



Pirates fall behind against Pueblo Central.

— Page 6



Census recruitment falls short.

— Page 5



VOLUME 94, NO. 5

Valley Courier

WEDNESDAY EDITION | WWW.ALAMOSANEWS.COM

LOCAL NEWS... LOCAL VIEWS

JANUARY 8, 2020

\$1

Imagine Your Ad Here!

SLV Today Calling all senior artists

ALAMOSA— Alamosa Senior Center is looking for artists 50 years old and older to participate in its "Senior Art from the Heart" Art Show...

SDCSBOE will meet Jan. 14

SANGRE DE CRISTO—The Sangre de Cristo School Board of Education monthly meeting will be Jan. 14 in the school library at 8751 Lane 7 North, Mosca...

Seniors will host dance

ALAMOSA— The Alamosa Senior Citizens will hold its New Year's dance from 1:30 p.m.-4 p.m. on Friday at 92 Colorado Ave. Bernal and Alex will provide the music and the cost is \$5 per person or \$3 if one brings a snack to share.

Follow us on Facebook - Alamosa Valley Courier

SLV WEATHER



Sunny 30/-1

Thur.: Partly Cloudy 28/2 Fri.: Partly Cloudy 27/-11

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

ASU's Mortensen retires

Grizzlies' AD will step down after his 14th season

ALAMOSA — Athletic Director Larry Mortensen will retire from Adams State University at the end of the spring semester in May, leaving behind a legacy of devotion to the significant student-athlete population on campus.

A national search for Mortensen's replacement will begin immediately, said Adams State President Cheryl D. Lovell. "Adams State is a special place that serves a unique mission, and I'm proud to have served that mission for nearly a quarter-century," said Mortensen, who was appointed athletic director in the 2006-2007 academic year following 11 years as Adams State head men's basketball coach.

"Adams State has been life-



Larry Mortensen

changing for me," Mortensen said. "I hope I have contributed, in some small part, to the better-

ment of the institution and the student-athletes Adams State serves."

Adams State fields 18 NCAA Division II teams that compete in the Rocky Mountain Athletic Conference.

The student-athlete population represents more than a third of the total student population at Adams State, an emphasis Adams State will make in its search for a new athletic director.

"Larry has been an invaluable part of Adams State and I have grown to trust and value his opinion and leadership," Lovell said. "The athletic director role is a critical position for the university. The student-athletes are a vital part of Adams State and our commitment is to build on the work Larry has done in growing and serving a diverse student-athlete group."

Adams State's 18 sports teams

See GRIZZLIES page 3

Larry Mortensen's history at ASU

- B.A. Education Adams State, 1988
M.A. Education Adams State, 1993
Appointed Head Men's Basketball Coach, 1996-97
Appointed Interim Athletic Director/Basketball Coach, 1999-2000
Named Adams State Athletic Director, 2006-07
Established Student-Athlete Advisory Committee (SAAC)
Wells Fargo RMAC Cup Winner, 2012
Top 10 finish in National Learfield Cup 13 of 15 years as athletic director
RMAC Basketball Coach of the Year, 2006-07
RMAC championship national tournament qualifier, 2006-07
Brought Colorado High School Coaches Association All-State Game to Adams State and Alamosa for nine years



Audiologist Diane Brady (above) serves veterans remotely from her home office.

Serving veterans

Alamosa clinic handles 6,200-plus outpatients per year

ALAMOSA — The San Luis Valley is a beautiful region in south-central Colorado with an average elevation of 7,664 feet and a cold desert climate.

The Valley is picturesque, with the Great Sand Dunes National Park and Preserve nestled at the foot of the usually snow-capped Sangre de Cristo Range. Just down the road from the park is the City of Alamosa, featuring a VA Clinic that is small but mighty.

During fiscal year 2019, more than 1,100 veterans used the Alamosa clinic, completing 6,200-plus outpatient visits. Good things are happening at the Alamosa clinic, and the team of dedicated

employees is at the heart of that progress.

The in-house Alamosa team consists of a primary care provider, a registered nurse, a licensed practical nurse, two telehealth technicians, a medical support assistant and a licensed professional mental health counselor. The clinic also has remote staff, like audiologist Diane Brady, who serves veterans from her home office.

Because Alamosa is a small city, the staff are well known and often run into their veterans at the local grocery store or gas station. Most of the staff even grew up in or near Alamosa. Telehealth tech Debra Martinez said, "I've had veterans come up to me at the store and ask me to make them an appointment. It feels like family here."

Two of the staff members, telehealth tech Brandon Snow and counselor

See CLINIC page 3

San Luis man found dead in his backyard

By SYLVIA LOBATO
SAN LUIS — A suspicious death was discovered in San Luis early Saturday Dec. 21 in the 700 block of Pedro Street.

Reports from the Costilla County Sheriff's Office said Dennis Valdez was found deceased in his backyard, triggering an investigation that is still ongoing.

The sheriff, 12th Judicial District Attorney's Office and Colorado Bureau of Investigation are all part of the probe.

Sheriff's Sgt. Clark said there are some items and materials, but nothing concrete as to the manner of death, who may know about it or be involved with it.

"As of now, we are calling it a suspicious death," Clark said. "At this time there is no threat to the general public."

Persons who might know about the incident are welcome to call the sheriff's office at 719-672-0673.



TSA Precheck is now in Alamosa

By HELEN SMITH
Staff Writer

ALAMOSA — Travellers looking to fly out of the San Luis Valley Regional Airport can now get the Transportation Security Administration's Precheck in Alamosa.

Gigi Dennis, Alamosa County Administrator, was quick to point out that this new addition to the area is a big step forward for local flyers.

"A person used to have to go to DIA or Colorado Springs to get this done, but there is a local company that will send in the paperwork and does the fingerprinting in Alamosa," she said.

Dennis further noted that the TSA's Colorado Springs branch recently closed its office, so this is added convenience for anyone in Southern Colorado."

To apply, an individual can fill out the paperwork at https://www.tsa.gov/precheck, then proceed to make an appointment or walk into the local office.

The cost for Precheck is \$85 and covers membership for five years.

Dennis said, "It speeds up security, and you don't have to remove your shoes, laptop, liquids, etc." She called the process "Fast, easy, and convenient."

Follow Us Online at: www.alamosanews.com THIS COULD BE YOUR AD!!!



Record

OBITUARIES

Valentina Valdez



DEL NORTE — Del Norte resident Valentina Valdez went to her eternal rest on Dec. 31, 2019 in the company of angels with her loving family by her side.

Valentina was welcomed into the world on June 27, 1921 in Cerro, N.M., the beloved daughter of Porfiria Cortez and Ysidoro Arellano.

United in marriage to the love of her life Abe Valdez on July 12, 1968 in Del Norte, Valentina lived an extraordinary life with Abe devoted to caring for him and their family.

She was a member of A.M.B. of Antonito, Holy Family Society, St. Anthony Parish, S.B.I.C. of Del Norte.

A selfless and devoted mother, grandmother, great-grandmother, sister, aunt, cousin and friend, Valentina enjoyed being in the mountains and spending as much time as she could with her family and friends.

She will live on through her sons, Juan Vigil of La Junta, Michael J. Vigil of Del Norte; step-daughters Marcella (Frank) Gonzales, Martha Hagan; daughter-in-law, JoAnn (Phil) Sanz; 16 grandchildren, 44 great-grandchildren, 39 great-great-grandchildren, two great-great-great-grandchildren, sister, Ursula Vigil of La Garita; brother, Abad "Joe" Arellano of Fairfield, Mont.

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

Valentina was preceded in death by her parents Ysidoro and Porfiria Arellano; sons, Patricio and Alfonso Vigil; sisters, Urse-lita, Maria De La Luz, Secarita, Bernabe, Odu-lia, Josephina, Cordelia, Carmel, Elsiara; brothers, Celso, Antonio, Celedonio and Antonio.

A Vigil Service with Recitation of the Rosary will be held on Friday, Jan. 10, 2020 at 7 p.m. at the Holy Name of Mary Catholic Church in Del Norte. A Mass of the Resurrection will be held on Saturday, Jan. 11, 2020 at 10 a.m. also at Holy Name of Mary Catholic Church. Interment will follow at the Del Norte Cemetery. To leave online condolences, please visit romerofuneralhomes.com. The care of arrangements have been entrusted to Romero Funeral Home of Monte Vista.

Joseph J. 'JC' Clark, 103

SALIDA—Having lived to the age of 103, Joseph J. ("JC") Clark, a quiet, unassuming, gentle man peacefully passed from this life into the next on Dec. 24, 2019, at the Colorado Veterans Community Living Center (CVCLC) at Homelake.

He served for 19 months with the Army Air Corps in World War II in the Asiatic-Pacific Theater with the 565th Signal Aircraft Warning Battalion.

He was a cryptologist who typed personnel rosters and records and handled correspondence for the Intelligence Department.

(Cryptology is the conversion of data into a secret code for transmission over a public network.)

Mr. Clark was born on Sept. 6, 1916, in a home in the San Luis Valley where he eventually farmed for 13 years.

When farming was no longer a viable option, he moved his family to Salida, and worked for the Colorado State Reformatory in Buena Vista for 21 years before he retired. He loved to fish and hunt small game and would often return to the Valley to enjoy those hobbies with friends.

He enjoyed playing cards and he loved gardening. He was always making

sure his plants and lawn got the attention he felt they deserved in his well-groomed yard.

He and his wife, Madelyn, enjoyed 73 years of marriage. To their union three children were born, one, a girl, died at birth and Cheryl and Craig, both single. Ronnie Clark, who lives in Texas, is Mr. Clark's son by his first marriage.

Cremation was selected and a memorial, along with burial, will occur in Salida at a later date, to be determined.

Mrs. Clark is deeply grateful to those who took care of "JC" at the Veterans' Center where the couple has resided for the past two years.

Farewell

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

October

- Criselda Medina, 98
- Harold "Sam" Dean Swartz, 88
- Marie E. Valdez
- Christopher Behne, 61
- Christopher Eugene Hernandez
- Jose Rafael "Rafa" Ramirez-Mendoza, 50
- Kenneth Lee Morgan, 77
- Perry "Poops" Sowards, age 49
- Olivia Mary Espinoza, 79
- Peter Daniel Vigil
- Carmelita P. Serrato, 87
- Henry Michael Lovato, 47

- Norma Arlene McEwan, 95
- John Joseph Chase, 88,
- Barbara Jeanne Relyea, 96
- Joe and Mike Lujan
- J. Lynn Shawcroft
- Matthew Toby Gonzales, 59
- Dorothy Louise Mathis, 92
- Carolyn Bell Davis, 81
- Christopher Eugene Hernandez
- Evelyn Louise Olson, 96,
- Kelly Ray Bennett, 65
- Eleanor C. Velasquez, 97
- Don Lounsbury
- Gregory George Malouff
- Elizabeth Louise Thissen, 86
- Jose, aka Joey Ruybal Jr., 41
- Eleanor Claudina Velasquez, 97

- Cloyde E. Snook, 89
- Richard Oren Faucett, 92
- Martha M. Atencio
- Leandro Gonzales, 91
- Kevin C. Tonso, 50
- Dr. Raymond Mayo Culp, 80
- Mary Agnes Cuevas-Garcia, 58
- Nellie Marie Vanderpool, 96
- Dr. Raymond Mayo Culp, 80
- Jeromy (Jerome) Vargus, 43
- Mary Agnes Garcia, 58
- Robert Nelson Gray, M.D.
- John Luis Medina
- John William Kelly, 85
- David Loyal Morgan, age 71
- Lauretta "June" Richer, 87

- Oralia Bueno, 80
- Marlene Lillian Hernandez, 55
- Bernie Randy Suaza, 51
- Verna Retana

School Menu
Wednesday
Jan. 8, 2020

BREAKFAST
Pretzel w/Cheese
Juice & Fruit

ELEMENTARY
Beef Stroganoff
Green Beans
Dinner Roll
Vegetable Bar

SECONDARY
Beef Stroganoff
Green Beans
Dinner Roll
Vegetable Bar

To sponsor the School Menu call 589-2553

SAN LUIS VALLEY FORECAST

Today: Partly cloudy skies with a high temperature of 33°, humidity of 48%. Southwest wind 2 to 9 mph.

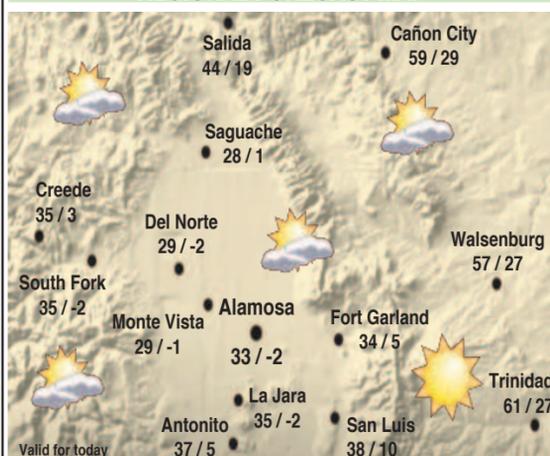
Tonight: Expect partly cloudy skies with an overnight low of -2°. South southwest wind 4 to 8 mph.

Tomorrow: Skies will be mostly cloudy with a high temperature of 26°, humidity of 61%. South wind 3 to 7 mph.

SAN LUIS VALLEY FIVE-DAY FORECAST

Friday	Saturday	Sunday	Monday	Tuesday
Precip Chance: 30%	Precip Chance: 5%	Precip Chance: 20%	Precip Chance: 15%	Precip Chance: 0%
17 / -11	20 / 0	22 / -2	16 / -8	20 / -4

REGIONAL FORECAST MAP



ALAMOSA ALMANAC

Temperature

Yesterday's High	28
Yesterday's Low	-10
Avg. High / Low	34 / -2
Record High	58 in 2006
Record Low	-38 in 1971

Sun and Moon

	Sunrise	Sunset
Today	7:18 a.m.	5:02 p.m.
Thursday	7:18 a.m.	5:02 p.m.
Friday	7:18 a.m.	5:03 p.m.

Precipitation

Yesterday's	0.00"
Month to Date	Trace
Avg. Month to Date	0.05"
Year to Date	Trace
Avg. Year to Date	0.05"

Phase	1/10	1/17	1/24	2/1
Full				
Last				
New				
First				

SNOWPACK INFORMATION

River Basin	Percentage of Normal	Upper Rio Grande River Basin	Percentage of Normal
Arkansas	118%	Cumbres Pass	116%
Colorado	108%	Medano Pass	212%
Gunnison	105%	Rio Grande Res.	221%
North Platte	114%	Stunner Pass	n/a
Yampa	119%	Trinchera	133%
Animas, Dolores, San Juan, San Miguel	118%	Weminuche Pass	n/a
		Wolf Creek Pass	99%

REGIONAL CITIES

City	Today			Tomorrow			Friday		
	Hi	Lo	Wx	Hi	Lo	Wx	Hi	Lo	Wx
Antonito	37	5	s	29	3	mc	21	-6	ss
Cañon City	59	29	s	46	27	pc	38	22	mc
Center	28	-2	pc	23	2	mc	16	-7	ss
Creede	35	3	pc	27	9	ss	20	2	ss
Del Norte	29	-2	pc	23	3	mc	16	-3	ss
Fort Garland	34	5	s	26	4	mc	18	0	ss
Hooper	28	-2	pc	23	0	mc	16	-8	ss
La Jara	35	-2	s	28	0	mc	19	-9	ss
La Veta	47	26	pc	38	22	pc	29	17	ss
Moffat	29	-2	pc	24	3	mc	18	0	ss
Monte Vista	29	-1	pc	24	0	mc	16	-9	ss
Mosca	32	7	pc	25	8	mc	19	1	ss
Platoro	40	12	pc	31	13	ss	27	3	ss
Pueblo	62	26	pc	49	23	pc	38	17	mc
Romeo	36	3	s	28	2	mc	21	-8	ss
Saguache	28	1	pc	23	6	mc	19	0	ss
Salida	44	19	s	36	17	mc	29	12	ss
San Luis	38	10	s	29	9	mc	22	3	ss
South Fork	35	-2	pc	25	5	ss	19	-3	ss
Walsenburg	57	27	pc	44	24	pc	34	19	ss

SKI CONDITIONS

Valid at 6 a.m. yesterday	Lifts			
	New	Mid Mtn.	Open	Surface
Crested Butte	0"	36"	13	PP/P
Durango Mtn.	0"	51"	7	PP/MM
Monarch	0"	46"	5	PP/MM
Telluride	0"	41"	17	PP/MM
Wolf Creek	0"	77"	9	P/PP

FORECAST DISCUSSION

Skies will be mostly cloudy Thursday night with a slight chance of snow showers, overnight low of 2°. West southwest wind 2 to 5 mph. Friday, skies will be mostly cloudy with a 30% chance of snow showers, high temperature of 17°, humidity of 64%. North wind 5 mph.

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

Today's weather sponsored by:

San Luis Valley Federal Bank

Cash in on rewards using your debit card.

Learn more about debit card rewards visit www.slvfb.com/rewards or call 589-6653

Find us on Facebook slvfed.com

OBITUARIES

Jay Junior Campbell, 1924-2020



ALAMOSA — Jay Junior Campbell passed away on Jan. 3, 2020 in Holladay, Utah.

He was born in Burley, Idaho on Dec. 29, 1924. He served in Europe in the U.S. Army from 1943 to 1946.

While in the Army stationed in Berlin, Germany, he met and married Sgt. Anna Beth Jensen from Mink Creek, Idaho.

They are the parents of five living children; Candi, John (Kris Bangerter), Tamara (Mark Feinauer), Woodrow (Michelle Ryan), and Nola (Ken Shelley).

Jay graduated from Burley High School (1943), Ricks College with a BA in Music (1950), and from the University of Utah with an MS in Music (1951) and an Ed.D. in Educational Administration (1957). He was Chairman of the Division of Fine Arts at Adams State College, Alamosa, from 1953 to 1966. He was

appointed Deputy Superintendent of Schools, Utah State Board of education in 1966, and retired from the Utah State Board of Education in 1988.

Jay married Beth Ann Moon Stewart of Salt Lake City in 1976 and they were

married 43 years. Together they have 11 children, 37 grandchildren and 39 great-grandchildren.

Jay served as a Ranger Naturalist in Yellowstone National Park and sang in the Mormon Tabernacle Choir. Jay was active in the Rotary Club, where he served as President in Alamosa, and Holladay, Utah.

After retirement, the Campbells were tour directors, escorting groups to Europe and the United States.

Jay was a member of the Church of Jesus Christ of Latter-Day Saints, serving as a Bishop in Alamosa, Colorado and Stake President of the Salt Lake Holladay Stake.

Jay also served as an ordinance worker and instructor at the Jordan River Temple in Utah. Together the Campbells served missions at the

Family and Church History Department (2003) and the Utah State Prison (2004-2009).

Jay has conducted "The Messiah" for over 30 years and was the conductor of the "Swanee Singers" Male Chorus for 35 years.

Funeral services will be held on Friday, Jan. 10, 2020 at 11 a.m. at the Cottonwood 4th Ward, 5565 South Neighbor Lane, Holladay, Utah.

Viewings will be held on Thursday, Jan. 9, 2020 from 6-8 p.m. at the Jenkins-Soffe Mortuary, 4760 South State Street, Murray, Utah, and on Friday, Jan. 10, 2020 from 10-10:45 a.m. at the church prior to the service.

To connect with Jay's son, John, please contact him at jcampbellhr@gmail.com.

Also, online condolences may be shared at www.jenkins-soffe.com.

PENDING OBITUARIES

Marcella Chacon, 86

ALAMOSA — Alamosa resident Marcella Chacon, 86, passed away Jan. 2, 2020.

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

Jimmy Romero, 70

FOX CREEK — Fox Creek resident Jimmy Romero, 70, passed away Jan. 3, 2020.

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

To report crimes anonymously call San Luis Valley Crimestoppers at 589-4111.

ALAMOSA'S DAILY TRANSPORTATION

BUSTANG OUTRIDER

RideBustang.com | 1-800-900-3011

COURIER POLICY ON OBITUARIES

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

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

Valley News

Clinic

Continued from Page 1

Donald Romero, are veterans themselves, and most of the others have veterans in their families. Everyone is dedicated to their work and really enjoy what they do.

Snow, a former Navy corpsman, said, "I love being able to help other veterans, to get to know them. It's a different kind of relationship because we're so small here."

Snow recently started traveling to the nearby State Veterans Community Living Center on Monday mornings to offer hearing aid services. "I pack up my gear and take our audiologist with me remotely. We help an average of five veterans each Monday, which saves them from having to travel to our clinic."

"I love working with fellow vets," Romero agreed. "It doesn't really feel like work, if that makes sense."

He was an Army infantryman, and now uses that experience to connect with his mental health patients. "We went through a lot of the same things, and that helps build trust. I know what it's like to eat MREs all the time. I know what it's like to be deployed. They know I get it."

Romero went on, "I enjoy working in Alamosa because it's my hometown."

For those that don't know, telehealth is much like a traditional health care appointment. If a veteran has a telehealth appointment at Alamosa, they would go to the clinic, sign in and have a seat in the waiting room. A nurse would come to greet the vet and take them to one of four exam rooms to check vitals and talk about the reason for the visit, but that is where traditional ends and progressive health care begins.

A telehealth tech enters the exam room and outlines their role in the appointment, connecting the veteran online with the telehealth provider, who appears on a screen.

From there, the tech essentially acts as the provider's hands and assists with the instructed care from the monitor. These techs and the nurse use a variety of tools to help the provider see inside ears and throats, listen to hearts and lungs, check blood pressure and other tasks, just like an in-house provider does.

The provider looks at the results on screen and then instructs the tech and nurse what to do next, until the end of the appointment.



Telehealth counselor Donald Romero smiles while sitting in his office.

Courtesy photo by Jamie Mobley

The process may seem strange to those who've never had a telehealth appointment, but many veterans said it's not much different than having a provider in the room. Romero said, "I provide mental health counseling to veterans in remote locations via something like Skype or Facetime on a screen. I can see and hear the vet, and he or she can see and hear me."

Romero thinks more appointments will be done via telehealth in the future. "It's a great tool, especially since

we live out in rural Colorado, and the weather can be bad," he added.

Whether veterans come to the Alamosa clinic for an in-person visit or a telehealth appointment with a remote provider, they will be met with a friendly health care experience, where sense of community is proud and prevalent.

From time to time, veterans on vacation in the San Luis Valley stop into the clinic with questions or requests and the staff does what they can to help.

It's all part of that small-town charm.

If you'd like to learn more about the VA Alamosa Outpatient Clinic, visit <https://www.denver.va.gov/locations/Alamosa.asp>

Story courtesy of Jamie Mobley.

Press release courtesy of Brandy Morrison | U.S. Department of Veterans Affairs, EA to the Director (Acting), Public Affairs Officer | VA Eastern Colorado Health Care System.



Courtesy photo by Dana Maestas

ASU artist in residency Shelby Head (left) with Jose Martinez, one of the grant heirs to La Sierra. Head's project, focusing on stories by La Sierra grant heirs, will open in the Adams State University Cloyde Snook Gallery on Monday, Jan. 13.

La Sierra opens at Adams State Cloyde Snook Gallery

ALAMOSA — In the fall of 2019, visual artist Shelby Head worked alongside San Luis Land Rights Council members collecting stories from the beneficiaries of the 1843 land grant issued under the Mexican land grant system.

These seven recorded stories will become large wall projections in the 2020 exhibition titled La Sierra at the Cloyde Snook Gallery on the campus of Adams State University from Jan. 13 through Feb. 6.

An opening reception for the exhibition will be from 5 p.m. until 7 p.m. on Friday, Jan. 17, and will include the grant heirs' personal stories concerning the historic land rights to La Sierra.

The centerpiece for the exhibition is a large-scale shrine designed and installed by San Luis sculptor, Huberto Maestas,

Adams State Class of 1984, from donations made by Costilla County residents. The shrine is dedicated to the spirit of La Sierra and to the generations of families who have used the mountain range for water, grazing, logging, wood, hunting and fishing.

The exhibition will travel to universities and museums in Colorado before finding a permanent home in San Luis.

This art project was made possible due to a National Endowment for the Arts Challenge America Grant awarded to the Adams State University Department of Art and Theatre for the Social Practice Arts Residency in the San Luis Valley.

For more information, contact the ASU Art and Theatre Department at 719-587-7823 or lesliemacklin@adams.edu.

Colorado No. 1 in disasters

Colorado has experienced its share of misfortune during the last 20 years.

The state has seen its rate of natural disasters increase by 1350% over the last four decades, ranking it the No. 1-highest rate increase in the nation.

QuoteWizard analyzed FEMA natural disaster data to find states that have experienced the highest rate increase of natural disasters from the year 1980 to 1999 compared with 2000 to 2017.

Other key findings:
 From 1980-1999, Colorado had a total of four natural disasters.

From 2000-2017, it had 58 natural disasters.

Fires were Colorado's most common natural disaster, nationally as well.

There was \$485 billion in estimated property loss from 2000-2017.

Years 1980-1999 had a total of 751 natural disasters. 2000-2017 had 1997 disasters.

This is a 165% average national increase.

One can find the full report live here: <https://quotewiz.com/news/posts/largest-increase-of-natural-disasters>.

FEEL LIKE A FISH OUT OF WATER?
 New in town?
 Get acquainted with and all it has to offer by ordering a subscription to the
Valley Courier
 719-589-2553
 Where To Shop!
 Where To Dine!
 Community Bulletin Board!
 Professional Services!
And more!

SKI-HI 6 SHOWTIMES
 719-589-4471

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

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

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

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

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

Tues - Thurs: 5:35, 8:00
SPIES IN DISGUISE
 Super spy, super fly PG

Call Now!
To get Your Building Started Faster!

ZTEC Construction
 Specializing in Pole Barns & Garages
 • Free Estimates •

Mervin Fisher 719.992.1396
 14972 CR 13 • La Jara, CO 81140

Grizzlies

Continued from Page 1

bring 579 students, or 35% of the student body.

A product of Alamosa High School, he graduated from Adams State — baseball, men's and women's lacrosse, men's in education in 1988

soccer, as well as men's and women's swimming.

Mortensen is home-grown, as his family members are longtime residents of Alamosa.

After attending Alamosa High School, he graduated from Adams State with a bachelor's degree in education in 1988

and a master's degree in 1993.

"The relationships with former players, coaches and staff are what I value most," Mortensen said. "I've made lifelong friendships that will resonate far beyond the athletic arena."

Mortensen said he will

remain active in Alamosa and the San Luis Valley and will stay involved with Adams State as the University moves into its 100th year.

Report courtesy of Chris Lopez, Director of Public Relations and Marketing, Adams State University.

Opinion

God bless America ...

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

The Golden Globes Awards were highlighted by Ricky Gervais' blistering and hilarious anti-PC opening monologue.

It didn't go unnoticed in Washington. Ricky Gervais could be impeached and removed from show business for attacking Hollywood without first obtaining Congressional approval.

The Beverly Hilton Hotel hosted the Golden Globe Awards Sunday that aired on NBC. Before the celebrities arrived, a sewage pipe suddenly burst in front of the hotel, soaking the red carpet in raw sewage water. It was widely believed to be Donald

Trump's second successful attack in three days.

President Trump ordered the military to launch a drone-fired Hellfire missile to kill Iran's Major General and terrorism coordinator Qassim Soleimani.

The mainstream media was aghast. If Trump killed Hitler, the New York Times would mourn the loss of a promising Austrian artist and vegetarian Iran's Major General Qassim Soleimani was killed by a Hellfire missile fired by a drone aircraft waiting for him to deplane on the tarmac at the Baghdad Airport on Thursday. Naturally the Iraqis call the act a murder. However, the New York City prison medical examiner ruled his death a suicide.

Iran reacted swiftly to the drone attack assassination of its leading terrorist General Suleimani in Baghdad last Thursday. Iran immediately offered an \$80 million reward for the head of Donald Trump. Imagine how awful Kathy Griffin feels, she had it in her hand and then threw it away. President Trump announced the assassination of Iran's terror coordinator General Suleimani on Thursday in a TV broadcast.

Trump insisted he does not want a war. He is considering giving a speech this week in Beverly Hills, which will give Trump a chance to speak directly to the Iranian people.

French president Emmanuel Macron reacted to the war drums in the Persian Gulf on Saturday and declared that the nation of France would not join the United States in any armed conflict with Iran.

It's a brand-new record. The war hasn't even started and already France has surrendered.

Newsweek's Jonathan Alter told CNN the decision to take out General Suleimani was the right call made by the wrong president.

The left was not about to give President Trump any credit for the action. Iran immediately endorsed Nancy Pelosi's statement that Trump is a clear and present danger.

The National Retail Federation reports record-high retail, big-box store and online Christmas shopping volume from Thanksgiving evening until Christmas morning. In addition, that day, Chicago had a record high of 62. It's their most number of shootings EVER on Christmas Day.

White Settlement, Texas, produced a local hero when an armed member of the church security team killed a church shooter. But now the media is saying that the town's name sounds exclusive and racist. So to placate the liberals, the town agreed to change its name to White Settlement, Connecticut.

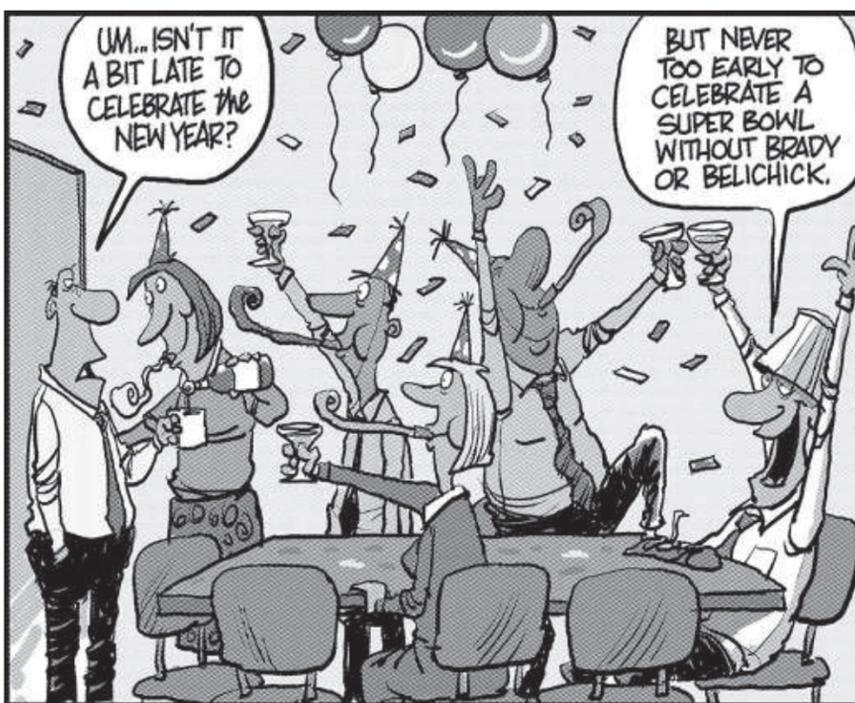
Hillary Clinton was honored in Northern Ireland on Tuesday when she was named Chancellor of Queen's University by the school's regents in Belfast. In addition it's rumored that Bill Clinton will soon be joining Joe Biden on the campaign trail in Iowa. It'll be known as the Fondling Fathers tour.

The Methodist Church agreed to split into two churches over the issue of gay marriage. The schism uncovered the same long-suppressed differences between the Easy-Grace Anglican wing and the Calvinist wing among Methodists that were revealed in its parent Episcopal Church a decade ago over gay marriage. Church traditionalists can't abide by a theology that hates the sin and loves the shoes.

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



Argus Hamilton



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."

The Cure for everything

The only time you see gray-haired people like me on television is in commercials that only run during the evening news. You'll see

an athletic gray-haired guy and his athletic wife running down a beach, playing tennis and dancing on the deck of a cruise ship while a serious, disembodied voice intones, "You'll know when it's time for Splondocaine."

The voice never tells you what Splondocaine does, or what it's for, but instead just tells you to ask your doctor about it. It's like a big secret we can't let young children know about yet.

"Mom, what's Splondocaine?" "Watch your mouth! We don't talk about that kind of stuff in this house. You'll know when it's time!"

During the rest of the commercial, the voice tries to warn you, in frantic speed-whispers, NOT to take Splondocaine, for the love of God!

"In some people, Splondocaine may cause drowsiness, vomiting, stomach upset, mucous discharge, yellowing of the skin, visions, dementia, loss of hearing, warts, curvature of the spine, sleep apnea, loss of feeling in the forehead, smelly feet, bad breath, a deep and

abiding sense of impending doom, liver spots, baldness, wrinkles, sciatica, bed-wetting, liver damage, loose teeth and forgetfulness. Did I mention the drowsiness?"

The man and the woman in the commercial were now laughing at a kid flying a kite. That did it: I decided I had to have some. So I went to my doctor. "Doc, don't you think it's time I took Splondocaine?"

"I don't know," he said. "How long have you been constipated?"

"Is that what it's for?"

"Well, what did you think?"

"I thought it was like marijuana for old people. Have you seen their ads? Those people are high. I thought that's what the kite meant."

The next night, I saw a commercial for Plasothalix. It came between an ad for adult diapers and another for Polident. It showed a gray-haired man blowing a horn, eating corn on the cob and laughing on a big, fancy sailboat. The serious voice said, "Joe used to worry, but he doesn't anymore. He uses Plasothalix twice a day and is the life of the party. Ask your doctor about Plasothalix today! May cause dry heaves, cold sweats, boils, manic depression, palsy, dry mouth, emotional outbursts, itchy skin, sneezing, runny nose, tennis elbow, psoriasis, foaming of the mouth, fingertip soreness, loss of a sense of time and lower back pain. Do not drink alcohol or eat cashews while taking Plasothalix."

I called the doctor again. "Doc, I'm sick

with worry. Shouldn't I be taking Plasothalix twice a day?"

"Oh, wouldn't think so," he said. "You've got plenty of hair."

"Hair? I thought for sure it was for anxiety. Or maybe motion sickness. Do you have anything for anxiety? Because I'm very anxious. Don't you ever watch the news? People with gray hair are falling apart! I'm afraid to walk down the street. Pieces of me may drop off the way tailpipes come off old cars."

"Maybe there is something you should take," Doc told me. "I'm going to call in a prescription for Evenitol for you."

"Evenitol? I've seen that commercial. Isn't that the one where the gray-haired guy is out jogging with a gray-haired woman, and after that, they play handball and go rock-climbing? Then he goes swimming while she does tai chi in the park. Then he plays baseball, and finally they go camping and whitewater rafting together that same night. You'd have to give a 20-year-old oxygen and adrenaline to do all that in one day, but these people seem fine. So what's Evenitol for? Chronic severe rectal itch? Adult diaper rash? Mole hair?"

"No — it softly but gently puts you to sleep during the evening news. You'll never have to watch those commercials again. Take two and don't call me in the morning."

Contact Jim Mullen at mullen.jim@gmail.com.



Jim Mullen

Seed exchange, online gardening resources

Mark your calendars for the fifth annual "Seed to Seed Community Seed Exchange" to take place on Jan. 25, from 2-4 p.m. It will be held on the first floor of Adam State University's Nielsen Library.

The goal is for San Luis Valley gardeners to share seeds and information. Since our Januarys are usually so cold, I find meeting with others to exchange seeds and ideas gets me excited about the upcoming gardening season that can seem so far in the future. It's not too early to plan. Hope to see you there.

This event is hosted by Nielsen's "Seed to Seed: A Seed Library for the SLV." The tag line is "Borrow seeds, grow 'em, then harvest and return some seeds for future gardeners." Visit the website: libguides.adams.edu/seedtoseed/exchange. If you can't make it to the exchange, you can check out seeds at the library. They now have 100% community provided seeds. I think this is a great accomplishment. Co-sponsors include the SLV Local Foods Coalition, Valley Educational Gardens Initiative and the Alamosa Community Greenhouse.

Perhaps you're contemplating growing vegetables or flowers this summer but aren't sure what to plant when and where. There are some handy resources available online. For example, from the Seed Library homepage, click on the Flyers and Handouts tab and then on the SLV Planting Guide link.

This takes you to an elegant and easy to comprehend one-page, downloadable pdf file created by VEGI regarding when and where to plant herbs and vegetables. VEGI also has a Facebook page with an events link. Last year's events included a how to backyard compost presentation and a microgreens workshop.

If you're interested in planting a SLV-

hardy flower garden, visit my Alamosa Flowers website (alamosaflowers.net) and click on the Hardy Garden tab. It gives details on 25 flowers that grow easily in our Valley. All photos are of specimens from our garden, not from a catalog.

The SLV LFC (slvlocalfoods.org) mission is: "To foster an equitable local food system that restores the health of the people, community, economy and ecosystem." The Rio Grande Farm Park (riograndefarmpark.org) is under its direction and has monthly hands-on workshops. Past workshops included helping plant (and learn about plants) at the Farm Park during the summer and constructing birdhouses during the winter.

There are several good websites that are not specific to the Valley. You have to be careful as our climate is unique and not the same as the rest of the state. However, in general, our state is higher in altitude than most others with an average elevation of 6,800 feet above sea level. Alamosa is 7,536 feet and has an average of 95 frost-free days. Monte Vista is higher at 7,665 feet and has 97 frost-free days. I was surprised at this as I think of Monte Vista as being a fair amount warmer. In comparison, Denver's altitude is 5,280 feet and it typically has 155 frost-free days.

The United States Department of Agriculture has a plant hardiness zone map for Colorado. The Uncover Colorado website (uncovercolorado.com/gardening-in-colorado) has a link to the USDA zone map, as well as tips for gardening at high altitudes. It lists Alamosa as 4b, meaning our average annual extreme minimum temperature ranges from minus-25 to minus-20 degrees. I tend to consider our yard to be 3b with minimum temperatures ranging from minus-35 to minus-30. I do OK in the warmest and most protected parts of the garden with zone 4 plants.

I also frequently refer to the Colorado State University Extension's website (extension.colostate.edu) for guidance. If you're new to Colorado gardening, I encourage you to search for their pdf fact sheet "Challenge to Newcomers - 7.220". One of the surprising

Alamosa Landscapes



Marilyn Loser

Keith R Cerny Publisher

Daniel McKillop Managing Editor

Valley Courier (ISSN 1047-1170)

Awarded Colorado Press 2017

First Place, Best Photo Essay

First Place, Best Photo Portfolio

Second Place, Best News Photo

Second Place, Best photo Essay

Second Place Serious Columns

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

Stephen Jiron
Helen Smith
Debbie Sowards
Morgan Neely
Shasta Quintana

Sports Editor/Asst. Editor
Staff Writer
Advertising Manager
Sales Associate
Circulation

Lany Sveum
Vernon Trujillo
Ryker Alonzo
Richard R. Quintana

Production Manager
Production/Press Foreman
Editorial Assistant
Mailroom Supervisor

Your FIRST Source for Local News

Write them

GOVERNOR

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

STATE HOUSE

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

STATE SENATE

Larry Crowder (R), Colorado State Senator, District 35, 200 E Colfax, Denver, CO 80203; phone: 303-866-4875 capitol, 719-850-2459 cell; email: larry.crowder.senate@state.co.us

U.S. HOUSE OF REPRESENTATIVES

Scott Tipton (R) Regional Office — 719-587-5105; 719-587-5137 (fax); Washington, DC — 326 Cannon HOB, Washington, DC 20515; 202-225-4761; 202-226-9669 (fax); http://tipton.house.gov

U.S. SENATE

Michael Bennet (D) SLV Regional Office, 609 Main Street, Suite 110, Alamosa 81101; Phone: 587-0096; Fax: 587-0098; Washington office — 458 Russell Senate Office Building, Washington DC 20510; DC Phone: 202-224-5852; bennet.senate.gov

Cory Gardner (R), Regional Office, 503 N Main Street, Ste, 426, Pueblo, 719-543-1324, fax: 202-228-7174; Washington office: 354 Russell Senate Office Building, Washington DC 20510; 202-224-5941

Lifestyle



Safe2Tell conduit for students

Tips continue to increase since last December

DENVER— Safe2Tell released its monthly report for December, and although fewer tips were submitted than last month, monthly tip volume continues to rise when compared to the previous school year.

In December, the program received 2,100 tips, an 8% increase in monthly tip volume compared to December 2018.

To date for the 2019-20 school year, Safe2Tell has received 11,485 tips, a 25% increase over the 2018-19 school year. Suicide threats (403), drugs (150) and bullying (141) continued to be the top categories of tips reported to the program. "Although Safe2Tell reports decrease during the holidays when many of our Colorado schools are on break, the continued increase in monthly tip volume when compared to last year shows our students and families are remaining vigilant," said Attorney General Phil Weiser. "As we move into 2020, it is important that students continue to report anything they deem suspicious or cause for concern."

False tips remain at approximately 2.5% of all tips submitted. False tips are those that contain untrue information and are submitted with the intent to harm, injure or bully another person.

In November, the program received 2,595 tips, showing only a slight decrease to 2,100 during December. Historically,

Safe2Tell will experience drops in reports during the spring, summer and winter school breaks.

"Safe2Tell tip volume often decreases during the month of December. Even though most schools are closed for a time during this month, the holidays can be difficult for those dealing with mental health issues. We want to remind students that they can anonymously report *any* safety concerns they may have, day or night, to Safe2Tell," said Essi Ellis, director of Safe2Tell.

In December, anonymous tips from students and other individuals successfully helped prevent incidents of self-harm and illegal activity. For example:

A Safe2Tell report was received regarding animal cruelty. Police investigated and forwarded the information to the animal control unit.

A report was made to Safe2Tell about underage drinking. Police investigated and issued citations.

A Safe2Tell report was made about a student's welfare. Police conducted a welfare check.

The following is an example of misuse of the Safe2Tell system:

A person reached out to the Safe2Tell tip line requesting advice about how to report a co-worker to human resources.

Safe2Tell is a successful violence intervention and prevention program for students to anonymously report threats

to their own and others' safety. Safe2Tell is not an emergency response unit; it is a conduit of information for distributing anonymous tips to local law enforcement, school officials and other appropriate responding parties according to state law.

To make a report, individuals can call 1-877-542-7233 from anywhere, 24 hours a day, seven days a week. Reports also can be made at Safe2Tell.org or through the Safe2Tell mobile app which is available on the Apple App Store or Google Play.

Press release courtesy of Emily Wenger, She/her/hers, Marketing and Communications Specialist, Colorado Attorney General's Office



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



Wolf packs already roaming in Colorado

CRAIG — Tuesday, the Craig Daily Press reported that Colorado Parks & Wildlife has confirmed the presence of a wolf pack in Northwest Colorado.

This news is in direct contradiction to pro-wolf groups' claims that wolves are non-existent in Colorado.

CPW confirmed the presence of a wolf pack Monday, the same day that the Colorado Secretary of State announced that an initiative to artificially introduce more wolves into Colorado will be on the 2020 ballot.

The presence of the wolf pack was confirmed at the site of a bull elk kill in Game Unit 201. CPW now believes there is a pack of six wolves working within the game unit. This confirmation is in addition to another wolf sighting near Rocky Mountain National Park last year.

"The out-of-state radical environmental groups pushing forced wolf introduction into Colorado have falsely claimed that there are no wolves present in Colorado. It's just another false narrative to deceive the citizens

of Colorado. The news from CPW (Tuesday) implodes their propaganda. This is another one of their baseless and untruthful claims that pro-wolf radicals are known for," said Denny Behrens, co-chairman of the Colorado Stop the Wolf Coalition.

Colorado Parks & Wildlife has already studied the issue of wolves in Colorado and, dating back to 2016, has been opposed to forced wolf introduction in the state. Colorado Stop the Wolf Coalition has asked CPW officials to test the recovered wolf scat for Hydatid Disease (aka Gray Wolf Disease) to protect humans, pets, and wildlife from this deadly parasite that is spread by wolves which often roam hundreds of miles.

In addition to CPW, 23 Colorado counties have already officially opposed forced wolf introduction in the state, citing the danger to other wildlife populations, livestock, and the needless risk to humans and pets.

Report courtesy of Colorado Stop the Wolf Coalition.

Remember When "Decade in Review"



This was a memorable decade and this review will be highly read and treasured for years to come!

Choose the year you'd like to sponsor for only \$199 (Two sponsors per year) or reserve the back page for just \$499.

PUBLISHES: SAT., JAN. 18

DEADLINE: WEDN., JAN. 15



www.alamosanews.com

Contact Keith, Debbie or Morgan today!

719-589-2553

Sports

Monte Vista can't fend off Wildcats

By **STEPHEN JIRON**
Courier Sports Editor

MONTE VISTA — It was a rough return to the court for the Monte Vista boys basketball team. The visiting Wildcats took advantage of a few scoring dry spells from the home squad to take a 57-38 win on the road.

Monte Vista is feeling its way through the season. The Pirates (3-3) opened 2019/20 with three straight wins leading



Monte Vista senior Jarren Chavez (1) eases in an uncontested lay up on a breakaway during Tuesday's game with Pueblo Central.

them to the championship game in the La Junta Shootout on December 14th.

Since then the Pirates took second place to Centauri and fell in overtime to Buena Vista on the road, setting up Monte Vista's game with Pueblo Central Tuesday night.

Pueblo Central hails from the South Central League in the 4A class. The Wildcats have been having their own struggles this year entering Tuesday's non-league game with a 5-6 record.

Despite giving up a class to the visitors Monte Vista was in the thick of competition in the early going.

The Pirates kept the Wildcats close through the first quarter playing to a 7-7 tie. That was when Central was able to string together 7 unanswered points. A three-pointer from Monte Vista junior Nick Torrez stopped the bleeding and got the Pirates out of the first quarter trailing 14-10.

The second chapter was when the visitors really began to pull away. Monte Vista senior Jarren Chavez potted two buckets in the second stanza to lead an 8-point quarter from the home team, and the Pirates went to the break trailing 30-18.

Back from the locker rooms, Monte Vista's offense continued to struggle and settled for 6 points in the third quarter, four of which came from the free-throw line. Monte Vista went 6 of 8 from the charity stripe on Tuesday night.

Facing a 45-24 deficit to begin the fourth quarter, Monte Vista's offense would get a little room to work. As the quarter wore on the Pirates put together



Monte Vista's Tyrese Otero (4) avoids a crowd under the hoop to attempt a shot. Otero netted 9 points in the final quarter to lead the Pirates in scoring with 11 points Tuesday night against Pueblo Central.

Courier photos by Stephen Jiron

a 6-point run and were able to close the distance a little before the end of regulation. The Monte Vista's team lead in scoring went to junior Tyrese Otero who picked up 11 points, courtesy of a 9-point rush in the fourth quarter. Otero was followed by senior Jarren Chavez who also hit double digits with 10 points.

The loss makes three in a row and knocks the Pirates down to .500 on the

season. Monte Vista will be looking for a quick rebound and will get a chance to do just that when they head north for a meeting with Kent Denver (2-3).

The Sun Devils are a game removed from their own three-game skid and will be playing both Alamosa and Monte Vista over the weekend. Alamosa at 7 p.m. on the 10th and Monte Vista at 1:30 p.m. on the 11th.

Alamosa wrestling knows success brings pressure

By **DAN MOHRMANN**
CHSAA Feature

ALAMOSA — In recent years, it's become a common sight to see the Alamosa Mean Moose hoisting a Class 3A state wrestling championship trophy.

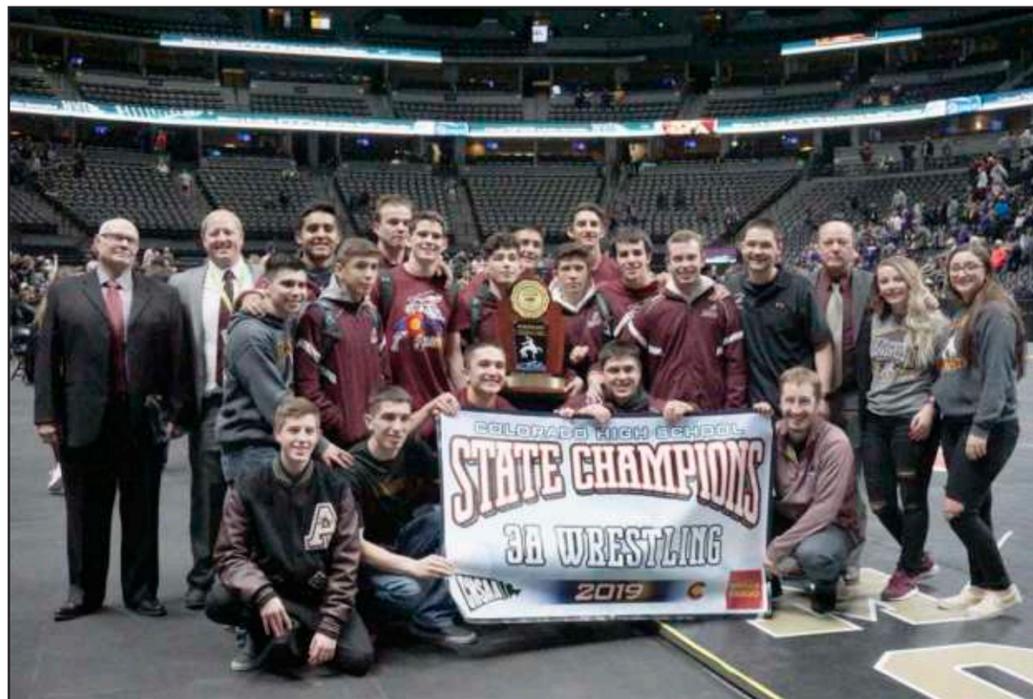
In 2019, the Moose claimed a second straight state wrestling title and their 13th overall. The program soared to extreme heights under coach Gary Ramstetter. But he has since moved on and it's on one of his former assistants, Rusty Johnson, to keep the program performing at the high level it has grown accustomed to.

"There's pressure, and there's quite a bit of it," Johnson said. "I try not to think about it because that just brings on more pressure. I've been an assistant under Ramstetter for 27 years, so I knew there'd be pressure, just not to this extent."

The way he's alleviating that pressure is relying on those competitors that have thrived at Alamosa.

The Mean Moose return four state placers from last year's team and each one will be vital in helping Johnson ease into his role and keep the team competing as a state powerhouse.

Of those four returners, Davion Chavez brings the most experience. He finished second in the 106-pound bracket and claimed a state title as a freshman.



Alamosa wrestling poses for the camera after earning the 2019 Wrestling State Championship.

Courier photo by Stephen Jiron

"I lean on him pretty hard," Johnson said. "I also have three other seniors that placed at state last year that I push a lot off on to them as well."

Colton Liddell placed fourth at 132, Hunter Smith placed fourth at 145 and Austin Trujillo placed sixth at 220.

Those finishes along with the state championship claimed by then-senior Joe Chavez at 126 was good enough for Alamosa to hold off Eaton and claim a state title.

But that was last year. If there is one thing that Johnson has learned in his time with the

program it's that championship performances don't automatically carry over.

"There's always work to be done," Johnson said. "Just at the tournaments we've competed at so far, they've competed well."

Maybe the best performance came at the Warrior Classic

just before the winter break. Davion Chavez found himself in a championship match at 120, but lost to Grand Junction's Dawson Collins.

Liddell finished fourth, Smith finished third and Trujillo took fifth.

The Mean Moose will get back in action this week with a couple of duals before hosting the Alamosa Invitational this weekend.

With just over a month remaining until the state tournament, it's important for the team to see as much action as possible in order to get the full team, not just those who placed last year, ready to get back to Pepsi Center to defend the team title.

"It helps a lot," Johnson said. "There's always some concern with the younger guys and how they're going to perform at state. I'm counting on some of them to perform well and place at state."

In the most recent On the Mat team rankings, the Mean Moose checked in as the new No. 1 team in 3A. Outside perception has a funny way of adding just a bit more pressure to what Johnson is facing in his first year at the helm.

"We're not that good yet," he said with a laugh.

But that doesn't mean that won't be the case on the floor at Pepsi Center on a late Saturday night in February.

Results

Adams State Basketball

Jan. 3

Adams State 73, Chadron State 58 (W)
Adams State 81, Chadron State 79 (M)

Jan. 4

Metro State 66, Adams State 58 (W)
Adams State 91, Metro State 73 (M)

Prep Basketball

Jan. 4

Rocky Ford 48, Center 27 (G)
Center 53, Rocky Ford 45 (B)
Sangre de Cristo 76, Creede 15 (G)
Sangre de Cristo 79, Creede 31 (B)
Centauri 47, Sanford 43 (G) OT
Centauri 47, Sanford 34 (B)

Jan. 7

Pueblo Central 57, Monte Vista 38 (B)

Prep Wrestling

Jan. 4

Colt "Bobby Hawk" Classic
12. Alamosa 55.5

Upcoming Events

Adams State Basketball

Jan. 10

6/ 8 p.m. ASU at Colorado School of Mines (W/M)

Jan. 11

5:30/7:30 p.m. ASU at UC-CS (W/M)

Prep Basketball

Jan. 10

2:30 p.m. Center at Mancos (G/B)
3/ 4:30 p.m. Sanford at Ellicot (G/B)
5 p.m. Sangre de Cristo at Rocky Ford (G/B)

Sports Bulletin

5 p.m. Dolores Huerta at Creede (G/B)

7 p.m. Alamosa at Kent Denver (B)

TBA Antonito at Escalante (B)

Jan. 11

1 p.m. Creede at Crested Butte (G/B)

2 p.m. Sargent at Center (G/B)

4 p.m. Antonito at Questa (B)

4 p.m. Alamosa at Pinnacle (B)

5 p.m. Sierra Grande at Primero (B)

5:30 p.m. Alamosa at Ignacio (G)

5:30/ 7 p.m. Del Norte at Sangre de Cristo (G/B)

5:30/ 7 p.m. Sanford at Pagosa Springs (G/B)

5:30/ 7 p.m. Monte Vista at Kent Denver (G/B)

Prep Hockey

Jan. 17

6:40 p.m. SLV at Taos

Jan. 18

8:40 a.m. SLV at Taos

Adams State Swimming

Jan. 17

Colorado Classic

ASU at Colorado College (W/M)

Adams State Wrestling

Jan. 10

All Day ASU at San Francisco State Tourney

Jan. 16

6 p.m. Western Colorado at ASU

Prep Wrestling

Jan. 9

7 p.m. Alamosa at Centauri

Jan. 10

4 p.m. Alamosa Duals

Jan. 11

TBA Centauri at Pagosa Springs

9 a.m. Alamosa Invitational

Cowboy Invitational

Center, Del Norte, Sierra Grande-Centennial at Gunnison

Schedules subject to change

AHS Basketball Reunion

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

ASU Volleyball open tryouts

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

Lifestyle

Colorado will join state-to-state verification service

Process will ensure driver license, ID card holders have only one credential

DENVER — On Jan. 27, Colorado is expected to implement the American Association of Motor Vehicle Administrators' (AAMVA) State-to-State (S2S) information sharing program, joining 26 other participating states.

By joining the program, Colorado's Division of Motor Vehicles (DMV) is helping to protect our customers against identity theft and ensuring Coloradans only have one REAL ID-compliant driver license

or ID card.

S2S provides a means for states to electronically check with all other participating states to determine if the applicant currently holds a driver license or identification card in another state.

State participation in the program is voluntary. Unexpired, out-of-state credentials, which are often no longer in use, could be used for identity theft if they fell into the wrong hands. Two separate credentials

also means two separate records, which can make it more difficult to identify or act upon serious driving violations.

With this implementation, those with credentials in more than one participating state will retain only the most recently-issued credential.

For more information about State-to-State and to view a state participation map, visit www.aamva.org/State-to-State/.

Colorado's participation in the S2S program

is part of the state's REAL ID compliance plan.

For more information about REAL ID and how it affects the public and states, visit <https://www.dhs.gov/real-id>.

In implementing the S2S program, the DMV is proactively protecting Coloradans and the identities of those who transferred or are transferring credentials to another state.

Prior to S2S, Colorado and other states relied on an applicant's self-

attestation when signing a license or ID card application, with no ability to verify information beyond what a person offered voluntarily.

The information exchanged between participating states in the S2S program is only enough to point inquiring states to the jurisdiction with the applicant's record.

This information includes name, birthdate, customer identification number and the last five digits of an applicant's Social Security number.

The federal government does not have access to the S2S service and the law that funded the development of S2S prohibits the creation of a new means of access for federal agencies.

The Colorado Division of Motor Vehicles offers 35 online services at mydmv.colorado.gov.

Renew your driver license, renew your motor vehicle registration, get a driving record and more.

Report courtesy of Colorado DMV.

Seniors can drive safely

A greater sense of independence is often cited as the reason so many young people anxiously await the day they earn their drivers' licenses. But the connection between driving and independence is not lost on seniors, either.

Aging can take its toll on drivers, prompting such drivers' families to feel as if their loved ones' ability to safely operate motor vehicles has been compromised. However, many seniors can still safely operate motor vehicles, and those who do can take steps to ensure they're as safe as possible behind the wheel.

Avoid driving on days when aches and pains are strong. Aches and pains are common side effects of aging, and seniors know that some days are better than others.

Seniors' ability to control their vehicles may be compromised on days when stiffness, aches or pains seem particularly strong, so it's best to avoid driving during these times.

Fatigue may set in on days when aches and pains require extra effort to perform relatively simple tasks, and drivers of all ages should avoid driving while tired.

Don't skip medical checkups. Few seniors may look forward to their medical checkups, but visits to the doctor can reveal issues that can help seniors be safer on the road.

Schedule routine vision exams so eyeglass prescriptions are always up-to-date.

In addition, seniors should discuss hearing screenings with their physicians so they can ensure they can always hear sirens and other motorists while on the road. Great

strides have been made in regard to helping people with fading hearing hear better, and seniors would be wise to take advantage of such advancements, which include hearing aids that can be connected to smartphones.

Familiarize yourself with medication side effects. Whether they do so temporarily or permanently, many seniors take medications, and every medication comes with side effects. When filling a new prescription, carefully read the dosage and description label to ensure that it's safe to drive while taking the medicine. Make note any new effects feel when taking a new prescription, avoiding driving if the medication makes one feel fatigued or drowsy or affects one's motor functions. If the side effects of a new prescription are making it difficult to safely operate a vehicle, discuss potential alternatives with a physician.

Avoid driving in certain conditions. Driving in inclement weather, during rush hour and at night makes many drivers uncomfortable, regardless of their age. But such conditions can be especially dangerous for aging drivers whose vision and reaction times might be fading.

Seniors who avoid driving in harsh conditions and heavy traffic may be more comfortable behind the wheel, thereby reducing their risk of accident or injury.

Seniors need not give up their drivers' licenses at the first signs of aging. But adjusting certain behaviors and exercising extra caution can help these men and women stay safe behind the wheel. FC18A355

SAVE \$20.00!

Alamosa County

Includes FREE 100-Year Old Bookmark!

A Century of Pictures

THE FIRST 100 YEARS
ALAMOSA County
1913-2013

"Alamosa County: A Century of Pictures"

NOW \$29⁹⁵ reg. \$49⁹⁵

Limited Time Only

Valley Courier

UPCOMING GRIZZLY ATHLETIC EVENTS

Friday, January 10th
Wrestling at San Francisco State University
 San Francisco, CA • 10:00 am
Wrestling vs Simon Fraser University
 San Francisco, CA • Noon
Wrestling vs Minnesota State - Mankato
 San Francisco, CA • 4:00 pm
Women's Basketball at Colorado School of Mines
 Golden, CO • 6:00 pm
Men's Basketball at Colorado School of Mines
 Golden, CO • 8 pm

Saturday, January 11th
Women's Basketball at University of Colorado at Colorado Springs
 Colorado Springs, CO • 5:30 pm
Men's Basketball at University of Colorado at Colorado Springs
 Colorado Springs, CO • 7:30 pm

Thursday, January 16th
Wrestling vs Western Colorado Dual
 Alamosa, CO • 6:00 pm

2205 State

Alamosa

Lifestyle

Census ramping up its recruiting efforts

Bureau plans to hire up to 500,000 workers

ALAMOSA – The U.S. Census Bureau is ramping up its recruiting efforts across the country to hire temporary, part-time census takers for the 2020 Census in communities across the country, including in Colorado and the San Luis Valley.

Nationally, the Bureau plans to hire up to 500,000 workers from a goal of more than 2 million applicants. The positions offer competitive pay, flexible hours, paid training and weekly paychecks.

“Whether you’re looking to earn some extra cash, pay down your student debt, or offset holiday season spending, our part-time positions are a great way to do that,” said Census Bureau Director Steven Dillingham. “What better way to earn some extra money and help shape the future of your community for the next 10 years than with the 2020 Census?”

The Census Bureau needs more applicants in all 50 states and makes every effort to hire locally so census takers are familiar with the neighborhoods and areas they are assigned to work.

“Aside from Puerto Rico, that has already received enough applicants to fill all jobs in the Commonwealth, every other area throughout the nation needs more applicants right now,” said Timothy Olson, Census Bureau associate director for Field Operations. “With low unemployment, the Census Bureau is taking extraordinary efforts to attract enough applicants to fill nearly 500,000 positions this spring.”

The Census Bureau needs more applicants in all six counties of the San Luis Valley.

As of Jan. 6, all counties in the Valley are short of the Bureau’s goal for applications. A breakdown of each county shows Alamosa County has reached 55.9% of the Bureau’s applicant goal; Conejos County is at 57.3%; Costilla 68%; Mineral County only 30%; Rio Grande County has reached the highest level at 87.4%; and Saguache County is at 64.9%.

Anyone age 18 and older, such as recent high school graduates, college students, veterans, retirees, military spouses, seasonal workers and people who are bilingual are highly encouraged to apply.

People who already have jobs and want to earn extra income evenings and weekends are also encouraged to apply. The selection process begins this month, with paid training occurring in March and April. After paid training, most positions work between May and early July.

Census takers are critical for their communities during the 2020 Census — going door to door to collect responses from households who have not responded online, by phone or by mail.

“Our aim is to reach interested applicants right now, inform them of updated pay rates in their area, and get them into the applicant pool to be considered for these critical jobs,” said Olson. “The hiring process occurs in stages, and we are encouraging everyone to apply right now before selections begin in January and February. Most census taker jobs begin training and work this spring.”

The U.S. Constitution mandates that a census of the population be conducted every 10 years. Census statistics are used to determine the number of seats each state holds in the U.S. House of Representatives and inform how state, local and federal lawmakers will allocate billions of dollars in federal funds to local communities every year for the next 10 years.

To determine the pay rate in a specific area, learn more about these positions, or apply for one of the temporary jobs, visit 2020census.gov/jobs.

For more information about the 2020 Census, visit the Census Bureau website.

Report courtesy of Hew Hallock, Director of Research, 719 589-6099, www.slvdrg.org, hhallock@slvdrg.org.

CTE programs benefit local food bank

BLANCA—On Dec. 13, the Career and Technical Education (CTE) programs at Sierra Grande High School held a canned food drive at the first high school home basketball games.

SkillsUSA is the student organization for the auto program and FCCLA is the student organization for the early childhood program.

Both organizations empower students to become world-class workers, leaders and responsible American citizens. A canned food drive was a way for the students to join the

fight against hunger and give back to their community.

Admission to the games was two cans of food for adults and one can for children. Over 100 cans of food were collected and donated to the food bank at the Blanca/Fort Garland Community Center for distribution to families in need.

“We would like to thank the community for their support of our programs, students and our community service project,” said Sierra Grande HS/MS Principal Brandon Mizokami by email.

Free skating in Monte Vista



Courtesy photo

The free Monte Vista Community Ice Rink has operated under the Ski Hi Pavilion since 2015, and it will host its first Roller Rink and Ice Festival Family Skate Night from noon to 8 p.m. on Saturday. Admission is free. There are some donated ice skates — also free — which are still available.



Courtesy photo

Hew Hallock, left, and Sarah Stoeber, with the SLV Complete Count Committee encourage residents of the San Luis Valley to respond to the 2020 Census, which begins April 1. The U.S. Census Bureau is now looking for census takers to help count the nation’s population.

PRICE MATCH GUARANTEE

TOWN & COUNTRY AUTOMALL

20 Craft Drive Alamosa, CO 81101 | 719-587-1800 | TownAndCountryAlamosa.com

NEW 2020 CHEVY
TRAX
LT AWD
STK# CT5832
MSRP:
\$26,145



AUTOMALL PRICE
\$21,995.99
PER MONTH
\$299

FIND NEW ROADS™

NEW 2020 CHEVY
EQUINOX
LS AWD
STK# CT0440
MSRP:
\$30,395



AUTOMALL PRICE
\$24,995.99
PER MONTH
\$339

NEW 2020 CHEVY
BLAZER
2LT AWD
STK# CT7566
MSRP:
\$39,210



AUTOMALL PRICE
\$34,995.99
PER MONTH
\$475

NEW 2019 CHEVY
SILVERADO 2500
CREW LT 4WD
STK# CT1626
MSRP:
\$64,915



AUTOMALL PRICE
\$56,995.99
PER MONTH
\$775

NEW 2020 GMC
TERRAIN
SLE AWD
STK# GM3625
MSRP:
\$33,065



AUTOMALL PRICE
\$27,995.99
PER MONTH
\$380

NEW 2020 GMC
SIERRA 1500
CREW SLE 4WD
STK# GM8382
MSRP:
\$54,020



AUTOMALL PRICE
\$43,995.99
PER MONTH
\$598

NEW 2020 BUICK
ENVISION
ESSENCE AWD
STK# B8720
MSRP:
\$41,230



AUTOMALL PRICE
\$34,995.99
PER MONTH
\$475

NEW 2020 BUICK
ENCLAVE
ESSENCE AWD
STK# B3485
MSRP:
\$46,610



AUTOMALL PRICE
\$40,995.99
PER MONTH
\$557

NEED TO SELL YOUR VEHICLE? WE WILL BUY IT!

TownAndCountryAlamosa.com
719-587-1800 • 20 Craft Drive Alamosa, CO 81101

Must be financed through GM Financial and have conquest vehicle. Customer may need to qualify for GM Loyalty to be eligible. On all GM offers price, includes conquest incentive. All prices exclude tax, tags, and title. Prices include delivery and handling fee of \$369.99. Price includes trade in of a 1999 or newer incentive. Payments are with 10% down or trade equity at 3.9% for 75 months with 10% down. Includes all available factory rebates. See dealer for complete details. Artwork for illustration purposes only. All offers valid on in stock units only. Offers expire on 1/31/2020.

Classified Marketplace

FREE!

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



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

Public Notices

COMBINED NOTICE - PUBLICATION
CRS §38-38-103 FORECLOSURE SALE NO. 900-19
To Whom It May Concern: This Notice is given with regard to the following described Deed of Trust:
On July 1, 2019, the undersigned Public Trustee caused the Notice of Election and Demand relating to the Deed of Trust described below to be recorded in the County of Alamosa records.
Original Grantor(s)
Gary L. Walker and Lisa D. Walker
Original Beneficiary(ies)
Mortgage Electronic Registration Systems, Inc., as nominee for Realty Home Mortgage Co., LLC d/b/a Access Capital Mortgage
Current Holder of Evidence of Debt
Wells Fargo Bank, N.A.
Date of Deed of Trust
March 15, 2012
County of Recording
Alamosa
Recording Date of Deed of Trust
March 20, 2012
Recording Information (Reception No. and/or Book/Page No.)
348433
Original Principal Amount
\$256,000.00
Outstanding Principal Balance
\$226,297.71

DISTRICT COURT
COSTILLA COUNTY, COLORADO
304 Main Street
P.O. Box 301
San Luis, CO 81152
(719) 672-3681
COURT USE ONLY
Case Number: 2019CV030019
Plaintiff:
MARGARET O. JOHNSON
v.
Defendants: DELLA L. GALLEGOS; DELLA S. GALLEGOS; ANAALICIA PACHECO SARMIENTO; SOPHIA GARCIA; ABEL GALLEGOS; ESEQUEIL AND SARA SALAZ; ESQUEIL SALAZ, A/K/A ESEQUEIL SALAZ; and SARA A. SALAZ and all unknown persons who claim any interest in the subject matter of this action
Attorney for Plaintiff:
Matthew K. Hobbs, #33225
San Luis Valley Law Firm
101 Chico Ct., Ste. A
Monte Vista, CO 81144
(719) 852-0627
matt@slv-law.com

Pursuant to CRS §38-38-101(4)(i), you are hereby notified that the covenants of the deed of trust have been violated as follows: failure to pay principal and interest when due together with all other payments provided for in the evidence of debt secured by the deed of trust and other violations thereof.
THE LIEN FORECLOSED MAY NOT BE A FIRST LIEN.
ALL THAT PART OF THE NW 1/4 LYING WEST OF THE WESTERLY RIGHT-OF-WAY LINE OF COLORADO STATE HIGHWAY NO. 17 IN SECTION 3, TOWNSHIP 39 NORTH, RANGE 10 EAST OF THE N.M.P.M., ALAMOSA COUNTY, COLORADO
TOGETHER WITH ALL WATER AND WATER RIGHTS, DITCHES AND DITCH RIGHTS, INCLUDING BUT NOT LIMITED TO 49 SHARES OF CAPITAL STOCK OF THE SAN LUIS VALLEY CANAL COMPANY, WELL NO. 3 AND 4 IN CASE NO. W-1212 AND ONE WELL BEARING PERMIT NO 210564, COUNTY OF ALAMOSA, STATE OF COLORADO
Also known by street and number as: 9041 Lane 5.5 North, Mosca, CO 81146.
THE PROPERTY DESCRIBED HEREIN IS ALL OF THE PROPERTY CURRENTLY ENCUMBERED BY THE LIEN OF THE DEED OF TRUST.
NOTICE OF SALE
The current holder of the Evidence of Debt secured by the Deed of Trust, described herein, has filed Notice of Election and Demand for sale as provided by law and in said Deed of Trust.
THEREFORE, Notice Is Hereby Given that I will at public auction, at 10:00 A.M. on Wednesday, 02/12/2020, at County Office Building, 8999 Independence Way, Alamosa Colorado, sell to the highest and best bidder for cash, the said real property and all interest of the said Grantor(s), Grantor(s)' heirs and assigns therein, for the purpose of paying the indebtedness provided in said Evidence of Debt secured by the Deed of Trust, plus attorneys' fees, the expenses of sale and other items allowed by law, and will issue to the purchaser a Certificate of Purchase, all as provided by law.
First Publication 12/18/2019
Last Publication 1/15/2020
Name of Publication Valley Courier
IF THE SALE DATE IS CONTINUED TO A LATER DATE, THE DEADLINE TO FILE A NOTICE OF INTENT TO CURE BY THOSE PARTIES ENTITLED TO CURE MAY ALSO BE EXTENDED;
DATE: 07/01/2019

SUMMONS BY PUBLICATION
THE PEOPLE OF THE STATE OF COLORADO
TO THE ABOVE-NAMED DEFENDANTS:
You are hereby summoned and required to appear and defend against the claims of the complaint filed with the court in this action, by filing with the clerk of this court an answer or other response. You are required to file your answer or other response within 35 days after the service of this summons upon you. Service of this summons shall be complete on the day of the last publication. A copy of the complaint may be obtained from the clerk of the court.
If you fail to file your answer or other response to the complaint in writing within 35 days after the date of the last publication, judgment by default may be rendered against you by the court for the relief demanded in the complaint without further notice.
This is an action to quiet the title of the Plaintiff in and to the real property situate in Costilla County, Colorado, more particularly described as
A certain tract of land within the Sangre de Cristo Grant, near San Pedro, Costilla County, Colorado, described as part of Lots 24 & 25, Tract 12 of the 1913 Survey of the San Pedro Lands, recorded as Reception No. 13803 in the office of the Costilla County Clerk & Recorder and within so-called "Section 1", Township 2 North, Range 72 West of the 8th Principal Meridian", Costilla Estates Survey so-called; and more particularly described by metes and bounds survey as follows: Beginning at a capped PLS#38009 ?? rebar set for the N.W. corner of this tract on the easterly right-of-way line of Old State Highway 242, currently County Road 21 and the true point of beginning, from whence a Davis Engineering RLS#22583 2-?? aluminum capped ?? rebar found for A.M.S. 30, bears N 87°48'57" E, 6005.79 feet distanced, thence leaving said easterly right-of-way line of Old State Highway 242, currently County Road 21;
S 79°56'47" E, 219.80 feet to a capped PLS#38009 ?? rebar set for the N.E. corner of this tract; thence;
S 11°03'59" W, 169.13 feet to a capped PLS#38009 ?? rebar set for the S.E. corner of this tract; thence;
N 77°19'15" W, 221.99 feet to a capped PLS#38009 ?? rebar set for the S.W. corner of this tract on said easterly right-of-way line of Old State Highway 242, currently County Road 21; thence along said easterly right-of-way line;
N 11°50'06" E, 159.01 feet to a true point and place of beginning.
Also known by street address as: 11280 County Road 21
Also known by parcel number: 10015940
Dated November 25, 2019.
Published in the Valley Courier
First Publication: December 18, 2019
Last Publication: January 15, 2020
SAN LUIS VALLEY LAW FIRM
By:
Matthew Hobbs, #33225
Attorneys for Plaintiff
No. 1196
Published in the Valley Courier on December 18, 26, 2019, January 2, 8, and 15, 2020.

COMBINED NOTICE OF SALE - PUBLICATION
CRS § 38-38-103 Public Trustee Sale No. 8-19
To Whom It May Concern: This notice is given with regard to the following described Deed of Trust:
On August 30, 2019, under Reception No. 19001348, the undersigned Public Trustee caused the Notice of Election and Demand relating to the Deed of Trust described below to be recorded in the County of Conejos records.
Original Grantor(s): Anthony D. Sisneros
Original Beneficiary: CitiFinancial Corporation
Current Holder of Evidence of Debt: Bayview Loan Servicing, LLC, a Delaware Limited Liability Company
Date of Deed of Trust April 23, 2004
Recording Date of Deed of Trust April 27, 2004
County of Recording CONEJOS
Recording information of Deed of Trust
Reception No. 4000749
Original Principal Amount \$47,798.33
Outstanding/Unpaid Principal Balance \$55,555.91
Pursuant to C.R.S. §38-38-101 (4) (i), you are hereby notified that the covenants of the deed of trust have been violated as follows: Default in payment required by the Deed of Trust.
THE LIEN FORECLOSED MAY NOT BE A FIRST LIEN.
The legal description of the Property that is subject to the Notice of Election and Demand in accordance with CRS §38-38-101(4)(g) is: Lots 18 and 19, in Block 22, Sampson's Addition to the Town of Antonito in Conejos County, Colorado.
**Loan Modification Agreement signed by Yvonne Sisneros and Anthony D. Sisneros on February 23, 2018
Also known by street and number as: 407 W 8th Ave., Antonito, CO 81120
THE PROPERTY DESCRIBED IS ALL OF THE PROPERTY CURRENTLY ENCUMBERED BY THE LIEN OF THE DEED OF TRUST.
NOTICE OF SALE
The current holder of the Evidence of Debt secured by the Deed of Trust, described herein, has filed Notice of Election and Demand for sale as provided by law and in said Deed of Trust.
THEREFORE, Notice Is Hereby Given that I will at public auction, at 10:00 a.m. on Thursday, February 20, 2020, at Conejos County Public Trustee's Office, Conejos County Courthouse, 6683 CO RD 13, Conejos, CO, sell to the highest and best bidder for cash, the said real property and all interest of the said Grantor(s), Grantor(s)' heirs and assigns therein, for the purpose of paying the indebtedness provided in said Evidence of Debt secured by the Deed of Trust, plus attorneys' fees, the expenses of sale and other items allowed by law, and will issue to the purchaser a Certificate of Purchase, all as provided by law.
IF THE SALE DATE IS CONTINUED TO A LATER DATE, THE DEADLINE TO FILE A NOTICE OF INTENT TO CURE BY THOSE PARTIES ENTITLED TO CURE MAY ALSO BE EXTENDED.
First Publication: January 8, 2020
Last Publication: February 5, 2020
Name of Publication: Valley Courier
Date: January 6, 2020
Mack M. Crowther
Conejos County Public Trustee, State of Colorado.
The name, address, business telephone number and bar registration number of the attorney representing the legal holder of the indebtedness is:
Frascona, Joiner, Goodman & Greenstein, P.C.
Karen J. Radakovich, Esq. Reg. No. 11649
4750 Table Mesa Drive, Boulder, CO 80305-5575
Telephone: (303)494-3000 FAX (303) 494-6309
The attorney above is acting as a debt collector and is attempting to collect a debt. Any information provided may be used for that purpose.
FJGG 7192-13390/Sisneros, Anthony 0001788797
No. 1223
Published in the Valley Courier on January 08, 15, 22, 29, and February 05, 2020.

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)

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 should 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 Kate Mortensen, Executive Director at director@alamosa.org. (01/11)

163 LOST & FOUND
MALE BOXER MIX "Chacko". Lost seen Jan 3 in Magote/Canon area. If found call 719-588-1296 or 719-588-0802 "REWARD"

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

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
SAN JUAN MOUNTAINS Association Visitor Information Specialist The San Juan Mountains Association is seeking a full-time Visitor Information Specialist to provide top-notch customer service for the Rio Grande National Forest in Monte Vista and/or Del Norte. Salary range is \$28,000-\$30,000 per year (depending on experience) plus health care stipend, paid vacation, and retirement contribution. For more information please visit sjma.org/jobs-sjma/.(TBA)

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)

\$30,000+
Immediate opening in multi-media sales. Experience appreciated.
Send resume to:
KCerny@alamosanews.com
Valley Courier

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)

221 HELP WANTED
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)

221 HELP WANTED

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

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)

JOHNNY'S AUTO TRIM & Rod Shop, Alamosa, looking for experienced mechanic, fabricator, paint/body, upholster, electrical, detailer and p/t bookkeeper. Quality a must; see FB page. Send resume to johnnysautotrim@msn.com; salary TBD on experience. (01/31)

ARLAN'S PRO SERVICE has 20 jobs openings for Solar Installation. Starting wages \$14.00 per hour, apply in person at 6750 Cramer Road, Alamosa CO. or call 719-496-6901. (01/10)

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)

221 HELP WANTED

TIMBERLINE CATTLE INC. is hiring a full time farm/ranch hand. Can start immediately. Please call 719-588-1379 to apply.(1/17)

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

VENDOLA PLUMBING AND Heating is hiring a full time secretary. Great Pay, Paid health insurance, Time off, retirement and yearly bonuses. Please apply at 185 Broadway, Alamosa Co. (01/09)

ADAMS STATE UNIVERSITY: Counseling, Career and Accessibility Services Adams State University seeks applicants for Counseling Services Assistant Director/Coordinator of Accessibility services. AAEOE. For more information visit: <https://www.adams.edu/hr/administrative-positions/> (01/09)

221 HELP WANTED

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)

RIO GRANDE 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)

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

221 HELP WANTED

LOOKING FOR A career opportunity and being a part of your local community? 1st Southwest Bank is growing and hiring in the following positions, Credit Analyst and Personal Banker, offering a strong benefits package & career growth opportunities. EOE. Go to <https://www.fswb.bank/who-we-are/careers/> for more details & to apply.(1/9)

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)

221 HELP WANTED

ADAMS STATE UNIVERSITY: Counseling, Career and Accessibility Services Adams State University seeks applicants for Counseling Services Assistant Director/Coordinator of Accessibility services. AAEOE. For more information visit: <https://www.adams.edu/hr/administrative-positions/> (01/09)

221 HELP WANTED

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)

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

Advertisers: You have job openings... we have workers. ALL LOCAL!



Valley Courier
13,000 Readers
Call 719-589-2553 to place your help wanted ad today! Hurry, the deadline is noon.

\$30,000+
Immediate opening in multi-media sales. Experience appreciated.
Send resume to:
KCerny@alamosanews.com
Valley Courier

Classifieds

221 HELP WANTED

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

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

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)

304 LAWN & GARDEN

3 SEASONS YARD Service LLC. Tree trimming, tree removal, and stump grinding. Hauling and dump runs, free estimates. Senior discounts. Satisfaction guaranteed. 719-588-1183. (3/29-TFN)

324 - FEED & SEED

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

330 FREE

FREE COUCH PLEASE call 719-849-0453 for more information

351 LIVESTOCK

FOR SALE 2 year old Limousin Bulls. Red, Black or Poll. Breeding Limousin Bulls Since 1971. E. Orth 719-852-3069 (01/09)

BRED EWES FOR sale. Various breeds and ages. Call Elena 719-849-9164. (1/8)

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

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

360 - MISCELLANEOUS FOR SALE

MUST SELL NEW Sofa and Love Seat. Med Gray Color. 719-580-2332. (1/9)

NEW, BEAUTIFUL COAT. Warm lining, rich brown heavy denim. 2XL. Regular big smith. 32in front zipper length, chest 50-52. \$50. Call 719-429-9900. (1/8)

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

360 - MISCELLANEOUS FOR SALE

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)

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

324 - FEED & SEED

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

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

330 FREE

FREE COUCH PLEASE call 719-849-0453 for more information

351 LIVESTOCK

FOR SALE 2 year old Limousin Bulls. Red, Black or Poll. Breeding Limousin Bulls Since 1971. E. Orth 719-852-3069 (01/09)

BRED EWES FOR sale. Various breeds and ages. Call Elena 719-849-9164. (1/8)

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

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

360 - MISCELLANEOUS FOR SALE

MUST SELL NEW Sofa and Love Seat. Med Gray Color. 719-580-2332. (1/9)

NEW, BEAUTIFUL COAT. Warm lining, rich brown heavy denim. 2XL. Regular big smith. 32in front zipper length, chest 50-52. \$50. Call 719-429-9900. (1/8)

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

360 - MISCELLANEOUS FOR SALE

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)

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

360 - MISCELLANEOUS FOR SALE

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

369 - PETS & SUPPLIES

VALLEY DOG TRAINING. Alamosa obedience agility classes. 6 weeks \$50.00 call 719-379-4157. (1/8)

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)

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)

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

415 - HOMES FOR SALE

PORTER REALTY, INC.
Excellent Service, Expert Advice
719-589-5899
503 Main Street • Alamosa
www.PorterRealty.com

\$269,000 - Larger home on 2.34 acres just minutes west of Alamosa on all pavement. 3 bedrooms (plus 2 additional bonus rooms), 3 bath, and 2 car attached garage. Tons of space with a full basement, two fireplaces, 2 living areas, and a south-facing sun-room. The roof is new, garage door is new, paint is fresh, and priced attractively for the square footage. A must-see! 5341 Road 5.4 S, Alamosa MLS # 764455

\$265,000 - Wonderful home sitting on a quiet street near the river and downtown. The original bungalow style home was enhanced by an addition that enlarged the kitchen, added 2 more bedrooms, bath, storage, office, living space, back porch and laundry. Private back patio with stamped concrete, 2 single car garages, storage buildings, sprinkler system, mature landscaping and more. Call today for more details. 10 La Veta Ave, Alamosa MLS # 763416

\$265,000 - Amazing brick single-story home sits on over half an acre. Large back yard, newer roof, updated bathrooms. The home has an open feel, but multiple living spaces to accommodate almost any lifestyle. 3 bedrooms, 2 bathrooms, attached 2-car garage, sunroom, and a small hobby room. Plenty of storage and on City utilities. 191 Curtis Lane, Alamosa MLS # 765014

\$112,000 - Four bedroom, one bath home with good rental history. Conveniently located, within walking distance of downtown. Would make an excellent rental or starter home. 1006 State Ave, Alamosa MLS # 764509

415 - HOMES FOR SALE

VERY CLEAN 2 Bed- room 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 Bath- room duplex Monte Vista. 2 car garage W/D included \$700/Mo includes W/S/T. No pets/smoking 303-589-5455. (1/15)

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

Century Property Management & Sales, LLC

Alamosa • 589-5744

PROPERTY MANAGEMENT SERVICE

For all your rental needs please call 719-589-5744 or stop by 823 Main St. Alamosa, CO 81101

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

Casa de Cortez

751 Mussman Lane Center, CO **754-3261** Rental assistance available to qualified households.

TTY 1-800-659-2656 This institution is an equal opportunity provider

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)

BEAUTIFUL 3 BEDROOM, 2 BATH COUNTRY HOME

with fireplace will be available January 1, 2020. 1st, Last, Security & Utility Deposit. 1-Year Lease. Monthly rent is \$800 plus utilities. Contact Cheryl (719)480-0502. Leave a message. (1/8)

RENT COUNTRY HOME

3 Bedroom & Loft 2 bathrooms 2mi Alamosa 800-641-3750 / 719-480-3932. (1/21)

Gateway Villa Apartments

929 Spruce St. Del Norte, CO **657-3654**

TTY 1-800-659-2656 This institution is an equal opportunity provider

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

West View Villas

510 Dunham Monte Vista, CO **852-3949**

TTY 1-800-659-2656 This institution is an equal opportunity provider

Quick ZIP CODE Reference

Alamosa.....	81101
Adams State College.....	81102
Antonito.....	81120
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
San Luis.....	81152
San Pablo.....	81153
South Fork.....	81154
Spar City.....	81130
Villa Grove.....	81155

You'll find it all in the ... Business & Service Directory

• Easy to Read Format • Affordable • Seen 5 Days a Week To Place Your Ad Call (719) 589-2553

<h3>Accounting</h3> <p>Small Business Accounting Financial Statement Audits Other Assurance Services Wall, Smith, Bateman Inc. Certified Public Accountants 700 Main St. • Alamosa • 589-3619 15 Washington St. • Monte Vista • 852-5103 • Celebrating 40 Years of Service •</p> <p>QuickBooks Pro Advisors Business Valuation Tax Compliance & Planning Litigation Support</p>	<h3>Advertising</h3> <p>Advertise Your Business in this SPACE Only \$99 per month* *3 month commitment</p>	<h3>Attorney</h3> <p>ATENCIO LAW 719.589.6005 • Civil Litigation • Real Estate • Water Law • Business Law • Wills & Probate • Unbundled Legal Services (call for more information) PROUDLY SERVING CLIENTS THROUGHOUT THE SAN LUIS VALLEY</p> <p>STEVE ATENCIO steve@atenciolaw.net www.atenciolaw.net</p>	<h3>Auctioneering</h3> <p>A&B AUCTION SERVICES LLC Brady Stagner (719)588-2573 Email: aandbauctions@gmail.com For All Your Auction Needs *Farm *Ranch *Benefit *Household *Fundraising www.aandbauctionservices.com</p>	<h3>Earth Moving</h3> <p>Earthworks of Southern Colorado LLC Troy Geringer 719-480-1756</p> <ul style="list-style-type: none"> Trenching Ditch Cleaning Site Cleaning & Prep Driveway Construction & Grading Landscaping House Pads Stream Bank Restoration Irrigation Welding & Fabrication Tractor Mowing Dirt Work Demolition Snow Removal
<h3>Electrical</h3> <p>ALPINE ELECTRIC & SOLAR INC. 82 CONEJOS ALAMOSA 719-589-9144</p>	<h3>Gardening</h3> <p>Alamosa Garden Supply and Grow Store 0711 W. Highway 160, Suite C, Alamosa, CO 81101 719-206-3336 Monday - Saturday 10:00 am - 5:00 pm</p> <p>Get ready for spring gardening now! Fall is the best time to amend your soil after you've put the garden to bed. We carry a wide variety of soil, trace minerals, soil conditioners, mycorrhizae mixes, bio-char and so much more.</p> <p>HAPPY FROG SOIL SPECIAL! 2 FOR \$36 + TAX 25% OFF FISH SH*T SOIL PROBIOTICS * 25% OFF ALL DOWN TO EARTH PRODUCTS We will meet or beat any local competitor's price!</p>	<h3>Home Care</h3> <p>Visiting Angels America's Choice in Homecare. Serving the Entire San Luis Valley 719-264-5991 Helping Seniors Stay Independent at Home Proudly Serving Our Honored SLV Veterans</p>	<h3>Home Maintenance</h3> <p>Marty's Maintenance INC. PLUMBING/HVAC/REMODELING CONTRACTOR Plumbing Contractor #3462 Master License #600346 CONTACT US TODAY! Marty_Husmann@yahoo.com 719.480.3375</p>	
<h3>Lumber</h3> <p>Lumber • Steel Engineered Trusses SIERRA VISTA LUMBER & STEEL COMPANY 1301 West Ave. • Alamosa (719) 589-3254</p>	<h3>Real Estate</h3> <p>PORTER REALTY, INC. 503 Main Street, Alamosa CO 719-589-5899 www.PorterRealty.com</p> <p>PRESTON PORTER Preston@PorterRealty.com</p> <p>GREG GOODWIN Greg@PorterRealty.com</p> <p>♦ Excellent Service ♦ Expert Advice ♦ Exceptional Results</p>	<h3>Real Estate</h3> <p>Schulz Realty Looking to Buy or Sell? Let us help you with your real estate needs and see real results! (719) 589-6977 • www.slvproperties.com</p>		
<h3>Real Estate</h3> <p>RIBAUDO REALTY, LLC 719-580-2541 Serving All Your Real Estate & Auction Needs View my website for listings and upcoming auctions Joe Ribaudo Independent Broker, Auctioneer www.ribaudorealty.com joe@ribaudorealty.com</p>	<h3>Tires</h3> <p>Jim's Tire Store 711 1/2 State Ave. • Alamosa 719-589-9690 NEW • USED • RECAPPED Great Service!</p>	<h3>Tractor Repair</h3> <p>For All Your Tractor Repair Needs EXPERT SERVICE 60+ years experience VALLEY TRACTOR REPAIR 719-852-0200</p>	<h3>Advertising</h3> <p>Advertise Your Business in this SPACE Only \$99 per month* *3 month commitment</p>	<h3>We Buy Cars</h3> <p>FREE Estimates We Welcome Insurance Claims L&M Paint & Body Shop 8425 Rd. 8 South • Alamosa 589-9205</p>

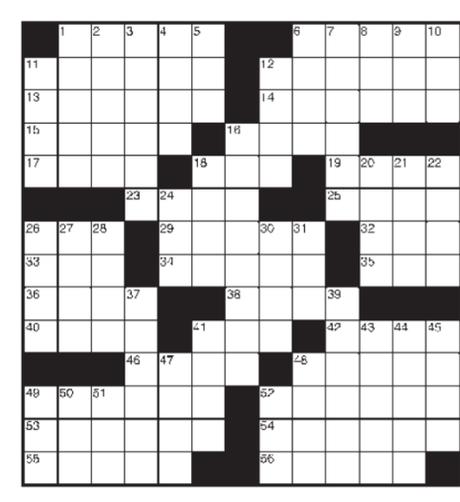
Comics

CROSSWORD PUZZLE

- ACROSS**
- 1 Like London weather
 - 6 Gush
 - 11 Adult
 - 12 Made a salary
 - 13 Come by
 - 14 Prepares cutlets
 - 15 Watchful
 - 16 Kind of cheese
 - 17 Dweeb
 - 18 Half a candy?
 - 19 Stole
 - 23 Shriveled from heat
 - 25 Link
 - 26 Sister of Helios
 - 29 Out of the sack
 - 32 Snoop
 - 33 Embroider, maybe
 - 34 Mosey along
 - 35 Stockholm carrier
 - 36 Salad dressing cheese
 - 38 So be it
 - 40 Org.
- DOWN**
- 1 Aesopian narrative
 - 2 Web-toed mammal
 - 3 Sentinels
 - 4 — one's teeth
 - 5 Urge
 - 6 Teasdale of poetry
 - 7 Attractive
 - 8 One, to Conchita
 - 9 Fire engine color
 - 10 Six-pointers



- 11 Complain
- 12 Poet's black
- 16 Returns (2 wds.)
- 18 Hat feature
- 20 Excuse me!
- 21 Gumbo veggie
- 22 Piano parts
- 24 Baseball stat
- 26 Napoleon's island
- 27 Fixes a squeak
- 28 Observes
- 30 Dagwood's neighbor boy
- 31 Before marriage
- 37 Open a letter
- 39 Later! (2 wds.)
- 41 Adamson's "Born Free" lioness
- 43 Breathe hard
- 44 Doled out
- 45 Rigging support
- 47 Arm bone
- 48 Fodder storage
- 49 Rapper — Kim
- 50 Famous Khan
- 51 Pay for
- 52 Interest amt.



HERMAN



CELEBRITY CIPHER

by Luis Campos

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

" U KUNL J KUYKLE ECJBT. U YCUXN
YCYJ'T HLJKKV YHFL RBH PV UXXLH
GFIICJ. ... PJVGL U EJX'Y YJNL
YBYJK ALJEL." — PLHLIUYC MULUHJ

TODAY'S CLUE: F equals H

Previous Solution: "No matter who you are, no matter what you did ... you can always change, become a better version of yourself." — Madonna

Sister gets more of man's time than his wife and kids

DEAR ABBY: I don't know how to handle this. My husband of 29 years spends more time with his sister and her family than he does with me and our children. If I say anything about it, he jumps all over me, defending her. He says she doesn't have anyone to help her. But Abby, she has two grown sons and a husband she recently decided to divorce.

I think his relationship with his sister is weird, and other people have said they think so, too. One person even called it creepy. When I told my husband I thought it was a weird relationship, he yelled at me. I can no longer talk about his sister with him; it's off limits. Please help. -- ONLY THE WIFE

DEAR ONLY THE WIFE: Has your husband always been close to this sister? It may be the reason he is spending time with her. I'm sure she wouldn't be divorcing her husband if the marriage had been a bed of roses, and she may need private time with her brother to help her detoxify.

That said, that he spends more time with his sister than with you and the children is unusual. It makes me wonder about the state of your own marriage. If there is stress and tension the two of you can't resolve together,

you may need to consult a licensed marriage and family therapist.

DEAR ABBY: Our 47-year-old son remarried two years ago. We have a 15-year-old grandson from his previous marriage who lives with his mom and who visits his dad every other weekend. We are not close with our new in-laws, who live out of state.

We recently found out that they have purchased a second home very close to our son. The problem is, the home is located within a nudist colony and, therefore, we assume they are in fact nudists. Should this be a problem for us (we are both 70), or should we not be concerned? -- WONDERING IN THE SOUTH

DEAR WONDERING: I don't think there is anything to be worried about. If you are concerned that your grandson will "see" something shocking, please know that he can find whatever he is curious about on his computer or cellphone. However, if you are worried that either of you will be forced to view or participate in nude activities when you visit your son, all you have to say is, "I think we'll stay at a nearby hotel, thank you."

DEAR ABBY: I recently attended a wedding and was videotaped while I



ABIGAIL VAN BUREN

was dancing. I was shown the tape later at a family gathering. I'm not a great dancer, and I looked silly, so I asked that the video be deleted. Instead, it was passed around and everyone laughed and made fun of me. It was embarrassing and hurtful.

My husband says I'm overreacting. Am I? I said nothing and don't intend to, but I can't get it out of my mind. -- DANCING FOOL IN OHIO

DEAR DANCING FOOL: Your feelings are your feelings. Nobody wants to be made fun of. But you have two choices: The first is to continue to stew about it. The second is to join in the laughter, admit you don't dance like a gazelle -- few people do -- and let it go. If you downplay it, it will go away.

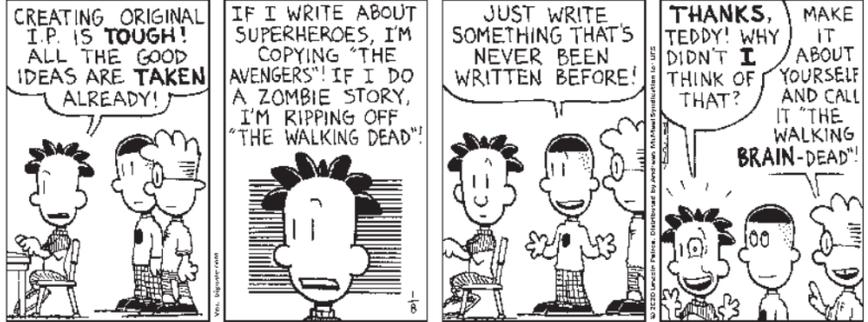
ALLEY OOP



ARLO & JANIS



BIG NATE



THE BORN LOSER



FOR BETTER OR FOR WORSE



FRANK & ERNEST



GARFIELD



THE GRIZZWELLS



PEANUTS



Beat winter blues

Most areas in Europe and North America observe daylight saving time. Daylight saving time is often welcomed in spring, as it helps to extend daylight hours well into the evening. But few may welcome turning the clocks back in fall.

Coupled with the natural shortening of daylight hours as winter approaches, the end of DST facilitates a sudden shift in the ratio of sunlight to darkness.

As autumn transforms into winter, the number of available hours of daylight slowly dwindles. Some areas of Alaska and Canada see only about three or four hours of daylight per day in the winter months.

Conversely, those who live in Key West, Fla., the southernmost point of the contiguous United States, may enjoy around 10 hours of daylight.

Fewer daylight hours can adversely affect mood and productivity. Seasonal affective disorder, often referred to as "SAD" or "the winter blues," has been recognized and included in the Diagnostic and Statistical Manual for Mental Disorders.

Clinicians say that, as days become short and dark, a predictable set of symptoms of SAD may emerge.

Individuals with SAD may experience a host of symptoms, including difficulty waking in the morning; diminished energy levels; a tendency to eat more; an inability to concentrate; and depression.

The Cleveland Clinic advises that approximately half a million people in the United States suffer from winter SAD, while 10 to 20% may suffer from more mild forms of winter blues.

The Canadian Mental Health Association states that between 2% and 3% of Canadians will experience SAD in their lifetime. Another 15% will experience a mild form of SAD that leaves them only slightly depressed. Similar symptoms can occur for those people who live in cloudy regions or high latitudes.

Evidence strongly suggests SAD is linked to sunlight. This lack of sunlight may trigger production of melatonin in some individuals.

Melatonin is a hormone made in the pineal gland that regulates sleep onset and sleeping patterns.

A combination of self-care strategies, as well as professional medical treatment may help those with winter blues or more severe SAD.

The U.S. Department of Health and Human Services said that these strategies can help people coping with SAD.

Get out of the house into sunlight or brightly lit spaces early in the day when the sun is out.

Increase time spent outdoors. Take a break midday and enjoy lunch outside or take a walk, even if it's chilly.

Try to spend time with other people and chat with friends and relatives.

Avoid overloading on carbohydrates like cookies and candies.

Talk to a doctor about using light therapy, which is the first line of SAD treatment, according to the University of Maryland School of Medicine.

Consider cognitive behavioral therapy or talk therapy with a licensed mental health provider. He or she also can make recommendations about the use of medication to alleviate symptoms if other treatments do not provide results.

There are many ways to mitigate the symptoms of winter blues. TF19B429

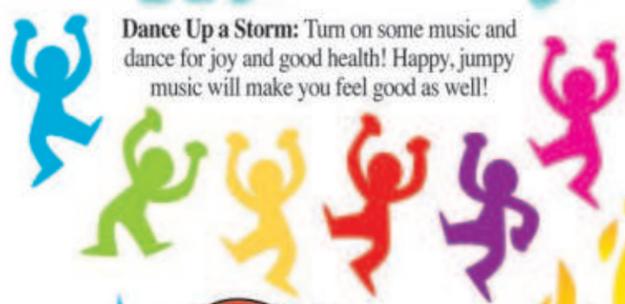
Kid Scoop .COM THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

Find Kid Scoop on Facebook

© 2020 by Viki Whiting, Editor Jeff Schinkel, Graphics Vol. 36, No. 5

Have a Happy, Healthy Winter!

When the weather outside turns frightful, it gets harder to get your much needed exercise.



Dance Up a Storm: Turn on some music and dance for joy and good health! Happy, jumpy music will make you feel good as well!

The Lava Game
Pretend you can't touch the floor or the lava will burn you up. Travel through the house on chairs, pillows, tables and furniture your parents allow.

Moving around keeps you healthy and feeling good. Give these safe and fun indoor activities a try and let us know what you think!

WINTER HEALTH TIP: Hydrate!

If it's cold outside, you might not feel thirsty. However, it is important that you keep drinking water throughout the day. A good reminder is to drink a glass of water each time you go to the bathroom.

How many differences can you find between this boy and his reflection?



Juggle with balloons. They're a great way to start juggling. Start with two, then try to add a third and a fourth!

WINTER HEALTH TIP: Limit Screen Time

The American Academy of Pediatrics recommends parents limit their kids' screen time to two hours or less a day. How much time do you spend in front of a screen each day? Computers, TV, phones ... it all adds up. Keep track for one week and try to do less and less each day. Can you keep it to less than two hours a day?



SCREEN TIME TRACKER						
SUN	MON	TUE	WED	THU	FRI	SAT
HOURS	HOURS	HOURS	HOURS	HOURS	HOURS	HOURS

Extra! Extra! Hundred Toss

Crumple up a sheet of newspaper into a small ball. Cover the entire ball with masking tape. Toss the ball back and forth with one or more pals, counting from 1 to 10 each time the ball is successfully caught. If someone drops the ball, start counting from 1 again. Can you make it all the way to 100?

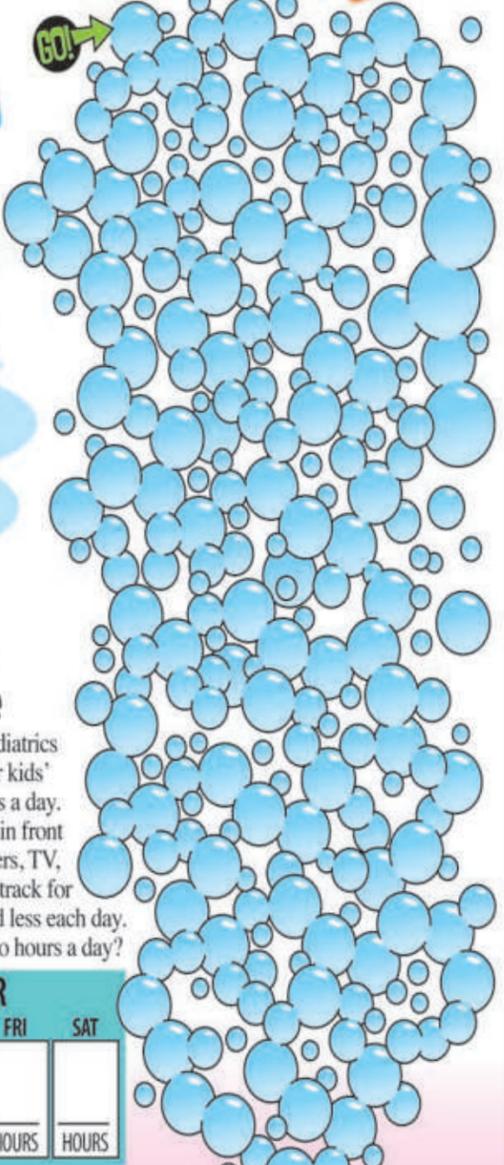
Standards Link: Reading comprehension. Follow simple written directions.

Wash Your Hands Often!

Exercise keeps you healthy. Remember to wash your hands throughout the day. Visit kidscoop.com/scrub-squad/ to find a Kid Scoop video and printable activity pages that help make hand washing fun!



Starting up top at "GO," can you find your way through the gaps in these bubbles all the way back down to this little boy?



Kid Scoop FIT & FUN

Hand Exercises
Now that your hands are nice and clean, they could use a little exercise. Try these:

Stretch & Squeeze
Spread your fingers out as far as possible. Feel that s-t-r-e-t-c-h? Now squeeze them into two tight fists. Repeat 10 times.

The Big Reach
Stand with your feet slightly apart. Reach your hands up, up, UP as high as you can. Now bend and reach for your toes. Repeat 10 times.

Helicopter Hands
Extend your arms straight out, level with your shoulders. Slowly start twirling your arms in a circular motion. Spin them faster and faster for 60 seconds.

Pat on the Back
Hold your hands out in front of you. Reach over your shoulders and pat your back for 30 seconds. Cross your arms and try again. Do this for 30 seconds. You deserve a pat on the back!

Standards Link: Physical Education: Use a variety of basic and advanced movement forms.

The Kid Scoop book for puzzle lovers!

A great gift idea! Order from your local bookstore, Target.com, BarnesandNoble.com or Amazon.com today!



Kid Scoop VOCABULARY BUILDERS

This week's word: **HYDRATE**
The verb hydrate means to take in or drink water.

The coach reminded the team of the need to hydrate during practice.

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

Kid Scoop Puzzler

Unscramble each of the mixed-up words.

When should I wash my hands?

- after playing DISTOUE O I
- after using the STROMORE R T R
- before eating or KONCOGI O O
- after petting SANIMLA L S
- before and after visiting a sick DRFNEI F
- after blowing your nose, coughing or sneezing
- after taking out the RATHS T

Standards Link: Reading Comprehension. Follow simple written directions.

Let's Talk: With your family, discuss things you can do to be healthier in 2020. Come up with a plan to eat healthier foods, get more exercise and spend fun time together!

Double Double Word Search

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

REMINDER
EXERCISE
HEALTHY
HYDRATE
WEATHER
PRETEND
THIRSTY
MOVING
TRAVEL
DANCE
STORM
LIMIT
SAFE
TIME
WASH

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

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

FROM THE Kid Scoop LESSON LIBRARY

Healthy Feels Good!

Everyone feels better when they eat right, exercise and get plenty of rest. Look through the newspaper for things that are good for your body. Choose three or more that appeal to you.

Standards Link: Health: Students recognize and practice positive health behaviors.



What do mountains wear in cold weather?

Write On!

Write Words Wonderfully

Write a sentence in which most, or all of the words start with the same letter.



Our Youth Are Our Future!

601 Main Street
Alamosa

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

2225 Main Street
Alamosa

CELEBRATING 112 YEARS!
www.alamosastatebank.com
MEMBER FDIC
Ph. 589-2564