



Panthers sweep twinbill from Bobcats

— Page 6



Cold water presents danger, life jackets can help save lives

— Page 12

San Luis Valley
Colorado Genuine

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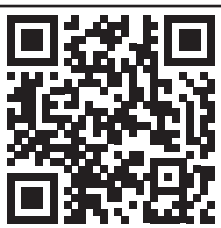
Valley Courier

SATURDAY EDITION | WWW.ALAMOSANEWS.COM

LOCAL NEWS... LOCAL VIEWS

April 6, 2024

\$1



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SLV Today

Annual Variety Show set for April 13 in Creede

CREEDE — The Creede Arts Council's 29th Annual Variety Show is at 7 p.m. on Saturday, April 13, at the Ruth Humphrey's Brown Theatre. Talented local people, both new to the show and returning performers, will delight the audience with an eclectic mixture of music and dance.

Creede favorites Richie Ormsby, Caldera and the Monday Night Jam Band will perform along with other familiar performers and some new talent.

The CAC will also hold a silent auction of non-performance-oriented talents from residents and items from local businesses. Winners of the silent auction must pay for the items at the end of the show.

To make a reservation, contact 719-658-2333. Reservations will not be accepted after 3 p.m. on April 13. Tickets will be available at the door, starting at 6:15 p.m. on April 13; \$10 for adults and \$5 for students. CAC accepts cash, checks, and credit cards. Reservations are recommended.

Keenan makes Dean's List

TACOMA, WASH. — Liss Keenan, of Alamosa, made the fall 2023 Dean's List at the University of Puget Sound for achieving at least a 3.7 grade-point average, completing all of their enrolled courses without withdrawals, and having no incomplete grades.

SLV WEATHER



Mostly Sunny, High Winds, Blowing Dust 42/25

Sun: Sunny, Breezy, Gusty Wind 53/22

Mon: Mostly Cloudy Breezy 53/28

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Courier photo by John Waters

Interpretive displays at the new U.S. Fish and Wildlife Service Visitor Center in Alamosa.

Grand opening for new fish and wildlife visitor center

CONTRIBUTED

ALAMOSA — The U.S. Fish and Wildlife Service will hold an opening of a new visitor center on April 19 at the San Luis Valley National Wildlife Refuge Complex Visitor Center and Headquarters on El Rancho Lane in Alamosa.

Light snacks provided as you meet staff and learn about the wildlife refuge complex and the

Friends of the San Luis Valley National Wildlife Refuges from 5:30-6:30 p.m. Wildlife Walk by the Rio Grande, led by refuge staff. Enjoy nature and connect with others as wildlife sings through sunset. Meet at the Visitor Center.

April 19, 4-7 p.m. San Luis Valley National Wildlife Refuge Complex Visitor Center and Headquarters Office 7824 El Rancho Lane, Alamosa.

Armed robbery reported at Alta

STAFF REPORT ALAMOSA

A suspect is being sought in a reported armed burglary about 12:30 a.m. Friday at the Alta Convenience Store at 1601 Main St., just across from Adams State University.

Alamosa Police Department responded, and officers were advised that an individual walked into the store and pointed a firearm at the store clerk before leaving with an undisclosed amount of cash and a large quantity of different flavors of Airis Lux disposable vape devices. The suspect was said to be wearing a gray beanie, a black jacket and dark jeans.

APD posted several photos and a video and is requesting assistance from the community in identifying the suspect, even though the images are grainy. The hope is someone recognizes the individual, clothing, and/or information on the vape devices.

If anyone has any information, they are asked to contact the Alamosa Police Department at 719-589-2548 or Dispatch at 719-589-5807.

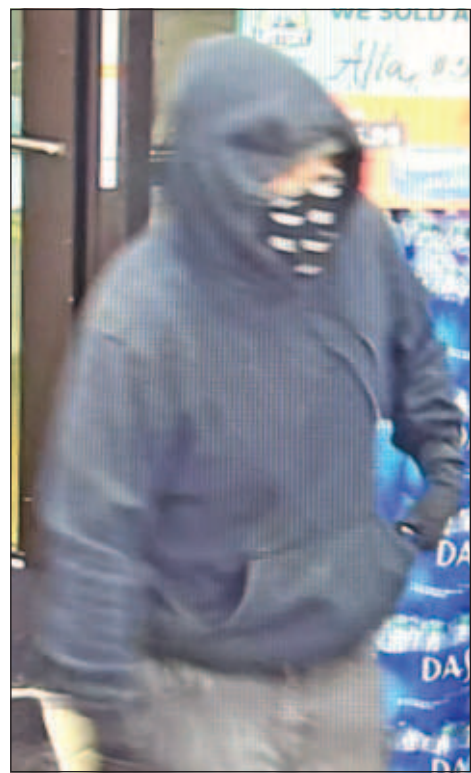


Photo courtesy of APD

Although the image is extremely grainy, APD is hoping someone can identify a suspect in an armed robbery early Friday morning at the Alta Convenience next to Adams State.

Eclipse visibility in Southern Colorado may be cloudy

By JOHN WATERS
Courier News Editor

SAN LUIS VALLEY — A partial solar eclipse will occur on Monday, April 8, between 11:25 a.m. and 1:55 p.m. in Colorado. While the path of totality will be to the east, the eclipse can be viewed at about 70 percent of totality locally if skies are clear. The peak will be at 12:30 p.m. As of Friday afternoon, the National Weather Service is calling for mostly cloudy skies on Monday.

The only way to safely view an eclipse is to wear special, "eclipse glasses," and never look

■ See ECLIPSE page 3

On Oct. 14, 2023, people gathered in Cole Park in Alamosa to view the solar eclipse. On Monday, if the skies are clear in the San Luis Valley, a solar eclipse will be visible beginning at about 11:25 a.m. Only view this celestial event with special eclipse glasses.

Courier photo by John Waters



Alamosa Home announces new ownership

Sold to local owners putting the 'home' in Alamosa Home

CONTRIBUTED

ALAMOSA — Mary Domito, on Friday, announced that she has sold Alamosa Home, and the furniture store is under new ownership. Domito founded Alamosa Home, located in downtown Alamosa in 2015, and has sold the business to co-owners, Hunter Jack, Chief Operating Officer, and Erin Keck, Chief Marketing Officer.

Domito recently expanded her Taos

Lifestyle operation and moved into a 24,000-foot space in Taos, N.M., and commented on the sale.

"I started and branded Alamosa Home after discovering the vibrant town of Alamosa and its surrounding communities. It's been a wonderful nine years, but my future lies in Taos. The store is deserving of local stew-

■ See HOME page 3

Alamosa Home founder Mary Domito, right, is celebrating with new store owners, from left, Tyler and Erin Keck, and Hunter Jack. Jack is a lifelong resident of the SLV and comes from a five-generation family here.

Courtesy photo



Chad Spearman

Looking for a new AG lender? Look no further!

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www.TrueLocalBank.com



Lee Crowther



Record

New book hits shelves at Rio Grande County Museum

STAFF REPORT
DEL NORTE — After years of dedicated work, Del Norte native Vernon P. Casias captured his memories in print and published his first book titled "Hell Gate and Beyond" which hit shelves at the Rio Grande County Museum the last week of March.

In this book, Casias writes about his time growing up in the San Luis Valley and at 88 years old, unravels his memories, his Spanish heritage and more.

"I was always so proud of my Spanish ethnicity, and I wanted to share that with someone. One of the main reasons I wrote this book was because a lot of our heritage is being lost and I want to help keep it alive. I hope that I can encourage others to come forward and share their memories and traditions

too," said Casias.

Throughout his life, Casias met one challenge after another, beginning with the loss of his father at age 9. During this time, Casias was going down the wrong path, but it did not take him long to find the right path again while growing up in Del Norte.

"It wasn't long before I graduated high school and then went on to pursue a military career. It was during my service that I found a calling for helping people in need," he said.

Casias served in the Airforce during the Korean Conflict and was given top-secret crypto clearance as a trained cryptographer assigned to strategic air command. It was late that he pursued his passion for helping people when he graduated from college with B.S. in Behavioral Science and then

graduate school with a degree in Vocational Rehabilitation Counseling.

In his book Casias delves into the origins of the Valley, highlighting his personal heritage from the area including Hells Gate or La Puerta de el Inferno.

"One of the first settlers in El Canero Creek was my 4th generation Grandfather Juan Antonio Espinosa and his wife Maria Rita Teodora Quintana. At this time Colorado had not been settled except for the San Luis settlement," writes Casias.

From childhood memories of Del Norte and the San Luis Valley to his time serving in the Airforce, Casias captivates readers with his stories. The small book is just the perfect length to get a glimpse into what life was like for one person growing up during a

time where the San Luis Valley was undergoing constant change whether it was pending war, droughts, or visits from unlikely guests.

"Hell Gate and Beyond" is a unique look at what it was to be a Spanish heritage family in the San Luis Valley and even touches on the mysterious side of growing up in this area. Casias addresses some of his Spanish traditions while looking into some of the mysteries that surround Del Norte and neighboring communities.

Casias writes, "In my lifetime I can only think of one possible mysterious supernatural experience. It happened in Del Norte in the 1950s in a two-bedroom cinderblock house my brother had built for my mother to rent out which was next to our house..."

Casias now calls New Mexico his home but



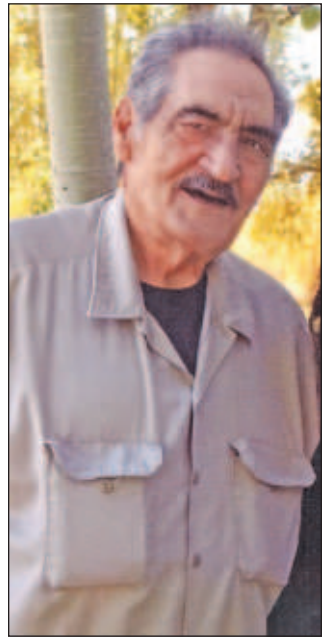
Courtesy photo
Vernon Casias, author of 'Hell Gate and Beyond' spent the last several years looking into his Spanish heritage and is thrilled to announce that his stories of growing up in the San Luis Valley are now available for all to share.

travels to the area often to see family. He hopes to begin work on a second book which will include more memories from his life here in the Valley. Copies of "Hell Gate and Beyond" are available at the Rio Grande County Museum in Del Norte.

OBITUARIES

Vincent C. Gonzales

Vincent C. Gonzales, 76, longtime resident of Manassa, Colo., passed away on April 4, 2024, at Parkview Medical Center in Pueblo, Colo. Vincent was born on March 15, 1948, in Santa Fe, N.M., to Vicente and Genoveva Gonzales, and was raised in El Rito, N.M. Vincent married Rosalinda "Rose" Rivera of Canjilon, N.M., on June 24, 1967, and the two raised their three children early on in Grand Junction, Colo., and later Manassa, Colo., where he would spend the remainder of his life.



Manuel (Rihana) Herrera of Alamosa, Colo.; Brandon Gonzales of Manassa, Colo.; and Ryan (Natalie) Gonzales of Alamosa, Colo.; his two great-grandsons, AJ and Alexander Sisneros of Manassa, Colo.; his siblings: Cathaline Lind of Grand Junction, Colo.; Ruby Rivera of Manassa, Colo.; and Genoveva (Luis) Cortes of Tyler, Texas; and his sister-in-law Elizabeth Gonzales of Grand Junction, Colo. He is also survived by numerous cousins, nieces, and nephews throughout Colorado, New Mexico, Texas, and Florida.

Vincent worked during his early years as a laborer for the Denver and Rio Grande Western Railroad, and later as a laborer for other industries and small businesses. In his later years, he and Rose wove New Mexican serapes that were sold throughout northern New Mexico and passed down to their family and loved ones.

Vincent worked during his early years as a laborer for the Denver and Rio Grande Western Railroad, and later as a laborer for other industries and small businesses. In his later years, he and Rose wove New Mexican serapes that were sold throughout northern New Mexico and passed down to their family and loved ones.

Vincent was loved and will be deeply missed by his family.

All services will be held at St. Therese of the Child Jesus Catholic Church in Manassa, Colo. A viewing will be held on Wednesday, April 10, 2024, from 4 to 5:45 p.m. followed by a Recitation of the Rosary at 6 p.m. A Funeral Mass will be held on Thursday, April 11, 2024, at 10 a.m. Interment will follow the Funeral Mass at the Los Cerritos Cemetery in Manassa.

Vincent's hobbies included fishing, hunting, taking trips to New Mexico to gamble, gardening and landscaping his yard, and weaving. He enjoyed a quiet life at home, a private man at heart, his greatest joys were spent passing the days watching the news and spending time and talking with his wife, children, grandchildren, great-grandchildren, and his family and friends that stopped by to visit him.

Vincent was preceded in death by his parents, Vicente and Genoveva Gonzales; sister and brother-in-law, Betty and John McFarland of Sarasota, Fla.; brother, Jerry Gonzales of Grand Junction, Colo., and brother-in-law, Antonio Rivera of Manassa, Colo.

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

Jeffrey John Gonzales

Jeffrey John Gonzales, a self-employed Carpenter known for his loving, competitive, outgoing, and fun personality, passed away on April 1, 2024, in Pueblo, Colo. He was born on Nov. 22, 1979, in Del Norte, Colo.

Jeffrey's proudest accomplishment was his son Lukas with whom he shared a special bond and cherished spending time together. A true outdoorsman, Jeffrey enjoyed the simplicity of nature through fishing and hunting, finding peace and joy in the great outdoors.



Jeffrey was preceded in death by his paternal grandfather Andrew Gonzales, paternal grandmother Marcella Martinez, maternal grandfather Jack VanBibber as well as his uncle and Godfather John VanBibber.

His legacy continues through his surviving family and friends. He is survived by his beloved son Lukas Gonzales; lov-

ing father Larry Gonzales; caring mother Jeri Gonzales; grandmother Margaret VanBibber; brother Kris (Jess) Gonzales; sisters Jana (Tim) Kehr and Leesa (Matt) Gonzales; nieces Andrea, Harlee, Cali and Khloe; nephews Jaxxon, Andrew; Aadin and Uriah and God-daughters Janessa DiCamillo and Eyvori Jacquez as well as numerous aunts, uncles, cousins and extended family - all of whom will carry his memory with love and affection.

To those who had the privilege of knowing him even briefly or being touched by his warmth and spirit, Jeffrey John Gonzales leaves behind a legacy of love, strength, and an unwavering zest for life that will forever be remembered and cherished. May he rest in peace.

Church in Monte Vista immediately followed by a Memorial Mass beginning at 11:30 a.m.

To express words of comfort or share memories with the family, view a video tribute or to live stream the service, please visit www.mvmortuary.com

Mountain Valley Mortuary is assisting the family.

New arrivals at the Alamosa Public Library

From the Librarian's Desk

By MARIA KRAMER
ALAMOSA — New books are always coming in at the Alamosa Public Library! Here are 10 of our most intriguing arrivals. For more information, or to have a book reserved for you, check alamosalibrary.org or call 719-589-6592.

- Fiction
 - In the Shadow of the Greenbrier by Emily Matchar
 - The Greenbrier Resort is a hotel for the rich and famous, nestled among the Appalachian Mountains. Over the course of one hundred years, four generations of the Zelner family grapple with their place in its shadow.
 - How We Named the Stars by Andrés N. Odorica

Daniel de la Luna is the first of his family to attend college, and feels terribly out of place - that is, until he meets his attractive, athletic roommate Sam. As the two boys fall in love, a family emergency pulls Daniel back to Mexico. Will they be able to find each other again?

Cahokia Jazz by Francis Spufford

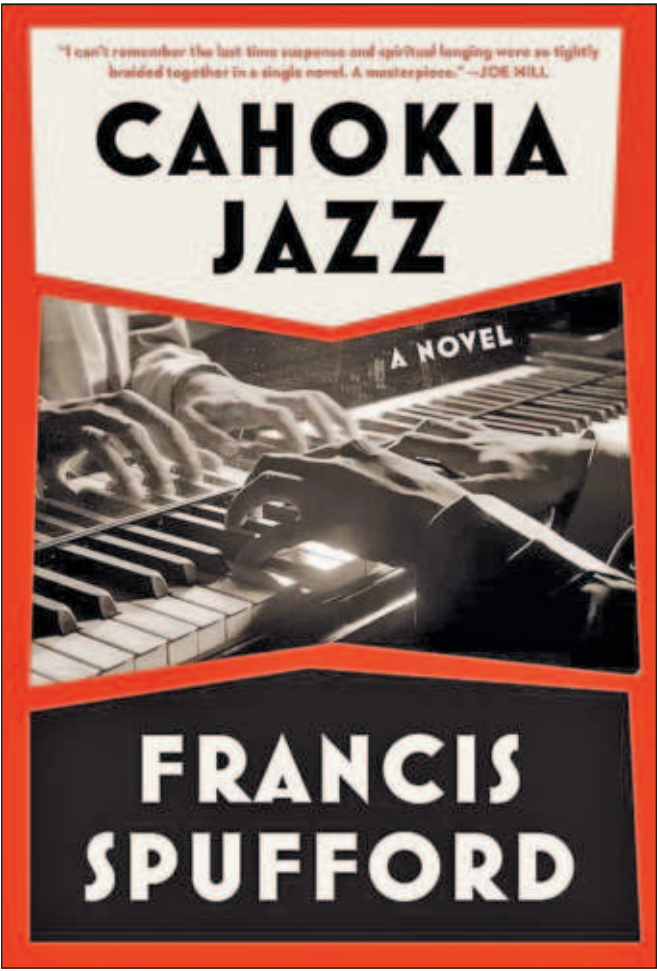
In this alternate 1922, a vibrant Native American city thrives on the banks of the Mississippi. Some things are still the same - like prohibition, jazz... and murder. The body of a white man has been found, gutted, on a rooftop. Two detectives, one Native, one white, team up to solve this mystery.

Inspirational
 The Funeral Ladies of Ellerie County by Claire Swinarski

When her grandmother loses her savings to an online scammer, Iris is determined to stop the bank from taking their lakeside home. Can a cookbook of her grandmother's recipes save the day?

Mystery
 The Unquiet Bones by Loreth Anne White

Forty-seven years ago, teenager Annalise Jensen went missing after a party. In the present, human bones are discovered underneath a chapel. Detective Jane Munro hopes to finally bring closure to Annalise's family, but An-



nalise's old friends don't want the truth to come to light.

Nonfiction
 Gorilla Tactics by Greg Cummings

Gorillas are among the most recognizable of the large charismatic mammals, but climate change and poaching has brought them to the brink of extinction. Greg Cummings - former executive director of the Dian Fossey Gorilla Fund - shares his fascinating experiences working to protect endangered gorillas and their habitats.

Unbound by Emil Her Many Horses

This book celebrates the dynamic tradition of narrative art among Native nations of the Great Plains, from historical hides, muslins, and ledger books to contemporary works.

Intuwitchin by Mia Magic

There's a key difference between intuition and Intuwitchin. While they both come from within us, Intuwitchin involves our innate capacity to learn and fluently speak the symbolic language of the Universe. This book describes how to tap into your Intuwitchin and apply it in your life with rituals, magikal practices and journaling prompts.

Secret Harvests by David Mas Masumoto

In 1942, while his family was evacuated from their California farm and imprisoned in the Gila

River Relocation center, Masumoto's aunt Shizuko was separated from the family and placed in a state institution for people with disabilities. Her family believed she had died, but seventy years later they found her alive, living just a few miles from their family farm.

Motorhome Prophecies by Carrie Sheffield

Carrie Sheffield grew up fifth of eight children with a violent, mentally ill father who believed he was a modern-day Mormon prophet. Carrie became the first of her siblings to escape the toxic brainwashing of his fundamentalist creed. This is the story of her journey from a scared and abused motorhome-dwelling girl to a Harvard-educated professional.

School Menu
Monday
 April 8, 2024

BREAKFAST
 WG Cheerios
 Graham Crackers
 Fruit
 Milk

LUNCH
 Beef Bake
 Mixed Vegetable Roll
 Veggie Bar
 Fruit
 Milk

Breakfast & Lunch Free for all students
 Alamosa School District
To sponsor the School Menu call 589-2553

Valley News

National Farmworkers Awareness Week includes free events

By ADAMS STATE UNIVERSITY

ALAMOSA — Adams State University Cultural Awareness and Student Achievement (CASA) Center, College Assistance Migrant Program (CAMP), the Spanish Program, and Admissions is partnering with the campus food service Sodexo and Trinidad State College to host events to celebrate National Farmworkers Awareness Week with events on Monday, April 8, and Wednesday, April 10. All events are free and open to the public.

Events include:
Monday, April 8
Film: "Million Miles Away; the inspiring story of Jose Moreno Hernandez," a son of migrant workers who became a NASA astronaut 5:15 p.m.

Adams State Richardson Hall Auditorium
Wednesday, April 10
Lunch-N-Learn

"The Legal Battle of El Cortito with the encouragement of Cesar Chavez and Dolores Huerta" by Honorable Maurice "Mo" Jourdane and Olivia Flores Jourdane, J.D. 12 p.m.

Trinidad State College Auditorium
Wednesday, April 10

"The Victory Against the Devil's Arm: The Story Behind Chicano Park's New Mural," Honorable Maurice



Graphic courtesy of ASU's Cultural Awareness and Student Achievement (C.A.S.A.) at Adams State University

Feature picture from the 'Victoria Contra El Cortito' Mural, located in Chicano Park in San Diego, Calif., tells the story of the struggle to ban 'el cortito' — a short-handled hoe whose use caused excruciating back pain in farmworkers — in California. The story of this struggle is a significant part of next week's events.

"Mo" Jourdane and Olivia Flores Jourdane, J.D. 5:15 p.m.

Adams State Richardson Hall Auditorium

If you have a "cortito", bring it to Mo's presentation at 5:15 p.m. April 10, at Adams State and receive a free commemorative "Victoria Contra El Cortito T-shirt."

Adams State CAMP is leading a long-sleeve t-shirt and glove drive for SLV migrant farmworkers through April 12. Drop off donations at Adams State CASA Center; CoRE Center, CAMP Offices; and Trinidad campus. Bins will be available during events on April 8 and April 10.

Center Senior Resource and Health Fair draws interest

By MARIE MCCOLM CENTER

On Thursday, March 28, approximately 20 people attended the Center Senior Resource and Health Fair at the St. Jerome Catholic Church. The fair offered health resources, presentations, screenings, resource giveaways, and lunch for attendees. Though the fair was targeted for seniors, attendees did not have to be a senior to attend the fair.

The resource fair was in the back basement part of the church. The basement was laid out with tables and chairs, with different booths set up. On one table toward the front had bottles of supplemental dairy nutrition and Composure adult diapers. There were also boxes of Kleenex along with adult wet wipes available.

On another table there were shower mats, and shower heads with an attachment. There were also backpacks, towels, and a vaporizer available as giveaways.

Ruth Horn spoke about the fair and what it entailed.

"This is one of two health fairs that SLV Health Education Cen-

ter is sponsoring. The first one was in Sagua-che," she said. "We were supposed to do this right around St. Patrick's Day, but we got snowed out. We just secured the basement here with the church. SLV HEC sponsors lots of health fairs throughout the Valley. We are partners with other people. This is a partnership with Sagua-che County. There are many resources for seniors here. We are also offering Hepatis C, and HIV testing. We also will be offering free Narcan to the community here at my table, and fentanyl testing strips. Everything is free. It's a great resource fair."

Members from various health organizations were sitting at a table offering different services to attendees.

"We have the addictions clinic. We are going to talk about that. We also have pulmonary function tests, along with scales, and we also go over body compositions after the scales," said Kayla Acosta of the Rio Grande Hospital Clinic.

Moriah Trujillo was also set up with a table for

Valley-Wide Health Systems.

"We work specifically with Valley-Wide on a mobile unit, where we travel to different locations, and provide services like health screenings and vaccines," Trujillo said. "We try to go to underserved populations where people are not able to get into the clinics to get service. I am here offering vital sign checks and educational material."

Billy Jiron was also at the VWHS table. Jiron is new to Valley-Wide and said, "I am excited to be here to tell people what kind of services we can offer them."

Center resident Rosemary Salazar was at the health fair and said she hoped to get a screening of her vital signs and see what else the fair had to offer.

"I am 68 years old. I don't get out too much. I heard about this and thought I better come," Salazar said. "I want to get my heart listened to, and maybe have someone take my weight. I want to see what they have to offer. This is good for older people like me who don't go out too much."

Home

Continued from Page 1

ards who can take it to the next level," she said.

Operating from a historic 1880-era former Masonic Building at the corner of Main and San Juan streets, Alamosa Home serves six counties in the San Luis Valley. The store is recognized for its fine furnishings, mattresses, bedding, lighting, and

rugs. Its popular 'Kid's Cave,' specializes in designing creative bedrooms for children.

New owners, Jack and Keck, are excited to realize their dream of owning a business in their hometown and becoming more involved with the community. Keck will continue her work as the CEO of the Alamosa Chamber of Commerce and will oversee marketing for Alamosa Home. Jack, a former

sales manager for Delmar Carpet One in Alamosa, is well-versed in sales and customer service. Jack's family has been in Alamosa for five generations and will bring the "home," to Alamosa Home.

"I am excited about this opportunity to build on the legacy Mary has created here in Alamosa," said Jack. "Alamosa Home provides an opportunity for growth and a way to become more involved with

the communities of the San Luis Valley.

Alamosa Home's line of quality furnishings, industry-leading brands, and dedicated customer service will continue without interruption. Kelly Geddes, store manager with a nine-year tenure at Alamosa Home, will help to ensure the transition is smooth and seamless. Domito will be available as a consultant if needed.

In addition to maintain-

ing the continuity of products and services that Alamosa Home is known for, Jack commented on the new owner's visions for the future.

"There is a lot of opportunity for growth. We want to explore the commercial space as well as provide furniture for families with second homes in our area. We're excited to expand on the store's successful foundation," Jack said.

About Alamosa Home Alamosa Home is located at 630 Main St.,

The store specializes in industry-leading furniture, rugs, mattresses, and bedding including Kingsdown, La-Z-Boy, Stressless, Taos Lifestyle's Double-M, Wesley Allen, and more. Alamosa Home serves the residents of Alamosa and surrounding areas of the San Luis Valley offering delivery and financing. Store hours are Monday-Friday, 10 a.m. to 6 p.m. and Saturday, 10 a.m. to 5 p.m. For more information, call 719-589-2030 or visit alamosahome.com.

Eclipse

Continued from Page 1

directly into the sun. The sun's surface won't be fully obscured in Colorado

so viewing requires solar eclipse glasses.

At Great Sand Dunes National Park and Preserve, totality will be about 70 percent coverage and if you are there, you will see the area start to get a little darker but there will be a sliver of sun shining behind the moon. There will not be any eclipse-related programs at the park.

Colorado Scientists are at the forefront of eclipse science.

Scientists with the National Science Foundation — National Center for Atmospheric Research (NCAR) in Boulder are gearing up to study the event. During a total eclipse, the moon blocks out the sun enabling researchers to study the

Sun's upper atmosphere, or corona. The endeavor is increasingly important as better scientific knowledge of the solar corona helps in the prediction of space weather including solar flares that can interfere with radio communications and possibly take down the electric grid.

Scientists from the NCAR will take to the skies on Monday and board a Gulfstream jet and chase the eclipse and collect data from the infrared light emitted from the corona. Using a spectrometer, they will study light emitted at specific wavelengths. This will facilitate research in understanding the temperature of the Sun's plasma and the density of the corona.

The new PBS NOVA special, Great American Eclipse, is a history of eclipse science and research into the solar corona. Included in the show are interviews with



Photo courtesy of Peisang Tsai, NCAR
Scientist Jenna Samra with measuring instruments on-board the jet she and other researchers will use during eclipse research.

charismatic astrophysicists.

If you miss the eclipse on Monday, mark your calendar for the April 12, 2045, solar eclipse with the path of totality to be

across south central and southeast Colorado.

For more information on the NOVA Great American Eclipse Season 51, Episode 6, see www.pbs.org.

ADAMS STATE UNIVERSITY
COLORADO
Great Stories Begin Here

CALENDAR OF EVENTS

April

SUNDAY • 7	MONDAY • 8	TUESDAY • 9	WEDNESDAY • 10	THURSDAY • 11	FRIDAY • 12	SATURDAY • 13
<p>www.adams.edu</p>	<p>National Farmworkers Awareness Week: Long-sleeve T-shirt & Glove Drive During Events National Farmworkers Awareness Week: <i>A Million Miles Away</i> 5:15 p.m. Richardson Hall Auditorium</p>	<p>National Farmworkers Awareness Week: <i>What Does Social Justice Mean to You?</i> 11 a.m. until 1 p.m. SUB Solarium</p>	<p>National Farmworkers Awareness Week: Long-sleeve T-shirt & Glove Drive During Events Zacheis Planetarium Free Movies: 5:30 p.m. <i>Undiscovered Worlds: The Search Beyond Our Sun</i> and <i>Unveiling the Invisible Universe</i></p>	<p>Lacrosse vs Tusculum University 11 a.m. Lacrosse Field Farmworkers Awareness: <i>The Victory Against the Devil's Arm: The Story Behind Chicano Park's New Mural</i> 5:15 p.m. RH Auditorium Planetarium Free Movies: 5:30 p.m. <i>The First Stargazers</i> and <i>Jewel of the Heavens</i> Free Faculty Lecture: <i>Art and Land Acknowledgment Statements</i> Bill Tite, M.F.A., 6 p.m. McDaniel Hall 101</p>	<p>Kindred Spirit Luncheon: <i>Discovering Science in the SLV: Course-based Research at Adams State</i> Umesh Bhattarai, Ph.D., & David Bertolatus, Ph.D., 12 p.m. SUB Banquet Room Baseball vs. Metro State University of Denver 3 p.m. Baseball Field ASAP: Kayak Pool Session 5:45 p.m. Rex Activity Center Guest Artist: Elizabeth Naccarato, piano, 7 p.m. Leon Memorial Hall</p>	<p>Softball vs. Colorado State University Pueblo DH 12 p.m. & 2 p.m. Softball Field Baseball vs. Metro State University of Denver DH 12 p.m. 3 p.m. Baseball Field</p>
<p>Through May 10, 2024</p>						
<p>Cloyde Snook Gallery: We Were Here Bachelor of Fine Art Senior Exhibit Gallery Hours: 8:30 a.m. until 5 p.m. Monday through Friday</p>						
<p>CASA Center After Hours: Tuesdays & Thursdays 5 p.m. until 7 p.m. Games Yoga Dancing Cooking</p>						

Complete Clearance Sale!!

at
Sunshine Country Grocery Store
(store is relocating)

Sale starting April 10 to April 20
(or while supplies last)

10978 South County Road 5E
Monte Vista

Opinion

Compassion: Don't teach, or work or care for others without it

Got compassion? Got an understanding of the human condition? Got a knowledge of your own shortcomings? Then don't leave home today without compassion for others.

Standing in the check-out line at City Market, I wait behind a young mother and her sweetheart. They are paying with food stamps (SNAP- Supplemental Nutrition Assistance Program) but must return a package of juice because they don't have enough on their account for the transaction. It was a few years ago now that I was a graduate student at the University of Houston when I was loading my grocery cart of food and necessities onto the check-out counter. I also used this assistance then when my son was an inquisitive third grader. How thankful I was then for the program that was feeding Americans and helping me feed my son even as I completed my education. I was on the road toward my dreams of helping others, of teaching. The mother in line before me is checking off her grocery list the items she is able to buy right now. And, so I think, compassion here is like a best friend's smile. I see that smile in the checker's face as she understands.

Back in my second-floor classroom, a computer whiz of a student stands aside and motions to me. He relays how his uncle died suddenly and unexpectedly. His own eyes beg for understanding and compassion. How can an instructor not be compassionate to students who are suffering through such a loss and allow for an extension? Understanding the devastation that comes to a family with the loss of an uncle, a brother or a dad is what I am still feeling myself with the loss of my mother in the 2010 summer. The loss can impact how the brain processes the daily tasks and for sure the assignments in Composition or Psychology for students navigating hardships. Our own experiences can heighten our ability to feel compassion for others.

Americans with Disabilities Act in-place everywhere in America prompts all of us to have compassion and understanding. It is a law about compassion. But benevolence doesn't mean feeling sorry; it means allowing other human beings to live, work and create with some consideration of their conditions. An example is having sidewalks that are wheelchair accessible. It is having flooring that does not catch a physically challenged client or student's foot. It is also about having neutral breathing environments for patrons whether they have issues with breathing or not. Sometimes it can mean having ergonomically appropriate task stations.

Where some people's disability is evident, others' do not readily show theirs. It behooves us as a society to have compassion for each other and encourage others to achieve their goals. Having taught at universities, colleges, and satellite campuses, I am so thankful for the time that I was able to work one-on-one with several "otherly abled" students: a blind student, a deaf student and a student who suffered from multiple personalities. It was compassion that I learned as a little girl that led me, that allowed me to teach the early version of Dragon Dictate and navigating dialog windows to Emily, the blind student. It was compassion that I practiced that allowed me to encourage Marsha, the deaf student in graphic design. It was compassion that helped me understand the struggle Vicky, the sociology student with dissociative personality, endured.

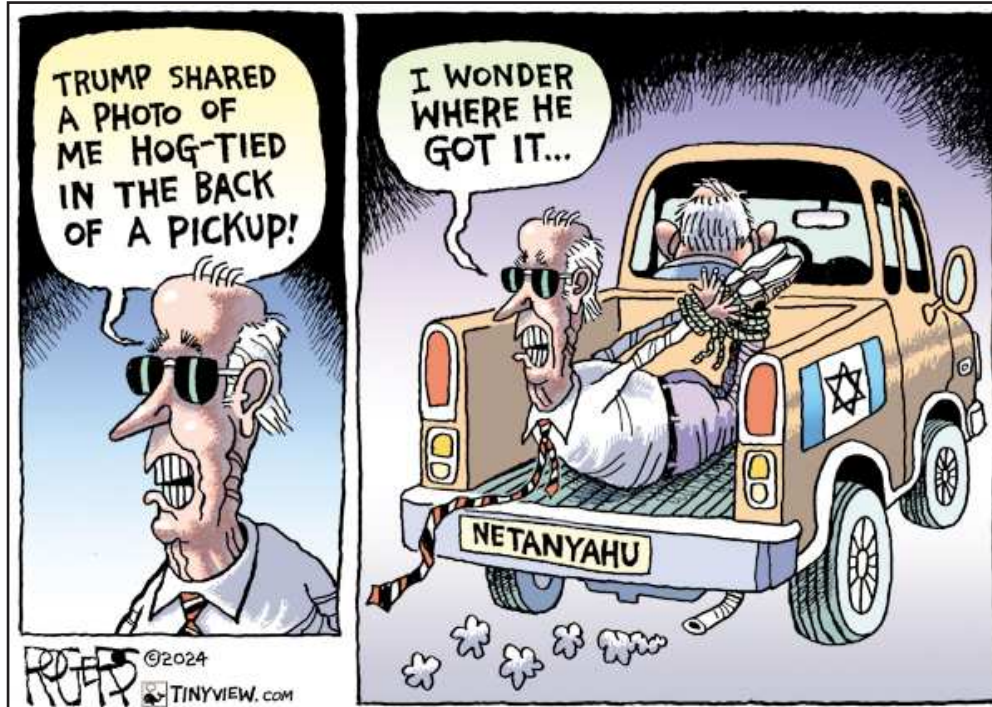
It is compassion that drives my urge to write and teach; it is compassion that "makes the world go round" and not the "mean girl" syndrome promoted on X, YouTube, Snap chat, or Facebook or in hostile workplace or homes with domestic violence. It is not kindheartedness when a society is driven by slamming others rather than appreciating and building up those before us.

Compassion: Don't teach, or work, or care for others without it.

Movin' On with Nellie



Nelda Curtiss



To submit news, email: news@alamosanews.com

To submit sports, email: khamrick@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. We reserve the right to edit for clarity, civility and accuracy. Please limit letters to 500 words or less.

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."

Why we should respect the spring road closures

I've worked for the Forest Service for over 30 years. There are several aspects of managing your public lands that have been very flexible and have changed, sometimes even drastically over my career, in terms of how the agency operates. Thankfully though, many things remain the same and are fairly predictable. A few that immediately come to mind include, logging, grazing, and recreation. As trees mature and become valuable, we'll seek to use those trees for wood products. The changes to that are when we will log and where we will log. As for the grazing, we'll turn the sheep and cattle onto the forest each year with possible adjustments for the changing conditions brought on by drought or other environmental and human factors. Finally, the many recreation uses will happen without fail, and many of those we can set our calendars by. In fact, our calendars are set with many action points that are designed to help us manage the forest resources and are based on that timeless change of seasons that we individuals value as part of our yearly lives.

It happens every year around this same time. In fact, our target date is March 15 each year. With the groans of many avid forest users, we close the gates or barricade roads to keep motorized traffic off. The intent is the same every year. Allow the roads to dry out and remain viable as an indefinite transportation corridor through the forest. Here's how it works.

The melting snowpack has been slowly saturating the ground below. Dirt road surfaces that are soaking wet are easily damaged by heavy vehicles. Tires can create endless ruts in the soft mud that will channel water down along the road surface preventing the waters' escape into the ditches. This can result in two aspects of negative impacts to our natural resource. First, if left unchecked, the ruts will channel increasingly more water into them, and they will become more resistant to drying. The ruts are likely to grow deeper and possibly pull all vehicle tires into them, further increasing the depth of the rut and its determination to keep you there overnight.

Land, Water and People



Gregg Goodland

in those waters very much appreciate having clean water. Poor water quality can result in meager reproductive cycles for the fish and all the cool insects that live in the water. The fine silt also has the potential to cover and suffocate those critters and any eggs that may be placed in a gravel bed. A quality gravel bed allows the smaller species to access the oxygen from the water yet remain relatively protected from predators.

As spring progresses, the roads will eventually dry. That is one of those



Courtesy photo

Public Affairs Officer for the Rio Grande National Forest Gregg Goodland writes about why we should respect the spring road closures.

Rutted roads can increase the speed that water exits the roadbed. The faster the water flows, the more opportunity it has to transport the sediment that was once the nice road surface, down into the ditches. Ditches are designed to move water away from the road. However, faster moving water can carry the sediment into nearby waterways.

You might be led to think that the water is off the road. Mission accomplished. The problem is that the fast-flowing water carried all that sediment with it and the clean stream becomes cloudy, which leads to water quality deteriorating. Just like us, the fish and other aquatic life

sure things I mentioned. About four years ago, mother nature decided that the spring should last an extra 6 weeks to a month. Roads stayed closed due to late-season snow and early rains that kept vast swaths of the forest wet and rather dangerous to drive a vehicle on. But, alas, even that spring gave way to summer, the roads dried and we could return to using them for our extensive recreational activities as well as logging operations.

This year, I've heard distressing reports of selfish individuals driving around our gates and barricades. Please understand that the closures are not enacted as a means to arbitrarily restrict people from public lands. Rather, the closures stand as a testament to the agency's commitment to provide the best land stewardship we can. Also understand that the roads are closed to motorized vehicles, but you can always access those areas on foot. I urge you to respect those spring closures. Park at the bottom and walk in. Or wait. It will only be a few weeks and the roads will be dry and re-opened.

Gregg Goodland is the Public Affairs Officer for the Rio Grande National Forest. As an avid outdoor enthusiast, he encourages individual stewardship and responsible use of our public lands.

LETTER

For a justice system to function, it must be applied equally to all

Editor,
Our Pledge of Allegiance to the American flag ends with the words: "with liberty and justice for all." However, conservative columnist Byron York (March 22 Courier) doesn't want ex-president Donald Trump included in the "justice for all" part. He thinks the Federal Department of Justice should just ignore Trump's alleged criminal activities.

The charges include paying off a porn star he had sex with to silence her before the 2016 election; his recorded at-

tempts to overthrow the 2020 election results; Trump's stealing of top secret national security documents, storing them in unprotected places at Mar-a-Lago that the public could access, and bragging about it; and fraudulent real estate transactions which had the effect of corrupting the market for real estate loans in the state of New York.

Shouldn't the voting public know about this before the upcoming election? Republicans sure wanted all the (relatively benign) information on Hillary Clinton's email server before the

2016 election. This included FBI Director James Comey reopening the investigation only two weeks before the election and then declaring "nothing to see here" while people were already voting. Right.

Yes, Republicans think "justice for all" should only apply to Democrats. In the Trump case justice delayed is justice denied. For a justice system to function, it must be applied equally to all. That includes you, Donald.

David Lenderts
Alamosa

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Valley Courier

(ISSN 1047-1170)

The Valley Courier is published daily, Tuesday, Wednesday, Friday and Saturday by San Luis Valley Publishing, 2205 State Ave., Alamosa, Colo. 81101. Web site: www.alamosanews.com. Periodicals Postage is paid at Alamosa, Colo., Monte Vista, Colo., La Jara, Colo., and Fort Garland, Colo. Phone (719) 589-2553. Postmaster send change of address to P.O. Box 1099.



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Nelda Curtiss is a retired college educator and long-time local columnist. Reach her at columnsbynellie.com or email her at columnsbynellie@gmail.com.

Sports

Panthers sweep twinbill from Bobcats

By **KEN HAMRICK**
Courier sports editor
BLANCA – The Sierra Grande High School baseball team hosted a pair of five-inning games on Friday when it faced Manzanola at the Panthers' field.

The Panthers were successful in the doubleheader as they won by scores of 10-5 and 21-4. "We were pretty pleased," said Sierra Grande coach Brandon Mizokami. "We're a little behind after a couple of weeks after basketball. They're coming along. We have some really good athletes and we're trying to get them ready for baseball."

Game 1

The Bobcats took the early lead with a run in the top of the first inning. Mark Holland singled and went to third on an error in the outfield. He scored on Richard Morales' groundout.

The Panthers tied the score in their half of the first. Kobe Mizokami singled and stole second and he came home on Derek Martinez's single.

Manzanola regained the lead with two runs in the second. T.J. Price walked and stole second. Dillon Pittman then reached on an error and he reached second on another miscue, allowing Price to score. Pittman also scored on an error for a 3-1 Bobcats lead.

Sierra Grande took the lead back with three runs in the bottom of the second. Bryant Tijerina walked, and Garrick Pettigrew was hit by a pitch. Jaydn Martinez singled home Tijerina, and Pettigrew came home on Brian Ontiveros' groundout. Jadyn Martinez scored on a wild pitch to give the Panthers a 4-3 lead.

The Bobcats tied the score in the third. Morales was hit by a pitch, Canye Trujillo reached on an error, and Price was also hit by a pitch to load the bases. Moranles scored on Danner Carrol's groundout.

The Panthers regained the lead for good by scoring four runs in the bottom of the third. Rolando Najera singled, stole second and third, and scored as Tijerina was safe on an error. Pettigrew and Jadyn Martinez also reached on errors with Tijerina scoring on the play. Ontiveros' single plated Pettigrew and Jadyn Martinez to increase the Sierra Grande lead to 8-4.

The Panthers added two

more runs in the fourth. Patrick Sanchez singled and stole second and scored on Najera's single. Najera stole second and third and came home on Luis Roybal's single.

The Bobcats scored once in the top of the fifth. Morales, Trujillo and Carroll all walked to load the bases, and Pittman was hit by a pitch to drive home Morales.

Ontiveros went the distance on the mound and picked up the win. He allowed five runs and two hits and he struck out four, walked four and hit three batters.

The Panthers collected eight hits and were led by Najera who went 2-3 with one RBI. Ontiveros led in RBIs with three, followed by Jadyn Martinez with two.

Sierra Grande stole 16 bases and was led by Najera with four and Kobe Mizokami with three.

Game 2

Sierra Grande took the early lead with three runs in the bottom of the first. Ontiveros, Kobe Mizokami and Derek Martinez all walked and Ontiveros scored on a wild pitch. Kobe Mizokami came home on Sanchez's sacrifice fly, and Derek Martinez was driven home on Najera's groundout.

Manzanola came back with four runs in the top of the second. Thomas Vigil led off by getting hit by a pitch, and Owen Tillquist singled. An error in the outfield allowed Vigil to score.

Josiah Chavez drew a walk, and Holland doubled to score Tillquist and Chavez. Carroll's groundout plated Holland for a 4-3 Bobcats lead.

The Panthers responded with 11 runs in their half of the second. Giovanni Jaquez walked, and Ontiveros singled. Kobe Mizokami also walked to fill the sacks, and Jaquez tied the score on Derek Martinez's groundout.

Sanchez doubled home Ontiveros and Kobe Mizokami to put Sierra Grande back into the lead. Sanchez scored on a wild pitch. Najera received a base on balls and he stole second and third, and scored on Tijerina's single. Pettigrew also walked and Jadyn Martinez tripled to bring home Tijerina and Pettigrew. Jadyn Martinez scored on a wild pitch to increase the lead to 11-4.

Jaquez drew a walk, stole second and took third on a wild pitch. Ontiveros' single plated Jaquez. Ontiveros stole second



Sierra Grande's High School's Kobe Mizokami throws out a Manzanola batter in the first game of a doubleheader on Friday. The Panthers swept the Bobcats by scores of 10-5 and 21-4.

Courier photo by Ken Hamrick

and third and was driven home on Kobe Mizokami's single. Mizokami also stole second and third and came home on a wild pitch to give Sierra Grande a 14-4 advantage.

The Panthers put seven more runs on the board in the third. Najera led off with a single and took second on an error. He scored on a wild pitch.

Tijerina and Eugene Allaart both walked and both came home on Ontivero's double. Kobe Mizokami's single plated Ontiveros, and Derek Martinez followed with an inside-the-park home run.

Najera was hit by a pitch and he scored on three wild pitches.

Manzanola went down in order in the fourth and the game ended on the 15-run rule.

Sanchez threw a complete game and was awarded the win. He gave up four runs and three hits with eight strikeouts, five walks and three hit batters.

The Panthers had 11 hits and were led by

Ontiveros who went 3-3 with a double and three RBIs, Kobe Mizokami who went 2-2 with two RBIs, and Tijerina who went 2-3 with one RBI.

Ontiveros, Derek Martinez and Sanchez led in RBIs with three each, followed by Kobe Mizokami and Jadyn Martinez both with two.

The Panthers had 18

stolen bases. They were led by Kobe Mizokami with five, Ontiveros and Najera with four and Tijerina with three.

What's next

Sierra Grande (3-0) will host a single game with La Veta today.

"They'll be good," coach Mizokami said. "We're looking forward to it. Hopefully the weather

will cooperate. It will be a challenge"

Sierra Grande 10, Manzanola 5

Manzanola 121 01 - 5 2 6
 Sierra Grande 134 2x - 10 8 6
 Morales (L) and Trujillo. Ontiveros (W) and Sanchez.

Sierra Grande 21, Manzanola 4

Manzanola 040 0 - 4 3 4
 Sierra Grande 3(11)7 x - 21 11 3
 Lange (L), Pittman (2) and Trujillo. Sanchez (W) and Mizokami. HR - SG: D. Martinez (3rd inn., one on, 2 out).

Sports Bulletin

Follow sports editor **Ken Hamrick on X.** His handle is **@KenHamrick1.**

SCOREBOARD FRIDAY

Prep baseball

Antonito at Branson/ Kim JV (2) – no report
 Monte Vista 17, Rangely 12

Sierra Grande 10, Manzanola 5

Sierra Grande 21, Manzanola 4, 4 inn.

Prep girls soccer
 Alamosa at Pagosa Springs – no report

College baseball
 Adams State at Colorado School of Mines – late

College women's softball
 Colorado-Colorado Springs 7, Adams State 6

Adams State 8, Colorado-Colorado Springs 7

SCHEDULE SATURDAY

Prep baseball

La Veta at Sierra

Grande, 9 a.m.

Durango at Alamosa, 10 a.m.

Monte Vista vs. Meeker (Buna Vista Invitational), 10 a.m.

Bayfield at Centauri (2), 11 a.m.

Center at Sargent (2), 11 a.m.

Del Norte at Trinidad (2), 11 a.m.

Monte Vista at Buena Vista (Buena Vista Invitational), 3 p.m.

Prep girls soccer
 Bayfield at Alamosa, 11 a.m.

Del Norte at Banning Lewis Academy, noon

Prep track and field
 Creede, Del Norte at Abel Velasquez Invitational (at Ignacio), 8 a.m.

Alamosa, Moffat, Monte Vista, Sanford, Sargent at Thunderstorm Invitational (at CSU Pueblo), 9 a.m.

Antonito, Center, Monte Vista at Salida Invitational, 9 a.m.

Centauri at Pueblo County Invitational, 9 a.m.

College baseball
 Adams State at Colorado School of Mines (2), noon

College men's lacrosse

Adams State at Colorado State pueblo, noon

College women's softball
 Adams State at Colorado-Colorado Springs (2), 11 a.m.

College outdoor track and field
 Adams State at Jo Meaker Classic and Multi (at Canyon, Texas), TBA

SUNDAY
College baseball
 Adams State at Colorado School of Mines, noon

TUESDAY
Prep baseball
 Centauri at Del Norte, 4 p.m.

Centennial at Antonito, 4:30 p.m.

Sanford at Sargent, 4:30 p.m.

Sierra Grande at Custer County, 4:30 p.m.

Prep girls soccer
 Alamosa at Del Norte, 4:30 p.m.

WEDNESDAY
Prep baseball
 Center vs. Las Animas (at Runyon Sports Complex), 4 p.m.

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Lifestyle

Making youth sports safer for athletes

(METRO) — Participating in youth sports can be a great way for children to develop various interpersonal skills and stay active. Routine physical activity is part of a healthy lifestyle, which can help reduce the rates of obesity and overweight among modern youths. However, participation in sporting activities is not without risk. It falls on coaches, leagues and parents to make youth sports as safe as possible for these young athletes.

According to Stanford Medicine Children's Health, more than 3.5 million children ages 14 and younger get hurt each year while playing sports or participating in recreational activities. The Centers for Disease Control and Prevention reports high school athletes account for an estimated two million injuries, half a million doctor visits and 30,000 hospitalizations each year. A 2011 study of Canadian youth published in Science Direct found that 66 percent of injuries among young people between the ages of 12 and 19 were sports-related. In the face of such data, parents may be left wondering what can be done to reduce injuries.

Cross train for overuse injury prevention

The Canadian Strength & Conditioning Association says overtraining may be one contributor to these injuries. Overuse injuries involve repetitive

strain placed on bones, tendons and ligaments, which differ from acute injuries that occur during a traumatic event. A 2009 study from the American College of Sports Medicine found the number of anterior cruciate ligament (ACL) reconstructions performed on children between the ages of three and 20 in New York increased by 100 percent between 1990 and 2009. The Children's Hospital of Philadelphia says ACL tears in children are not typically common compared to all injuries they suffer. However, they are more prevalent among youths who participate in organized sports that involve a lot of running, jumping, twisting, and pivoting. Children need to take breaks from sports to allow their bodies to recover and to incorporate variety into their activities through cross training to avoid repetitive strain on one area of the body. In addition, muscles that have had the chance to warm up are less vulnerable to overuse injuries.

Use proper technique

It is essential that young athletes be schooled in the proper techniques when engaging in physical activity. Coaches should make sure that athletes are employing the proper techniques before sending them into games.

Get the proper equipment



Although there is some risk of injury when playing sports, young athletes can reduce their chances of getting hurt if they are smart about sports play.

Protective equipment, such as helmets, pads, shoes, and more, are vital for injury prevention and should never be overlooked.

Listen to your body

Young athletes should not be advised to play through pain. Doing so can exacerbate any injuries and lead to more damage that may sideline an athlete for a long time, says Johns Hopkins Medicine. Less focus on being the best at all costs from coaches and parents may remove the pressure to play no matter what.

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- 6 Shopping Local retains our distinctiveness:** Local businesses respond quicker to the needs of the customers and stock products to meet the core community's needs.
- 7 Shopping Local encourages community growth.** By choosing to do business locally you help maintain Alamosa's diversity, charm & appeal. Which in turn, attracts new community members.
- 8 Shopping Local invests in community services and city economy.** Your dollars spent in locally-owned businesses have three times the impact on your community as dollars spent outside of Alamosa.
- 9 Local shops value you more:** Local businesses survive by their reputation & repeat business which means you get a higher standard of service.

Classifieds

221 - HELP WANTED

NORTH CONEJOS SCHOOL DISTRICT is accepting applications for (1) CENTAURI HIGH SCHOOL HEAD GIRLS BASKETBALL COACH and (1) CHS HEAD CROSS COUNTRY COACH. Application can be downloaded at www.northconejos.com or may be picked up at the administration office, 17887 US Hwy 285, LA JARA, CO, 719-274-5174. For questions call Jesse Shawcroft at 719-274-5178. Submit application to Mr. Darren Edgar, Superintendent. Application deadline is until filled. EOE. (4/6/24)

HEAD JUNIOR HIGH GIRLS' VOLLEYBALL COACH needed at DEL NORTE JR. HIGH SCHOOL. Experience as a coach or assistant coach at the MIDDLE SCHOOL and/or HIGH SCHOOL level is preferred. Must possess: effective coaching techniques and a thorough knowledge of the rules of the sport; and have the ability to establish and maintain effective working relationships with school administrators, parents, and students. Please contact Gibbs Sanchez, Athletic Director, at: gsanchez@urtigers.com 719-657-4020; or Annie Hardy, Principal, at: ahardy@urtigers.com 719-657-4020. (5/1/24)

221 - HELP WANTED

ALAMOSA COUNTY ASSESSOR'S OFFICE is seeking a DATA ENTRY CLERK. This job requires data entry skills and working knowledge of the Assessor's Office to ensure accurate property data is generated to maintain complex records. Responsibilities include: Working independently or in a team setting, entering deed transfers (land splits/combination and replats) of parcels into the database, entering address changes into the computer system, answering phones and assisting the public at the front counter, coping maps, daily mail runs, participating in professional training, and perform all other duties as required by the County Assessor. \$17.00-\$19.00 per hour, full time, full benefits. Background check and drug screening required. Applications may be obtained online at www.alamosacounty.org. Inquiries may be directed to humanresources@alamosacounty.org. (4/6/24)

POTATO WAREHOUSE IN CENTER IN NEED OF WORKERS. There are SEVERAL POSITIONS AVAILABLE. Hours 8:00 am-??? Competitive wages. Please inquire at MOUNTAIN KING SPUD GROWERS, 1090 South Miles Street, Center, CO. (5/1/24)

221 - HELP WANTED

CAFETERIA STAFF NEEDED at UPPER RIO GRANDE SCHOOL DISTRICT. Must have a high school diploma and some knowledge of working in a kitchen or a willingness to be trained. Pay is dependent on prior experience. Please contact Leslie Martinez at 719-657-4040, x1100 or email her at lmartinez@urtigers.co. (5/1/24)

SUBSTITUTES TEACHERS NEEDED at the UPPER RIO GRANDE SCHOOL DISTRICT in DEL NORTE! Call or email: Sophia at 719-657-4040, x4000 (scrucz@urtigers.co) for more information, go on-line: urtigers.co, or stop by the district office at: 950 French Street, Del Norte, CO to pick up an application. You do not have to hold a college degree or be a certified teacher to substitute; however, you must be a high school graduate and have a substitute license from CDE (Colorado Department of Education). (5/1/24)

HOME HEALTH AIDE for individual needed near LA JARA. CNA helpful but not required, on the job training. Good pay, flexible hours, must pass background check. Call or Text 719-580-9633. (4/26/24)

221 - HELP WANTED

CSU-SAN LUIS VALLEY RESEARCH CENTER is seeking temporary hourly employees to work M-F 8:00am to 4:30pm, 30 to 40 hours per week. Aids in the preparation of research field experiments and crops. Provides planting, irrigating, cultivating, harvesting, storing crops and various tasks important to the research initiatives at this station. Please apply at <https://jobs.colostate.edu/postings/141377> or contact Sharon at (719) 754-3594 x17. (4/17/24)

TOWN OF HOOPER is accepting applications for the PARK AND TOWN MAINTENANCE POSITION. Job begins in April - September, up to 30 hours per month. The job duties include maintaining park, maintaining mowing equipment etc. and town weed control and various other duties. Job description available upon request. Send resume or letter of interest including experience, to PO Box 1, Hooper, CO 81136 or tclerk.hooper@gmail.com, include in the subject line, Hooper Maintenance Position. For more information call 719-937-3683. Application deadline, April 15, 2024. (4/6/24)

221 - HELP WANTED

LA PUENTE IS seeking a self-starting individual for the position of EMPLOYMENT NAVIGATOR as the front line worker in our Employment Readiness program. This program engages clients experiencing barriers to employment to support their journey from unemployed or underemployed to stability and independence. The Navigator will work with La Puente's Shelter, Street Outreach, and Adelante programs, as well as local employers and employment programs to help clients overcome barriers and obtain employment. The Navigator also works to build trust, conduct assessments, make referrals, identify resources, and collect data. Ability to problem-solve and collaborate with other agencies is a must. 36k-40k DOE. Send resume: La Puente, P.O. Box 1235, ALAMOSA, CO 81101, 719 589-5909. www.lapuente.net Email: hr@lapuente.net. (4/17/24)

CAPULINDITCHCO. is looking for a DITCH RIDER for the 2024 season- approx. Mid April through September. Pay is a set amount per day worked. For more information please contact Joseph Valdez at: 719-274-5109 (La Jara Pharm.) Or 719-588-2585. (4/6/24)

221 - HELP WANTED

SHIPPING CLERK NEEDED for a POTATO WAREHOUSE in CENTER, CO. Hours are generally 8am-6pm Monday thru Friday, and possibly a few hours Saturday mornings. FAMOUS software experience and knowledge a must. Salary is negotiable. Please inquire at MOUNTAIN KING SPUD GROWERS, 1090 South Miles Street, Center, CO or email resume or application to tuna@mtking.com. (5/1/24)

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HELP WANTED: SOMEONE TO CLEAN the TOWN HALL OFFICE. MUSEUM HELP: Must be 16 yrs of age or older for museum, must have some knowledge of Jack Dempsey history. Also, CHIEF OF POLICE & POLICE OFFICER. Please pick up application at the Town Hall office during business hours. (4/8/24)

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221 - HELP WANTED

DEL NORTE ELEMENTARY SCHOOL TEACHER needed at the **URGSD**. We are seeking a hardworking and enthusiastic teaching professional to join our dynamic, vibrant and fun-loving team for the 2024-2025 school year. Applicants must have a bachelor's degree or higher and possess or be able to obtain a Colorado Teaching License. Please submit your application, resume and cover letter to: Amy Duda, Principal at aduda@urtigers.co or contact Amy at 719-657-4050. Applications can be picked up at the District Office or online at: urtigers.co. (4/30/24)

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DEL NORTE BANK is seeking a candidate to fill a Seasonal position for a **TELLER** at our **CREEDE BRANCH**. Duties will be to accept deposits, loan payments, and process withdrawals while maintaining a balanced cash drawer. Must be personable and pleasant answering the phone and greeting customers. Many other duties will be assigned as needed. The position is seasonal, full time with a hourly range of \$14.42 to \$17.00. Please send your resume or application to postmaster@truelocalbank.com by April 12, 2024. Application is available at TrueLocalBank.com/careers or call 719-657-3376 and ask for Dawn. **EOE.** (4/12/24)

221 - HELP WANTED

LOCAL DRIVER - METZ POTATO COMPANY is looking for a year-round full-time **POTATO TRUCK DRIVER** who will be responsible for loading and unloading trucks along with stacking or other duties in the warehouse. Wage of \$14.42-16/hr plus potential to earn bonus annually. Overtime eligible. Simple **IRA** matching after 6 months. Must have a valid driver's license and clean **MVR**. Applications can be completed at 971 E County Rd 6 N, **MONTE VISTA.** (4/10/24)

SKYLINE POTATO CO. in **CENTER, CO** is looking for a **SHIPPING CLERK/ASSISTANT SUPERVISOR** for their bulk division. Applicants must be Bilingual (English/Spanish) and capable of using Microsoft Excel, Microsoft Word and able to learn other computer/shipping programs. Work week consists of Monday-Friday and some Saturdays. Responsibilities will be the following: Weigh in and out incoming trucks, ship out trucks with outgoing product and produce paperwork for the truck, coordinate incoming and outgoing trucks with supervisor and shipping/loading crew, help supervise employees. For an application please contact Margaret Limon @ 719-754-2043. (4/30/24)

½ TIME TIGER CONNECTION COACH (attendance & family connection) needed at **DEL NORTE ELEMENTARY SCHOOL**. This will be a 2-year part time classified position paid for with the **Stronger Connections Grant**. For more information please contact Principal Amy Duda at 719-657-4050 or aduda@urtigers.co. Applications may be picked up at the District Office or online at: urtigers.co. (4/17/24)

221 - HELP WANTED

JR. HIGH CHEER COACH needed at **DEL NORTE JR. HIGH SCHOOL**. Experience as a coach is preferred. Please contact Gilbert "Gibbs" Sanchez, Athletic Director, at: gsanchez@urtigers.co, 719-657-4020; or Annie Hardy, Principal, at: ahardy@urtigers.co, 719-657-4020. Applications may be found on our website: www.urtigers.co. (4/17/24)

HOSPICE DEL VALLE is currently seeking an **ADMINISTRATIVE ASSISTANT**. A part time to full time position available. Knowledge in payroll and QuickBooks preferred but not necessary. Please call or stop by Hospice del Valle for further information: 514 Main Street, **ALAMOSA, CO** 81101 or 719-589-9019. (4/17/24)

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345 - WOOD

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351 - LIVESTOCK

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CROSSWORD PUZZLE

NEA Crossword Puzzle

- ACROSS**
- 1 "Mr. & — Smith"
 - 4 Did the crawl
 - 8 "And — some!"
 - 12 Arctic bird
 - 13 Concern
 - 14 Ill-mannered
 - 15 Billy — Williams
 - 16 Asian Sea
 - 17 Church calendar
 - 18 Box a bit
 - 20 Loveliness
 - 22 Calendar abbr.
 - 23 Clairvoyance, for short
 - 24 Tall and thin
 - 28 Weight
 - 31 Agreement among nations
 - 32 Dawn goddess
 - 34 Crimson
 - 36 Literary collection
 - 37 Schuss
- DOWN**
- 1 — as a hatter
 - 2 Regrets
 - 3 Full of doubts
 - 4 Spooked
 - 5 Armed conflict

Answer to Previous Puzzle

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

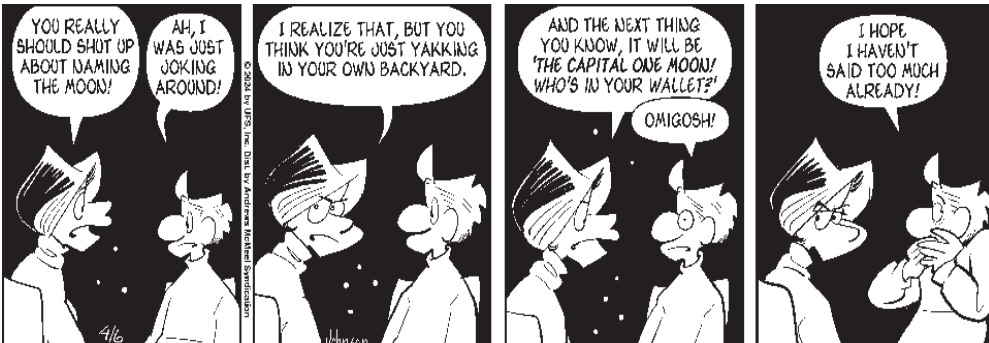
- 6 Graceful horse
- 7 Battle
- 8 Group of dancers
- 9 Damaged
- 10 Circular current
- 11 Keanu Reeves role
- 19 Family member
- 21 Fire remains
- 24 Health resort
- 25 Pain
- 26 "— Miserables"
- 27 Join draft animals
- 29 Peach type
- 30 Light meals
- 33 Transgress
- 35 AMA members
- 38 Valley
- 40 Big cat
- 41 Soap mass
- 43 Bureau part
- 45 Raised line
- 47 Nat King —
- 48 Tibetan monk
- 49 Pack
- 51 Leggy bird
- 52 Diamond
- 54 Actor —
- 56 "— Not Unusual"

1	2	3	4	5	6	7	8	9	10	11
12							14			
15							17			
	18		19		20		21			
		22				23				
24	25			26	27		28		29	30
31				32	33			34		35
36				37				38		
	39		40	41		42		43		
		44		45		46				
	47	48			49		50			51
52				53		54			55	56
57				58					59	
60				61					62	

ALLEY OOP



ARLO & JANIS



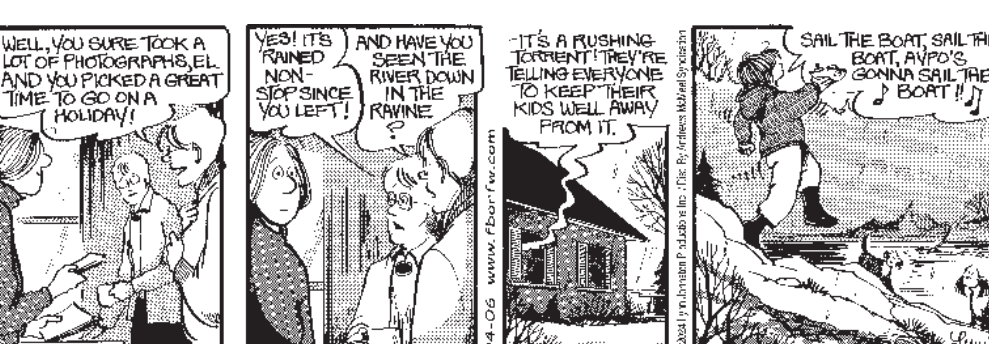
BIG NATE



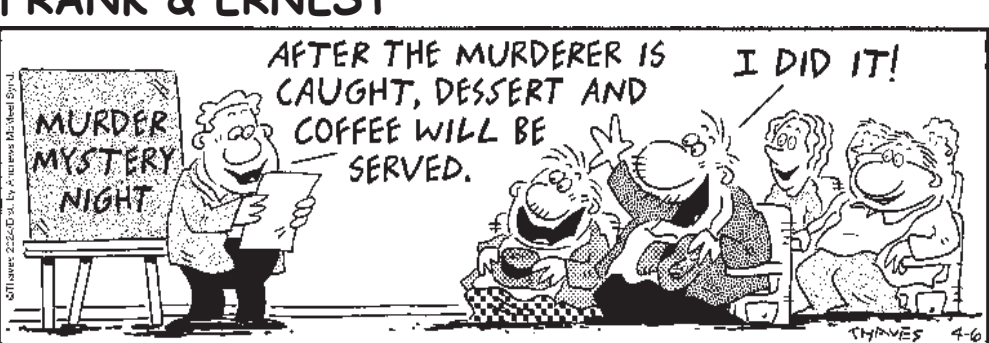
THE BORN LOSER



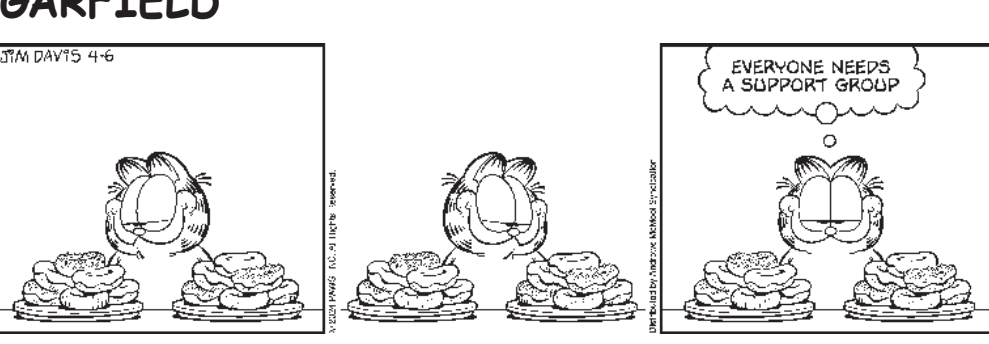
FOR BETTER OR FOR WORSE



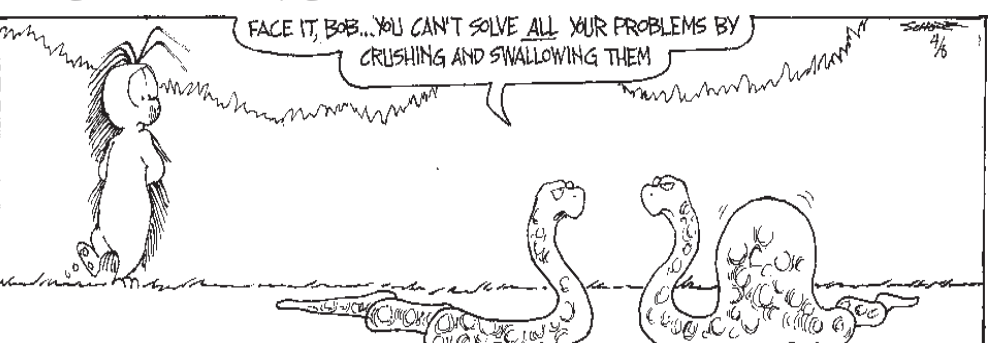
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THE GRIZZWELLS



PEANUTS



SUDOKU

DIFFICULTY RATING: ★★★★★

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

PREVIOUS SOLUTION

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

HOW TO PLAY:
Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

HERMAN



Family dynamics add to sister's anxiety issues

DEAR ABBY: Five years ago, I was diagnosed with GAD (generalized anxiety disorder). It manifests itself with sudden outbursts of anger when I'm stressed, which is often. I have three sisters, two of whom are bossy and try to take over and control every little thing. I have always had a difficult relationship with one of them. When she stresses me out, I tend to blow up at her easily.

The other day, we were in a stressful situation, and I blew up at her. I later apologized and explained about my anxiety. She replied that it wasn't my anxiety but that I want to be the boss and don't want to accept her help with anything. She then proceeded to order me to do certain things the way she wanted them done.

I want to cut ties with her because of how she affects my mental health and sanity. But, after all, she's my sister, and there are situations in which I will have to be around her. Please advise.

-- ANXIETY-RIDDEN IN WEST VIRGINIA

DEAR ANXIETY-RIDDEN: You aren't going to change your sister. Her compulsion to control is ingrained in her. Avoid her

as much as possible. However, if there are situations in which you can't do that, be polite and keep some distance. Do not argue with her, and remember: Just because someone tells you to do something does not mean you have to do it.

Having been diagnosed with GAD, I hope you realize there are treatments for it -- medication and talk therapy. If your condition affects your other relationships, consider talking about it with the medical professional who gave you that diagnosis.

DEAR ABBY: I am 29, and I lost my dad last year. I am writing to ask how I can help my 5-year-old understand death better. He misses his grandpa so much that he cries. Sometimes he tells me he remembers a lot about my dad, and other times he tells me he doesn't. I am very worried that he is suppressing his memories of my father, and I don't want him to.

My son has a lot of good memories from when he was younger. I tried to show him pictures of my dad and him together, but tonight he mixed up his memories of him with another grandpa. I tried to talk to him, but he wouldn't



ABIGAIL VAN BUREN

open up. How can I get him to open up to me and start remembering? -- REMEMBERING IN INDIANA

DEAR REMEMBERING: Your son is 5. Of course he misses his grandfather. But expecting him to cling to every memory of the short time they spent together is unrealistic, regardless of how much you wish it. You could benefit from discussing this with a child psychologist.

You cannot force the boy to remember, and trying to do that or make him feel guilty could actually be harmful. Books have been written for children on the subject of death. Please consider getting one or more for your boy.

Lifestyle



Photo by Dustin Duskocil/CPW

A paddler wisely wears a life jacket while kayaking at State Forest State Park.

Cold water presents danger, life jackets can help save lives

By COLORADO PARKS AND WILDLIFE

RIDGWAY, Colo. —

Colorado's lakes and reservoirs are opening to more recreation with the arrival of spring, but cold water temperatures can present a serious risk. Wearing a personal flotation device can save lives.

Colorado Parks and Wildlife rangers have already responded to multiple incidents this spring involving paddlesports recreationists falling into the water.

One kayaker died and another was hospitalized last Saturday after they fell into the water at Chatfield Reservoir. Two kayakers who fell into the water at Ridgway Reservoir the weekend before were rescued after they spent 15 minutes in the water.

In both cases, water temperatures were in the low 40 degrees, and all four kayakers in these two incidents were not wearing life jackets at the time they went into the water.

"Our lakes and reservoirs, while especially inviting in the spring after a long winter, can quickly

become perilous without the proper precautions," said Ridgway State Park Manager Johnathon Freeborn. "The recent incidents on our waters serve as a stern reminder of nature's unpredictability and the vital importance of wearing a personal flotation device. A PFD is more than a piece of safety equipment; it's what stands between you and tragedy. Wear a life jacket — it could save your life."

The instinctive reaction when a person hits cold water is to gasp, which can lead to inhalation of water. Hypothermia can set in quickly, and use of arms and legs to swim can be quickly impaired as blood flow is directed to a person's core. This can all lead to unconsciousness or swimming failures as muscles become numb.

Wearing a life jacket will keep your head above water and support your body should your swimming ability fail or you become unconscious.

"It can be deceiving when we start getting warm-weather days and it's nice outside, but everyone rec-

reating on the water should be aware the water is still really cold and remains cold until at least mid-summer here in Colorado," said Scott Rist, Park Manager of Crawford, Paonia and Sweitzer Lake State Parks. "Having the proper gear and a life jacket on is imperative for anyone recreating on the water."

Windy conditions can exacerbate danger on the water for paddlers. Getting blown off course can happen quickly, and returning to shore can be difficult going into a headwind or when facing waves. That can lead to paddlers expending a lot of energy to navigate and maintain balance.

When a paddler loses balance and goes into the water, it can also be easy to become separated from a kayak or paddleboard.

"There are several cell phone apps that will tell you hourly wind predictions," Rist said. "Knowing when conditions are going to change can be the difference between life and death. The user has a responsibility to know before you go."

Governor Polis, Colorado Energy Office announce \$21M to expand EV charging network

Awardees include locations in Alamosa, Ft. Garland, South Fork and Monte Vista

By COLORADO ENERGY OFFICE

DENVER — Governor

Jared Polis and the Colorado Energy Office (CEO) announced \$21 million in grant awards Thursday through the Direct-Current Fast-Charging (DCFC) Plazas program. Funded through the National Electric Vehicle Infrastructure (NEVI) Program, part of President Biden's Infrastructure Investment and Jobs Act, and the state's Community Access Enterprise (CAE), these grants create 290 new fast charger ports at 46 different sites across the state, expanding Coloradans access to fast, affordable, and reliable EV chargers. This will increase Colorado's existing public fast-charger network of more than 1,000 ports by about 28%.

"Colorado is leading the way in the shift to electric vehicles by making them more affordable and ensuring that driving them across our beautiful state is just as easy as driving a gas-powered car," said Gov. Polis. "We're grateful to have additional dollars to pair with state funds to accelerate our efforts to become the number one state for electric cars, bikes, and buses."

"Addressing greenhouse gas pollution from transportation is a top priority in our efforts to meet the state's climate goals," said CEO Executive Director Will Toor. "This grant program is a key piece of that puzzle, ensuring Colo-

rado builds enough public electric vehicle charging infrastructure to support 940,000 light-duty EVs on Colorado roads by 2030."

Awardees will install chargers in locations across the state, including Cañon City, Littleton, Dolores, Silverton, Yuma, and Fort Garland. Like the first round of NEVI-supported grant awards, announced in August 2023, these awards aim to fill charging gaps along Colorado's federally designated alternative fuel corridors — a requirement for NEVI funding. CEO also awarded CAE funding for projects in communities without adequate electric vehicle (EV) infrastructure.

To ensure the air quality benefits of electric transportation reach those who are most affected by transportation-related air pollution, CEO prioritized projects in disproportionately impacted communities. These investments will not only facilitate statewide travel in an electric vehicle, but will also help improve air quality and meet charging needs in communities that currently lack access to fast and reliable EV charging.

"Colorado is building one of the most comprehensive EV charging networks in the country," said Colorado Department of Transportation (CDOT) Executive Director Shoshana Lew. "We believe that nearly every Coloradan will have access to DC fast-charging within a matter of years."

With more than 100,000 EVs registered in Colorado, and the pace of adoption growing, the expansion of the charging network is necessary to meet consumer demand. As of February, there were direct-current

(DC) fast chargers located within 30 miles of 78% of the state's geographic area.

Grant awardees include charging station operators, fuel providers, convenience stores, and local governments. CEO will provide funding to support the following EV-charging infrastructure projects:

- 7-Eleven: Aurora, Colorado Springs
- Apro LLC. (dba United Pacific): Colorado Springs, Littleton
- Circle K Stores, Inc.: Brighton, Denver, Durango, Greenwood Village, Pueblo
- EvGateway: Alamosa, Clifton, Dolores, Lakewood, South Fork
- Francis Energy Charging, LLC: Montrose
- Helios Charging Inc.: Monte Vista, Silverton
- Jule (dba eCAMION USA Inc.): Fort Garland, Holyoke, Yuma
- Love's Travel Stops & Country Stores, Inc: Burlington, Cañon City, Fountain, Pueblo, Walsenburg
- Phillips 66 Company: Colorado Springs (X2), Grand Junction
- Pilot Travel Centers LLC: Limon
- Tesla, Inc.: Arvada, Aurora, Bennett, Brush, Carbondale, Denver, Frisco, Glenwood Springs, Greeley, Gunnison, La Junta, Lakewood, Longmont, Parker, Sterling, Wheat Ridge
- Town of Avon: Avon

CEO expects many of the chargers supported by the current round of DCFC Plazas awards to become available by the end of 2025, and anticipates continuing to offer two DCFC Plazas funding rounds per year, with the next opportunity expected to open later this year.

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