020.



The 2019 San Luis Valley REC scholarship winners accepted their awards at the co-op's annual meeting last June. The scholarship deadline for 2020 is approaching on Feb. 6.

NWF works to connect youngsters with nature

WASHINGTON, **D.C.** — Connecting kids with nature is critically important to recover wildlife, act on climate and ensure our wildlife heritage endures for generations to come, the National Wildlife Federation said today following a new <u>report</u> from the Outdoor Foundation that highlights an alarming drop in the number of Americans participating in outdoor recreation.

ing time in the natural world for time in a virtual one. If we're going to act on climate, recover America's wildlife, and protect our public lands for future generations, we must connect kids with the outdoors,' said National Wildlife Federation's naturalist, <u>David Mizejewski</u>. This report is a warning shot that we need to keep nature and wildlife within reach

"Our kids are trad-

The National Wildlife Federation actively works to connect children and youth with nature through its Ranger Rick publications and the Green Hour program, which encourages family members, education and childcare centers, park agencies, camps and others to spend an hour per day with kids playing and learning outdoors.

The National Wildlife Federation is America's largest conservation organization uniting all Americans to ensure wildlife thrive in a rapidly-changing world. Follow us on Facebook, Twitter, and Instagram.

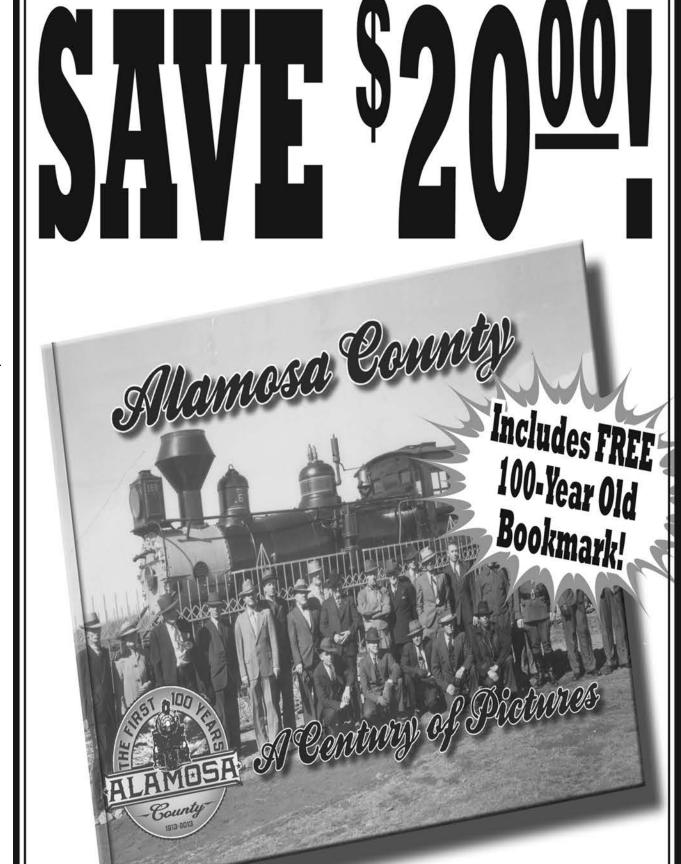
Visit the National Wildlife Federation Media Center at NWF.org/ News.

Report courtesy of press release from Jessica Ordóñez-Lancet, National Wildlife Federation, <u>ordonezlan-</u> cetj@nwf.org, 202-797-





2205 State



"Alamosa County: A Century of Pictures"

Limited Time Only

Alamosa

Grizzlies Put Up Strong Showing in Home Meet

By AARON KINNISCHTZKE AŠU Sports Information Director ALAMOSA — In what was the Adams State Grizzlies' first competition in the 2020 portion of their 2019-20 Indoor Track and Field season, both the men and women put together solid performances in the annual Quad Meet from Adams State's High-Altitude Training Center in Alamosa. The Grizzlies featured numerous top performances on the weekend, which gave Grizzly fans a first-hand look of what this season's Adams State Track & Field team is poised to be in 2020.

On the Men's Side The Grizzlies, known to be a distance powerhouse, had athletes place in the top-five of every distance race that included the 800, the mile, the 3K, the 5K and the distance medley relay. In the 800, junior Alec Hall took first overall with a time of 1:57.08, winning by more than a full second. In the mile, senior Grayson Freeman scored in the race, taking home fourth place with a time of 4:29.84. The Men's 3K featured two Grizzlies in the top three, with junior Isaiah Rodarte taking second with a time of 8:43.83, and directly following him was teammate Carson Bix in third with a time of 8:45.56. In the 5K, two more Grizzlies finished on the podium, as Ariel Conde took home first place with a time of 16:09.46 with teammate Justin Andrade in third with a time of 16:20.15. In the DMR that took place on Friday night, the Grizzlies' team made up of Alec Hall, Jonah Vigil, Godfrey Chama and Carson Bix took second place overall, scoring three points.

On the sprints side for the men, freshman phenom Jonah Vigil put on a strong performance in his first legitimate show-



Courtesy photo by Ashlyn Crossland

Adams State athlete Owenika Watson competes in the long jump for the Grizzlies. Watson won every event she competed in at the Quad Meet.

ing as a Grizzly, winning the 400m final with a time of 49.19. Vigil also competed on the men's second-place DMR team as well as the men's 4x400m relay team that he anchored to a third-place finish. Vigil also competed in the 60m dash, where he barely missed finals with a time of 7.11. The young star from Taos, New Mexico looks as though he will have a bright and promising career wearing Adams

In the throws and field events Saturday, Belgian shot-putter Brecht Van Waes placed in the top three of his only event, taking third with a mark of 14.85m, and scored the Grizzlies two points in doing so. Sophomore John Hochanadel was the top Grizzly in the men's weight throw, scoring a point for the Grizzlies and taking home fourth place overall, with a top mark of 15.51m.

On the Women's Side

The Adams State distance runners, who featured numerous athletes from the recent Cross Country National Championship team, put up a tremendous showing on their home track. In the women's 800, Erin Stonebargerfinished fourth overall with a time of 2:31.70 and scored a point for the Grizzlies in doing so. The women's mile featured two Grizzlies in the top five, as Nicole Lawrence won the race with a time of 5:22.53, and Amanda Foster also scored a point in the race with a fourth-place time of 5:50.92. In the 3K, Adams State swept the top four as Kaylee Bogina was the outright winner with a time of 10:12.40 and directly following her were teammates Haleigh Hunter-Galvan in second (10:16.16), Brianna Robles in third (10:25.10), and Piper Meuwissen in fourth (10:27.68. The quartet took home all points in the race and did so in dominant fashion. The women's DMR was a sight to behold, as the Grizzlies team made up of Nicole Lawrence, Owenika Watson, Jessica Simon and Haleigh Hunter-Galvantook home first place, with a time of 12:31.14, winning by more than a full minute.

Sprinter/long jumper Owenika Watson had a fantastic weekend, winning every event she competed in. Watson kicked her weekend off on Friday as the second leg of the dominant women's DMR team and carried that momentum into Saturday where she opened up by winning the 60m hurdles with a time of 8.58. Watson's big day did not stop there, as the multi-talented athlete also won the women's long jump with a mark of 5.88m. She looks to be the heart and soul of the sprints and field events group for

the Grizzlies in 2020. Following the strong showing from the Grizzlies that weekend, they look to build off of their top performances moving forward into 2020. Adams State will be back in action at the Colorado Invitational the weekend of Friday, January 31st in Boulder, Colorado For full results from those events be sure to follow along at

Valley teams prepare to renew rivalry

Alamosa, Centauri meet in top-10 matchup

By STEPHEN JIRON Courier Sports Editor

ALAMOSA — Friday night Alamosa will play host to Centauri for a pair of league games, first up will be the girls. The Intermountain League (IML) rivals will play their first game this season.

Alamosa (11-2, 3-1 IML) swept last year's series 3-0 last year. Both teams made the Great 8 in Denver last year each falling to the two teams that eventually played in the championship, St. Mary's and Colorado Springs Christian.

This year the Falcons (12-1, 3-1 IML) are off to a great start. The lone smirch on Centauri's record came courtesy of Pagosa Springs (10-2, 4-0 IML); the Pirates are also responsible for Alamosa

only league loss.

On paper Centauri is favored, garnering higher rankings from the Coloado High School Activities Association (CHSAA) Coaches Poll and the Ratings Percentage Index (RPI). According to the CHSAA Coaches Poll, the Falcons hold the No. 3 spot to Alamosa's 5th place ranking. By RPI Centauri is No. 3 while Alamosa is No. 7.

By stats, the two teams also match up evenly. Offensively Centauri nets an average 46.2 points per game, Alamosa averages 45.5 points per game. Defensively Alamosa and Centauri are also equally matched with the Moose allowing 29.5 points per game to the Falcons' 29.8 points per game through

12 recorded games. Alamosa is led in scoring by sisters

Lilly and Emily Lavier. Emily is first on the team with 188 points through 12 recorded games, 126 of those coming from beyond the arc. Emily recently broke the state 3-point record with 12 treys against Monte Vista. According to MaxPreps, Emily is ranked seventh in the 3A class in scoring with 15.7 points

Lilly is second on the team with 123 points and has solidified herself as an interior presence going 42 percent on her



2-point attempts and 64 percent from the free-throw line while also leading the Moose in rebounds.

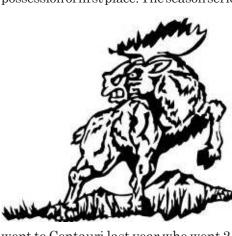
The stat line for Centauri is diverse. In total points, the honor goes to Mia Garcia who has picked up 120 points in 12 games followed by Brenna McDaniel who has 109 points. The Falcons post is anchored by Courtney Hamilton who leads the team in rebounds and blocks. While distance shooting goes to MaKenna Bagwell who leads Centauri with 10 three-pointers.

Alamosa and Centauri get things started at 5:30 p.m. on Friday night.

Falcons and Moose play for first in the IML

By STEPHEN JIRON Courier Sports Editor

ALAMOSA — It will be a league meeting between Alamosa and Centauri boys basketball on Friday night. Friday's meeting will take place between two teams tied for first place in the district. Winner of Friday's game will take sole possession of first place. The season series



went to Centauri last year who went 2-1 against Alamosa. The Moose win came in the Intermountain League (IML) tournament and put the Moose in the first

place game against Montezuma-Cortez. Centauri (13-0, 4-0 IML), in addition to being undefeated in the IML, is also undefeated in their overall record. The Falcons have already knocked off previous frontrunners Bayfield (1-12, $04\,\mathrm{IML}$) and Montezuma-Cortez (8-5, 2-2 IML) and look like the team to beat in the IML.

Alamosa (9-4, 4-0 IML) is earning re-

spect while picking up wins in the league. Alamosa garnered attention early in the year thanks to a big win over No. 5 Faith Christian at the Glenwood Springs tournament. They quickly fell from favor with back-to-back losses to Coal Ridge and Glenwood Springs in the remainder of the tournament, however.

Despite going 6-2 since the tournament the Mean Moose just now began to regain votes in the Colorado High School Activities Association (CHSAA) Coaches Poll. Monday's poll had 2 of 17 coaches giving Alamosa 10th place rankings. The Falcons meanwhile collected 91 points

and placed 6th overall. In overall points per game, the two teams are posting near-identical numbers with Alamosa holding the slightest of edges scoring 18.7 points per game and allowing 13.2 points per game to

Centauri's 18.5 and 13.9 respectively. Ian Jackson leads the Mean Moose in scoring with 209 points followed closely by Brenden Crowther with 205. Jackson does most of his damage inside with 67 two-pointers while Crowther is the resident distance shooter leading the team in three-pointers. Crowther also takes the rebound crown for Alamosa

with 99 boards. Friday's game could be a jump-off point for Alamosa to help continue to solidify their reputation or it could be another link in the chain of a running streak for

Tipoff for Alamosa Centauri is slated

Results

Adams State Basketball

Jan. 24 Colorado Christian 77, ASU 51 (W) ASU 101, Colorado Christian 82 (M)

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)
Alamasa 68, Montezuma Cortez 48 (B) Alamosa 68, Montezuma-Cortez 48 (B)

Jan. 25

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) Monte Vista 49, Bayfield 32 (B) Centauri 57, Montezuma-Cortez 28

Centauri 69, Montezuma-Cortez 55 (B) Pagosa Springs 35, Alamosa 24 (G) Alamosa 57, Pagosa Springs 49 (B) Jan. 28 Crested Butte 48, Center 43 (B)

Florence 43, Monte Vista 27 (G)

Adams State Swimming

Adams State Wrestling

Western Colorado 155, ASU 50 (W)

Sports Bulletin

ASU 36, New Mexico Highlands 9 $\,$

Prep Wrestling

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)

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

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

CROSSWORD PUZZLE

36 Sea raiders

plateaus

40 Stockholm

42 Throws off

carrier

41 Stop up

heat

stake

48 Crooner

Damone

45 Fence

49 Go fly

39 High

ACROSS 1 Exasperate 4 Use a microwave 7 Bia · Calif. 10 Livy's hello 11 Plains dwelling 13 Med. plan 14 Pewter component 15 Steel girder

23 Fashions

outlet

cousins

31 Beard site

farewell

caregivers

26 Volga

30 Rhea

32 Casual

33 Hosp.

34 Indiana

Jones

quest

deposit

35 River

51 Hither's (hyph.) partner 16 GI mail 53 Novelist drop Umberto — 17 Pub brews 54 Enjoys 19 Center 55 Potato bud 21 Time span 56 Trotted 22 Place for 57— Plaines weightlift-58 Typewriter ing

> **DOWN** 1 Tun

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3 Lawless role 4 Ref. slangily 5 Chimpanzees 6 Tasty

legume 7 Trawler's haul

|S|∣N|US| |C|E N|T S IRE MONROE ORACLE ERRANT OGLESBONA KEYSSEW TAIL TWIG HAIKU |E|L L AMENS USE RITIE S VEST DEEEEVES LOUD ST AMP COOLER JOVIAL OHENRY ORNERY TOTES MESSY

8 Strike callers 9 Establish 11 Levels 12 Television awards 18 Turns right 20 Little rascal

22 Stare at 23 Name in aame shows 24 All. in combos 25 Evening 26 Honda products 27 Stork kin 28 "The

Mammoth

Hunters"

heroine

29 Seines 31 Sprees 35 Truck stop sight 37 ls, to Fritz 38 Type of spray 39 Bulls and bucks 41 Sticky fruits 42 At any time 43 Easily split mineral 44 Holy image

45 Long spear 46 "Da" opposite 47 Spanish painter 50 Youngster 52 Bird's beak

ALLEY OOP



ARLO & JANIS



BIG NATE



IT MEANT THE VICE PRINCIPAL DRAGGING YOU ONTO THE FOOT BALL FIELD AND MAKING YOU RUN WIND SPRINTS!

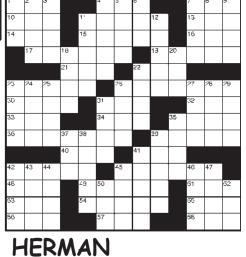




SUDOKU

HOW TO PLAY Each row, colur and set of 3-by boxes must co ain the numbers :hrough repetition. 9 witho

f: mn y-3 on- 1 out	8	4	5	3	1	2	9	7	6
	6	9	3	5	7	8	4	1	2
	7	2	1	9	4	6	5	8	3
	1	3	2	8	5	4	6	9	7
	4	6	9	7	2	3	8	5	1
	5	7	8	6	9	1	2	3	4
	3	1	6	2	8	5	7	4	9
	9	5	4	1	6	7	3	2	8
	2	8	7	4	3	9	1	6	5





THE BORN LOSER





FOR BETTER OR FOR WORSE









Hostility from sister slows aunt's efforts to help niece

about how to proceed with about my relationship with my niece. She is struggling with child-rearing

when she was 16, my sister truly needs the help that I "Nan" and her husband am prepared to give. Any threw her out on the street. I took her in for two years. Until she graduated from high school, she lived with niece is fortunate to have me and my two daughters. She reconciled with my sister at the time of her graduation. After that I backed off, trying to let Nan perform her role as mom.

I have had a bumpy road with my sister since then, but until a year ago, we were doing OK. Now Nan has declared all-out war on me, and nothing I do or say seems to make any difference. I think her issues are political, but she refuses to cause you cannot fix what's discuss them, so I can't be

I have backed off from mothering my niece for many years. But she clearly needs some family support and guidance, which I am able to offer so she can get back on her feet. She's a wonderful woman who is raising two lovely children, but a serious illness is preventing her from providing long-term security for herself or her kids.

I no longer feel obligated to stay at arm's length from her, but am I wrong? Nan will view any sup-

DEARABBY: I'm unsure tionship. I no longer care my sister, which seems irreparable, but I don't want to put my niece in Twenty-five years ago, an awkward position. She advice on what I should do? -- LOVING AUNTIE

> DEAR AUNTIE: Your such a caring aunt. You saved her life. Offer the help she needs; it's the right thing to do. If she's afraid it will damage her relationship with her mother, she is free to refuse it.

As to your relationship with your possibly unstable sister, defend yourself as much as possible from her attacks, keep your distance and do not attempt to heal your fractured family bewrong with her. DEAR ABBY: Please

do not publish my name or city. I'm a senior male in a six-year, happy relationship with a wonderful, understanding lady. But after decades of exploration and study, I have come to accept that I am nonbinary and/ or gender fluid. My sexual expression -- and orientation -- shifts back and forth over time. This is far more than simply wearing ladies? underwear or craving sex with men.

I live in an extremely conservative, mid-sized port for her daughter as city, where there is practiinterference in her family, cally no acceptance of gays and I don't want to cause or lesbians, and intersex problems with their relappeople are unheard of.



ABIGAIL Van Buren

There are no knowledgeable doctors, counselors or support groups anywhere nearby. It would be so comforting to find someone like myself to share these feelings with. Is it even possible? -- UNCOMFORT-ABLY QUIET IN THE **MIDWEST**

DEAR QUIET: Have you searched online for the wealth of information on sexuality and gender identity? PFLAG, the excellent organization I have mentioned in my column before, has a chapter in your city, which has for many years provided support and information to LGBTQ individuals and their families. It will also guide you to other resources nearby. Please go to pflag.org and search on your geographical area. Trust me, if you do, you'll

be glad you did.

FRANK & ERNEST



*GA*RFIELD





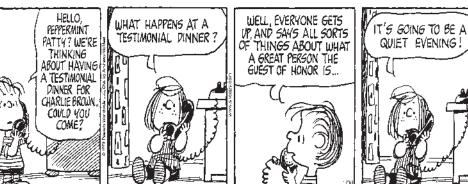


QUIET EVENING!

THE GRIZZWELLS



PEANUTS



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



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

Public Notices

DISTRICT COURT, RIO GRANDE COUNTY, COLORADO Court Address: 925 6th Street, Del Norte, CO 8113

COURT AGGRESS: 925 bits Street, Del Norie, CO 81 Phone: 719 657-3394 THE PEOPLE OF THE STATE OF COLORADO IN THE INTEREST OF: C.M. (D.O.B. 05/15/2019) A CHILD, AND CONCERNING:

M.M, JOHN DOE, RESPONDENTS L.A., SPECIAL RESPONDENT.

Attorney for Rio Grande County Dept of Social Services: W. Ryan Dunn

w. Hyan Dunn Address: PO Box 40 Del Norte, CO 81132 Phone: 719 657-3381 Fa E-Mail: attorney.riograndedss@gmail.com Reg No: 39307

COURT USE ONLY
Case Number: 2019JV23

ALIAS SUMMONS FOR PUBLICATION TO: JOHN DOE:

pendency and Neglect of the above-named child/ren has been filed periodicly and Neglect of the above-infined children 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: FEBRUARY 3, 2020 TIME: 11:15 A.M.
LOCATION: RIO GRANDE COUNTY DISTRICT

925 6TH STREET (3RD

FLOOR, DISTRICT COURT ROOM)

DEL NORTE, CO 81132

LEGAL RELATIONSHIP IS A POSSIBLE REMEDY AVAILABLE IF THIS PETITION ALLEGING THAT THE CHILD/REN IS/ARE DE-PENDENT OR NEGLECTED IS SUSTAINED. A SEPARATE HEAR-ING MUST BE HELD BEFORE SUCH TERMIATION IS ORDERED. ING MUST BE HELD BEFORE SUCH TERMIATION 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

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 with

out 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

Any admission on your part must be voluntary

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 resent the interest of the child/ren.

The right to cross examine witnesses:

The right to appeal;

9) In order for the Court to find the child/ren to be neglected or de-

endent, it must be proven to a judge or jury by the preponderance 10) In order to terminate the parent-child legal relationship, the Court

would have to find at a separate hearing by clear and convincing eviwould 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 28TH DAY OF

JANUARY, 2020. CLERK/DEPUTY CLERK OF THE COURT

By: /S/ HEATHER GARCIA JUDICIAL ASSISTANT

Published in the Valley Courier on January 30, 2020

PUBLIC NOTICE AND NOTICE OF PUBLIC HEARING The Town of Manassa plans to submit a Community Development

Block Grant (CDBG) application to the State of Colorado, Depart-ment of Local Affairs. CDBG funds are intended to provide decent housing, suitable living environments and economic opportunities, principally for low and moderate-income persons through rehabilita-tion and preservation, economic/job development and public facilities improvements. improvements.

The application being considered would request \$600,000 for down-

50% of the funds would benefit low and moderate-income persons Permanent involuntary displacement of neighborhood persons or businesses is not anticipated. Should it later become necessary to consider such displacement, alternatives will be examined to minimize the displacement. If no feasible alternatives exist, required/ reasonable benefits will be provided to those displaced to mitigate adverse effects and hardships. Any low and moderate income housing which is demolished or converted will be replaced. In compliance with the Americans with Disabilities Act, individuals needing special accommodations (including auxiliary communicative aids and services) during these hearings should notify Dan Bond at Town of Manassa Town Hall at 401 Main Street, Manassa, Colorado 81141 a minimum of 3 days in advance so that appropriate aids can be made available

A public hearing will be held at 5:00 pm on Wednesday February 5, 2020 at the Manassa Town Hall, Manassa Colorado to obtain citizen views and to respond to proposals and questions related to:

* The proposed CDBG application for this project; and **Community development and housing needs, including the needs or low and moderate income persons, as well as other needs in the community that might be addressed through the CDBG program; and * The performance of the Town of Manassa, Conejos County in carry-

ing out its community development responsibilities

* Potential historical effects. A copy of the application(s) as submitted to the State will be available for public review at the Manassa Town Hall.

Written comments are also welcome and must be received by February 10, 2020 at townofmanassa@gmail.com or attention: Dan Bond or at 401 Main Street, Manassa, Colorado 81141.

Oral and written comments will be considered in deciding whether to

Oral and written comments will be considered in deciding whether to submit an application for the proposed project. Written summary information will be available at Town of Manassa Town Hall at 401 Main Street, Manassa, Colorado 81141 on February 6, 2020 until February 18, 2020 on any CDBG application(s) the Town of Manassa Town Hall at 401 Main Street, Manassa, Colorado 81141 intends to submit to the State. Information and records regarding the Town of Manassa proposed and past use of CDBG funds are available at Town of Manassa Town Hall at 401 Main Street, Manassa, Colorado 81141 during regular office hours.

fice hours No. 1279 Published in the Valley Courier on January 30, 2020

NATIONAL FOREST TIMBER FOR SALE RIO GRANDE NA-TIONAL FOREST THE South Spring Timber Sale is located within The Saguache Ranger District of the Rio Grande National Forest in Saguache County, Colorado. The legal description is: New Mexico Prime Meridian,

T.44N., R.5E., sec. 1, 2, 3, 4, 9, 10, 11, and 12. The Forest Service will receive sealed bids in public at GM-UNC- GUNN NF Supervisor's Office at 2:00 PM local time on 03/02/2020 for an estimated volume of 1404 CCF of Douglas-fir sawtimber, 1221 CCF of Ponderosa Pine sawtimber, and 508 CCF of Douglas-fir non-saw marked or otherwise designated for cutting. The Forest Service reserves the right to reject any and all bids. Interested parties may obtain a prospectus from the office listed below. A prospectus, bid form, and complete information concerning the timber, the conditions of sale, and submission of bids is available to the public from the Saguache Ranger District, Rio Grande National Forest, 46525 State Highway 114 Saguache, CO 81149

vider and employer.

No. 1274

Published in the Valley Courier , January 30, 2020.

Phone Number: (719) 655-6120 or at http://www.fs.usda.gov/goto/ South_Zone_ Timber_Sales. The USDA is an equal opportunity pro-

TOWN OF CRESTONE BOARD OF TRUSTEES MONDAY, FEBRUARY 10, 2020 1:00P.M. AT THE TOWN HALL MEETING ROOM, 11S. ALDER STREET, CRESTONE, CO. PURPOSE: Public comment on a Planned Unit Development proposal for Tract 3, which consists of 4.62 acres of E. Lime Ave. within

the Town of Crestone and Zoned Rural Residential.
PRELIMINARY APPLICATION SUBMITTED BY: Crestone Peak Community Housing, a nonprofit organization, PO BOX 911, Crest-

NOTICE OF PUBLIC HEARING

PUBLISHED AND POSTED: As per the Zoning Regulations of the Town of Crestone Section IX-10, Ordinance 2006-013, Crestone Board of Trustees: Mayor Kairina Danforth and Trustee Diane Bairstow, Terry Goergen, Adam Kinney, Kizzen Laki, Sam Pace and Bob COMMENTS MAY BE SENT IN ADVANCE OF THE HEARING TO

Crestone Clerk, PO BOX 64, Crestone, CO 81131 or crestoneclerk@ fairpoint.net No. 1253

CALL FOR NOMINATIONS FOR ALAMOSA COUNTY AMBULANCE DISTRICT TO WHOM IT MAY CONCERN, and particularly to the elec-

24, 25, 28, 29, 30, 31, February 01, 04, 05, 06, 07, 08, and 11, 2020.

tors of the Alamosa County Ambulance District of Alamosa County, NOTICE IS HEREBY GIVEN that a regular election will be held on

Tuesday, May 5, 2020, between the hours of 7:00 a.m. and 7:00 p.m. At that time, three (3) Directors will be elected to serve a three-year term, and one (1) Director will be elected to serve a two-year term Eligible electors of the District interested in serving on the Board of Directors may obtain a Self-Nomination and Acceptance form from the District Designated Election Official (DEO): Judy Egbert, DEO 511 Fourth Street, Alamosa, CO

719/580-9357

GovPro@outlook.com

9:00 to 3:00 p.m. Monday through Thursday Or by appointment The deadline to submit a Self-Nomination and Acceptance form is

3:00 p.m. on February 28, 2020 (not less than 67 days prior to the Affidavit of Intent to be a Write-In Candidate forms must be submit-

ted to the DEO by 3:00 p.m. on March 2, 2020 (the 64th day before NOTICE IS FURTHER GIVEN that applications for an absentee ballot shall be filed with the Designated Election Official no later than

the close of business on Tuesday preceding the election, 3:00 p.m. April 28, 2020. All absentee ballots must be returned to the Designated Election Official by 7:00 p.m. on Election Day. Alamosa County Ambulance District

Judy A. Egbert, Designated Election Official Published in the Valley Courier on January 30, 2020.

A CALL FOR NOMINATIONS (NOTICE BY PUBLICATION OF) §1-13.5-501, 1-13.5-1102(3), 32-1-905(2), C.R.S. TO WHOM IT MAY CONCERN, and, particularly, to the electors of

the Blanca/Ft. Garland Metropolitan District of Costilla County(ies), NOTICE IS HEREBY GIVEN that an election will be held on the

5th day of May, 2020, between the hours of 7:00 a.m. and 7:00 p.m. At that time,3 directors will be elected to serve 3-year terms and 2 directors will be elected to serve 2-year* terms. Eligible electors of the Blanca/Ft. Garland Metropolitan District interested in serving on the board of directors may obtain a Self-Nomination and Acceptance

form from the District Designated Election Official (DEO): Tomas Maestas

Blanca, CO 81123 719-379-3450 Telephone) The Office of the DEO is open on the following days: Monday- Thurs-

day from 9:00 a.m. to 8:30 p.m.
The deadline to submit a Self-Nomination and Acceptance is close of business on February 26th, 2020 (not less than 67 days before

Affidavit of Intent To Be A Write-In-Candidate forms must be submitted to the office of the designated election official by the close of business on Monday, March 2, 2020 (the sixty-fourth day before

NOTICE IS FURTHER GIVEN, an application for an absentee ballot shall be filed with the designated election official no later than the close of business on Tuesday preceding the election, March 10,

Published in the Valley Courier on January 30, 2020

17591 E Hwy 160

(NOTICE BY PUBLICATION OF

§1-13.5-501, 1-13.5-1102(3), 32-1-905(2), C.R.S.
TO WHOM IT MAY CONCERN, and, particularly, to the electors of the Northeast Coneios County Fire Protection District of Coneios

County(ies), Colorado.

NOTICE IS HEREBY GIVEN that an election will be held on the 5th day of May, 2020, between the hours of 7:00 a.m. and 7:00 p.m. 3 directors will be elected to serve 3-year terms and 0 directors will be elected to serve 2-year* terms. Eligible electors of the Northeast Conejos County Fire Protection District interested in serving on the board of directors may obtain a Self-Nomination and Acceptance form from the District Designated Election Official (DEO): Sharon Crowther

15 Driftwood St, Sanford, CO 81151

The Office of the DEO is open on the following days: Monday &

Wednesday from 5:00 p.m. To 7:00 p.m.
The deadline to submit a Self-Nomination and Acceptance is close of business on February 28, 2020. If the DEO determines that a Self-Nomination and Acceptance form is not sufficient, the eligible elector who submitted the form may amend the form once, at any time, prior to 3:00 p.m. on the day of the deadline. Affidavit of Intent to Be A Write-in-Candidate forms must be submitted

to the office of the designated election official by the close of business on Monday, March 2, 2020.

NOTICE IS FURTHER GIVEN, an application for an absentee ballot shall be filed with the designated election official no later than the close of business on Tuesday, April 28, 2020. Sharon Crowther Designated Election Official

HELP WANTED

SIERRA VISTA LUM-

BER is seeking a full time

Yard person 40 -50 hrs per

week to load customers,

load and unload trucks

and keep lumber yard

and warehouse organized.

Must be dependable, a self

starter and be able to pass

a drug test. \$12,50/per

hour or more, depending

on skills and experience.

Apply at Sierra Vista Lumber, 1301 West Ave.,

TEMPORARY EXPE-

RIENCED HEAD Cook-

Monte Vista - (2+ yrs exp;

references); Responsible

for food preparation per

to the Dietary Guidelines

for Americans: must be

familiar w/Colorado Re-

tail Food Establishments

Rules and Regs and cer-

tification Food Safety

and Handling; supervi-

sory skills, cooks in large

quantities; 5:30 a.m.-1:30

p.m. M-F; For more infor-

mation call 719-589-4511.

Applications and full job

information. (2/8)

Alamosa.(1/31)

Published in the Valley Courier on January 30, 2020

173 - PROFESSIONAL **SERVICES**

LICENSED PLUMBER

DOES all types of plumbing repairs and plumbing remodel done at reasonable rate. Call 719-580-0033 or 719-376-2593.(02/01) 175

WEDDINGS BEAUTIFUL MOUN-

TAIN RANCH WED-DING/REUNION SITE. Lodge w/kitchen, dining, sleeping; 9 guest cabins. 719-580-2486.(2/13) 221

HELP WANTED RIO GRANDE COUN-TY Department of Social

Services is seeking applicants for a Legal Technician. Background check and pre-employment drug screening required. \$15.36/ hr. DOE, full County benefits. Schedule 37.50 hours /week. Job description and application are available on-line at www.riograndecounty.org or pick up and submit to Human Resources: 925 6th St., Rm. 200; Del Norte, CO 81132.(2/6)

CDL TRUCK DRIVER

221

HELP WANTED

needed in hay hauling operation, Class A CLD in good standing, Drug testing required, Competitive payHome on most evenings and on weekends Please call 719-588-4481 for more information South Conejos School District is currently accepting applications for the 2019-2020 School Year for the following positions: High School Track Coach, Middle School Wrestling Coach, and Middle School Baseball Coach. Applications are available online at www.southconejos. com. Applications can be forwarded to josh@southconejos.com. If you have questions/concerns vou may contact the district office at 719.376.7001. Applications will be accepted until the position is filled. South Conejos is an equal opportunity employer.(2/8)

THE NORTH CONE-JOS School District is accepting applications for a head Centauri Middle School Wrestling coach. Applications are available at the Administration office, 17890 US Hwy 285 La Jara, CO 81140 or can be downloaded at www. northconejos.com. Application deadline is until position is filled. Submit application to Mr. Curt Wilson, Superintendent.

ROTECH HEALTH-CARE IS currently taking applications for a part-time PPS-RT (Respiratory Clinician Pay Per Service). Applicant can consist of RN, CRT or RRT. If interested in the position apply at https:// careers-rotech.icims. com/ (2/5)

EOE (2/5)

PART-TIME RECEP-TIONIST NEEDED immediately. Need to be dependable. Bring resume to Valley Courier, Attention Keith.(TFN)

(DEO Address)

SIERRA GRANDE SCHOOL District is currently accepting applications for a High chool Spanish Teacher/ ELL Director. Applicants must have a current state ess of receiving a certification/license and enrolled in an educational program for completion or endorsement. Application forms are available at the district office located at 17523 E. Hwy 160 Blanca, CO 81123 or on the District's website at www.sierragrandeschool. net Applications may be submitted to Mr. Brandon Mizokami at bmizokami@sierragrandeschool. net For more information please contact Mrs. DeAnn Arellano at 719-

379-3257.(2/22) THE CITY OF Alamosa is seeking a Full-Time Maintenance Worker II in the Streets Department to perform semi-skilled and skilled work in the construction, modification, maintenance and repair of streets, curbs, gutters, sidewalks, storm drains, graffiti removal, and traffic signs; and performs related work as assigned. The candidate must possess a High School Diploma or equivalent, a valid Colorado Class B Commercial Driver License with an acceptable driving record, and the ability to frequently lift and carry equipment weighing over 50 lbs. Starting salary is \$15.25 - \$16.78 per hour (DOQ), including a comprehensive health benefits package, CO PERA retirement, and vacation, personal, and sick leave. Applications can be found online at www.cityofalamosa.org under Employment or at the Human Resources Department, 300 Hunt Avenue, Alamosa, Colorado. Closing date is February 10, 2020 at 4:30 pm.(2/12)

221 **HELP WANTED**

ADAMS STATE UNI-VERSITY seeks applicants for a Police Officer I position in the ASU Police Department. For application or more information. please see https://www. adams.edu/hr/employment/ Deadline is February 13, 2020. AA/ EOE. (2/6) **DEL NORTE BANK IS** time position for Teller in the Del Norte office.

seeking to fill a full Duties will be to accept deposits, loan payments and process withdrawals while maintaining a balanced cash drawer. No experience necessary, but must be personable, pleasant and a "problem solver". Many other duties may be assigned as needed. This position offers a competitive wage and robust benefit package. Application is available at TrueLocal-Bank.com/careers. Inquire at 705 Grand, Del Norte, CO 81132 or call 719-657-3376 and ask for Dawn or Stacy. Submit applications by January 31st, 2020. EOE. (1/31)

LOOKING FOR A career opportunity and being a part of your local community? 1st Southwest Bank is growing and hiring an IT Systems Support Technician, offering a strong benefits package & career growth opportunities. EÕE. Go to https://www.fswb. bank/who-we-are/careers/ for more details & to apply.(1/31)

MONTE VISTA **AREA** Ditch Companies seeking a ditch rider, experience preferred. Must have a valid CDL reliable transportation, Welding capabilities, able to run and maintain heavy equipment. Salary based on experienced. Send resume to 147 Washington St., Monte Vista Co 81144 (2/8)

THE BOE OF Center

Schools an innovative

individual to fill a full

time 9th Grade Parapro-

fessional position for the remainder of the 2019-2020 school year. The certification/license or in right candidate will have experience in secondary academic content, with working with families and school, preferably bilingual, and will preferably have a minimum of a high school diploma or equivalency, or such alternative qualifications/experience as the Board may find appropriate and acceptable. This full time position will begin as soon as filled. The position salary will be based on experience. Center Consolidated Schools is an equal-opportunity employer. If you wish to apply, please send a cover letter and resume and completed certified employment application found at https:// www.center.k12.co.us/ District/1115-Employment-Opportunities. html to Mrs. Carrie Zimmerman, Superintendent of Schools, Center School District 26JT, 550 S. Sylvester Avenue, Center, CO 81125. For more information, please

contact Katrina Ruggles at kruggles@center.k12. co.us. (1/30) JAY MEYER INSUR-ANCE Agency is now hiring an experienced Customer Service and licensed insurance representative. Applicants must have the ability to be licensed with good interpersonal skills. A current insurance license is preferred but not required. Applications can be dropped off or mailed to Jay Meyer Insurance Agency, 410 Ross Ave, Alamosa, CO or emailed to jay.meyer. i8mh@statefarm.com. Please apply no later than 1/30/20 (1/30) **ALAMOSA COUNTY**

IOB OPPORTUNITIES Detention Officer

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- description available at South-Central Colorado • DHS Adult Case Manager Seniors, Inc., 1116 3rd St. Alamosa CO or call

Visit www.alamosacounty.org for details 719-589-4511 for more 8900-A Independence Way • Alamosa

221 **HELP WANTED**

SCHOOL District is

accepting applications for a Middle School Math Teacher for the remainder of the 2019-20 school year. A complete list of desired qualifications and experience may be viewed on the district website. Monte Vista School District offers a competitive salary and an excellent benefit package including employee health, dental, vision, and life coverage. Applications may be submitted to the District Office, 345 E. Prospect Ave., Monte Vista, CO 81144, until the position is filled. Applications may be downloaded from the district website http:// ww2.monte.k12.co.us/ employment-opportunities.html or call 719-852-5996.(2/7)

ADAMS STATE UNI-VERSITY: Counseling, Career and Accessibility Services Adams State University seeks applicants for Counseling Services Coordinator of Accessibility services. AAEOE. For more information visit: https://www. adams.edu/hr/administrative-positions/(2/19) WE ARE SEEKING

a responsible, self motivated, "preferably" experienced Dental Assistant to join our team at Harding Dental Group where our patients experience the difference at the premiere dental practice in the San Luis Valley . Must be willing to travel to both office locations, South Fork and Alamosa. Please email resumes to june@hardingdentalgroup.com (2/7)

CALDON TRUCKING IS looking for a CDL driver. Please call 719-274-4464.(1/22-TFN)

COMMUNITY BANKS OF Colorado is seeking a candidate to fill a Universal Banker position in our La Jara Banking Center. If you have client service, sales and cash handling experience, we'd like to speak with you. For position details and to apply, please visit www.nbhbank.com. NBH Bank is an equal opportunity employer.

THE TOWN OF Antonito is accepting applications for full/part time police officers. Must be 21 years of age, have a valid driver's license, and must be Colorado POST certified. Part time officers must have a minimum of one-year experience. Starting salary is \$35,360 per year for full time officers and \$17 per hour for part time officers. Applications may be picked up at the Antonito Town Hall located at 515 River St. and will be accepted until position(s) are filled. (2/5)

MONTE VISTA SCHOOL District is accepting applications for a full-time School Nurse. A complete list of duties and desired qualifications may be viewed on the district website ww2.monte.k12.co.us/ employment-opportunities.html. Monte Vista School District offers a competitive salary and an excellent benefit package including employee health, dental, vision, and life coverage. Applications may be submitted to the District Office, 345 E. Prospect Ave., Monte Vista, CO 81144, by January 30, 2020, or until the position is filled. Applications may be downloaded from the district website or call 719-852-5996.(2/1)

HELP WANTED

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

CHIEF OF POLICE-

TOWN of Del Norte-

Full-time, FLSA Exempt.

Working Chief Position, plans, organizes, and directs the activities of the Police Department in law enforcement and crime prevention. The position is expected to carry out the duties of the department in a manner that inspires trust and confidence among our citizens and staff. Any combination of training and experience that provides the required knowledge, skills, and abilities is qualifying; typical education, but is not limited to BS/BA in Business Administration, Public Administration, or Criminal Justice. Experience would include 5 years of responsible command/management experience in law enforcement agency. Salary \$55K-\$60K annually. Must possess a POST certificate. Must possess valid Colorado driver's license. Must sign waiver for Town of Del Norte to obtain ALL information from previous employers. Must past background, drug and psychological tests. Applications and job description are available from Del Norte Town Hall 140 Spruce Street, Del Norte, Co or website: delnortecolorado.com. Please send application attention to Del Norte Town Administrator.140 Spruce Street,

P.O. Box 249, Del Norte, Colorado 81132 Deadline for applications Jan. 31, 2020.EOE.(2/5) WANTED: SAGUA-CHE COUNTY Landfill is Hiring for an additional Full Time Attendant. RE-QUIREMENTS: 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 Landfill D.O.E. 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 experi-

enced 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: 719-655-543. APPLICATION DEADLINE: Open until a qualified candidate is hired. Saguache County is an Equal Opportunity Employer. (01/31)

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Valley Courier

Classifieds

221 **HELP WANTED**

WANTED - RANCH/ FARM Hand for cow/calf and hay operation. Need experience with calving, fencing, irrigating, loaders, hay equipment operating and maintenance, light mechanic work and welding. Steady, long term position for honest, reliable, motivated individual. Housing and utilities included with wages based on experience and responsibilities. Please respond with resume, references and salary expectation to

com.(2/5) JOHNNY'S AUTO TRIM & Rod Shop, Alamosa, looking for experienced mechanic, fabricator, paint/body, upholster, electrical, detailer and p/t bookkeeper. Quality a must; see FB page. Send resume to johnnysautotrim@msn.com: salary TBD on experience.

fuchsranchinc@gmail.

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

324 - FEED & SEED

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

PREMIUM ALFALFA **AND** grass/alfalfa, small bales \$8.00 in shed, \$7.00 outside (719) 580-2509. (02/19)

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

> 330 **FREE**

FREE COUCH PLEASE call 719-849-0483 for more information (1/31)

> 351 LIVESTOCK

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

360 - MISCELLANEOUS **FOR SALE**

110V WELL PUMP with 5 gallon pressure tank. \$110.00 OBO please call 719-480-3497.(1/30)

SMALL ANTIQUE **TABLE** with chairs. New 11 tables and 52 chairs. 719-589-0464/719-580-9648. (2/5)

NEW, MUST SELL Couch & Love Seat. Medium gray in color. 719-580-2332. (1/30)

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369 - PETS & **SUPPLIES**

ALL DOGS ADOPTED FROM THE VALLEY HUMANE LEAGUE HAVE TO BE SPAYED OR NEUTERED BE-FORE GOING TO THEIR NEW HOME. (TFN)

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

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

7028. (TFN)

(WOOF); email: woof@

369 - PETS & **SUPPLIES**

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

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415 - HOMES **FOR SALE**

RADO, Rent To Own, 3 Bedroom 2 Bathroom \$750/Mo. 719-253-2978.(2/6) FOR SALE IN Al-

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611 - HOMES **FOR RENT**

BEAUTIFUL 4 BED-ROOM Ranch house located near Monte Vista \$1000/mo. call 719-588-8506. (2/13)

BEAUTIFUL 3 BED-ROOM, 2 Bathroom Country Home with fireplace will be available February 1, 2020. 1st, Last, Security and Utility Deposit. 1 year Lease, references. Monthly Rent is \$800 plus utilities. Contact Cheryl 719-480-0502. Leave a message. (2/5)

2 BEDROOM 1 Bath. efficiency kitchen, upstairs, garage. \$850/Mo. plus utilities. Del Norte. Call 719-539-7879 Avail. February 01,. (2/01)

AFFORDABLE 2 BED-**ROOM** House for rent in Monte Vista. Call Raymond (719)850-2069. (1/28)

HOUSE FOR RENT in Alamosa, 3 bedrooms, 1 bath, \$800 per month, \$800 damage deposit. Price includes all utilities. No pets, nonsmokers. Call 719-480-0108.(1/31)

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Western Living

Origins of top winter sports

Many people spend win-ter huddled indoors. For winter sports enthusiasts, however, the arrival of snow and chilly temperatures means the start of a season of outdoor fun. Those who see winter as a time to embrace their love of sport may appreciate learning more about some of the sports that are most popular during the colder

months of the year. ICE HOCKEY

Hockey is one of the most popular winter sports. In 1994, Parliament passed the Canada's National Sport Act, which declared hockey the official national winter sport of Canada. The origins of ice hockey are somewhat uncertain, though some historians

claim the first set of rules

to govern the sport were written by students at Montreal's McGill University in the 1870s.

DOWNHILL (ALPINE) SKIING

SnowSports Industries America indicates that, in the 2014-2015 season, more than nine million American Alpine skiers took to the slopes, and the sport continues to attract new devotees each year.

Historians state that skiing evolved as a method to cross the landscape in the winter when marshlands froze over. Cave drawings suggest that man used skis during the last Ice Age in the Palaeolithic period. Yet the birth of modern downhill skiing is often traced to the 1850s when Norwegian legend Sondre

Norheim popularized skis with curved sides and made skiing a sport instead of just a mode of transport. Skiing ultimately became quite popular in Russia, Finland, Sweden, and Norway. Today there are various types of downhill skiing, including mountain skiing, extreme cat skiing and heli skiing.

CURLING

Curling may now be seen as a largely Canadian sport, but it is widely believed to be one of the world's oldest team sports, tracing its origins to Great Britain. The World Curling Federation states paintings by the 16th Century Flemish artist Pieter Bruegel portrayed an activity similar to curling being played on Scotland's frozen ponds. The earliest

known curling stones came from the Scottish regions of Stirling and Perth, dating all the way back to 1511. ICE SKATING

Speed skating and figure skating are derivatives of early ice skating, which is believed to have started in Finland more than 3,000 years ago. Skates were sharpened, flattened bone strapped to the bottom of a shoe and glided on top of the ice. The Dutch added edges to steel blades around the 13th or 14th centuries. Eventually, skating was brought to England from the Netherlands.

Winter sports draw millions of participants each year, giving people a reason to leave the house even when temperatures dip below freezing. TF16C650



Stay fit all year

Many people find it easier to maintain their beach bodies during summer than they do throughout the rest of the year. Summer weather encourages people to get off the couch and enjoy the great outdoors, and many people prefer to eat lighter meals during the summer to combat the heat and humidity.

But once the dog days of summer give way to autumn, the motivation to stay in beach shape tends to wane. Couple that dwindling motivation with the tendency to eat larger, heartier meals as the weather gets colder, and it's easy to see why so many people gain weight over the last several months of the year and into the new year. But maintaining a healthy weight year-round promotes long-term health and reduces a person's risk for various ailments and diseases, including heart disease and diabetes. The following are a handful of strategies men and women can employ as they try to turn their beach bodies into the bodies they see in the mirror all year long.

Keep setting goals. As winter heads toward spring, many people set short-term goals to motivate them to get back into beach shape. That's a highly effective strategy that need not be exclusive to late winter. Setting short-term fitness and dietary goals throughout the year can keep you from falling back into bad habits. Tie your goals into the season to increase your chances for success. For example, resolve to run outdoors or cycle a certain number of miles each week in autumn, when the weather is still conducive to physical activity and the scenery is idyllic. When winter arrives and exercising outdoors is no longer viable. commit to attending a few fitness classes per week at

your gym. Switch up your workout routine every few weeks. Boredom also can affect people's ability to maintain

healthy weights year-round.

Adhering to the same exercise routine for months on end can grow tedious. The body can even grow accustomed to the same workout routine, meaning you won't be getting as much out of your exercise sessions as you might if you switch things up. If you find your daily workouts taking a turn toward the mundane, switch up your routine by changing exercises or signing up for classes that interest you.

Find healthy seasonal foods. Many people prefer to buy locally sourced and/or in-season foods, recognizing the positive impact that such dietary habits can have on the environment. That commitment to buying healthy, locally grown foods can be tested as the seasons change and the offerings at your local market change along with them. Educate yourself about which foods are in-season in your area throughout the year, opting for the most nutritious foods you can find. Buying in-season foods saves you money, and you will also feel good about staying on a nutritious, eco-friendly track.

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83

3

Join an exercise group or sports league. The buddy system is an effective way to stay committed to a fitness regimen, but if you cannot find a friend or family member to brave cold winter treks to the gym with you, then consider joining an exercise group or competitive sports league. As summer turns to autumn, join a road runner's club to motivate you to run. When harsh weather makes running outdoors too difficult, sign up for a winter sports league. Such groups or leagues get you off the couch and provide great opportunities to meet like-minded men and women who have made their own commitments to

staying fit. Staying fit all year long is a challenge for many people. But maintaining that beach body even after summer has come and gone need not be so difficult. TF167261

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