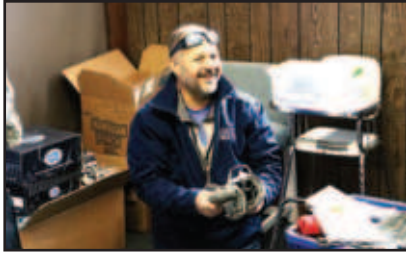




Moose pick up two head-to-head wins at home duals.

— Page 6



San Luis Valley Health, La Puente volunteer in organizing cold-weather gear — among other things — for the homeless.

— Page 7

San Luis Valley
Colorado Genuine
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VOLUME 94, NO. 8

Valley Courier

SATURDAY EDITION | WWW.ALAMOSANEWS.COM

LOCAL NEWS... LOCAL VIEWS

JANUARY 11, 2020

\$1

Imagine Your Ad Here!

SLV Today

GOP convene at St. Ives

ALAMOSA — The Alamosa County GOP will welcome Greg Lopez, a 2022 candidate for Colorado governor, at a "Meet and Greet" Tuesday from 6-8 p.m. at St. Ives Restaurant on Main and Bell Ave. Lopez has served as mayor of Parker and was a top contender in the Republican gubernatorial primary in 2018. He has also served as Colorado director for the U.S. Small Business Administration.

SDCSBOE will meet Jan. 14

SANGRE DE CRISTO — The Sangre de Cristo School Board of Education monthly meeting will be Tuesday in the school library at 8751 Lane 7 North, Mosca, with an executive session from 6 to 6:30 p.m. and an open session at 6:30 p.m. Meetings are open to the public.

Alamosa BOE meet Monday

ALAMOSA — The Alamosa School District Board of Education meeting will be held at 6 p.m. on Monday in the Board Room. The board will talk about new hires, resignations, early retirement, transfers and terminations during the its executive session which begins at 6:45 p.m.

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SLV WEATHER



Mostly Sunny 23/-6

Sun.: Mostly sunny 26/0
Mon.: Mostly sunny 29/-1

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Consensus building draws big response

By HELEN SMITH
Staff Writer

ALAMOSA — A crowded room was the response to the Mosca-Hooper Soil & Water Conservation District's introduction of the consensus process to the San Luis Valley Water Community.

Jeff Goebel, a professional trainer in consensus process, led the Thursday morning workshop at the Rio Grande Water Conservation District.

It seemed that the goal of having

active and productive discussion, regarding solutions for bringing the Rio Grande Basin's groundwater use to sustainable levels was realized. There were many farmers, ranchers, bankers, and other professional who came to voice their opinions and concerns. There was a sense of accomplishment because of how many attended. To me, consensus 100% agreement," said Goebel.

The discussions centered around a theme of how do we take care of our water?

Countless thoughts and ideas were shared just in the first hour alone.

Over the course of the event, many activities showed agreement that there is a need to work together rather than individually to solve the challenges ahead.

While a long-term solution for the future of the San Luis Valley and its water, there was a sense of cautious optimism because of the willingness of so many to be part of the conversation.

Marketing Board underway

By HELEN SMITH
Staff Writer

ALAMOSA — It was a quick but productive Thursday night for the Alamosa Local Marketing District and Tourism Board.

The meeting opened with Steve Corn introducing himself to the group as the new SLV Museum Director.

The Board then proceeded to a review of the tax collections for 2019, which saw record highs in both the lodging tax and marketing district tax.

The Convention and Visitors Bureau staff also announced that the Gateway Center would host the Dream spring Business Loan Group in February.

Also, the staff is currently working on the 2020 itinerarary builder tool for the website, alamosa.org, and approval was given for new signage at the Colorado Welcome Center.

Next came the Election of board officers. The officers for 2020 are Rob Oringdulph- President, Cathy Simpson- Vice President, Danielle VanVeghten- Treasurer. The 2020 membership list for the Alamosa County Chamber of Commerce was also approved. A key topic of discussion was the potential budget adjustment from the county and new Request for Proposal process for the Motorway Building

Finally, the Board heard an update on a request from the county for adjusted terms to stagger current board member terms. The proceeding concluded with Fred Bunch discussing the record visitation for the Great Sand Dunes National Park.

The new year is shaping up to a busy one for Alamosa tourism. However, the Board and staff seem optimistic about what is ahead.

Mid-morning frost is in the air



Friday's single-digit temperatures and heavy fog left a beautiful scene across much of the San Luis Valley as heavy frost accumulated on almost everything. This scene was shot just off State Avenue in South Alamosa showing snow-covered and fog-shrouded Mount Blanca in the distance.

Courier photo, above, by Keith R. Cerny.

Courier photo, to the right, by Shasta Quintana



San Luis Valley Health adds stereotactic biopsy

By REBECCA COPLEY

ALAMOSA — San Luis Valley Health is very excited to be able to now offer stereotactic biopsy treatment to their patients. The new technology arrived at the hospital in early November and it is already producing great results.

"It's been wonderful. We currently are booked six weeks out. Patients were having to go to Pueblo or to Colorado Springs for these treatments. There definitely is a need in our community and we are thrilled to be able to offer this to our patients," said Janet McGinnis who is SLV Health's Imaging Director.

With the use of groundbreaking Hologic 3D imaging technology their new state of the art stereotactic biopsy machine offers the best advantages in breast biopsies. The new machine allows radiologists to easily target areas of concern, including those visible only in tomosynthesis images (an advance type of mammography). It also simplifies procedural steps and speeds targeting, producing shorter patient procedure time. The new machine also reduces the patient dose as fewer exposures



Photo by Linda Ethan Caton

From left to right: Alisa Johnson, MD, Radiologist, SLV Health, Radiology & Imaging Consultants Janet McGinnis, Director of Imaging, SLV Health, Barbara Carlsen, Mammographer, SLV Health.

are required.

"The important thing with our new stereotactic breast machine

that's different from our regular mammogram machines which is used for needle localizations and

our ultrasound machine which is used to perform breast biopsies is for those areas that you can't feel. There's no other way to biopsy them except the stereotactic breast biopsy machine," explained Janet.

In these difficult to reach spots, the new stereotactic biopsy machine allows the radiologist to take a picture that they can then use to localize the area with coordinates in the machine. These coordinates allow them to pinpoint the exact location.

"We're very happy this new service is here. It's efficient, it's easy, it's fast, and we have highly educated and trained radiologists that perform these," said Janet.

It is recommended that patients over the age of 50 come in once a year for a screening mammogram exam. If they are at high risk it is recommended that they start coming in once a year after reaching the age 40 years old. In the past 18 months, over 90 patients have been referred out of the Valley for this treatment. San Luis Valley Health is very happy to now be able to offer this care close to home.

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Record

OBITUARIES

Donald E. Henson, 82

ALAMOSA — Longtime Alamosa resident Donald (Don) Eugene Henson, 82, passed away on Dec. 18, 2019.

Don was born on Jan. 4, 1937 in Alamosa to Curtis Clyde and Frances (Schoenberger) Henson.

Don married Carolyn Faye McGinnis on Oct. 9, 1960 in Alamosa.

Don chose banking as a profession. He began his career in Alamosa as a teller at the Alamosa National Bank and worked his way into various positions, including loan officer. After moving to California, he worked in Riverside and Los Angeles as a loan officer and branch manager. He returned to the Valley and finished his career in Monte Vista. Don served his country as a reservist in the Army National Guard and in the United States Air Force. He was a 50-plus year member of the Alamosa Elks Lodge, BPOE 1297 and bartended there for a short time.

He had a passion for art that started at a very young age. He was most noted for his printing and calligraphy. He created signs, hand-made Christmas orna-



ments, and most recently built bird houses.

He is survived by his children, Jeff (Carrie) Henson, Curtis Henson, and Christopher Henson; his grandchildren, Cole, Cameron, Cailyn, Cristyn, Samantha and Shelby, as well as his sister, Patti Bates.

Don was preceded in death by his wife, Carolyn; his parents, Curtis and Frances; and his siblings, Harold, Genevieve, Theresa, Dorothy, Virginia and Yvonne.

Bertha Ribal, 81

SAN LUIS VALLEY — Bertha Ribal, age 81, died Jan. 2, 2020.

She died peacefully and without pain after her battle with cancer.

Bertha was born July 16, 1938 in Cumbres. Her parents were Cornelius and Adele Ribal from San Luis Valley.

She is survived by six daughters, Debra Looper, Yvonne Comar, Kathy Bailey, Cindy Whittington, Lisa King and Nichole Hughes.

She is survived by 17 grandchildren and 14 great grandchildren.

A private memorial ser-



vice will be held in Mississippi.

She will be interred at Mt. St. Francis Columbarium this summer in Colorado Springs.

Gary Thomas Neamon, 69

MONTEVISTA — Gary Thomas Neamon, 69, of San Diego, passed away on Thursday, Dec. 19, 2019.

He passed the way he lived: courageously and peacefully, with faith in God, and in the arms of his daughter, with his wife by his side.

Gary was born in Olean, N.Y., on Sept. 25, 1950, and raised in Delevan, N.Y.

He graduated from Pioneer Central High School and went on to play college football in Colorado at TSJC, earned an AA and met the love of his life, Mary Catherine Romero. He played football at Adams State, and married Mary in August of 1972. In 1980, Gary became a father.

He worked in the private sector for 15 years before spending 25 years as a teacher and coach at Center High School. He was an avid mountain biker, road biker, skier and world traveler.

In January of 2012, Gary became a grandfather to identical twin girls.

In July of 2013, Gary and Mary moved to San Diego to live with and care for their granddaughters. He lived in San Diego until his passing. Gary was a loyal, honest and hard-working man, whose word was his bond. He will be greatly



missed.

Gary is survived by: wife Mary, daughter, Jessica; granddaughters, Alexandra and Catherine; family by choice: Rex and Kathy Dickman, Gil and Bertha Gonzales, and Dave Furukawa; biological sisters, Patricia (Michael) Warner, Susan (Randy) Lester, Barbara (Rick) Muskopf, Margaret Kline and Kathleen (Mike) Riley; and many nieces and nephews.

He is preceded in death by his parents, George and Laura Neamon; brother, Don Neamon; and niece, Hannah Kline.

Gary's rosary will be at St. Joseph Catholic Church in Monte Vista, where he was a parishioner and Knight of Columbus for over 20 years.

His vigil is Tuesday, Jan. 14 at 7 p.m. and his memorial mass is Wednesday, Jan. 15, at 1 p.m. at St. Joseph's.

Lyle Joseph VenRooy, 66

DEL NORTE — Lyle Joseph VenRooy, age 66, died in his home in Del Norte on Sunday Jan. 5, 2020.

Lyle was born in Colby, Wisc. He served in the U.S. Army and spent most of his life as a bulldozer operator. He may be best known for cruising the San Luis Valley in his sparkly blue '56 Chevy, his love of Harley-Davidson motorcycles and his daily visits to the Del Norte cafe.

Lyle was preceded in death by his mother, Evelyn; and his father, Harold. He is survived by his



daughters, Laura and Michelle; son-in-law, Dylan Baker; grandson, Ryker; and ex-wife, Barbara; as well as siblings, nieces and nephews.

The family will hold private services and a celebration of life will be held 2 p.m., Saturday, Jan. 25, 2020 at the Alamosa Elks Lodge.

SAN LUIS VALLEY FORECAST

Today: Mostly sunny skies with a high temperature of 27°, humidity of 47%. South wind 2 to 8 mph.

Tonight: Expect partly cloudy skies with an overnight low of -8°. Southwest wind 3 to 6 mph.

Tomorrow: Skies will be mostly sunny with a high temperature of 25°, humidity of 53%. South wind 2 to 7 mph.

SAN LUIS VALLEY FIVE-DAY FORECAST

Monday	Tuesday	Wednesday	Thursday	Friday
Partly Cloudy	Mostly Sunny	Partly Cloudy	Partly Cloudy	Partly Cloudy
Precip Chance: 20%	Precip Chance: 5%	Precip Chance: 15%	Precip Chance: 15%	Precip Chance: 20%
22 / 1	27 / 0	22 / -2	25 / 1	30 / 6

REGIONAL FORECAST MAP

Valid for today

ALAMOSA ALMANAC

Temperature

Yesterday's High	26
Yesterday's Low	-4
Avg. High / Low	34 / -2
Record High	52 in 2005
Record Low	-26 in 1964

Sun and Moon

Sunrise		Sunset	
Today	7:17 a.m.	5:04 p.m.	
Sunday	7:17 a.m.	5:05 p.m.	
Monday	7:17 a.m.	5:06 p.m.	

Precipitation

Yesterday's	0.00"
Month to Date	Trace
Avg. Month to Date	0.07"
Year to Date	Trace
Avg. Year to Date	0.07"

SNOWPACK INFORMATION

River Basin	Upper Rio Grande River Basin
Arkansas	116% of Normal
Colorado	107% of Normal
Gunnison	103% of Normal
North Platte	111% of Normal
Yampa	117% of Normal
Animas, Dolores, San Juan, San Miguel	116% of Normal
Cumbres Pass	108% of Normal
Medano Pass	208% of Normal
Rio Grande Res.	210% of Normal
Stunner Pass	n/a
Trinchera	137% of Normal
Weminuche Pass	n/a
Wolf Creek Pass	98% of Normal

REGIONAL CITIES

City	Today		Tomorrow		Monday				
	Hi	Lo	Hi	Lo	Hi	Lo			
Antonito	30	-2	s	26	0	s	23	4	pc
Cañon City	47	25	s	44	24	s	41	28	pc
Center	21	-2	s	24	0	pc	18	1	mc
Creede	31	5	ss	25	8	pc	22	10	ss
Del Norte	22	-1	s	20	0	pc	17	1	ss
Fort Garland	26	1	s	23	2	s	22	7	pc
Hooper	22	-2	pc	20	-5	pc	18	0	pc
La Jara	29	-5	s	26	-1	s	23	1	pc
La Veta	38	20	s	34	22	s	35	25	s
Moffat	21	-1	s	20	1	pc	19	-1	mc
Monte Vista	23	-4	s	22	-3	pc	18	0	mc
Mosca	23	3	s	21	4	pc	23	7	mc
Platoro	33	6	pc	31	9	mc	26	7	ss
Pueblo	46	23	s	47	20	s	45	24	s
Romeo	28	-2	s	26	0	s	23	3	pc
Saguache	20	2	s	23	1	pc	18	4	mc
Salida	39	18	s	33	20	pc	35	21	mc
San Luis	30	4	s	26	7	s	25	11	pc
South Fork	30	1	s	24	3	pc	19	4	ss
Walsenburg	42	23	s	39	24	s	41	26	s

Weather (Wx): bz-blizzard, cl-cloudy, fg-fog, mc-mostly cloudy, pc-partly cloudy, r-rain, rs-rain & snow, s-sunny, sh-showers, sn-snow, ss-snow showers, t-thunderstorms

SKI CONDITIONS

Valid at 6 a.m. yesterday

Lifts	New Mid Mtn. Open Surface			
	Crested Butte	3"	39"	13
Durango Mtn.	4"	53"	5	P/PP
Monarch	6"	49"	7	P/PP
Telluride	6"	46"	17	P/PP
Wolf Creek	3"	70"	9	P/PP

FORECAST DISCUSSION

Skies will be partly cloudy Sunday night with an overnight low of -6°. South wind 7 mph. Monday, skies will be partly cloudy with a slight chance of snow showers, high temperature of 22°, humidity of 59%. South southwest wind 5 to 9 mph Monday night, skies will be mostly clear with an overnight low of 1°.

For latest weather updates: www.UpdatedWx.com/VC

OBITUARIES

Betty Jo Syring Tomlinson

MONTE VISTA — Betty Jo Syring Tomlinson passed away on Jan. 7, 2020. She was born in Mankato, Kan., in 1929, to Mona (Brinkworth) and Joseph Calvin Huntsinger. When her parents died, Betty Jo was adopted by her aunt, Leota Brinkworth, and moved to Monte Vista in 1935.

Betty Jo married Byron Syring in 1950, and had

two daughters, Mona and Lauri. Later, in 1982, she married Tom Tomlinson. Betty Jo was a musician and played the piano and organ for several churches in Monte Vista, as well as for other community and school events. She continued to play the piano until the end of her life. She blessed people with not only her music, but with her kindness and sweet

sense of humor. Betty Jo is survived by her daughters, Mona Syring and Lauri (Randy) McMullen; her granddaughter, Jamie King; her great granddaughter, Skyla King; and her stepdaughters, Joan (William) Schernekau and Patricia Tomlinson. A celebration of life will be held in the spring and will be announced at a

later time. Cremation was chosen and Rogers Family Mortuary is in care of the arrangements. To leave online condolences and remarks of comfort for Betty Jo's family, please visit www.RogersFunerals.com. Contributions are suggested to the "Legacy at Monte Vista" assisted living center, 100 Chico Camino St., Monte Vista, CO 81144.

ONGOING VALLEY MEETINGS

ALAMOSA — The San Luis Valley Military Family Support Group meets the fourth Tuesday at 7 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 alamoastoptimistclub@gmail.com or President Dawn Melgares at 719-580-0178. Visitors and new members are welcome.

ALAMOSA — The Alamosa Rotary Club meets

every Monday at noon at Juanitos in Alamosa. Contact Dean Swift, 589-3499 or dean@deanswiftseed.com

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

SOUTH FORK — Kiwanis meets every Thursday at 8 a.m. at the Feelin' Good Coffeehouse in South Fork. Contact: Karen Miller, 719-873-5466 or email mkmillermink@aol.com

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

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

ALAMOSA — Search

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

ALAMOSA — The San Luis Valley Photography Club meets the first Wednesday at the Alamosa Public Library at 6:30 p.m. Contact Stephen Jensen at 379-0001 or slvphotosteph@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 589-0543.

ALAMOSA — Open drop-in meditation for health, stress management and spiritual growth, is held at 10:45 a.m. the second Sunday of the month at St. Thomas Episcopal Parish Hall, 607 Fourth St., Alamosa, with Mountain Institute, A Kriya, Meditation & Lamplighting School. Contact Martin at 575-758-5876 or talentlocal@live.com

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

preschoolers at 11 a.m.

ALAMOSA — Free breast feeding classes are offered in Alamosa at the San Luis Valley Health Education and Conference Center on the second and fourth Mondays of each month from 3-4 p.m.

MONTE VISTA — Valley Fiber Art Guild — VFA is a group for anyone interested in fiber arts: knitting, crocheting, weaving and spinning. We work on our individual projects, sometimes do projects together and learn from each other. We meet the fourth Saturday of every month from 1 p.m. until 4:30 p.m. at 757 County Rd. 29, Monte Vista. 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.

PENDING OBITUARY

Delores 'Dee' Marsalia, 72

FORT GARLAND — Former Fort Garland resident Delores "Dee" Marsalia, 72, passed away on Jan. 9, 2020.

A graveside service will be held at 1 p.m. on Wednesday Jan. 15, 2020 at the Fort Garland Community Cemetery.

Maria Nora Ornelas, 82

ALAMOSA — Alamosa resident Maria Nora Ornelas, 82, passed away Jan. 10, 2020.

A full obituary will follow.

Rogers Family Mortuary of Alamosa is in care of the arrangements. To leave online condolences, tributes and remarks for Dee's family, please visit www.RogersFunerals.com.

Arrangements are pending have been entrusted to Romero Valley Funeral Home of Alamosa.

School Menu -
Monday
Jan. 13, 2020

BREAKFAST
Cereal
Juice & Fruit

ELEMENTARY
BBQ Pork Sandwich
Tator Tots
Vegetable Bar

SECONDARY
BBQ Pork Sandwich
Tator Tots
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

Freedom over force



Courtesy photos
Members of Concerned Colorado brandish signs at the Stand for Colorado 2020 Rally in Denver on Thursday.



Concerned Colorado joins Stand for Colorado '20 Rally

DENVER — Concerned Colorado joined the Stand for Colorado 2020 Rally as the Legislature convened for the first day of the legislative session. Denice Dirks, spokeswoman for Concerned Colorado, a nonpartisan group of Colorado families working, said the new group was excited to attend the Stand for Colorado Rally because of its strong

statement of freedom over force. Dirks released the following statement: "We are fueled by grassroots action and citizen lobbyists, and we will serve as an information hub for families to get the information they need to hold their lawmakers accountable. We know that this session will bring more of the

extreme attacks on parental rights to undermining children's safety. The Legislature has been put on notice: We will act, we will advocate, we will protect our communities." **ABOUT CONCERNED COLORADO** Concerned Colorado is a grass-roots activist group bringing together families

from across the state. Outraged with the aggressive policies pushed and passed in the Colorado Legislature that rob families of their freedoms, Concerned Colorado is a voice for families on a wide portfolio of issues. For media inquiries, contact Denice Dirks at 303-900-3077 or info@ConcernedColorado.org.

Fitness lab helps meet one's fitness goals

The ASU Kinesiology, Robinson offer affordable tests for the community

ALAMOSA — The Adams State University Kinesiology Department can help meet 2020 fitness goals with affordable fitness tests available to the community. Testing will be located in the Human Performance Lab Room 106, located in the East Campus Building. Tracey Robinson, Ph.D., professor of Kinesiology, and graduate assistants Maesyn Ries and Michael Ellis, will conduct the tests from 5 p.m. until 7 p.m. every Thursday or by appointment. Fitness testing appointments are required. They can help identify current fitness levels and develop individualized fitness plans based on personal goals, needs and physical limitations.

The fitness tests available are underwater weighing \$25, VO2 Max \$50, Wingate anaerobic power test \$10, FitnessAge \$15, and body composition \$10.

Underwater weighing is currently the most accurate standard for measuring body fat. This is a body composition test where body-fat percentage and lean mass can be measured by weighing people in a hydrostatic weighing tank. Fat weighs less than water so it floats while lean mass is heavier than water so it sinks. Subjects must wear skin-tight clothing for the test and bring their own towel.

The VO2 max test is an aerobic endurance assessment of the maximum amount of oxygen a body is able to utilize during high-intensity aerobic activity. The lab also tests your blood lactate levels to assess individual lactate thresholds, which are used to determine proper training intensities for maximal benefit. Test time is approximately 45 minutes.

The Wingate power test is an assessment of anaerobic power. It consists of a 30-second maximal effort on a cycle ergometer. The test time is approximately 10 minutes.

Body composition assessment consists of skin-fold measurements from several locations on the body. Measurements can determine body fat percentage, as well as lean mass. The test time is approximately 5 minutes.

The FitnessAge test is a comprehensive assessment of muscular strength and endurance, cardiorespiratory endurance, flexibility, and body composition. Individual test results are compiled to give an overall fitness "age." Test time is approximately 20 minutes.

To set up an appointment, contact Robinson at tlorobins@adams.edu, 719-587-7663 or the graduate assistants at 719-587-7246, or ellismd_ta@adams.edu or riesma_ta@adams.edu. Payments for testing must be made in advance at the Adams State One Stop Student Services, located in the Student Union Building. Hours of operation for the One Stop are 8:30 a.m. to 4:30 p.m. Monday through Friday.



Courtesy photo by Linda Relyea

The Adams State Kinesiology Department can help you reach your 2020 fitness goals.

Where does one get tested?

Testing is located on the ASU campus in the Human Performance Lab Room 106

The Painting Room

www.arnostern.com

"A wonderful, playful experience combined with the seriousness of concentrated, creative, self-expression."

Children 10 years and up, Teens and Adults

For information and schedule of classes please contact Tia at 719.589.2397

tialovesart@gmail.com

www.createandtransform.org

FREE
Introductory Session

SKI-HI 6 SHOWTIMES
719-589-4471

Sat & Sun. 1:30, 5:40, 8:20
LIKE A BOSS
The world of beauty is about to get ugly R

Sat & Sun. 1:30, 5:30, 8:20
UNDERWATER
Below the seafloor surface something has awakened PG-13

Sat & Sun. 1:30, 5:20, 8:10
JUMANJI
Dwayne Johnson, Kevin Hart PG-13

Sat & Sun. 1:30, 4:45, 8:00
STAR WARS
Every generation has a legend PG-13

Sat & Sun. 1:30, 5:35, 8:10
THE GRUDGE
It will never let you go R

Sat & Sun. 1:30, 5:20, 8:10
BOMBHELL
Charlize Theron, Nicole Kidman R

Valley-Wide Welcomes

Denise Thompson, FNP-BC

to our
Edward M. Kennedy Health Clinic
925 2nd Ave, Monte Vista

Denise was born and raised in the San Luis Valley and was an RN for 27 years before getting her masters in Nursing from Regis University. She resonates love for her patients and community and strives to provide excellence of care. In her spare time you can find Denise spending time with family and friends, biking, hiking, boating, learning and teaching.

Call to make an appointment with Denise today!
719-852-2512

Facebook Instagram Twitter LinkedIn

VWHS.ORG

ADAMS STATE UNIVERSITY
COLORADO
Great Stories Begin Here

CALENDAR OF EVENTS

January

<p>SUNDAY • 12 Spring New Student Orientation: 8 a.m. until 5 p.m. NSO Bingo Night: 6:30 p.m. CoRE Center</p>	<p>MONDAY • 13 Spring 2020 Semester Begins - First Day of Classes Resource and Involvement Fair: 5 p.m. until 7 p.m. SUB Banquet Rooms</p>	<p>TUESDAY • 14 Welcome Back Bash: 6 p.m. until 9 p.m. The Loft</p>	<p>WEDNESDAY • 15</p>	<p>THURSDAY • 16 Wrestling vs Western Colorado Dual 6 p.m. Plachy Hall Zacheis Planetarium: Free Movies Begin Next Week</p>	<p>FRIDAY • 17 Art Opening Reception: La Sierra 5 p.m. until 7 p.m. Art Building Free</p>	<p>SATURDAY • 18 Theatre Department Production: <i>The 24-Hour Devising Project</i> 8 p.m. Theatre Building Free Zacheis Planetarium: Free Movies Begin Next Week</p>
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Through February 6

Cloyde Snook Gallery: La Sierra Shelby Head

Hatfield Gallery: Artwork by Jane O'Hara

Gallery Hours: 8 a.m. until 5 p.m. Monday through Friday

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Opinion

Valley Gardening

BY RUTHIE BROWN

And other good stuff Jealous dogs pout outdoors

All is great in the neighborhood of LODA! Spring is just around the corner. OK, maybe it's around the block, but it is coming.

I have been telling you about Leo and Maria and the hopes that they will soon have a new apartment. Well ... it is happening ... next Tuesday. I am so excited for them to have a nice, warm, clean place to call home. When I went to their trailer last week, Maria was sitting on a chair with her jacket on, and her gloves, and her hat — that's how cold it is in their home. Some folks choose to be homeless, and camp outside or in their vehicles, but that is not the case with them. I fully believe they deserve, and need, the apartment they are moving to. Thank you to Alamosa Housing Authority for being patient with me. I called them almost every other day for a month.

If anyone reading this would like to help with a new toaster and a new microwave, please give me a call at 719-580-7838. I am also looking for bath towels. Thank you, thank you, thank you!

As long as we are talking about bath towels ... do you have any old ones, even if they are almost rags? The Valley Humane League could use all that we can gather up. If you drop them off, I will take them out there. Do you know that right now they have 14 strays on hold. I just have to wonder what is wrong with pet owners when you can't keep your animals inside where it is warm and they are safe. I understand when a dog wants to stay outside because I have a couple dogs that just lay out in the snow, but only for an hour or so.

One of my dogs has a fit of jealousy when I bring puppies home, and she pouts ... out in the dog condo that Larry built. It's a 4x8 insulated box with blankets. She pouts until about midnight and that's when she scratches on the door to come in.

Most of the dogs that are on hold are short hair varieties. They need to be inside. If you can't give your pet a nice place to live, then maybe you shouldn't have one. If you can't afford to spay/neuter or feed your pet, maybe you shouldn't have one. To be honest, I have mixed feelings on what I just wrote. I know that some folks are awesome pet owners and would feed their pets before they ate. They are good owners. But, somehow we have to stop the cycle of puppies. We have to stop the puppies being given away in front of the 'devil store.' Until you see an animal (puppy) die through no fault of its own, the cycle will continue, I guess.

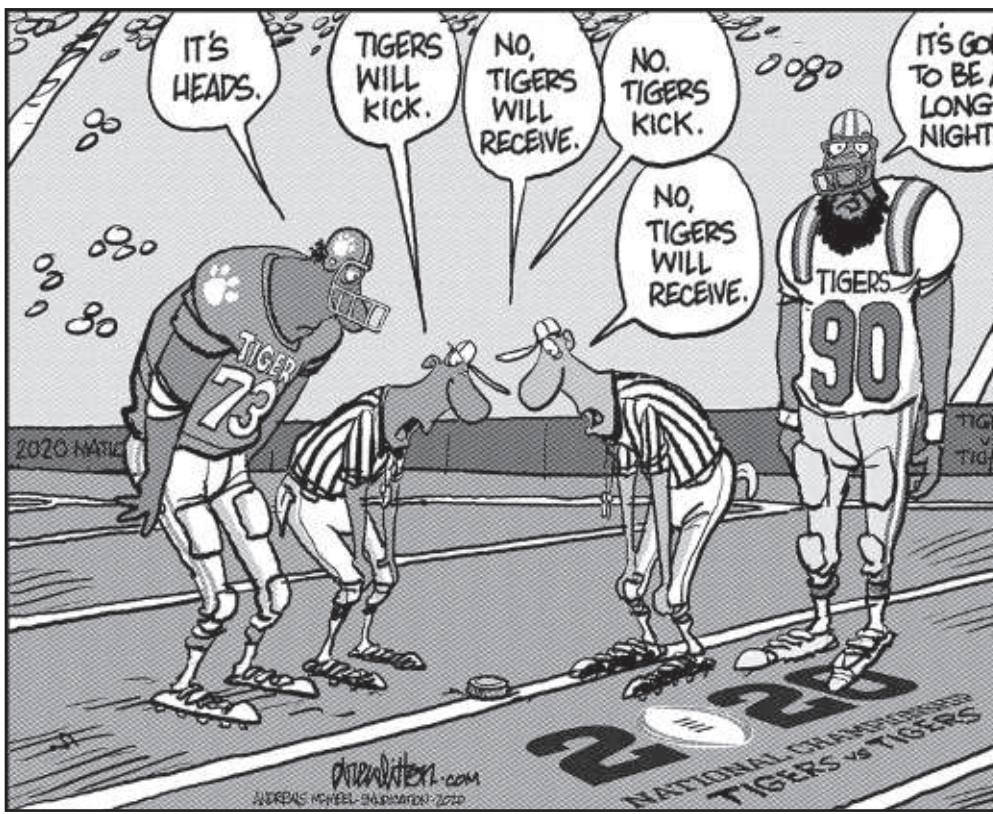
Before I forget, I need to thank Laura Lunsford for bringing in some adorable handmade Xmas ornaments to sell for Peyton's wheelchair swing project. I also want to thank Suzanne Gosar for helping me get a new Carhartt jacket for Leo — thank you Tractor Supply Co. for the awesome discount on the coat. Maria is sporting a "new" coat, too, thanks to Linda Christensen. I sure have good friends.

I hit a deer this week. It happened so fast. I'm still sad. It was by Arby's and I am so grateful that the deer did not fly into my windshield. I called dispatch and an Alamosa police officer responded in a few minutes. What saddened me more, was watching all the drivers with no manners. It's like they had to get somewhere fast (think capitol letters) and couldn't wait for the folks in front of them to pull out. I'm pretty damned surprised that other accidents weren't caused by the rudeness. Folks ... it really only takes a minute to be polite.

Thank goodness my little yellow truck only suffered a broken grille, and it, of course, was plastic. I'm hearing that the deer in town are keeping body shops in business. I guess you could call it economic development. But ... as 6-8 more deer crossed the highway, I have to wonder how long it will be before there's a multiple-vehicle crash, with folks going to the hospital. The deer are not cute. The damage they cause is not cute! Oh, well, thank goodness my little yellow truck is OK. Did I already say that?

I'm thinking spring. Just got in my third "garden porn" magazine. That just means seeds. I now have a contact for bulk seed for native grasses and wildflowers. Now, I have to educate myself ... Cindy Villa, you need to come see me. I need your help. Bring Quinn, the rescue poodle, in when you come, because Mr. Dillon would like to see him. See you soon.

Ruthie Brown writes a weekly column, which comes out every Saturday.



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."

Volunteering enacts endorphins

My laptop open, I was pinning an article about volunteerism and endorphins. It seems there is science to support the long-held notion that helping others, giving to others — builds a happy brain. It's a feel-good activity.

On the Alzheimer journal of Canada (Alzheimer.ca), the agency says: "Volunteering not only engages your mind and body, but it can actually help you age well and reduce the risk of age-related diseases such as dementia and Alzheimer's disease."

Online magazine SimpleMost also says, "Psychologists identified the helper's high after noticing that people engaged in charitable activity reported a state of euphoria.

It makes sense. When you do a good deed, your body releases endorphins. In fact, the act of giving produces endorphins in the brain in much the same way exercise does.

And that high shows up in the same area of the brain that's activated in response to food or pleasure."

Volunteering in turn is a very creative thing. When volunteering, recognizing the need that calls out is an internal response, a creative process. As my (recently deceased) friend Patt Morgan Lloyd ran the Retired

Senior Volunteer Program in the Valley, she plugged volunteers into opportunities based on their interests. She had volunteers with the senior centers, hospitals, library and public schools. Some volunteers cooked, visited, washed dishes, baked or greeted guests.

Being part of a community chorus is also another creative way to volunteer. Sharing your voice by singing a melody with others is heartwarming.

Play their videos and hear their voices at <https://www.facebook.com/vcchorus>

I know people who volunteer by providing the local sheriff or police department fundraisers for canine units. The Castle Rock police even have a volunteer program want ad: Castle Rock is a safe community, and you can help keep it that way. Castle Rock Police is looking for community safety and administrative volunteers. Help contribute to the success of the police department and become a volunteer in police service.

There's a short video that's been making the Facebook rounds and was recently aired on the CBS Morning News (<https://www.cbsnews.com/news/75-year-old-man-falls-asleep-with-cats-while-volunteering-goes-viral/>).

A retired gent volunteers at a cat shelter in a very creative way. Every day, the 75 year old climbs into his favorite sofa at the shelter and takes a nap. While he catnaps, the felines gather around him, on his shoulders, in his lap, under his arm and on his knee.

Nelda Curtiss



Movin' On With Nellie

Sister's sedentary lifestyle worries sibling

DEAR HARRIETTE: I went to visit my sister, who is single and retired. We talk on the phone a lot, but we haven't spent time together for a couple of years. I was surprised to see how sedentary her life has become. Basically she sits around and watches TV all day. She looks at romantic movies back-to-back from the time she wakes up until late at night. The only time she looks at anything else is when she is watching political news.

I thought I was going to lose it for the week that I was with her. I tried to get her to take walks with me. I suggested that we go to the mall or to visit friends. Nada. She just gets up, showers, cooks a few food items and sits in her chair. I am worried about her. This is no way to live. How can I get her motivated to get up and move and engage with her friends? — Motivate My Sister

DEAR MOTIVATE MY SISTER: You may not be able to motivate your sister, but it is worth it to keep trying. Get her a fitness

watch that can connect to yours. Encourage her to take walks in her neighborhood at the same time that you take walks in yours. Show her how you can stay connected and stay active. Perhaps you can entice her by suggesting that you watch a movie and take a walk. If you do both together, she may get inspired to join you.

DEAR HARRIETTE: At my job, we usually get bonuses at the end of the year. This year, I did not get a bonus. We did have a modest holiday party, but that was it — at least for me.

I have worked at this job for more than 10 years. I don't know what happened. The big boss didn't say anything about us not getting bonuses, but I surely didn't get anything. I am afraid to ask my co-workers in case I'm the only one. But I wonder what happened. Should I ask my boss? — No Bonus

DEAR NO BONUS: It's worth it to ask your boss, privately, about bonuses and

what happened. It's unfortunate that nothing was said to the group, given that it has been common practice for the company to give bonuses. Talk to your boss to find out what happened. Ask the questions that you want answered, including whether anyone else got a bonus and whether the company is financially healthy. It is important for you to learn what happened for several reasons, including getting a sense of how you are regarded in the company in relation to your peers — especially if others received bonuses and you didn't. If nobody received a bonus, that could be a sign that your company is in trouble, in which case you might want to start looking for a job.

Write them

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Donald Valdez (D), Colorado State Representative, District 62, 200 E Colfax, Room 307, Denver, CO 80203; phone: 303-866-2916; email: Donald.valdez.house@state.co.us

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Grand Canyon earns exalted status

TODAY'S HISTORY: In 1908, President Theodore Roosevelt declared the Grand Canyon a national monument.

In 1922, insulin was administered to a diabetic patient for the first time; the extract would require further improvement before achieving success.

In 1964, the U.S. surgeon general issued the first U.S. government report concluding that smoking could be hazardous to health.

In 2003, departing Illinois Gov. George Ryan commuted the sentences of an unprecedented 156 death row inmates.

TODAY'S BIRTHDAYS: Alexander Hamilton (1755/57-1804), U.S. statesman; Ezra Cornell (1807-1874), businessman/philanthropist; William James (1842-1910), philosopher/psychologist; Rod Taylor (1930-2015), actor; Jean Chretien (1934-), Canadian politician; Naomi Judd (1946-), singer-songwriter;

Mary J. Blige (1971-), singer-songwriter; Amanda Peet (1972-), actress.

TODAY'S FACT: Alexander Hamilton was born to a poor family on the Caribbean island of Nevis. Conflicting sets of records leave it unclear whether he was born in 1755 or 1757.

TODAY'S SPORTS: In 1973, Major League Baseball owners voted in approval of a 10th lineup position for American League rosters, allowing a "designated pinch-hitter" to bat for the pitcher while allowing the pitcher to stay in the game.

TODAY'S QUOTE: "We are like islands in the sea, separate on the surface but connected in the deep." — William James

TODAY'S NUMBER: 142,670 — estimated number of American lung cancer deaths in 2019.

TODAY'S MOON: Between full moon (Jan. 10) and last quarter moon (Jan. 17).

Keith R Cerny Publisher
Daniel McKillop Managing Editor

Valley Courier

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Your FIRST Source for Local News

Lifestyle

Bogle running for District 2 county commissioner's seat

By TERESA L. BENNS

VALLEY PUBLISHING

CENTER — Last week G. Lyn Bogle announced his candidacy for Saguache County Commissioner for Commissioner District 2. This seat is currently held by Ken Anderson, who is leaving the office due to term limitations.

Bogle and his wife, Pam, have lived and owned property in Saguache County for 52 years. During that time, he has been mainly involved in agriculture on his own and as the farm manager for a corporate organic farm in Center.

He also has worked for Saguache County as undersheriff. "During that time I became very familiar with Saguache County in its entirety," Bogle said. "I worked with many of the county residents and solved many problems during this tenure."

Bogle has owned a business within the Town of Center and, after selling it, purchased two other businesses that were having financial problems. He said that while operating these businesses, he alleviated the financial problems and made them profitable, selling one and continuing to operate the other.

"I feel my experience in agriculture and business have equipped me to troubleshoot and resolve problems that exist, or will exist," Bogle observed.

"Currently, I am president of Center Consolidated Schools' School Board. I have served on this board for the past five years and have learned that governing boards, of any kind, are

a team effort. Communication skills and insight to the needs of the entity are paramount."

Bogle also has served on several nonprofit boards throughout the years, among them the Monte Vista Elks Lodge board of directors, Monte Vista Parks and Recreation Board and Ski Hi Stampede, Inc. board of directors.

He has been a registered Democrat for all his years in Saguache County. "I do believe in accountability and transparency in government and will work toward keeping the residents of this county informed," he said.

Bogle said he doesn't make "campaign promises" regarding things he is not fully knowledgeable about. "In the months to come I will be exploring the problems within the county and working on resolutions to those problems," he said. "Many residents have expressed their concerns to me, as well, and I will be looking into these concerns."

"I truly believe that a commissioner is an employee of the people of the county. My door will always be open to all of the residents and employees of the county, to hear their concerns or desires and take appropriate actions."

He reiterated that "one person cannot do it all, it takes the whole board to make things happen. I look forward to working with the other two commissioners to make a better Saguache County."

In closing, Bogle asked for the support and votes of Saguache County residents. "I believe that Saguache County has a bright future and I want to be a part of that future," he concluded.

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Sports

Mean Moose wrestling hosts duals

Alamosa (ALAM) 61.0, Widefield (WIDE) 18.0

106: Kyler Liddell (ALAM) over (WIDE) (For.)
 113: Davion Chavez (ALAM) over Avelino Mota (WIDE) (Fall 1:55)
 120: Brandon Reveles (ALAM) over George Apodaca (WIDE) (TF 17-1 4:48)
 126: Trevor Maestas (ALAM) over Jordan Robb (WIDE) (Fall 1:52)
 132: Colton Liddell (ALAM) over Ethan Simon (WIDE) (Fall 1:32)
 138: Cameron Muransky (WIDE) over Cayden Schulz (ALAM) (Fall 3:08)
 145: Dante Gonzales (ALAM) over Juan Telles (WIDE) (MD 12-4)
 152: Andrew Evans (WIDE) over Lance Brunelli (ALAM) (Fall 1:39)
 160: Brooks Anderson (ALAM) over Braydon Demattos-Burrows (WIDE) (MD 13-2)
 170: Hunter Smith (ALAM) over (WIDE) (For.)
 182: Christopher Walker (WIDE) over (ALAM) (For.)
 195: Zeke Rangel (ALAM) over Bradley Richard (WIDE) (Fall 0:00)
 220: Austin Trujillo (ALAM) over Nehemiah Bell (WIDE) (Fall 0:22)
 285: Abraham Sandoval (ALAM) over (WIDE) (For.)

Alamosa (ALAM) 36.0, Adams City (ADCI) 33.0

106: Kyler Liddell (ALAM) over Nicholas Vasquez (ADCI) (Fall 0:30)
 113: Davion Chavez (ALAM) over Johntho Le Blanc (ADCI) (Fall 1:33)
 120: Seth Deaguero (ADCI) over Brandon Reveles (ALAM) (Dec 6-3)
 126: Levi Deaguero (ADCI) over Trevor Maestas (ALAM) (Dec 5-0)
 132: Colton Liddell (ALAM) over Jace Long (ADCI) (Dec 6-0)
 138: Tyson Moffitt (ADCI) over Cayden Schulz (ALAM) (Fall 1:39)
 145: Maximus Gutierrez (ADCI) over Dante Gonzales (ALAM) (Fall 2:40)
 152: Gabriel Garcia (ADCI) over Lance Brunelli (ALAM) (Fall 3:19)
 160: Brooks Anderson (ALAM) over Micah Ortiz (ADCI) (Fall 4:33)
 170: Hunter Smith (ALAM) over Nicholas Espinoza (ADCI) (Fall 1:51)
 182: Cy Renney (ADCI) over (ALAM) (For.)
 195: Gerardo Caldera (ADCI) over Zeke Rangel (ALAM) (Dec 6-3)
 220: Abraham Sandoval (ALAM) over (ADCI) (For.)
 285: Austin Trujillo (ALAM) over Alberto Alvarado (ADCI) (Dec 2-0)



Alamosa's Austin Trujillo powers Nemiah Bell to the mat right before pinning him. Trujillo and the Moose got two team wins on Friday.



Colton Liddell of Alamosa controls Adams City's Jace Long during Alamosa's duals on Friday afternoon.

Centauri (CTRI) 41.0, Bennett (BENN) 31.0

106: John Faczak (BENN) over Mario Vigil (CTRI) (Dec 7-3)
 113: Xander Lopez (CTRI) over (BENN) (For.)
 120: Andrew Ross (CTRI) over Carson Hawkins (BENN) (Fall 0:48)
 126: Cyrus Sandoval (CTRI) over John Jordan (BBENN) (Fall 5:02)
 132: Isaak Copeland (BENN) over Ivan Lopez (CTRI) (Dec 14-9)
 138: Eyan Chavez (CTRI) over Paytyn Newton (BENN) (TF 20-3 2:46)
 145: Wesley Dubois (BENN) over (CTRI) (For.)
 152: Joe Jordan (BENN) over Erik Mestas (CTRI) (Dec 9-2)
 160: Zach Buhr (CTRI) over Joseph Olson (BENN) (Fall 0:39)
 170: Mac Copeland (BENN) over Byron Shawcroft (CTRI) (MD 11-3)
 182: Cody DuBois (BENN) over Jownes Archuleta (CTRI) (Fall 3:22)
 195: Joseph Morreno (CTRI) over Unknown (For.)
 220: Casey Harvey (BENN) over Manuel Lucero (CTRI) (Fall 3:10)
 285: Remi Lucero (CTRI) over J.D. Johnson (BENN) (Fall 1:17)

Rocky Ford (ROFO) 42.0, Centauri (CTRI) 30.0

106: Mario Vigil (CTRI) over David Duran (ROFO) (Fall 3:23)
 113: Xander Lopez (CTRI) over (ROFO) (For.)
 120: Michael Maldonado (ROFO) over Andrew Ross (CTRI) (Dec 6-1)
 126: Joe Zamora (ROFO) over Cyrus Sandoval (CTRI) (Fall 0:59)
 132: Quinton Venard (ROFO) over Ivan Lopez (CTRI) (Fall 2:31)
 138: Eyan Chavez (CTRI) over Santino Mendoza (ROFO) (Dec 10-6)
 145: Sebastian Ortega (ROFO) over (CTRI) (For.)
 152: Erik Mestas (CTRI) over David Medina (ROFO) (Fall 5:40)
 160: Jadon Baldonado (ROFO) over Zach Buhr (CTRI) (Fall 4:25)
 170: Isiah Garcia (ROFO) over Byron Shawcroft (CTRI) (Dec 4-2)
 182: Ignacio Perez-Rodriguez (ROFO) over Jownes Archuleta (CTRI) (Fall 1:42)
 195: Joseph Morreno (CTRI) over (ROFO) (For.)
 220: Jesse Tapia (ROFO) over Manuel Lucero (CTRI) (Fall 1:01)
 285: Remi Lucero (CTRI) over Peyton Froman (ROFO) (Dec 4-1)



Centauri's Remi Lucero looks for the win against J.D. Johnson of Bennett during duals in Alamosa.

Dec. - Decision

Fall - Pin/Fall

For. - Forfeit



Cyrus Sandoval of Centuari attempts to gain leverage while wrestling Rocky Ford's John Jordan on Friday.

MD - Major Decision

TF - Technical Fall

Courier Photos by Stephen Jiron

Results

Adams State Basketball
 Jan. 10
 Colorado School of Mines 79, ASU 36 (W)
 Colorado School of Mines 90, ASU 64 (M)

Prep Basketball
 Jan. 7
 Pueblo Central 57, Monte Vista 38 (B)
 Jan. 10
 Center 29, Mancos 24 (G)
 Mancos 71, Center 57 (B)
 Rocky Ford 40, Sangre de Cristo 23 (G)
 Sangre de Cristo 60, Rocky Ford 53 (B)

Adams State Wrestling
 Jan. 10
 ASU 25, San Francisco State 20

Prep Wrestling
 Jan. 9
 Alamosa 55, Centauri 24
 Jan. 10
Alamosa Duals
 Alamosa 61, Widefield 18
 Alamosa 36, Adams City 33
 Centauri 41, Bennett 31
 Rocky Ford 42, Centauri 30

Upcoming Events

Adams State Basketball
 Jan. 11
 5:30/7:30 p.m. ASU at UC-CS (W/M)

Sports Bulletin

Schedules subject to change

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

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

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

Adams State Wrestling
 Jan. 16
 6 p.m. Western Colorado at ASU

Prep Wrestling
 Jan. 11
 TBA Centauri at Pagosa Springs
 9 a.m. Alamosa Invitational

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

AHS Basketball Reunion

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

ASU Volleyball open tryouts

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

Valley News

SLVH staff sorts, fold clothing for homeless

ALAMOSA — In the spring of 2019, members of the Alamosa community came together to create the Homeless Coalition.

The goal of the coalition is to address issues, such as non-sheltered person's exposure and possible death due to the subzero temperatures existing in the San Luis Valley.

Shanae Diaz, Director for Volunteer Coordination, along with other members of the La Puente team, established contact with Steve Hills, owner of Glenn Army Surplus in Colorado Springs.

Hills generously donated bags and boxes of army surplus cold-weather gear and clothing such as hats, gloves, boots, pants, and jackets.

Coalition member Kelly Gallegos, Senior Administrator at San Luis Valley Health, spread the word throughout the SLVH organization about the need for volunteers to aid in sorting, folding and organizing the cold-weather gear.

Many San Luis Valley Health employees showed up and made quick work of unloading and sorting the 45-50 bags and 10-15 boxes of clothing that arrived on short notice.

This clothing will have a significant impact on the lives of the homeless population in Alamosa that may not be able to find somewhere warm to sleep or choose not to seek shelter.

Alamosa is without a "warming shelter" and the Coalition is addressing this gap in services.


The clothing gathered and sorted by the Homeless Coalition and volunteers will be distributed by La Puente.

Story courtesy of Ethan Caton via press release by Donna Wehe, Director of Communications, San Luis Valley Health.



David Gallegos, Director of SLV Health Specialty Clinics, folding and sorting donated clothing items.



Photos courtesy of Ethan Caton






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Above, SLV Health staff, from left to right, Christine Hettinger-Hunt, Ethan Caton, Ryan Crawford & Justin Fricke from SLVH helping unload and fold the clothes and blankets. Below, Kelly Gallegos, SLV Health Administrator, who serves on the local SLV Homeless Coalition Board, also pitching in during the effort.



Winter vigil

ALAMOSA — Each year, La Puente recognizes National Poverty Month during the coldest month of the year: January.

La Puente will hold a candlelight vigil, to honor those struggling with poverty and/ or homelessness and those lost in 2019.

Come support your community at La Puente's Shelter, on 913 State Avenue, at 6:30 p.m., on Jan. 23.

For more information, contact Megan at 719-587-3499.

Visit ConnectforHealthCO.com
or call 855-752-6749

Lifestyle

Wildfires are on my mind

By GREGG GOODLAND
Column

It is snowy and cold in the San Luis Valley, just that time of year.

But as news about the raging Australian wildfires reached America, seemingly painting an increasingly bleak picture of a dire situation each day, I cannot help but to wonder what might be in store for us in North America in 2020.

Stories from 60-plus year old Australian fire officials keep advising readers that they've never seen anything like it. We've heard those same words right here in the SLV, recently.

I worked for the San Isabel National Forest in 2018 when the Spring Creek Fire crossed into Huerfano County with estimated 600-foot flame lengths.

All the old "fire dogs" said the same thing: "I've never seen anything like it."

I'm emphasizing the increasing intensity of wildfires and length of "fire seasons" here in Colorado. In the '70s and '80s there were not as many wildfires in the state.

I can remember the Dinosaur Fire in 1988 just north of Cañon City. That was the only big fire in the state that year.

Of course, one-third of Yellowstone National Park saw flames that year, forging a new perspective on wildfire management for the American public.

There were a few more large wildfires per year after that but most stayed in the hundreds of acres with some burning in the low thousands.

I began fighting fire in 1993 when very little happened in the state. We went to Arizona that year.

In 1994, many of my trail crew members were

fighting the Wake Fire when the South Canyon Fire tragedy occurred near Glenwood Springs.

This senseless loss of young lives made firefighters and citizens alike ask the question "what were they up there for?" Yes, many of you remember it was a mountain densely covered with pinyon, juniper and oak brush. That's it.

Over the past 10 years or so, I've personally witnessed so many Coloradans develop a great understanding of the critical role that wildfires play in our natural environment. I'm pleased by the level of fire ecology knowledge discussions I engage with folks in Colorado communities.

I sometimes wonder how these folks know this information. But I know. For the past 15 years, Colorado has been regularly dealing with large and sometimes very destructive wildfires in and around their communities.

During these incidents, dozens of public information officers work tirelessly to feed the affected public critical information that helps fill voids, calm fears and provide enough information to determine their next moves. Sometimes folks are being advised they are to remain evacuated from their homes, their lives on hold. Sometimes they hear the discussions of how fire has shaped both the geological and vegetative condition of this landscape for thousands of years.

Large wildfires have become more frequent and we find ourselves regularly comparing these fires to the worst from our past. Have you noticed that we are not reaching that far back to find the big fires

to compare with? Makes you think doesn't it?

Again, I am pointing out that fire seasons are now roughly 90 days longer than when I first started fighting fires. And, the fires are getting significantly larger.

These simple facts are motivating to me. I am preparing for fire season, now.

Sure, I live in town and most likely won't get burned out. But I have thought about where I will get my water should our community water supplies be compromised by one of these "megafires."

I've worked for several years to ensure my dear friends can safely evacuate or shelter in place on their San Isabel area ranch.

I would think that SLV residents would be very much aware of the potential for large wildfires here and have created survivable, or at least defensible, space around their homes.

For years people have asked me, "what do you think fire season will be like this year?"

I always answer with the same reply: You can never tell until the year is over. I do know that I

fully support fire managers making all of their decisions based on risk to lives, including firefighters. So, my advice is to plan for a wildfire season that may be the worst ever. Heaven forbid, if it does materialize, you will have taken steps that can serve to better position you and your family for a faster recovery. If it doesn't happen, you will be in a better position to deal with it next year.

Gregg Goodland is the new Public Affairs Officer for the Rio Grande National Forest.



Gregg Goodland

What to know about wildfires

Wildfires, also called wildland, forest or peat fires, can originate from many sources.

Typically, a dropped match, cigarette embers, poorly extinguished campfires, exhaust sparks from trains, lightning, or even arson are to blame.

AccuWeather says that wildfires can be destructive and catastrophic for natural habitats and the firefighters tasked with putting out the blazes.

Easy Science for Kids states that wildfires can start in a second and move at about 14 miles per hour.

According to the National Interagency Fire Center, temperature, wind and humidity all influence wildfires.

Strong winds can spread flames to new fuel sources. The wind also may transfer embers to other locations, creating "spot fires."

Large fires can actually cause their own weather and wind, increasing the flow of oxygen to the blaze.

The U.S. National Park Service said wind can spread fires to the tops of trees, called "crown fires," which spread quickly. These fires can burn extremely hot and change direction rapidly, making them even more perilous for firefighters.

While wildfires can be devastating, they also can provide some benefits and will not necessarily harm wildlife.

Large mammals are able

to use their instincts to depart affected habitats before they are threatened. Wildfires can clear out dense foliage and undergrowth, or diseased plants, allowing new greenery to flourish.

A beetle species of the subgenus Melanophils benefits greatly from forest fires. According to AccuWeather, this species use infrared radiation sensors to detect burning forests. They then mate and lay eggs in scorched trees, increasing the likelihood that the beetle larvae will thrive.

Firefighters battle the blazes by cutting back brush and grass to remove some fuel sources.

They frequently use planes or helicopters to drop water or flame-retardant chemicals on the wildfires to keep them from spreading.

Western areas of the United States and Canada tend to experience more wildfires than other parts of these countries.

British Columbia, which is located in western Canada, experienced 860 wildfires in the summer of 2017, according to Environment Canada.

Although not every wildfire can be prevented, people can do their part to heed dry conditions warnings and protocol.

Also, when evacuation is advised, residents should get out promptly. TF181614

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Lifestyle



Courtesy photo

Wolves in Colo. makes ballot measure moot

DENVER—Colorado Parks and Wildlife announced on Jan. 8 that it strongly believes a pack of wolves is living in the northwest corner of Colorado. The ongoing investigation into the pack includes an eyewitness report of six wolves in October, as well as the discovery last week of a thoroughly scavenged elk carcass near the same location as the October sighting.

Considering this news, Chad Vorthmann, Executive Vice President of the Colorado Farm Bureau called on the proponents of the ballot measure to leave nature alone and end their campaign. "Just as predicted, wolves are making their way into Colorado on their own. This measure is pointless and will only lead to wasted taxpayer dollars and increased bureaucracy. The proponents should let mother nature work its magic, stop trying to impose their will on the natural world, and retract their ballot measure."

This news comes several months after the confirmed presence of a wolf in Jackson County—also located in northwest Colorado—in July 2019. That wolf had migrated into the state from Wyoming's Snake River Pack. According to JT Romatzke, Northwest Regional Manager for Colorado Parks and Wildlife, "It is inevitable, based on known wolf behavior, that they would travel here from states where their populations are well-established."

"We have no doubt that they are here, and the most recent sighting ... is further evidence of the presence of wolves in Colorado," said Romatzke. Established wolf populations exist in several states near Colorado, including immediate neighbor states: New Mexico, Arizona, Utah, Wyoming, Idaho, and Montana.

BACKGROUND
Voters in Colorado will decide this November whether to force wolf introduction along the state's Western Slope. This means the fate of western Colorado communities will be decided by a majority of voters living east of the

Continental Divide. A dangerous prospect. The ballot measure would require Colorado Parks and Wildlife to develop and implement a plan to bring wolves to the state within three years. The measure is expected to cost taxpayers nearly \$6 million over eight years.

Colorado already has a plan to address wolves. State officials, conservationists, farmers and ranchers, and other stakeholders currently operate under a "free-ranging" wolf plan that is informed by scientific processes, research, and expert guidance. This plan protects wolves that enter Colorado from surrounding states while minimizing conflicts with people and other animals. "Forced introduction of wolves would circumvent this policy which is clearly working as intended," said Vorthmann. Further, wolves are protected under the federal Endangered Species Act.

Colorado Parks and Wildlife is the lead state agency for wildlife issues. The agency manages 41 state parks and more than 350 wildlife areas covering approximately 900,000 acres, management of fishing and hunting, wildlife watching, camping, motorized and non-motorized trails, boating and outdoor education. CPW's work contributes approximately \$6 billion in total economic impact annually throughout Colorado.

Coloradans Protecting Wildlife is an issue committee that was formed to keep wildlife management in the hands of experts. The group believes that if wolves were to migrate to Colorado it should be naturally, without human interference and not at the whim of ballot box biology.

The committee consists of a robust coalition including farmers and ranchers, outdoor enthusiasts, conservationists, sportsmen, and other interested stakeholders.

For additional information about Coloradans Protecting Wildlife, please visit: www.RethinkWolves.com.

Report courtesy of Coloradans Protecting Wildlife.

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Public Notices

NOTICE OF STOCKHOLDERS MEETING
The San Luis Valley Canal Company
NOTICE IS HEREBY GIVEN that the annual meeting of the Stockholders of the San Luis Valley Canal Company is called for and will be held at the Methodist Church Annex in the Town of Mosca, County of Alamosa, State of Colorado on Saturday, January 11, 2020, commencing at the hour of 11:00 o'clock a.m. for the purpose of certification of proxies, with the business meeting to commence promptly at 1:00 o'clock p.m. for the following purposes:
1. Laying of an assessment for operation expenses for 2020; and,
2. The election of two (2) directors to serve for a term of three years; and,
3. The transaction of such other business as may come before such a meeting.
Lunch will be served at noon.
Lydia Davis
Secretary
No. 1219
Published in the Valley Courier on January 02, and 11, 2020

ESTRAY: 1 Black Bull. Branded: 3 strung T on left rib. Livestock must be claimed by legal owner within 10 days or will be sold by Colorado Brand Board. For information call 719-298-2893 or 303-869-9160.
NO. 1233
Published in the Valley Courier on January 11, 2020

NOTICE OF PUBLIC HEARING
Pursuant to ARTICLE EIGHT of the Alamosa County Land Use Development Code: NOTICE IS HEREBY GIVEN that a Public Hearing before the Alamosa County Planning Commission is scheduled for February 12, 2020 at 6:00 P.M. in the Alamosa County Services Center, 8900 Independence Way, Alamosa, CO. 81101, for the purpose of considering text amendments to the Land Use and Development Code for Alamosa County.
The full details of this application are available for public inspection in the County Land Use office during regular office hours.
Any interested person(s) may appear and be heard at the public hearing.
Rachel Baird
Land Use Administrator
No. 1239
Published in the Valley Courier on January 11, 2020

NOTICE OF PUBLIC HEARING
NOTICE IS HEREBY GIVEN that a Public Hearing before the Alamosa County Planning Commission will be held on Wednesday, February 12, 2020 at 6:00 PM, in the Alamosa County Services Center, 8900 Independence Way, Alamosa, Colorado for the purpose of considering an application for a Minor Subdivision submitted by David and Georgia Cook.
The applicant is proposing to subdivide one 5-acre parcel to make 2-2.49-acre lots.
The legal description of the property is:
Lot 6, Pleasant Acres Subdivision, the plat of which was recorded April 20, 1971, under Reception No. 167663 in the office of the Clerk and Recorder of Alamosa County, Colorado records.
Details regarding this application are available for public inspection in the Alamosa County Land Use Office at 8999 Independence Way Suite 100 during regular office hours.
Rachel Baird
Land Use Administrator
Alamosa County
No. 1240
Published in the Valley Courier on January 11, 2019.

099 ANNOUNCEMENTS

INVITATION TO BID Location: San Luis Valley Conejos County Hwy 142 near the Rio Grande Bridge. Separate sealed BIDS for the Sangre de Cristo National Heritage Area/Rio Grande Natural Area Sign Panel (Special)-6 Panel will be received by San Luis Valley Great Outdoors, P.O. Box 300, Alamosa, Colorado 81101, located at 610 State Ave., Alamosa, Colorado 81101, until 2:00 P.M. on January 24th, 2019. The project consists of the following: The Sangre de Cristo National Heritage Area/Rio Grande Natural Area is looking for the installation and fabrication of one Sign Panel (Special)-6 Panel Portals, located at Colorado State Highway 142 near the Rio Grande River crossing between Manassa, CO and San Luis, CO. Bid designs will be similar to those of the Portal Signs located in San Luis (Main Street next to the park), Antonito (south of Antonito across from Cumbres & Toltec Scenic Railroad) and Alamosa (Rio Grande Farm Park) along the Los Caminos Antiguos Scenic and Historic Byway. Copies of the Plans may be obtained by emailing San Luis Valley Great Outdoors at slvgreatoutdoors@gmail.com. It is anticipated that the project construction will begin March, 2019.(1/24)

102 CARD OF THANKS

THANK YOU FOR the expressions of sympathy conveyed to us in many ways. We deeply appreciate everything to help us get through this difficult time. The Lawrence Trujillo Family.(01/11)

163 LOST & FOUND

TWO MISSING DOGS Brown Yorkie, Black and white lab mix. Family desperately seeking deceased mother's dogs. Please call 720-588-7974 or 720-9996-8980 Locally call 719-580-6635. ((1/18)

FOUND A HUSKY

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

163 LOST & FOUND

LOST DOG REWARD offered. In the area of San Luis. Male shepherd/heeler mix approx. 2 yrs old tan with tip on tail tummy black. Big thick brown leather collar. Not neutered. Call 505-506-8755 goes by "Leo" Male Boxer Mix "Chacko". Lost seen Jan 3 in Magote/Canon area. If found call 719-588-1296 or 719-588-0802 "REWARD"(1/16)

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)

221 HELP WANTED

SIGNING BONUS-\$1,000 AT hire, \$1,000 after completing one year of service. Conejos County is seeking a Caseworker for the Department of Social services and offering a signing bonus. Annual Salary \$35,000. Responsibilities include: Intake and/or ongoing social casework services to families/adults, attending drug court, performing assessments, counseling, and crisis intervention. Duties are to protect children and adults from situations of abuse, neglect and other forms of maltreatment. Bachelor's Degree in Social Work, Psychology or related field required. One-year experience preferred. Applications are available at Conejos County Administration Office 6683 County Rd. 13, Conejos, CO 81129, or via email upon request at cricci@co.conejos.co.us. Deadline is January 17, 2020. Inquiries call 719-376-6799 EEOE (1/17)

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

221 HELP WANTED

THE ALAMOSA COUNTY Commissioners have announced a "Notice of Vacancy" and accepting applications for a board member position on the Local Marketing District Board through the Alamosa Convention & Visitors Bureau. The Alamosa Convention & Visitors Bureau (CVB) is funded through the Alamosa Lodging Tax and the Alamosa Local Marketing District tax collections. The CVB team of professional staff serve at the direction of the Alamosa Tourism Development Board and the Local Marketing District Board. The members of these boards are appointed by the Alamosa County Commissioners and include the very best community leaders who have a firsthand knowledge of tourism and economic development. The board meets on the second Thursday of every month unless otherwise posted. Meeting agendas are posted at The Depot, 610 State Avenue, Alamosa. It is the goal of the Local Marketing District to bring visitors to Alamosa County while providing them with the best attractions, events, and services possible. Expectations of a board member is to attend the meetings and actively engage in the direction and budget of the Local Marketing District. This is an unpaid board position and you must be a resident of Alamosa County to apply. Those interested in applying for the Board must fill out an application. It may be found at www.alamosacounty.org. Applications must be received by January 16, 2020. Send your information to Belina Ramirez, Executive Assistant, 8900-A Independence Way, Alamosa, CO 81101 or to bramirez@alamosacounty.org. If you have questions regarding the Local Marketing District Board please contact Kale Mortensen, Executive Director at director@alamosa.org. (01/11)

OTERO JUNIOR COLLEGE Child Development Services accepting applications for positions at the Center, Colorado Migrant and Seasonal Head Start Center Full-time Family Advocate Full-time Head Teacher (non-classroom supervisory position) Full-time Bus Driver/Janitor. All positions eligible for health, dental, vision and life benefits. Participate in Public Employees Retirement Association. Earn sick and personal leave. Job descriptions with qualification requirements and applications are available at the CDS website employment page at www.cdsheadstart.com Application deadline for the Family Advocate position is January 27, 2020. Applications for Head Teacher and Bus Driver/Janitor position will be accepted until positions filled. For more information contact Michelle Weaver, 719-384-3103 or at michelle.weaver@ojc.edu Otero Junior College is an Equal Opportunity/Affirmative Action/Title IX/Section 504 employer.(1/27)

RIOGRANDE COUNTY Weed Control District is seeking a full time Weed/Pest District Supervisor. Applicants must have a High School Diploma or GED, knowledge of noxious weeds with Colorado Department of Agriculture Pesticide Applicators Qualified Supervisor License. Good driving record and current Colorado Driver's License required. Background Check and Pre-employment Drug Screening required. Application and job description 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.(1/11)

NEED A SECOND INCOME? child support? Car Repairs? Taxes Due? Earn up to \$800/month delivering the Valley Courier. Contact Keith at 589-2553. (2/26-TFN) (1/16)

221 HELP WANTED

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)

CONJOS COUNTY PUBLIC Health is seeking an Assistant Personal Care Provider Scheduler. Duties include: Scheduling and finding substitutes for PCP's. Conducts orientation on policies, conducts supervisory visits, training, home visits, prepares PCP timesheets, monitors PCP placements, and notifies clients of changes in scheduling. Fills in as on call PCP. Knowledge of Microsoft Office, data entry skills a must. Bilingual preferred and High School Diploma or equivalent. Application Form Required available at County Human Resources/Administration Office 6683 County Rd. 13, Conejos CO. or via email upon request at cricci@co.conejos.co.us. Deadline is Wednesday, January 15, 2020. Inquiries call (719) 376-6799. (1/16)

THE ALAMOSA COUNTY Board of Commissioners is seeking interested citizens to serve on the Alamosa County Planning Commission. The Planning Commission is comprised of five volunteer citizens and one alternate appointed by the Board of County Commissioners. They advise the County on planning, land development, and land policy within Alamosa County. This position is appointed to attend Planning Commission Board meetings. Those interested in applying for the board member position must submit an application and current resume. Applications may be picked up at the County Administration office at 8900-A Independence Way or online at alamosacounty.org. Applications must be received by January 16, 2020. Send your information to Belina Ramirez, Executive Assistant, 8900 Independence Way, Alamosa, CO 81101 or to bramirez@alamosacounty.org. If you have questions please contact the Alamosa County Land Use Department at landuse@alamosacounty.org or (719) 589-3812. (1/16)

NEED A SECOND INCOME? child support? Car Repairs? Taxes Due? Earn up to \$800/month delivering the Valley Courier. Contact Keith at 589-2553. (2/26-TFN) (1/16)

221 HELP WANTED

THE CITY OF Alamosa is seeking a Full-Time Water/Wastewater Technician I to perform operations, maintenance, and repairs within the water and sewer divisions under the supervision of senior personnel. This position is responsible to provide on-call service on a rotating basis to cover after-hours repairs and maintenance, as required. Starting salary is \$15.25 - \$16.78 per hour (DOQ), including a comprehensive health benefits package, COPERA retirement, and vacation, personal, and sick leave. Applications can be found online at www.cityofalamosa.org under Employment or at the HR Department, 300 Hunt Avenue, Alamosa, Colorado. Closing date is January 24, 2020 at 5 pm. (1/24)

SANFORD SCHOOL DISTRICT is accepting applications for High School Baseball Coach. Applications can be downloaded at www.sanfordschools.org Sanford School is an EOE&E. (1/24)

GROWING AND EXPANDING Needing Driver/Counter Sales Pro. Must have good MVR and great work ethic. Stop by Carquest Auto Parts at 302 State Ave. Alamosa, CO. for an application. No phone calls please. (01/17)

ALAMOSA COUNTY JOB OPPORTUNITIES

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

Visit www.alamosacounty.org for details
8900-A Independence Way • Alamosa

221 HELP WANTED

SIERRA GRANDE SCHOOL District is currently accepting applications for the position of school secretary/receptionist. Applicants should have a background in clerical/office work as well as excellent management skills and experience in working with the public. Experience in automated data management skills and electronic web-based platforms is preferred, but not required. 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. Darren Edgar at dedgar@sierragrandeschool.net or turned in at the district office. For more information please contact Mrs. DeAnn Arellano at 719-379-3257.(1/24)

RIVER VALLEY INN Nursing Home in Del Norte is looking for CNA's to join our Family! Night shift with differential, health benefits/competitive wages. Please stop in for an application at 1335 6th St. in Del Norte CO or call 719-657-1105. Ask for Susan or Paula. (RVI is EOE)(1/22 #2)

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 fuchsranhinc@gmail.com.(2/5)

WAITRESS POSITION AVAILABLE at El Charro Café. Hours vary. Apply in person 1605 Main, Alamosa. (1/16)

RIVER VALLEY INN Nursing Home now hiring LPN's OR RN's. Come join our team! Must have a current license and CPR. Night shift with differential. Please stop in for an application at 1335 6th St. in Del Norte CO or call 719-657-1105. Ask for Susan or Paula. (RVI is EOE). (1/22 #1)

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

221 HELP WANTED

CONJOS COUNTY SHERIFF'S Office is seeking a Patrol Deputy. Duties include: Enforces Colorado laws & ordinances, report writing, investigates, apprehends and arrests suspects. Patrols entire county. Must be 21 years of age, have a valid driver's license and be Colorado Post Certified. Must be eligible to carry a firearm. Must pass background check and drug screen. 2 years' relevant law enforcement experience preferred. Starting salary is \$35,360. County Application Required. Deadline Ongoing. Applications available at the Conejos County Human Resources Office or via email upon request at cricci@co.conejos.co.us. Inquiries call 719-376-6799 or 719-376-2196. (1/17)

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Valley Courier

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Classifieds

221 HELP WANTED

CONEJOS COUNTY SHERIFF'S Office is seeking full-time and part-time Detention Deputies in the jail. \$15.00/hr. Performs routine work in the safekeeping of prisoners, oversees inmates during transport, testifies in court, and processes arrest/booking paperwork for detention and courts. Experience preferred. High School Diploma or equivalent. Must be able to pass pre-employment background check, and drug screen. County Application Required. Deadline: January 17, 2020. Applications available at co.conejos.co.us. Inquiries call 719-376-6799 or 719-376-2196. (1/17)

221 HELP WANTED

VOCATIONAL REHABILITATION COUNSELOR opening in Alamosa. Full Time, Salary \$4284/month with benefits. Apply online at colorado.gov/jobs by January 13, 2020.(1/11)

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

221 HELP WANTED

FRIDAY HEALTH PLANS is a company designed for the new healthcare economy and empowers more consumers to choose their own health coverage. FRIDAY IS LOOKING FOR ITS NEXT GREAT CUSTOMER SERVICE REPRESENTATIVE IN ALAMOSA TO JOIN OUR RAPIDLY GROWING TEAM! The successful candidate must have 1-2 years' experience in a customer facing position. Must also have excellent interpersonal skills, good communication skills, and professionalism in dealing with coworkers, members, and providers. Interested candidates should send their resume and cover letter to resumes@fridayhealthplans.com. (01/18)

351 LIVESTOCK

SALE REGISTERED BLACK Angus Bulls and semen sales Brink Livestock Services admin@brinklvestock.net www.brinklvestock.net 888-641-3750 / 719-480-3932.(1/21)

360-MISCELLANEOUS FOR SALE

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

ZACH'S EUROPEAN MOUNTS.

Professional work, low prices. 719-580-0398. (TFN)

369 - PETS & SUPPLIES

FREE KITTENS to good inside home. Call 719-250-7597.(1/15)

ALL DOGS ADOPTED FROM THE VALLEY HUMANE LEAGUE HAVE TO BE SPAYED OR NEUTERED BEFORE 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 (WOOF); email: woof@slvaws.org. (TFN)

324 - FEED & SEED

GRASS HAY FOR sale 3X4X8 bales call anytime 719-580-5745. (1/15)

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

351 LIVESTOCK

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

369 - PETS & SUPPLIES

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

FREE TO GOOD home.

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

409 FARM & RANCH LAND

HAY GROUND WANTED for share crop or cash lease. Over 20 years experience 719-850-1626. (2/5)

415 - HOMES FOR SALE

VERY CLEAN 2 Bedroom Home for sale / With Fireplace. Priced in the \$90's. Call 719-480-9893. (01/22)

426 - MOBILE HOMES FOR SALE

MOBILE HOME FOR sale - 1982 Atlantic. 2 bedroom, 2 bath, 14x52, nice, very clean. Remodeled. In a nice/quiet trailer park. Listed price \$19,995/OBO. Call 719-496-7937 or 801-647-3944. (TFN-11/21)

525 GUNS

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

601 APARTMENTS FOR RENT

2 BEDROOM, 1 Bathroom duplex Monte Vista. 2 car garage W/D included \$700/Mo includes W/S/T. No pets/smoking 303-589-5455. (1/15)

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Family living at an affordable price. Immediate Availability

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754-3261

Rental assistance available to qualified households.

TTY 1-800-659-2656

This institution is an equal opportunity provider

Accepting Applications for 2 Bedroom Apartments - Handicap Units Available. Rent based on income for qualified households.

Gateway Villa Apartments

929 Spruce St. Del Norte, CO

657-3654

TTY 1-800-659-2656

This institution is an equal opportunity provider

Accepting Applications for 2 & 3 bedroom family units. Family living at an affordable price. Immediate Availability

Valley Grande Apartments

2256 East Drive Monte Vista, CO

852-4302

Rental assistance available to qualified households.

TTY 1-800-659-2656

This institution is an equal opportunity provider

Accepting Applications for waiting list for 2 & 3 bedroom family units. Handicap accessible units available. Immediate Availability

West View Villas

510 Dunham Monte Vista, CO

852-3949

TTY 1-800-659-2656

This institution is an equal opportunity provider

601 APARTMENTS FOR RENT

2 BEDROOM, DOUBLE garage duplex. \$800/Mo. No pets/smoking. References 2632 Clark 719-588-3431. (01/11)

611 - HOMES FOR RENT

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

611 - HOMES FOR RENT

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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Blanca.....	81123
Bountiful.....	81140
Capulin.....	81124
Center.....	81125
Chama.....	81126
Conejos.....	81129
Creede.....	81130
Crestone.....	81131
Del Norte.....	81132
Ft. Garland.....	81133
Garcia.....	81134
Homelake.....	81135
Hooper.....	81136
Jaroso.....	81138
La Garita.....	81132
La Jara.....	81140
La Sauses.....	81151
La Valley.....	81153
Manassa.....	81141
Moffat.....	81143
Mogote.....	81120
Monte Vista.....	81144
Mosca.....	81146
Romeo.....	81148
Saguache.....	81149
San Acacio.....	81151
Sanford.....	81151
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San Pablo.....	81153
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Comics

CROSSWORD PUZZLE

- ACROSS**
- 1 Gregory Hines' dance style
 - 4 Choose
 - 7 Dixie fighter
 - 10 Kimono sash
 - 11 Out in front
 - 13 Previous
 - 14 "Friends" network
 - 15 Coffee and steamed milk
 - 16 Lb. or tsp.
 - 17 Less trying
 - 19 Some parents
 - 21 Tpk.
 - 22 Strut along
 - 23 Decaf brand
 - 26 Apollo's twin
 - 30 Three, in Madrid
 - 31 Pablo's aunt
 - 32 Not hither
 - 33 Want-ad letters
 - 34 MS polishers
 - 35 "___ Karenina"
- DOWN**
- 1 Muscle quality
 - 2 Mr. Eban
 - 3 Snapshots
 - 4 Windy City airport
 - 5 Cat or canary
 - 6 Trim a doily
 - 7 Gather in, as crops
 - 8 Funny Bombeck
 - 9 Wagers
 - 11 Prince Val's wife
 - 12 Bus station
 - 18 Ticks off
 - 20 Gorilla
 - 22 Bikini tops
 - 23 Mushroom part
 - 24 Geometry problem
 - 25 Inert gas
 - 26 Office assistant
 - 27 Gabby bird
 - 28 Charged particles
 - 29 Break
 - 31 Bristle with
 - 35 "Woe is me!"
 - 37 Situps strengthen them
 - 38 Teach privately
 - 39 Leafy vegetable
 - 41 Revise
 - 42 Keeps fit
 - 43 Uttered
 - 44 Ill-favored
 - 46 Deli sandwich
 - 47 Major Hoople's word
 - 48 Venetian ruler
 - 51 Singer — Rawls
 - 52 Drab color

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ALLEY OOP

OKAY, SO WE SET THE DEVICE TO OUR UNIVERSE, UNIVERSE 2, AND PRESS...

WAIT! CAN I DRIVE? I NEVER GET TO DRIVE!

ALLEY, NO!

HEY, DID I SHOW YOU HOW TO PUT THE SAFETY ON...?

ARLO & JANIS

DON'T YOU KNOW IT'S FREEZING OUT THERE?

HE CAN JUST USE THE LITTER BOX!

I SO UNDERSTAND, BUT THAT'S BETWEEN YOU AND ME!

BIG NATE

I'M REWORKING MY STORY SO THAT IT'S NO LONGER A "STAR WARS" RIP-OFF!

INSTEAD OF BEING SET IN OUTER SPACE, IT'S NOW SET IN INNER SPACE!

IT'S ABOUT A GUY WHO SHRINKS HIMSELF TO SUBATOMIC SIZE AND EXPLORES THE BRAINS OF PSYCHOPATHIC CIRCUS CLOWNS!

WEIRD STUFF HAPPENS INSIDE THE HUMAN BRAIN!

I'VE NOTICED.

THE BORN LOSER

GOOD MORNING, MOTHER GARGLE!

GOOD MORNING, BRUTUS! I MUST SAY, YOU ARE LOOKING QUITE DAPPER TODAY!

I LIKE HER MUCH BETTER WHEN SHE OWES ME MONEY! IF SHE NEVER PAYS ME BACK, IT WAS WORTH EVERY PENNY!

FOR BETTER OR FOR WORSE

I'M SICK OF IT. I'M SICK OF HEARING ABOUT THE NEW BABY. IT'S ALL THEY EVER TALK ABOUT.

MOST OF THE STUFF MOM GOT FOR CHRISTMAS WAS FOR THIS KID - AN IT ISN'T EVEN BORN YET!

I KNOW WHAT'S GONNA HAPPEN. MICHAEL WILL TAKE OFF ALL THE TIME - AN GUESS WHO'S GONNA BE EXPECTED TO CHANGE IT AN FEED IT, AN BABY-SIT!

I'M SICK OF HEARING ABOUT THE NEWBABY. ... BUT I STILL CAN'T WAIT 'TIL IT'S HERE!

FRANK & ERNEST

I HEAR THIS PLACE CHURNS OUT BITS OF TRUTH.

YES, IT'S A FACTORY!

GARFIELD

WELCOME ONCE AGAIN...

TO "THE OBEDIENT CAT SHOW"

STARRING ABSOLUTELY NO ONE

THE GRIZZWELLS

TUCK, YOUR MOM TOLD ME TO TELL YOU SOME WORDS TO LIVE BY

SWEET!

WELL, WHAT ARE THE WORDS, POP?

YOU GOT ME, SON. THAT'S ALL SHE SAID

PEANUTS

WE'LL GO OVER TO MY HOUSE...

WE'LL QUAFF A FEW ROOT BEERS, AND WE'LL SETTLE OUR DIFFERENCES LIKE CIVILIZED GENTLEMEN...

GULP GULP GULP

QUAFF QUAFF QUAFF

IT NEVER FAILS... THREE ROOT BEERS AND WOODSTOCK FALLS SOUND ASLEEP!

SUDOKU

DIFFICULTY RATING: ★★★★★

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HERMAN

"In 35 years, you're my first case of this!"

Absence from guest list hurts old friend of groom's mother

DEAR ABBY: I have had a friend, "Kimberly," for 52 years, ever since first grade. We went all through school together. Teachers described her as a "social butterfly." My dad described her as a "phony." She's an extrovert with a nice personality and many friends. I am more of an introvert, but I do have a few good friends. We are both happily married with children and grandchildren.

I moved from our hometown 28 years ago, but we have stayed in contact. Kim will call me on my birthday, etc. We talk on the phone every few months and meet for lunch when I go back to visit. She refers to me as her "oldest and dearest friend."

I invited Kim to all four of my children's weddings. She didn't attend, but sent gifts. (Kim has anxiety and doesn't like to travel.) When her older son got married two years ago, I wasn't invited, but I sent a generous gift. Now, her younger son is being married, and again, I'm not invited.

I'd like to share in Kim's joy. There are people attending I'd like to see. I feel like a fool. Do you think my dad was right about Kim? Am I on her "C" list when I thought I was "A"-rated? I feel like a 12-year-old who was excluded from a loved and respected. Now slumber party. Should I tell her how hurt I am or con-

tinue the next 20 years in this "phony" relationship? -- SUCKER-PUNCHED IN KANSAS

DEAR SUCKER-PUNCHED: Do NOT quietly nurture a grudge that may end your long friendship with Kim. Have a talk with your old friend about your feelings. Depending upon who has footed the bill for these shindigs, you may be blaming the wrong person.

Traditionally, the bride's parents pay for their daughter's wedding; more recently, the happy couples pay for it themselves. For financial reasons, they may have needed to curtail the guest list, which is why you weren't invited. Also, the young couple may have preferred to include more of their own friends, which limited the number of invitations the groom's parents could issue.

DEAR ABBY: I am a senior citizen who lives alone. I was married many years ago, but it ended in divorce. I was unable to conceive a child.

My brothers and sisters all have spouses and children. I am an aunt to many. My problem? The children don't call me "Aunt" anymore. When they were little, it gave me such warm feelings to be called Aunt or Auntie. It made me feel who was excluded from a loved and respected. Now slumber party. Should I tell her how hurt I am or con-



ABIGAIL VAN BUREN

me by my first name.

Am I silly to be bothered by this? These same nieces and nephews still call their parents "Mom" and "Dad." I called my own aunts by the title well into my 50s until they died. Abby, am I old-fashioned to want to keep my title in a world where respect seems to be a thing of the past? -- FOREVER AUNTIE IN MINNESOTA

DEAR AUNTIE: I don't think you are silly, and whether you are old-fashioned (or not) is beside the point. Tell your nieces and nephews how much you appreciated being called "Aunt," and ask them to resume using the title. If you had a close relationship with them while they were growing up, I am sure they will respect your wish -- especially when you tell them why.