

ASU Track & Field began Olympic Trials on Monday

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At CPW's Trinidad Lake State Park, lucky guests earn special rewards for wearing life jackets

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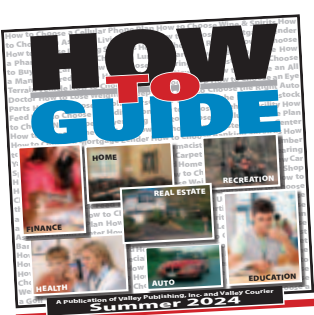
# Valley Courier

WEDNESDAY EDITION | WWW.ALAMOSANEWS.COM

LOCAL NEWS... LOCAL VIEWS

June 26, 2024

\$1



Special Section inside today's Valley Courier

SLV Today

Bird walk is on Saturday

ALAMOSA — A free bird walk will begin at 8 a.m. on Saturday and end around noon. Meet at the parking lot for the Malm Trail, 8210 S. River Rd., Alamosa. Directions: Follow 12th Street east to the Alamosa Recycling Center. Then drive about 1,000 feet to the turnoff to the left.

It is nesting season "so we will be watching for nestlings and fledglings," organizers stated.

Friends of the San Luis Valley National Wildlife Refuges is sponsoring the event.

Cash prizes for top floats at Stampede parades

MONTE VISTA — The top floats in the 2024 Ski-Hi Stampede parades will receive cash prizes. The Ski-Hi Stampede parades will be on July 12 and 13 in downtown Monte Vista. The theme for this year's parade is "Heroes Among Us."

Absolute Shine donated \$1,500 that will go to the first-place float; SLV Auto Repair donated \$1,000 that will go to the second-place float; and Pepper Equipment donated \$500 that will go to the third-place float.

Registration forms can be picked up at Finer Blessings, 730 1st Ave., Monte Vista. The Ski-Hi Stampede Committee is organizing the parades.

The 102nd annual Ski-Hi Stampede kicks off with a concert on July 11, featuring Wynonna, followed by three days of PRCA action on July 12, 13 and 14. For more information, visit online www.skihistampede.com.

SLV WEATHER Slight Chance of After Noon Showers, Breezy 86/56

Thurs: Slight Chance of Showers, Breezy 81/51

Fri: Sunny, Breezy 82/49

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## Primary turnout is predictably low

Congressional District 3 is the most competitive race

By PRISCILLA WAGGONER  
Courier Reporter

ALAMOSA — The primary election deciding which candidates will represent Democrats and Republicans across the Valley in the November election wrapped up on Tuesday.

According to Terri Carver, election supervisor with the office of the Alamosa County Clerk and Recorder, approximately 9,500 ballots were sent out to registered voters in the county with, as of 2 p.m. on Tuesday afternoon, "about 2,100" ballots having been returned.

That translates to a roughly 22% turn-out rate, which, as of Tuesday afternoon, was several percentile points higher than the state average.

Locally, Rick Needham will have the Democratic



Adam Frisch, Democratic candidate for CD3.



nomination to challenge Alamosa Commissioner Lori Laske. In a repeat of 2022, Carol Riggbach will be the Repub-



lican nominee challenging incumbent Rep. Matt Martinez in District 62. State Senator and incumbent Cleave Simpson will be the Republican running for a second term in

■ See PRIMARY page 3

## El Pomar approves \$44K to SLV groups

By JOHN WATERS  
Courier News Editor

COLORADO SPRINGS — The El Pomar Foundation trustees approved \$44,000 allocated to eight nonprofit organizations and government entities in the San Luis Valley at the Foundation's May Trustees meeting.

Through the Foundation's grant making process, the following entities were awarded grants:

- Adams State University Foundation, Inc. (Alamosa) — \$10,000 for School of Nursing infant and pediatric mannequins; competitive
- CASA del Valle, Inc. (Alamosa) — \$5,000 for general operating support; regional merit
- City of Creede — \$5,000 for food for youth at the Virginia Christensen multi-use facility; regional merit
- Manassa Saddle Club, Inc. — \$2,500 for general operating support; regional merit
- San Luis Valley Animal Welfare Society (Alamosa) — \$2,500 for gen-

■ See EL POMAR page 3



In this May photo, graduates of the Adams State University School of Nursing are about to receive their BSN degrees. The El Pomar Foundation has awarded the school \$44,000.

## Reverse 911 can save a life

By JOHN WATERS  
Courier News Editor  
ALAMOSA — On Sunday, June 23, at 4:51 a.m., many San Luis Valley residents were alerted of an emergency by the Reverse 911 system maintained by Alamosa County.

The reverse system operates across the country and sends emergency calls, texts, and emails alerting people to various events including natural disasters, evacuations, school emergencies and safety threats.

In 2009, Connecticut be-

came the first state in the nation to utilize a reverse 911 system and now they are deployed across the U.S. and Canada. In 2004, reverse 911 was used in Granby, Colorado to notify residents of a bulldozer rampage. Reverse 911 was used in during the 2012 Sandy Hook — Newtown Connecticut school shooting. And locally the system has been used twice locally in the last few weeks.

If you did not receive the message sent out last Sunday morning, signing up to receive the notifications is easy.

Go to the Alamosa County website at www.alamosacounty.colorado.gov and go to the red tab on the site, "Sign Up for Alamosa County Emergency Alerts," and click on it to be directed to the Hyper-Reach website and sign up. The website was launched in 1995 by the Asher Group, a computer service provider.

According to the company, Hyper-Reach is a leading provider of mass, enterprise and team notification systems for public safety, other government agencies and companies throughout North America.

## Happy Birthday Alamosa

By BARBARA KRUSE

ALAMOSA — One hundred forty-six years ago, in June 1878, the Denver Rio Grande Railroad completed the narrow-gauge tracks from Garland City (6 miles east of Fort Garland) to Alamosa

"It is told that a hotel served breakfast that morning in Garland City, was put on a flatcar, hauled to Alamosa and unloaded, that evening served supper to its customers in the new location," according to Luther Bean, "Land of the Blue Sky People," 1962.

On July 5, First Birthdays with Visit Alamosa will celebrate the founding of Alamosa, highlighting the "moving of the Gem Saloon" in the Market on Main. Participants are encouraged to wear period clothing, take a sepia photograph at the photo booth, take the historical walking tour of Alamosa and more.

The Sangre de Cristo National Heritage Area and Los Caminos Antiguos Scenic and Historic Byway will be selling booklets about a variety of topics published by the San Luis Valley Historical Society, camping mugs, and reusable burlap bags.

■ See BIRTHDAY page 3

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# Record



Upper left - Persian yellow rose. Upper right - Woods' rose. Lower - Austrian copper rose. Photos by Emily Folz

## Newcomer's Guide to Gardening in the San Luis Valley

By EMILY FOLTZ  
CSU Extension -  
Colorado Master  
Gardener

### SAN LUIS VALLEY

— We have some crazy tough plants here in the Valley, and surprisingly some of them are roses.

There's a decades old rose bush growing in the piled up dirt on the side of our dirt road. It collects tumbleweeds all winter and the county regularly buries the lower half of it when they grade the road. Despite this complete mistreatment, it covers itself in brilliant orange-red and yellow blossoms every June. Growing nearby it, I found a smaller, similar rose bush hidden under a pile of tumbleweeds, a two-stemmed beauty with arching branches draped against the split rail fence, each branch decorated with multiple orange-red blossoms. Let me introduce you to the Austrian copper rose, a gorgeous, rugged, "species rose" with a no nonsense, can-do demeanor.

Austrian copper rose is a variant of the non-native *Rosa foetida* species rose. It often grows as a dense shrub 4-6 feet tall and wide, although I've found several growing as smaller 2 to 4 stem bushes. Its blossoms are usually a beautiful orange-

red with yellow centers, but occasionally it has all yellow flowers or a mix of both.

Unlike roses that are bred for particular attributes, species roses like the Austrian copper rose develop in the wild. When grown in the garden, they are typically low-maintenance plants that choose to flower even when they've been ignored. Species roses often bloom only once for a few weeks in spring or summer, but some have a second lesser bloom in the fall. They often produce beautiful rose hips, the fruit of the rose, that provide fall and winter color as well as food for wildlife.

In addition to the Austrian copper rose, I've seen two other sturdy species roses growing in the valley. One is the Persian yellow rose, another variant of *Rosa foetida*. It was lighting up multiple gardens in Alamosa last month. Historically, the Persian yellow rose has been used to develop new rose cultivars because of its vivid yellow color. Once you see it, you'll understand why. It is stunning! It grows as a large shrub 4 to 7 feet tall and when it flowers in its one heavy flush, it is covered with vibrant yellow blossoms in the most spectac-

ular show of color.

The Valley also has *Rosa woodsii*, or Woods' rose (also called wild rose and mountain rose). This species rose is one of Colorado's native roses. It has delicate blossoms ranging in color from pale pink to fuchsia. After its blossoms fade, it produces beautiful deep red rose hips that persist into winter.

You'll find Woods' rose growing in the mountains, along streams, and along our country roads where it too tolerates getting dirt piled on it by the road graders. It will grow in full sun or part shade, and is very drought tolerant. It loves to spread but is containable. Mine lives on the sunny east side of the house where it is bounded by a walkway. Woods' rose can grow as a large shrub measuring 3 to 6 feet tall, but my roses grow as multiple, individual, straight and curved stems no more than a foot high. They gave us a beautiful show of pink blossoms for much of May.

I'd love to hear what roses you've grown here in the valley. Have you had luck with other rose varieties? Please share your experiences and your photos! Send me an email at [slvgardening@gmail.com](mailto:slvgardening@gmail.com).

## Last Chance Mine receives plaque, opens new tour

By LYNDISIE FERRELL

**CREEDE** – Nestled in the rock face of a multi-colored boulder hewn from the Last Chance Mine in Creede, now lays a new plaque honoring the work current owner, Jack Morris, has done to preserve and protect the history of the mine. Morris and his crew celebrated the dedication with members of the Ancient and Honorable Order of E Clampus Vitas or ECV.

The Ancient and Honorable Order of E Clampus Vitas (ECV) is a fraternal organization dedicated to the study and preservation of Western Heritage, particularly the history of the Mother Lode and gold mining regions of the area. There are chapters in California, Nevada and other Western states including Colorado.

The Last Chance Mine was discovered by Ralph Granger in 1891 and the new plaque captures the early days of the mine incised in bronze forever. "Located on a steep slope of Bachelor Mountain above West Willow Creek in Creede, Colorado, the Last Chance Mine was started in 1891 when Ralph Granger and Eric Von Buddenbrock grubstaked a prospector named Theodore Renninger."

As the story goes, Renninger was down to his last \$10,000 and was getting ready to leave Creede empty handed when he headed up to the Bachelor area one last time. His burro escaped during this trip and lead Renninger further up the mountain to an outcropping of rock. As he sat on the rock, he struck it with his hammer and found, to his surprise, an apex of Amethyst and silver. Renninger named



Photo courtesy of Jase Laing and John Koch

**A crowd gathered on Saturday at the Last Chance Mine in Creede to celebrate the dedication of a plaque donated to the mine by the Ancient and Honorable Order of E Clampus Vitas.**

the aptly named the mine "The Last Chance."

Now, 133 years and hundreds of thousands of pounds of silver later, the Last Chance Mine is a stark reminder of those long-lost days of Colorado mining thanks to the efforts of Morris who counts his blessings every day. The mine has now been transformed into a public attraction, not only giving the public a glimpse into the past but fortifying the future of historical preservation as well.

According to Morris, the mine opened with a new tour this year, bringing guests through a new section of the old mine. "We now have a new tour that takes just over an hour. Guests get to see more of the old tunnels and some amazing things along this tour. We also have three main tour guides which means we can do three tours simultaneously. It's going to be a great season, so come on out and join us," said Morris.

Morris also hinted at another tour that may be coming later this summer. "We have been wanting to do a lunch tour for a long time and we are hoping to open it later this summer. If we do not open this summer, we will have it for

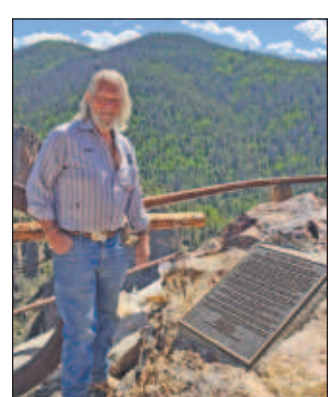


Photo by Lyndsie Ferrell

**Last Chance Mine owner Jack Morris stands next to the newest addition to his mine. A plaque dedicated to the work he has done to preserve the historical presence of the mine and to mark the significance of the mine throughout history.**

folks next year. The tour would include lunch in one of the many caverns inside the mine," said Morris.

Morris and his team are knowledgeable about the history of the area, geological formations, rock and minerals throughout the mine and the region and are master story tellers that captivate attending crowds. The Last Chance Mine is a one-of-a-kind destination and one that should not be missed.

For more information, visit [www.lastchancemine.com](http://www.lastchancemine.com) or by calling 719-347-1911.

## The San Luis Valley Amateur Radio Association hosts annual Field Day

By MARIE MCCOLM

**MONTE VISTA** – The San Luis Valley Amateur Radio Association (SARA) hosted a Field Day demonstration on Saturday, June 22, at Chapman Park. It was part of a nationwide event, and everyone was welcome to attend.

The event was a test day for ham radio broadcasters to send signals and messages to each other all over the United States.

Safety Officer Skip Randall said that it was a great day for various signals to go back and forth, and they had some great responses from all over. He also spoke about how he got started in amateur radio.

"I have been doing this for about 25 years. Years ago, I took off on my sailboat to go cruising. I got licensed at a station, so that I could get networks and weather reports while out on the water. You could also talk to other boaters, that also had amateur radio as well. I sold my boat, I am no longer sailing here in Colorado, but I had many years of good experiences with sailing and amateur radio," Randall said.

Amateur radio is also known as ham radio and is taken from a nickname for an amateur radio operator. This type of radio entails employing different kinds of radio communicative equipment, as a way of connecting with people. Amateur radio licensing began in 1912. The first licensing was dependent upon the operator being able to appear in the field office and having the ability to operate the radio station.

Ham radio and licensing

have since grown in popularity so much so that it has become a worldwide network that can reach all over the United States and even as far out as the International Space Station.

Ham radio is used for many types of communication, but one of the radio's largest areas of importance is the capability to use this type of radio in case other existing forms of communication fail, in the instance of a major emergency or worldwide catastrophe.

Local amateur radio association member, Matt Nolting spoke about the event and how he and his 5-year-old son use the radio to keep in touch.

"We use GMRS, which is an amateur band of radio, it's like the walkie talkies that you buy at Walmart, just a little more detailed, so you can only talk to each other. We live in between here and Alamosa, we use the radio all the time when he goes out to play. He could be walking a little way, and me and my wife can just call him, and we know where he is."

Nolting said that another fun aspect is that Santa Claus also comes over on the radio and speaks to the kids.

Vice president of the local group, Rick Syring said, "My wife and I are both out here today. She doesn't like talking back and forth as much as she likes working with the digital side. She is here working on the digital side, with a computer. We have fun doing this together."

Syring said that his favorite part of being involved in ham radio is talking to different people.

"We were camping last week. We were at 2,800 feet; we were really high. I talked to a person in Indonesia, born in Serbia and one in Slovenia. When we were talking it sounded like they were right here. This really reaches all around the world."

Syring said that being able to talk to everyone all around the world and send emergency signals and messages is one of the main purposes of ham radio. He explained that Field Day was also to show everyone how to set up in the instance of an emergency.

"We have a couple of solar panels set up to charge our batteries here. It's always a learning experience, to set everything up somewhere else and it's a lot of fun," Syring said.

For more information on the San Luis Valley Amateur Radio Association, visit the website at <https://k0slv.com>.

### COURIER OBITUARY POLICY

The Courier charges \$75 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](http://www.alamosanews.com), for no additional fee.

Please email obituaries if possible to [squintana@alamosanews.com](mailto:squintana@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.

### ALCOHOLICS ANONYMOUS MEETINGS

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

A.A. and N.A members primary purpose is to

stay sober and help other alcoholics/addicts to achieve sobriety.

There are AA and NA 12-Step Meetings throughout the valley. The 6th Tradition states that we are not affili-

ated with any outside organizations, but in the spirit of cooperation, we list these meeting schedules for friends and family. For information, call 719-937-5083 or see our website: [slvaa.org](http://slvaa.org)

### School Menu

Wednesday

June 26, 2024

#### BREAKFAST

Pancake On A Stick

Fruit & Milk

#### ELEMENTARY

Spaghetti w/ Meat Sauce

Garlic Bread

Broccoli

Fruit & Milk

#### MIDDLE SCHOOL

Spaghetti w/ Meat Sauce

Garlic Bread

Broccoli

Fruit & Milk

#### HIGH SCHOOL

Spaghetti w/ Meat Sauce

Garlic Bread

Broccoli

Fruit & Milk

Breakfast & Lunch Free for all students

Alamosa School District

To sponsor the School Menu call 589-2553

# Valley News



Photo courtesy of USFWS

The U. S. Fish and Wildlife Service will conduct prescribed fires in the Valley for the remainder of June and through July.

## Prescribed burns planned for national wildlife refuges

**CONTRIBUTED**  
ALAMOSA — The U.S. Fish and Wildlife Service will be conducting limited prescribed fire operations on the Alamosa, Baca, and Monte Vista National Wildlife Refuges to remove slash piles of natural materials including wood and brush to improve wildlife habitat.

Professional fire personnel from the U.S. Fish and Wildlife Service Mid-Plains Fire Zone, along with state, and federal partners, as needed, will conduct the fire operations. Planned target dates for burning will be during

the remainder of June and through July. The Refuges' Auto Tour Routes and Walking Trails may be temporarily closed to the public during fire operations for safety concerns.

"For your safety, please avoid these areas. Areas will re-open as soon as possible based on fire activity and safety," officials stated.

Smoke will be visible to local residents, towns, and highways during the day and may last for a few days following burning operations. Signs will be posted along the nearest major roads and all

burns will be monitored until they are declared completely out.

For up-to-date information, contact Alamosa and Monte Vista Refuge Manager Suzanne Beauchaine at 719-589-4021 x1003 or Assistant Refuge Manager Dean Lee at 719-589-4021 x1008, or Baca Refuge Manager Ty Benally at 719-256-5527.

Additional general information can be found on the San Luis Valley National Wildlife Refuge Complex Facebook page at [www.facebook.com/SanLuisValleyRefugeComplex](http://www.facebook.com/SanLuisValleyRefugeComplex).

## Citizen-led abortion measures could be on the ballot in 9 states

By ANNA CLAIRE VOLLERS

Colorado Newsline

For abortion rights supporters in Florida, it was a tumultuous day of highs and lows.

On April 1, the Florida Supreme Court paved the way for the state to ban nearly all abortions after six weeks of pregnancy. But it also OK'd a ballot measure that would allow Florida voters to overturn the ban this November.

"I was elated and devastated," said Natasha Sutherland, the communications director for Floridians Protecting Freedom, a coalition of state and national organizations that gathered nearly 1 million signatures for a proposed constitutional amendment enshrining the right to abortion.

"Many women don't even know they're pregnant by the time they're outside of the six-week window for abortion care," said Sutherland, who lives in Tallahassee. "Considering the stakes are so high with the abortion ban we're now under, it was really important for us to ensure we gave it all we've got."

This November, voters in as many as nine states could sidestep their legislators and directly decide whether to expand access to abortion through citizen-led ballot initiatives. Constitutional amendments in Colorado, Florida and South Dakota already have qualified for the ballot, while coalitions in Arizona, Arkansas, Missouri, Montana, Nebraska and Nevada are still collecting signatures or awaiting state approval on their

measures.

Two more states, Maryland and New York, have abortion rights ballot measures that were referred by their state legislatures, though New York's is currently tied up in litigation.

In June 2022, the U.S. Supreme Court dismantled the constitutional right to an abortion, kicking the issue back to the states. Fourteen states have outlawed abortion with almost no exceptions, while another seven states ban abortions at or before 18 weeks of pregnancy, according to the Guttmacher Institute, a pro-abortion rights research organization.

Yet access to abortion remains popular, even in conservative states. Since the high court's 2022 decision, voters in six states have approved abortion access via ballot measure, including in red states such as Kansas and Kentucky.

"The whole idea of the initiative process is to put pressure on state lawmakers when there appears to be support for an issue that the median voter in the electorate might want but the median lawmaker doesn't want," said Daniel Smith, a professor and chair of the political science department at the University of Florida, who has authored books and papers on ballot initiatives.

In several states, Republican lawmakers opposed to abortion rights have tightened signature requirements or raised the percentage of the vote required for ballot initiatives to pass. Proponents of stricter rules say they want to prevent out-of-state interests from manipulating the process

by funneling money to initiative campaigns. They say they also want to ensure that populous urban centers don't have too much power. But in several cases, GOP backers have acknowledged that their goal is to thwart abortion rights measures that are broadly popular.

Mat Staver, an attorney based in Orlando, Fla., said it should be harder to get constitutional amendments passed because organizations from outside the state are funneling money into ballot initiatives such as the ones expanding reproductive rights. Staver is the co-founder of Liberty Counsel, a Florida-based nonprofit that opposes abortion-related ballot measures in Florida and other states.

"Even though we have a 60% threshold [in Florida], if you have the financial resources, you can get pretty much anything on the ballot you want," he said. "That's not good for Floridians because that doesn't allow for debate."

Critics argue that legislators' attempts to impose new restrictions subvert one of the purest forms of direct democracy available to citizens.

"Democracy requires compromise," said Alice Clapman, senior counsel at the Brennan Center for Justice at New York University School of Law, a progressive law and policy nonprofit. "I am concerned that there seems to be a resistance to leaving these issues to the democratic process. Some people in power in these states feel certain issues shouldn't be up for democratic debate."

## El Pomar

Continued from Page 1  
eral operating support; regional merit

- South-Central Colorado Seniors, Inc. (Alamosa) — \$4,000 for Homebound meal delivery service; regional council

- Town of San Luis — \$5,000 for Sangre de Cristo Cultural Heritage Center piano; competitive
- Valley Citizens Foundation for Health Care, Inc. (Del Norte) — \$10,000 for cottage and geodome homes in the Community Wellness Center.

Adams State University honored the El Pomar Foundation with the 2015 Willis Fassett Jr. Award.

President David Tandberg, Ph.D., appreciates their belief in the nursing program.

"Support from the El Pomar Foundation helps us train qualified providers for rural health care," Tandberg said.

Monica Wolfe, Director of grant recipient, South Central Colorado Seniors, said, "We are gratefully thankful. The El Pomar Foundation has been a huge cheerleader for all the non-profits in the Valley, and we appreciate that. The funding will go to meet the needs of our services for our seniors."

Aileen Peek, Executive Director of the San Luis Valley Animal Welfare Society said of the \$2,500 the group received from

the foundation, "The San Luis Valley Animal Welfare Society greatly appreciates the donation of \$2,500 from El Pomar Foundation. In this impoverished area that money goes to running our no kill shelter near San Luis. Dogs are in dog parks all day, dependent upon weather conditions, and not housed in kennels except at night. Our Society also helps with donations to CatsAlive and refers callers to veterinarians, behavior help and other shelters."

"The Town of San Luis is working closely with several organizations to re-establish the Sangre de Cristo Cultural Heritage Center as a destination point for Coloradans

to not only learn the history of the oldest Town in our State but also as a place to experience the current cultural happenings in Southern Colorado, be that music, film, sculpture, painting, etc. The El Pomar Foundation is the latest organization to contribute to this effort, awarding the Town of San Luis \$5,000 to go towards the purchase of a Baldwin Grand Piano for the Heritage Center theater. With the purchase of this piano, we are excited to be able to offer a top-quality instrument to attract top-quality musicians to San Luis and bring people from across Colorado to our small Town to experience everything we have

to offer," said Teddy Leinbach with the Town of San Luis.

Founded by Spencer and Julie Penrose in 1937, El Pomar Foundation has an established legacy of general-purpose grant making. The competitive process remains the Foundation's primary vehicle for organizations to receive funding. Also, over the past 87 years, El Pomar has either developed or been entrusted with the stewardship of other funds and presenting merit grants in each region recommended by Trust-

ees and regional council members. Competitive applications are accepted on a rolling basis. In an effort to increase impact and establish connections across the entire state, the Regional Partnerships program was established in 2003. Each of the Foundation's 11 regional councils advises El Pomar Trustees and recommends grants to help support its communities. The San Luis Valley Regional Council recommends grants in Alamosa, Conejos, Costilla, Mineral, Rio Grande, and Saguache counties.

## Birthday

Continued from Page 1

The Sangre de Cristo National Heritage Area ("SdCNHA") was designated to promote, rehabilitate, and interpret the unique historical,

geographic, cultural, and natural resources.

"We endeavor to preserve and protect the integrity of our area and encourage stewardship for all generations through community collaboration.

"The Los Caminos An-

tiguos Scenic and Historic Byway will take you through the Sangre de Cristo National Heritage Area; an experience that will immerse you in vast, untouched natural beauty and inspiring narratives of native tribes, explorers,

frontiersmen, buffalo soldiers, ranchers, miners, and railroad boomers. This is where Colorado began and where the old west spirit of honesty, adventure, and small-town hospitality is still very much alive," SdCNHA officials stated.

## Primary

Continued from Page 1

District 6 with Durango Democrat Vivian Smotherman hoping to unseat him in November.

In Saguache County, Adam Kinney is challenging incumbent Tom McCracken for the District 1 County Commissioner Position in the Democratic primary.

In the Conejos County District 1 Democratic primary, Guillermo A. DeHerrera and Edwin Placido Romero are on the ballot. In the District 3 Republican primary, Lucas Moroni Larson and Justin Rogers are on the ballot.

In Costilla County District 1 Democratic primary, Robert Espinoza and

Frank Martinez are on the ballot.

The most competitive race in this year's primary is in the Third Congressional District (CD3.)

The race for the Democratic nomination is sewn up as Adam Frisch, who announced his candidacy in February of 2022, is running unopposed for his party's nomination.

That Congressional race went under the radar for the entirety of the 2022 campaign season until the night of the election when national attention was laser-focused on the match-up between incumbent Republican Congresswoman Lauren Boebert and Western Slope businessman and political newcomer Adam Frisch. Frisch led the race

much of the night, ultimately losing by only 546 votes when voter turnout in Pueblo was far below expectations.

Earlier this year, Republican and incumbent Ken Buck announced his intention to retire from Congress.

Perhaps due to winning by a razor-thin margin and a series of events covered in the media that were less than flattering, Rep. Boebert announced soon after that she would be switching districts from CD3 to CD4, clearly one of the strongest Republican districts in the state.

That made the race wide open for Republicans in CD3, and there was no shortage of candidates interested in taking Boebert's place,

even up against a Democratic challenger that beat all the odds in the 2022 race.

By the time the primary election was held, the field had narrowed down, consisting of a Republican six-way contest between Stephen Varela, Jeff Hurd, Russ Andrews, Lew Webb, former state Rep. Ron Hanks, formerly of Cañon City, and Curtis McCrackin.

Pundits have predicted that Hanks and Hurd are likely the strongest contenders. Hurd's campaign manager Nick Bayer told the Valley Courier late Monday night that the campaign is "cautiously optimistic," about the outcome.

Ultimately, as is always the case, the voters will decide.

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# Opinion

## Ditch 'inefficiencies' give us wetlands

Imagine Westerners waking up one morning only to discover that many of their most cherished wetlands have dried up, gone. This is not fiction during these times of determining the true value of water.

Most wetlands in the arid West owe their existence to the "inefficiencies" of unlined irrigation canals and flood irrigation. But when well-intentioned urban folks insist that irrigation companies use water more efficiently by piping their ditches, the result may be more about loss than water "saved" for rivers.

One of the least-known truths in the West is that many of our wetlands are the result of irrigated agriculture. For example, an irrigation company in northern Colorado irrigates about 24,000 acres, thanks to 146 miles of ditches.

The area served by the irrigation company also has approximately 1,300 acres of wetlands, and it's no accident that most of those wetlands lie below a leaking ditch. A study by Colorado State University discovered this connection using heavy isotopes to create hydrographs of groundwater wells, ditch levels and precipitation. This is a West-wide issue.

We all know that climate change has been causing hotter, drier weather, and that helps reduce the flow of the Colorado River that 40 million Westerners depend on. In the Laramie Basin of Wyoming, 67% of its wetlands are attributed to agriculture. In North Park, Colo., close to 75% of all wetlands are byproducts of irrigated agriculture.

Decades ago, Aldo Leopold wrote, "There are two spiritual dangers in not owning a farm. One, you think that heat comes from the furnace and two, you think that breakfast comes from the grocery store."

May I add a third? We don't know much about the water we depend on.

Farmers and ranchers produce two "goods," a private good and a public

### Writers On The Range



Richard Knight



good. They're compensated for the private one by producing food. Their public goods, ecosystem services, are not compensated, though they include wetlands, biodiversity and plants sequestering carbon.

But knowing that rural agriculture uses 79% of the Colorado River's water, our urban neighbors tell their rural counterparts to conserve water or, better yet, sell it to them.

Meanwhile, the environmental community would like rural agriculture to use less water so more could stay in the rivers to help fish and provide recreational opportunities.

Clearly, there are too many demands for the West's diminishing water supply. Drinking water, ag water, river health. Where do wetlands fit in?

Wetlands cover 1% of the West's land surface, yet half of our threatened and endangered species rely on them. Wetlands serve a similar function to our kidneys: They filter out impurities from human land uses, making our environment healthier.

Perhaps it's time for all of us to wise up a little. Many of these wetlands are human created; that is, they were created by farmers and ranchers and are not "natural." Many will disappear in the pursuit of water conservation. Must it be water conservation and efficiency at all costs?

Will we prioritize water for urban uses, including urban sprawl? Or will we support more water staying in our



Photo courtesy of Dave Marston

Since 1917, five generations have lived along the Animas Consolidated Ditch outside of Durango, Colo. Patty Zink is pictured.

rivers to create a healthier environment? Will water for food production be considered a necessity? Do green lawns trump healthy rivers and wetlands?

With more informed conversations about our region, talks between rural and urban neighbors, perhaps we could pursue a triple bottom line: water for food production, water for urban uses, and, yes, water for our region's rivers,

To submit news, email: [news@alamosanews.com](mailto:news@alamosanews.com)

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### 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](mailto:news@alamosanews.com). Letters to staff, not for publication, should be marked "personal."

## We need a hero

planet -- an icy-blue celestial body, pockmarked with bright white clouds, hanging in the heavens, suspended against the black of deep space -- astonished the men in their tiny capsule, just as it did 3.5 billion people on Earth.

"Oh, my God," Anders said, in just the first religious reference made on this voyage, "look at that picture over there!" He went on to say: "There's the Earth comin' up. Wow ..."

The word "wow" would have great meaning seven years later, a half-decade since the last person left the moon's surface.

It came when the astronomer Jerry R. Ehrman, monitoring data the Ohio State University radio telescope fed into a primitive IBM 1100 mainframe computer, noticed an unusual pattern ("6EQUJ5," rendered vertically) at a frequency of 1420.4556 megahertz -- tantalizingly close to the 1420 frequency scientists thought might be the communications channel an alien civilization would use to communicate with those on Earth. On a computer printout, Ehrman scratched the word "Wow" followed by an evocative exclamation point.

The first photograph of the rising of the Earth was made by Frank Borman, the Apollo 8 mission commander. But it was a black-and-white shot, lacking the "wow" drama and, in the astronauts' view, lacking the significance that would come from an image in color. Anders asked Jim Lovell, the third astronaut aboard, to hand him

a roll of color film. Operating on an other-worldly deadline, Lovell finally found one. Anders took the shot seen 'round the world.

Borman died last year. Lovell now is 96.

"For the first time in all of time men have seen [the Earth] not as continents or oceans from the little distance of a hundred miles or two or three, but seen it from the depth of space; seen it whole and round and beautiful and small," the poet Archibald MacLeish wrote shortly afterward, adding: "To see the Earth as it truly is, small and blue and beautiful in that eternal silence where it floats, is to see ourselves as riders on the Earth together, brothers on that bright loveliness in the eternal cold -- brothers who know now they are truly brothers."

The crew of Apollo 8 was not only the first to see the Earth "as it truly is," from 238,900 statute miles. They also were the first to see the far side of the moon, permanently turned from the Earth (and sometimes, erroneously, called the dark side of the moon), because the moon's rotation is the same speed as the rotation of the Earth.

The astronauts were, in the words of Apollo flight director Gene Kranz in his "Failure Is Not an Option," published in 2000, "like explorers from ancient days, seeing a new land for the first time."

Later, just before returning home on Christmas Eve in a year of tragedy and tension -- the assassinations of Martin Luther King Jr. and Robert F. Kennedy,

streams and wetlands

Wouldn't we all like that? Let's figure out how to make that happen.

*Rick Knight is a contributor to Writers on the Range, [writersontherange.org](http://writersontherange.org), an independent nonprofit that seeks to spur lively conversation about the West. He works at the intersection of land use and land health in the American West.*

combat in Vietnam and strife at home -- the astronauts read the opening verses of the Book of Genesis and then added these words: "We close with good night, good luck, a Merry Christmas, and God bless all of you -- all of you on the good Earth."

In these days of social, cultural and political conflict, it is easy to think that this is the good night of America and that the country lacks good luck.

But in truth, heroes abound. They are the men and the women of our armed services, deployed around the world, not only in high-profile areas of crisis but elsewhere, too; remember that Nikki Haley's husband, Michael, a staff officer with the 218th Maneuver Enhancement Brigade, is serving in the Horn of Africa. They are the people of Ukraine, whose struggle matches the greatest aspirations of our own Founders. They are the medical personnel who went to work during the pandemic, risking their lives to save others, just as the firefighters and police officers of New York City did on the most tragic Tuesday in American history.

They are the people in our neighborhoods and communities who serve with selflessness, working in the Greater Pittsburgh Community Food Bank; or who volunteer for the Union Station Homeless Services in Los Angeles; or who search the website of the Mississippi Commission for Volunteer Services to find opportunities to give assistance; or who, as the countless people who monitor our polling places, assure the sanctity of our most precious individual public act.

Anders and his crewmates surely would take succor in the fact one of the most poignant meditations on heroism came from a play that also reckoned with the heavens, "The Life of Galileo," written by Bertolt Brecht when Anders was 5 years old.

In that work, the son of Galileo's housekeeper tells him, "Unhappy the land that has no heroes!" Galileo answers: "No. Unhappy the land that needs heroes."

Galileo, later convicted of heresy, may have understood how objects move on an inclined plane and how free-falling bodies accelerate in speed. But, at least in Brecht's rendering, he was wrong about heroes. We need them now more than ever.

*David M. Shribman is the former executive editor of the Pittsburgh Post-Gazette.*

### By DAVID M. SHRIBMAN Is America losing its heroes?

Earlier this month, on the 80th anniversary of D-Day, the country came to realize that only a few centenarians remain from the nearly 160,000 involved in the opening days of the invasion of occupied France. One of them, Robert Persichitti, 102, died en route to the commemoration. He had also served at Guam, Iwo Jima and Okinawa.

Then, just a few days ago, William Anders, the Apollo 8 astronaut remembered for snapping the "Earthrise" photograph in 1968, died. At age 90, he was flying alone when his plane crashed off the San Juan Islands in Washington state. He never stepped on the moon, but, perhaps more than any of his astronaut colleagues, he expanded our vision of the Earth.

Only a third of those who left their footprints on the moon still walk the Earth. Apollo 11, which took the first humans to the surface of the Earth's lone satellite, is well remembered for what Neil Armstrong described as "one giant leap for mankind." But the passing of Anders is a reminder of the revelation that came with that photograph, a change in human perspective that can be described as earth-shattering.

Anders knew that. "We came all this way to explore the moon," he said, "and the most important thing is that we discovered the Earth."

The glimpse of the astronauts' home

**Keith R Cerny**  
Publisher

**Valley Courier**  
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**Brian Williams**  
Managing Editor

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Your FIRST Source for Local News

# Lifestyles

## Coloradans who've fallen behind on rent can apply for assistance this week as state aims to stem evictions

By **TATIANA FLOWERS**  
*Colorado Sun*

State leaders are accepting pre-applications for rental assistance this week from Coloradans who have fallen behind on rent and are at risk of eviction or displacement.

The Colorado Department of Local Affairs, or DOLA, opened the three-day pre-application process at 11 a.m. Tuesday and is closing the online portal at 5 p.m. Thursday.

By July 3, department leaders will randomly select pre-applicants, who will be invited to apply for emergency rental assistance. They will have eight days to submit their applications. Those selected to receive rental assistance will get funds by early September.

"For many Coloradans, rental assistance is not just a lifeline — it's a beacon of hope," DOLA executive director Maria De Cambra said in a news release late last week. "As we announce the continuation of our program, we are ensuring that Coloradans have access to the support they need for the stability to stay in their homes."

The emergency rental assistance program uses \$24 million from the federal American Rescue Plan Act of 2021.

DOLA must spend the remaining \$13 million in the fund to assist Coloradans in need of rental assistance by Sept. 30, 2025.

The average rental assistance award is \$6,000 per household. Awards cannot exceed seven months' worth of rent, or \$10,000, whichever is less.

Coloradans who earn 80% of their area median income or less and face an imminent threat of eviction, such as those who have a court summons, are eligible to apply this week.

Applicants must not have received rental assistance from any program within the past year and must have experienced a life event that has impaired their ability to pay rent such as a physical or mental health issue.

People most at risk for facing evictions, including those who have received a demand for rent notice from their landlord and others who have received a

formal eviction notice, will be prioritized to receive rental assistance.

DOLA has helped about 47,000 Coloradans through rental assistance programs since 2021, De Cambra said.

The pre-application process is re-opening this week, just as funds dry up in a different rental assistance program that the DOLA ran.

The Temporary Emergency Rental Assistance Grant program offered \$30 million overall to 3,100 households statewide. The last applications were accepted in May.

The legislature funded the one-time grant program late last year and required the Department of Local Affairs to distribute all the money by June 30.

"That program just ended, and DOLA will spend the entire sum of money by the deadline," De Cambra said in an interview Monday. "This has not been an easy task. In order for us to make that goal, we were spending about \$200,000 per day. We're very grateful to our partners who helped us make sure we could get this much-needed support to Coloradans."

The initiative this week is launching at a time when inflation and the cost of living are increasing, making it harder for Coloradans to afford rent and remain in their homes.

Those factors are compounded by the rising number of evictions statewide.

Since Jan. 1, there have been 20,144 evictions in Colorado, up from 18,932 last year during the same time frame, a 6.4% increase, according to data collected by the Colorado Judicial Branch.

The highest number of evictions statewide this year occurred in January and April, respectively, and dropped significantly in June.

As the number of evictions steadily climbs annually, and as demand for rental assistance outweighs supply, DOLA leaders said they recognize the need to launch a permanent rental assistance program this fall, which will use \$24 million to \$26 million allocated from Proposition 123, the ballot initiative that sets aside

millions in income tax revenue to help increase the number of affordable housing units statewide.

Coloradans who aren't selected to receive rental assistance this week can apply for rental assistance through the program in the fall, De Cambra said.

The number of households that will be helped by the program starting in the fall will depend on the level of need, De Cambra said.

"We're using the lessons learned from the work we've done so far to help make sure we create a program that is easy to understand and that we're actually helping people stay housed," she said. "What we've been working on as a team is how to switch from having three internal rental assistance programs to just having one."

The Community Economic Defense Project was one of the organizations that helped distribute rental assistance through the Temporary Emergency Rental Assistance Grant program, which just ended.

"The money that went out the door played a really important role in stabilizing families," said Zach Neumann, co-chief executive officer at the nonprofit, which provides rental assistance and legal representation to families facing eviction, housing insecurity and other financial hardships.

Households with children face a much higher rate of eviction, Neumann said.

Parents and their children were among those most often selected to receive assistance through the Temporary Emergency Rental Assistance Grant program because they are among those most likely to fall behind on rent and potentially be evicted, he said.

"We worked with a mom and her daughter who, without the emergency rental assistance, would have lost the home they've lived in for five years and would have been forced to live in their vehicle or in a motel," Neumann said Monday. "We hear stories like that again and again. We believe in these programs and are excited they are going to be continuing."

## Beyond the scale: Learn the facts about obesity

(NAPSD) — Obesity is a life-long health problem that affects more than 42% of American adults. Most people don't know that obesity is a disease and impacts some ethnic and racial groups more than others, including 47% of Hispanic American adults. Recent news stories around new anti-obesity medications have created many questions about obesity and its treatments.

Here are some important facts to know about obesity:

- Obesity does not happen from poor lifestyle choices. Lack of willpower is often blamed as the main cause for weight gain. However, research has shown that obesity is a complex disease with many factors causing weight gain. It also affects many parts of the body and can increase your risk of developing serious health conditions, such as diabetes, heart disease, cancer and liver disease.
- Losing weight can reverse certain health conditions caused by obesity. Losing weight can have a positive impact on your

overall health. Even a small amount of weight loss can ease joint pain, lower your chances of cancer and lower your blood pressure. It can also help improve certain digestive issues caused by obesity, like acid reflux or GERD (gastroesophageal reflux disease). Weight loss can also lessen harmful fat in your liver, and the swelling and scarring that happens with liver disease.

- Many doctors can provide obesity treatments that will help. Because obesity impacts many body systems, different types of doctors can help with prevention and treatment. Gastroenterologists, for example, can help patients with obesity-related digestive health issues, such as reflux or liver disease, that can be treated or prevented through weight management.
- There are many helpful ways patients can try to manage their weight. Your health care provider can help you decide which treatments are best for you, such as lifestyle changes,

prescription drugs, endoscopic procedures and/or surgery.

"As a gastroenterologist, patients often come to my office for serious health issues such as liver disease, which they don't realize is caused by obesity and can be prevented or reversed by staying at a healthy weight," said Dr. Andres Acosta, an obesity doctor and gastroenterologist at Mayo Clinic in Rochester, Minnesota. "This is very important for Hispanic American adults who have more obesity and liver disease than other ethnicities. Keeping up a healthy weight is an important way to improve obesity-related health issues and prevent or reverse certain conditions before they become severe."

For more information on obesity, how it affects your overall health, and available treatment options and how to access them, visit the American Gastroenterological Association's Obesity Resource Center at <https://patient.gastro.org/obesity/>.

**The Board Members of the San Luis Valley Chapter of Trout Unlimited would like to thank the following donors of goods, time and energy who helped to make our Annual Fundraiser Auction event a success!**

We were able to raise over \$10K to keep our education efforts such as Trout in the Classroom going. This funding will also be applied to on-going projects such as boat ramps on the Rio Grande, Rio Grande Cutthroat



restoration projects on Sand Creek and Jim Creek and stream habitat work on the Conejos. Many thanks to all of you that attended our event and support us!!

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- Angler's Rustic Forge – Alamosa, CO
- ArkAnglers – Salida, CO
- Canyon Bonito Ranch – Mogote, CO
- Colorado Farm Brewery – Alamosa, CO
- Conejos River Anglers – Mogote, CO
- Creede Olive Oil Company – Creede, CO
- Creede Repertory Theatre – Creede, CO
- Curtis Ranch – Saguache, CO
- Greenie Mountain LLC. – La Jara, CO
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- Rainbow Grocery – South Fork, CO
- Ramble House – Creede, CO
- Rio Epic Outfitters – Durango, CO
- Rio Grande Angler – Creede, CO
- Rustic Angler's Forge – Alamosa, CO
- San Juan Sports – Creede, CO
- San Luis Valley Federal Bank – Alamosa, CO
- Switchback Liquor – South Fork, CO
- Taos Fly Shop – Taos, NM
- Tobin Mierau – Bamboo Fly Rods – Denver, CO
- Trinchera Ranch – Ft. Garland, CO
- Valley Courier- Alamosa, CO
- Wal-Mart – Alamosa, CO
- Windsor Hotel & Restaurant – Del Norte, CO
- 8200 Mountain Sports – South Fork, CO
- 4UR Ranch – Wagon Wheel Gap, CO
- Wolf Creek Ski Area

**Trout Unlimited's Mission:** To bring together diverse interests to care for and recover rivers and streams so that our children can experience the joy of wild and native trout and salmon.

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# Sports

## ASU Track & Field began Olympic Trials on Monday

By **MADYSON SCHLIEP**

ASU sports information director

**ALAMOSA** - Starting Monday, ten current and former Adams State track & field student-athletes will travel around the world for the 2024 Olympic Team trials. The current and former Grizzly hopefuls will be competing at four different Olympic Trials while one athlete will be hoping to be selected through the Universality Selection Consideration for the 2024 Olympic Games.

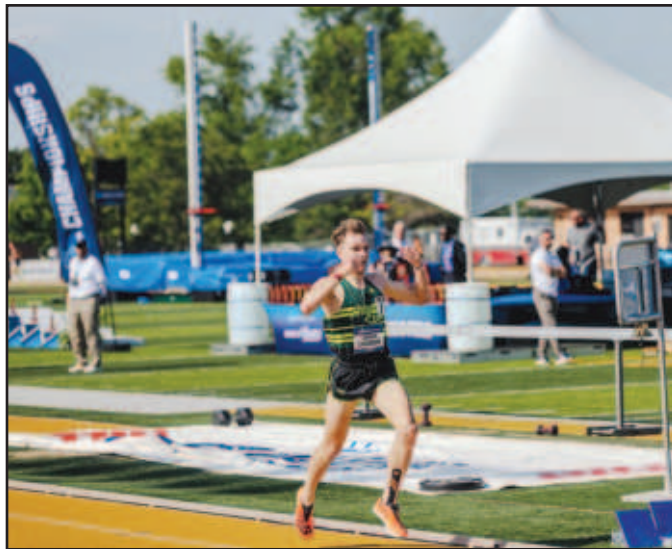
### WHAT TO KNOW: USATF Olympic Team Trials

Five time NCAA Division II national champion and national record holder Gracie Hyde '24 is looking to punch her tickets to Paris in both the 3000m steeplechase and 1500m. This past spring, Hyde broke the NCAA Division II 3000m steeplechase record with a time of 9:28.17 and held the second fastest time in the entire NCAA System leading into the Division II National Championships. Hyde is also looking to capitalize on the NCAA Division II record she broke on June 10th in the 1500m with a time of 4:07.60.

### France Athletics Championships

Another NCAA Division III record holder for the Grizzlies, rising senior Romain Legendre, will be competing in the 5000m finals in Angers, France. Legendre holds the indoor and outdoor 5000m record and was runner-up in the event at the 2024 NCAA Division III Indoor Championship. He also captured the National Championship in the event at the 2024 NCAA Division II Outdoor Championships in Emporia, Kan. At the European Athletics Championship in Rome, Italy, Legendre finished 13th and was the first French athlete across the line.

Adams State Alum Clement Duigou '23, a six time All-American in indoor and outdoor track & field will be competing in the 3000m steeplechase. Duigou was the National Runner-up in the 3000m steeplechase in 2022 and placed third in 2023. After graduating from Adams State, Duigou served as a graduate assistant for the Grizzlies in 2023-2024 while continuing to



Courtesy photos by ASU sports information

**Above: Romain Legendre will attempt to qualify for the French Olympic team. Right: ASU's Gracie Hyde is attempting to qualify in the steeplechase.**



### Athletics Ireland National Outdoor Senior Championships

Two time All-American, rising junior Fiona Hawkins, will compete in the 1500m at the Ireland Senior National Championships. The U20 Ireland National record holder in the 5000m (16:07.55) will be competing in Santry, Ireland.

Following the 2023-2024 season which saw her as the National Runner-up in the 3000m steeplechase, rising junior Ava O'Connor will compete in the 3000m steeplechase on June 30th. In her last outing, O'Connor, the five time All-American, placed first at the British Milers Club Grand Prix.

After earning an All-American honor after finishing fifth at the NCAA Division II National Championships in the 400m hurdles, rising sophomore Victoria Amiadamen was the fastest freshman in the event in the 2024 season with a time of 59.08.

Adams State Alums and twins Eilish Flanagan '18 and Roisin Flanagan '19 will be competing in the 5000m finals for Ireland.

Eilish represented Ireland at the 2020 Tokyo Olympics in the 3000m steeplechase. During her time as an Adams State student-athlete, she was a National Champion in the 3000m steeplechase and a twelve time All-American in cross country and track & field.

Roisin represented

Ireland at the 2024 World Athletics Indoor Championships in the 3000m. During her time as an Adams State student-athlete, she won two national championships in the Distance Medley Relay and was a fourteen time All-American in cross country and track & field.

### UK Athletics Championships

Rising senior Elena Carey will be competing in the 3000m steeplechase at the UK Athletics Championships. Carey is a two time All-American at Adams State in the mile and 1500m and ran a personal best time of 9:55.44 in the steeplechase at the Portland Twilight.

### Universality Selection Considerations

A school record holder in both the indoor and outdoor 4x400m relay team, Isila Apkup '24 is looking to be considered for the 2024 Paris Olympics through Universality Places for Papua New Guinea. According to olympics.com "Universality Places are a lifeline to athletes from underrepresented National Olympic Committees. They are designed to increase the diversity of participating nations across the sports programme of the Olympic Games... Universality Places are available in the qualification systems of select sports with traditionally small delegations"

As a member of the mixed 4x400m relay team, Apkup set the national

record in the event for Papua New Guinea, along with being a member of the 4x400m relay team for Adams State at the indoor and outdoor national championships.

**Grizzly Schedule**  
All times in Mountain Time  
Monday, June 24th  
6:59 PM: US 3000m Steeplechase

Prelims - Gracie Hyde  
**Thursday, June 27th**  
8:18 PM: US 3000m Steeplechase  
Finals - Gracie Hyde

**Friday, June 28th**  
12:15 PM: French 5000m Finals - Romain Legendre

**Saturday, June 29th**  
5:30 AM: Irish 5000m Finals - Eilish & Roisin Flanagan  
7:30 AM: Irish 1500m Prelims - Fiona

Hawkins  
12:50 PM: French 3000m Steeplechase  
Finals - Clement Duigou

1:00 PM: UK 3000m Steeplechase  
Finals - Elena Carey

**Sunday, June 30th**  
5:30 AM: Irish 3000m Steeplechase  
Finals - Ava O'Connor

5:50 AM: Irish 400m Hurdles - Victoria Amiadamen  
7:15 AM: Irish 1500m Finals - Fiona Hawkins

# Bolos & Boots

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## Sports Bulletin

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

### ALAMOSA PARKS AND RECREATION BASEBALL/ SOFTBALL SCHEDULE

#### 12-14 Baseball At Ortega Middle School south field

**THURSDAY**  
White Sox vs. Blue Jays, 5 p.m.  
Pirates vs. White Sox, 6:30 p.m.

**TUESDAY**  
Alamosa at Salida (2), 4 p.m.

#### 12-14 girls softball At Lee Field #1

**THURSDAY**  
Gunnison at Alamosa (2), 4 p.m.

**TUESDAY**  
Sanford vs. Alamosa (2), 6 p.m.

#### 9-11 baseball At Cole Park

**THURSDAY**  
Cubs vs. Rockies, 5 p.m.  
Dodgers vs. Angels, 6:15 p.m.  
Pirates vs. Red Sox, 7:30 p.m.

**TUESDAY**  
Pirates vs. Cubs, 5 p.m.

Angels vs. Rockies, 6:15 p.m.  
Red Sox vs. Dodgers, 7:30 p.m.

#### 9-11 girls softball At Lee Field #3

**TUESDAY**  
Battitudes vs. Ace of Bases, 6 p.m.

#### 7-8 coed machine pitch At Sunset Field

**WEDNESDAY**  
Thunderdogs vs. Bat Busters, 5:30 p.m. (southwest)  
Sliders vs. Longhorns, 5:30 p.m. (northeast)  
Predators vs. Little Rascals, 6:30 p.m. (northeast)

#### Co-ed Tee-ball At Tee-ball field

**MONDAY**  
Rug Rats vs. Little Giants, 5:30 p.m. (north field)  
Outlaws vs. Sandhogs, 5:30 p.m. (south field)  
Little Hitters vs. Wolfpack, 6:30 p.m. (south field)

#### Men's softball league At Lee Field 2

**THURSDAY**  
WOLO vs. REC/Deuces, 7 p.m.  
Platinum vs. WOLO, 8 p.m.  
99 Problems vs. Platinum, 9 p.m.

#### Regular season ends

**Coed Leisure softball At Lee Field**

### WEDNESDAY

Tandberg's Angels vs. Bros Before Throws, 7 p.m. (Field 1)

CRP Dust Devils vs. All Valley Towing, 7 p.m. (Field 2)

Battitudes vs. Bomb Squad, 7 p.m. (Field 4)  
Tandberg's Angels vs. Cutthroats, 8 p.m. (Field 1)  
SOS Misfits vs. La Puente Homers, 8 p.m. (Field 2)

Steel Line vs. War Turtles, 8 p.m. (Field 4)  
WOLO vs. The Misfits, 9 p.m. (Field 1)  
The Dirty Dozen vs. Livingstone Trucking, 9 p.m. (Field 2)

The Undertakers vs. War Turtles, 9 p.m. (Field 4)

### MONDAY

War Turtles vs. CRP Dust Devils, 7 p.m. (Field 1)  
Cutthroats vs. The Undertakers, 7 p.m. (Field 2)  
Where My pitches At vs. SOS Misfits, 7 p.m. (Field 4)

Steel Line vs. Bros Before Throws, 8 p.m. (Field 1)  
Top Notch vs. The Dirty Dozen, 8 p.m. (Field 2)  
La Puente Homers vs. Battitudes, 8 p.m. (Field 4)

Livingstone Trucking vs. All Valley Towing, 9 p.m. (Field 1)  
WOLO vs. Battitudes, 9 p.m. (Field 2)  
Bomb Squad vs. Tandberg's Angels, 9 p.m. (Field 4)

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# Lifestyle

## Is your lawn getting enough water?

(METRO) – A healthy lawn thrives with the right amount of water and nutrients. Lawn care is a year-long process. Even when the sun isn't very strong and the temperatures are cold, a lawn still needs water. That water requirement multiplies when higher temperatures lead to increased evaporation.

The experts at Lawn-Love.com, a lawn care and landscaping resource, say grass needs between 1 and 11.2 inches of water a week. Many times precipitation will take care of all of a lawn's water needs.

But in times of drought or infrequent rain, it's up to homeowners to provide the water a lawn requires. If homeowners ask a dozen lawn experts what they recommend in terms of watering, they're likely to offer 12 different answers. The type of soil and grass affects how frequently a lawn needs to be watered. According to the lawn care company Organo Lawn, it's better to do a deep watering two or three times a week to promote strong grass roots and maintain a healthy microbial composition in soil than to wa-

ter the lawn daily, which leads to shallow roots and can wash away nutrients. But it is important for homeowners to recognize when their lawns are not getting ample water. Here are some signs a lawn needs a drink.

- Visible footprints: Elasticity of the grass blades decreases when the lawn is not getting enough water. If you walk on the lawn and footprints do not bounce back in a short amount of time, you likely need to water.
- Gaps between lawn and sidewalk: Lawn Pride says that the soil can shrink in drought conditions. This may be visible where the lawn abuts a

driveway, sidewalk or even planting beds. If you walk along the perimeter of a lawn and notice a gap between the grass and hardscape, it is time to water.

- Clumps of grass: It is a sign of drought stress when grass grows in clumps rather than uniformly across a lawn.
- Presence of dollar spot fungus: Grass can become susceptible to this fungus, which also is called ascochyta leaf blight. It only develops in lawns with shallow grass roots caused by improper lawn watering. It's common in parts of Colorado and elsewhere and is noticeable when damage to the turf begins



METRO photo

**Adequate watering can help a lawn develop strong roots and maintain grass health. Homeowners who have questions about their lawns and watering can consult with a landscaper or a lawn care service.**

in the middle of the grass growing well, or doesn't foliage. need to be mowed as frequently, likely isn't getting enough water.

- Slow growth: A lawn that doesn't seem to be

## US Supreme Court will review nixing of Utah oil-train project that drew Colorado opposition

By CHASE WOODRUFF  
Colorado Newsline

The U.S. Supreme Court on Monday accepted a last-ditch appeal from the backers of a controversial oil-by-rail project in eastern Utah, agreeing to review a lower-court ruling that sided with a Colorado county and environmental groups who accused federal regulators of failing to adequately analyze the proposal's downstream risks.

In an August 2023 ruling, the U.S. Court of Appeals for the D.C. Circuit found that the Surface Transportation Board's approval of the 88-mile Uinta Basin Railway contained "numerous" and "significant" violations of the National Environmental Policy Act, and ordered the STB to correct deficiencies in the project's environmental impact statement. The Seven County Infrastructure Coalition, a group of Utah county governments backing the project, appealed the ruling to the Supreme Court in March.

In a list of case orders released Monday morning, the court issued a so-called writ of certiorari and agreed to review the case. With the Supreme Court set to enter its summer recess next week, arguments in the case, Seven County Infrastructure Coalition v. Eagle County, will be heard during the court's next term, which begins in October.

An ambitious multibillion-dollar scheme first formally proposed in 2019, the Uinta Basin Railway aims to connect Utah's largest oil field to the national rail network, allowing drillers there to ship large volumes of the basin's "waxy" crude oil to Gulf Coast refineries. At an estimated capacity of up to 350,000 barrels exported per day, it would rank among the largest sustained efforts to transport oil by rail ever undertaken in the U.S., singlehandedly more than doubling the nationwide total in 2022, and causing a tenfold increase in hazmat rail traffic through environmentally sensitive and densely populated areas in Colorado.

Colorado's Eagle County joined five environmental groups in suing the STB over its 2021 approval of the project, arguing the agency's analysis had violated NEPA. A three-judge Court of Appeals panel agreed, directing the STB to further scrutinize downstream risks of increased oil-train traffic in Colorado, wildfire hazards, impacts on communities along the Gulf Coast and more.

"It's disappointing the Supreme Court took up this case but the appellate court's decision on this destructive project is legally

sound and should ultimately stand," said Wendy Park, an attorney with the Center for Biological Diversity, one of the environmental groups that sued to block the project. "The proposal for the Uinta Basin Railway cut corners from the start but federal laws are now catching up with this climate and environmental catastrophe."

In its March 4 petition to the Supreme Court, the Seven County Infrastructure Coalition argued that the lower court's ruling conflicted with existing case law, and that analysis of such "distant effects" would exceed the STB's authority.

"Agencies need a manageable line to guide their NEPA studies, and this Court is now the only place to find one," the coalition wrote.

In a reply brief, Eagle County and the environmental groups wrote that the lower court "correctly concluded the Board has authority to consider the reasonably foreseeable effects of oil production and refining that the Railway would induce."

Keith Heaton, the Seven County Infrastructure Coalition's executive director, told a committee of Utah lawmakers in February that while he believed the project had "a very good case before the Supreme Court," his organization was prepared for a do-over of the NEPA process if necessary. The project is a public-private partnership between Heaton's group, the Rio Grande Pacific Corporation and the private equity firm Drexel Hamilton Infrastructure Partners.

"Worst case scenario is we can always go back and re-do the environmental impact statement," Heaton said.

Even with federal approval, however, critics have expressed widespread doubts about the partnership's chances of securing the billions in financing necessary to build and operate the rail line. Backers have signaled their intent to apply for \$1.9 billion in special tax-exempt infrastructure bonds that must be approved by the Department of Transportation, a move that also drawn staunch opposition from Colorado lawmakers.

"The fossil fuel industry's insistence on a doomed project at the expense of taxpayers underscores that it's only interested in protecting its own bottom line," said Luis Miranda, director of the Sierra Club's Utah chapter. "The Uinta Basin Railway threatens public health, as well as treasured landscapes and waterways. A derailment would carry immeasurable harm."

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## 17<sup>TH</sup> ANNUAL LA JARA AMISH SCHOOL CONSIGNMENT AUCTION SATURDAY, JULY 13, 2024 • 9 A.M.

LOCATION: Quality Timbers & Wood Products  
10725 St. Hwy. 285 • Antonito, CO 81120

Directions: From Alamosa, CO - Go south on Hwy. 285 23 miles to sale site on the right.  
From Antonito, CO - Go north on 285 5 miles to sale site on the left. Consignments accepted through Friday, July 12.

### QUILTS

Approximately 20 handmade quilts will be available sale day



### ANTIQUES

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### BOAT, CAMPER, VEHICLE

89 Ford F700 cab-n-chassis propane runs excellent  
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### HOUSEHOLD

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1 octagon picnic table  
Sofa NEW in box  
Multiple chairs - various kinds  
Miscellaneous furniture • Multiple dressers  
Dishwasher • Electric stove  
Potbelly stove • Wood burning stove  
Glass top coffee table  
Wooden end table  
3 book shelves wooden • 5 lamps  
Pendleton trade blanket  
Western art frames  
Multiple plastic totes

**MORE CONSIGNMENTS WANTED**



### FARM - RANCH - TOOLS

12 - 10"x40' PVC 50 psi pipe  
Pull behind ditcher  
10 - 5x10 chain link gates  
3 point hay fork  
Ground driver hay rake  
Large drill press • 12" wood planer  
New ox yokes • New rabbit hutch  
Multiple plastic gas cans  
Platform floor scales, digital  
Large drill press/motor  
Large planner/motor  
Small bench top drill press  
Handy man jacks • Electric miter saw

### HORSES

5 yr old paint pony mare w/ colt, kid broke  
4 yr old Morgan/stb Mare green broke  
1 yr old Morgan filly  
4 yr old trotting bred 90 days training TSS  
9 yr old Standard bred gelding 16 HH kid broke TSS  
4 yr old trotting mare JND Dominator/sd get it right w/ free breeding to JP Dewycheatumhowe  
4 yr old Friesian/paint gelding broke to ride  
4 yr old trotting bred mare broke to drive

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# Classifieds

**221 - HELP WANTED**

**SANGRE DE CRISTO** has openings for the following positions: **SCHOOL COUNSELOR**; K-12 MUSIC TEACHER; MS FOOTBALL; HS BOYS & GIRLS BASKETBALL; NUTRITION STAFF. Please contact Dave Crews for more information 719-420-1422 or Jenna Mondragon at 719-717-0871. (7/24/24)

**THE ALAMOSA SCHOOL DISTRICT** is accepting applications for the following position: **HIGH SCHOOL PRINCIPAL**. Applicant must possess or be able to obtain a Colorado Principal or Administrator's License. Minimum of five (5) years of experience in teaching/ administration, with a minimum of three (3) years in school leadership status. Applications are available online at <https://www.alamosaschools.org/> For more information, contact Tracy Vigil at 719-587-1600. Application deadline is until filled. EOE. (6/29/24)

**THE ALAMOSA SCHOOL DISTRICT** is accepting applications for the 2024-2025 School Year at **ALAMOSA TRANSPORTATION, BUS DRIVERS**. Applicants must obtain a CDL with Class "B" with S&P endorsement, training available. Applications are available online at <http://alamosaschools.org>. For more information, please contact Tracy Vigil at 719-587-1600. Application deadline is until filled. EOE. (6/29/24)

**221 - HELP WANTED**

**MONTE VISTA SCHOOL DISTRICT** is accepting applications for a **MIDDLE SCHOOL 8TH GRADE LANGUAGE ARTS (ELA) TEACHER**. A complete list of desired qualifications and experience is posted on the district website. Monte Vista School District operates on a 4-day week (Monday - Thursday) and offers a competitive salary and an excellent benefit package including employee health, dental, vision, HSA match, and life coverage. The salary for this position will be paid from the current MVSD Teacher Salary Schedule, which can be viewed on the district website - Employment Opportunities page. Placement on the salary schedule will be determined by education and experience at time of hire. Applications may be submitted through our online employment application <https://www.pirates.monte.k12.co.us/employmentopportunities> by July 2, 2024, or until the position is filled. For questions contact the District Administration Office at 719-852-5996. (7/9/24)

**MOUNTAIN VALLEY SCHOOL DISTRICT** has the following openings for the 24-25 school year: **K-12 PE, HS SCIENCE, K-12 PRINCIPAL**. Send inquiries/resumes to Mr. Stagner @ [Stagnerb@valley.k12.co.us](mailto:Stagnerb@valley.k12.co.us) or call 719-655-2578. (7/10/24)

**221 - HELP WANTED**

**MONTE VISTA SCHOOL DISTRICT** is accepting applications for the following positions: a **Middle School 8TH GRADE SOCIAL STUDIES TEACHER** (with an EMPHASIS on US HISTORY) and a **Middle School 8TH GRADE SCIENCE TEACHER**. A complete list of desired qualifications and experience for each position is posted on the district website. The District operates on a 4-day week (Monday - Thursday) and offers a competitive salary and an excellent benefit package including employee health, dental, vision, HSA match, and life coverage. The salaries for these positions will be paid from the current MVSD Teacher Salary Schedule, which can be viewed on the district website - Employment Opportunities page. Placement on the salary schedule will be determined by education and experience at time of hire. Applications may be submitted through our online employment application <https://www.pirates.monte.k12.co.us/employmentopportunities> by June 27, 2024 or until the positions are filled. For application questions contact the District Administration Office at 719-852-5996. (7/3/24)

**221 - HELP WANTED**

**RGCDFS / DEL NORTE HEAD START** is seeking applications for the following positions: **ECC COACH - BA** and experience required; **TEACHER ASSISTANTS**; and **RECEPTIONIST**. Positions will remain open until filled. Send resumes to [donnamarie5659@gmail.com](mailto:donnamarie5659@gmail.com) or [rgcds@gmail.com](mailto:rgcds@gmail.com). (6/29/24)

**FULL-TIME FARM HAND** Wanted - **COORS RESEARCH FARM, CENTER**. All season farm work including upkeep of yard and work at the elevator. Experience preferred. Must be at least 21 years old and have your own transportation. Must be able to pass drug test, background, and reference checks. \$18-20/hour DOE. Please send your resume to [lwagner@excelpersonnel.com](mailto:lwagner@excelpersonnel.com). (6/29/24)

**BUSINESS MANAGER: ADAMS STATE UNIVERSITY** is seeking a **BUSINESS MANAGER** for the DEPARTMENT OF ATHLETICS. The Business Manager position is Full time and includes managing all aspects of fiscal responsibility and day to day operations for coaches and athletic department staff. Please send application to: [athletics@adams.edu](mailto:athletics@adams.edu) (7/3/24)

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# Classifieds

### 221 - HELP WANTED

**SIERRA GRANDE SCHOOL** is seeking **DIRECTOR OF STUDENT BEHAVIOR, ATHLETIC DIRECTOR, and SCHOOL SAFETY MANAGEMENT** for the upcoming 2024-2025 school year. Submit completed application to Mr. Kevin Jones, Superintendent by email to: kjonese@sierragrande-school.net. Applications are available at the District office, 17523 Hwy. 160, Blanca, CO 81123 or online at www.sierragrande-school.net. Effective managerial, supervisory, and human relations skills, and computer skills. For more information, please contact Mr. Kevin Jones at 719-379-3259. Position open until filled. EOE. This institution is an equal opportunity provider. (7/17/24)

### 221 - HELP WANTED

**VALLEY EDUCATORS CREDIT UNION** is accepting applications for a **TELLER/MEMBER SERVICE REPRESENTATIVE**. Successful candidate should have excellent communication and customer service skills, ability to listen, follow directions and identify the needs of others. They should possess a positive, friendly attitude, integrity, be a team player and ability to multi-task. Prior teller experience is a plus. To apply, email résumé to laura@vevucsl.com or stop by our office at 910 Main Street in ALAMOSA to pick-up an application. VECU has been serving the SLV community for over 60 years and is an equal opportunity employer. (6/29/24)

### 221 - HELP WANTED

**LEAD TEACHER FOR INFANT CARE CENTER** needed at the UPPER RIO GRANDE SCHOOL DISTRICT. 150 days per year which includes all days that teachers are at school. Please submit your application and resume to: Aaron Horrocks, Superintendent, at 950 French Street, DEL NORTE, CO, 81132, or call at 719-657-4040, x4000. Applications may be retrieved on-line at urtigers.co or at the District Office. (7/3/24)

### 304 - LAWN & GARDEN

**SPRINKLER REPAIR & INSTALLATION.** Quick Service! Call evenings & weekends: 719-580-0033 or 719-376-2593. (8/2/24-monthly)

### 324 - SEED & FEED

**HORSE & COW HAY:** GRASS, GRASS/ALFALFA, ALFALFA. 3x3 bales, various quality and pricing. 719-850-8917. (7/3/24-monthly)

**HAY FOR SALE:** \$7 bale. 719-274-0380. (7/9/24)

### 341 - GARAGE SALE

**THE SAINT JOSEPH PARISH** is having a **COMMUNITY YARD SALE** on Saturday June 29 from 8:30AM to 2:00PM at OUR LADY OF THE VALLEY CHURCH in LA JARA. There will be lots of items to choose from, come and find a bargain or a treasure! The Knights of Columbus will also be selling their tasty hamburgers, and delicious homemade cookies will be for sale. (6/28/24)

**COME BE A** part of the growing **CENTENNIAL R-1 TEAM!** We are seeking applications for a **SECONDARY MATH TEACHER, TRANSPORTATION DIRECTOR, PRE-SCHOOL PARAPROFESSIONAL, PART-TIME CUSTODIAN, REGULAR BUS ROUTE or ACTIVITY BUS DRIVER, and a VARIETY OF SUBSTITUTES.** Positions will remain open until filled. Each position has unique responsibilities, yet all require the same application process. Please submit a resume, three letters of recommendation, pertinent transcripts, and a background check/valid CDE license with an application. Submit applications through https://www.applitrack.com/centennialsschool/onlineapp or email kimba.rael@centennial.k12.co.us. All full-time positions qualify for a competitive benefits package and salary as outlined through our Master Agreement, which is available at centennial.k12.co.us. The starting pay range for certified staff is \$36,872 to \$49,509; 9-month staff is \$20,613- \$26,205; and 12-month staff is \$29,812-\$33,354; route/activity driver pay is based on route/mileage; substitute pay is \$120/day. We are doing great things in SAN LUIS; it's the perfect time to join our team. (7/3/24)

**POWER ZONE EQUIPMENT** is looking to hire a full-time **CERTIFIED ELECTRICIAN** with a **MASTER ELECTRICIAN'S LICENSE.** Pay range of \$30-\$40/hr with benefits package. Deadline to apply 7/3/24. Send resume to greg@powerzone.com or call 719-754-1981 to apply. (7/9/24)

**MECHANIC: JT TIMBER FALLING** is hiring a full-time **HEAVY EQUIPMENT and TRUCK MECHANIC** in BLANCA, CO. \$25-\$45/hr depending on experience. Monday - Friday schedule. Benefits are available. Call 719-379-4066 or visit jttimber.com to apply. (7/17/24)

**THE CITY OF MONTE VISTA** is seeking qualified applicants for position of **POLICE OFFICER.** Applicants must be POST certified as a Colorado Police Officer. Selected applicants must be able to pass physical, physiological evaluations, pre-employment drug test and extensive background check. Must be able to work all shifts. Starting hourly rate \$21.50 - 22.75. DOE. A \$5,500 hiring bonus is available with a signed two-year commitment. Application and complete job description may be found at https://cityofmontevista.colorado.gov/government/departments/humanresources/ Open until filled. (7/3/24)

**TOWN OF DEL NORTE MUNICIPAL COURT CLERK.** Town of Del Norte is hiring **PART-TIME Municipal Court Clerk.** High school graduate or GED equivalent and two years of office, legal, and court clerical. Will work closely with Town municipal judge for operations and procedures of the municipal court system. With knowledge of legal terminology and practices. Oversees and maintains the court dockets, records of all pending and disposed cases, and ensures accurate and updated information. All administrative and technical duties in support of municipal court. Send resume to Town of Del Norte - Attention Town Clerk. Resumes may be submitted by email to delnorte1860@outlook.com or mailed to Del Norte Town Hall 140 Spruce Street, Del Norte, Co 81132. EOE. (7/17/24)

**SUBSTITUTES TEACHERS/LONG TERM SUBS** needed at the UPPER RIO GRANDE SCHOOL DISTRICT in DEL NORTE! Call or email: Sophia at 719-657-4040, x4000 (scrusz@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). (7/3/24)

**FULL-TIME MAINTENANCE & GROUNDS POSITION** open at the UPPER RIO GRANDE SCHOOL DISTRICT. Applicant must pass a background check and be able to work independently, be a forward-thinking individual with an overall team approach to all tasks at hand. Applicant must also be able to work in all weather conditions (snow removal/general landscaping). If interested, please contact Demo Trujillo, 719-657-4040 x4007, dtrujillo@urtigers.co. Applications can be retrieved online at: www.urtigers.co. (7/3/24)

**DEL NORTE ELEMENTARY SCHOOL** is seeking an energetic, caring individual to serve as a **SPECIAL EDUCATION PARAEducator.** Applicants must have a high school diploma and prior experience working with students with special needs is preferred. Please submit your application to Amy Duda, DNES Principal at 950 French Street, Del Norte, CO 81132; aduda@urtigers.co; or call at 719-657-4050. The position will be open until filled. You can pick up an application at the District Office or on-line at urtigers.co. (7/3/24)

**BUS DRIVERS NEEDED FOR** the UPPER RIO GRANDE SCHOOL DISTRICT. **CDL & NON-CDL DRIVERS.** Will pay for CDL license and training with contract. Must be able to pass a background and pre-employment drug test. If interested, please contact Demo Trujillo, 719-657-4040 x4007, dtrujillo@urtigers.co. Applications can be retrieved online at: www.urtigers.co. (7/3/24)

**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. Applications can be retrieved online at: www.urtigers.co. (7/3/24)

**JR/SR HIGH SCHOOL BEHAVIOR INTERVENTIONIST / SCHOOL ASSESSMENT COORDINATOR,** needed at DEL NORTE JR/SR HIGH SCHOOL for the 2024-2025 school year. We are seeking a hardworking and enthusiastic teaching professional to join our dynamic team. Applicants must have a Colorado Teaching License. Please submit your application, resume and cover letter to: Annie Hardy, Principal at ahardy@urtigers.co or contact Annie at 719-657-4020. Applications may be found online at: urtigers.co or at the District Office. (7/3/24)

### 350 - FARM EQUIPMENT

**2005 HESSTON 4910 BALER** New Monitor, Preservative Applicator, moisture sensor, accumulator. Field ready. \$22500 OBO 719-850-1143. (7/13/24)

### 360 - MISC. FOR SALE

**FIREWORKS FOR SALE!** Chama, NM. All the good stuff. 505-927-4064. (7/3/24)

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

### 401 - BUSINESS PROPERTIES

**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** www.alamosarentals.com

### 420 - LOTS & ACREAGES

**10 ACRES OF LAND** for sale. 3 miles east of ANTONITO. Ready to build your dream home! 719-580-5745. (6/29/24)

**ACREAGE FOR SALE - \$2,000/ACRE.** Contact Rick 928-277-6140. (7/6/24)

### 426 - MOBILE HOMES FOR SALE

**FOR SALE IN ALAMOSA County:** 1980 GLENWOOD TRAILER HOUSE \$6,700. Must be moved, 402-269-7172. (E-TFN-AS)

### 525 - GUNS

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

### 601 - APARTMENTS FOR RENT

**RESIDENTIAL OR OFFICE SPACE** for one person, located in an end-unit in a four-plex in DEL NORTE. Approximately 700 sq ft with an open entry area, separate office or bedroom, kitchen area, and 3/4 bath. \$800/month, inclusive of water and sewer. Pets and smokers are not permitted. Please call 719-850-0750. (7/2/24)

**CHARMING REMODELED ONE+ BEDROOM, ONE BATH, ONE-PERSON unit** in a quiet four-plex in DEL NORTE. \$700/month, inclusive of water and sewer. Pets and smokers are not permitted. Call 719-850-0750. (7/2/24)

### 601 - APARTMENTS FOR RENT

Accepting applications for 1 bedroom apartments. Must be 62 or older or disabled **Cielo Vista Apartments** 166 S. Willis Center, Colo **754-3664**

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

Accepting Applications for 2 & 3 bedroom family units **Valley Grande Apts.** 2256 E. Drive Monte Vista, CO **852-4302**

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

Accepting Applications for waiting list for 2 & 3 bedroom apartments. Family units available **West View Villas** 510 Dunham Monte Vista, Colo **852-3949**

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

Accepting applications for 2 & 3 bedroom apartments. Rent based on income for qualifying households. **Gomez Manor Apts.** 804 State St. Antonito, Colo. **376-2388**

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

Accepting applications for 2 bedroom apartments. Family living at an affordable price. **Guadalupe Hacienda Apts.** 404 W. 8th Antonito, Colo. **376-2025**

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

**606 - BUSINESS PROPERTY FOR RENT**

**COMMERCIAL SPACE** for rent at 1016 West Ave., ALAMOSA. Call Mike (719)850-1961. (7/3/24)

### 611 - HOMES FOR RENT

**REMODELED TWO BEDROOM, 1 BATH** home on a corner lot in DEL NORTE. Near biking/hiking trailhead. Pets and smokers are not permitted. Please call 719-850-0750. \$850/month. (7/2/24)

**2 STORY HISTORIC RENOVATED 4 BEDROOM, 2.5 BATH.** Appliances furnished. Deck, shop, garage, large fenced in backyard. Excellent neighborhood: 416 2nd Ave., MONTE VISTA. \$2150/month, plus utilities. Yearly lease; available 6/1/24. Contact 719-852-5101 or 719-852-5350. (7/9/24)



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# Comics

## CROSSWORD PUZZLE

### NEA Crossword Puzzle

- ACROSS**
- 1 Blubber
  - 4 Pester in fun
  - 7 Picket line crosser
  - 11 Boxing event
  - 12 Spiked club
  - 13 Stockings
  - 14 Jazz Age, e.g.
  - 15 Hot spot
  - 16 Opposite of baja
  - 17 Ceremonial procession
  - 19 "Go \_\_\_ on the Mountain"
  - 21 Repair
  - 23 Actor Billy — Williams
  - 24 Garment part
  - 27 Cable network
  - 29 Oklahoma city
  - 32 Fateful day in Rome
  - 33 Baby buggy
  - 34 Cannon
  - 35 Impair
  - 36 Like many dorms
- DOWN**
- 1 Pace
  - 2 "Slimy" veggie
  - 3 Wild pig
  - 4 Glossy bird
  - 5 Frozen water
  - 6 Warped

Answer to Previous Puzzle

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

- 7 Layered rock
- 8 Professional associate
- 9 \_\_\_ spumante
- 10 Pummel
- 12 Runway worker
- 18 ISU's town
- 20 Mild cheese
- 22 Intimidation
- 24 Peru's capital
- 25 Name in Genesis
- 26 In a quandary
- 28 Doleful
- 30 Membership fee
- 31 Picnic invaders
- 33 Daddy
- 36 Furnace fuel
- 37 Dull
- 40 Orbiting body
- 42 Cream of the crop
- 44 Claw
- 45 Brouhaha
- 46 "The Gift of the \_\_\_"
- 47 Tall tale
- 49 Beehive State
- 50 Performance highlight
- 51 Perforation
- 54 Life in words

1	2	3	4	5	6	7	8	9	10		
11			12					13			
14			15					16			
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		

## SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

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

PREVIOUS SOLUTION

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

## HERMAN

"Good luck, Miller. Try to stay out of trouble."

## ALLEY OOP

## ARLO & JANIS

## BIG NATE

## THE BORN LOSER

## FOR BETTER OR FOR WORSE

## FRANK & ERNEST

## GARFIELD

## THE GRIZZWELLS

## PEANUTS

# Wife refuses to repeat husband's tall tales

DEAR ABBY: My husband of almost 40 years is not well. He has been a good provider, but his life stories are heavily laced with lies. That has been very difficult for me to live with. I believe he will die before I do, and I'm uncomfortable about holding a service for him. His obituary would be filled with half-truths and lies. Because of his work positions, it would be expected that he have a service. I wouldn't know what to say without the probability of repeating his lies. Have you any suggestions on how this could be handled? --LIAR'S WIFE IN CALIFORNIA

best at the laundromat. An ex-coworker, who I haven't seen in longer than I worked with them -- and who never liked me -- decided to sneak an unflattering photo of me. I'm guessing it was to show my old employer, who also never really liked me. This has shattered my already fragile self-esteem. I've been depressed and stressed about this, and I don't know how to let it go and move forward. My friends and boyfriend say this person is jealous and I should forget it. I've been really low and struggling to do that. I hadn't run into either of these people in eight years in our neighborhood, but I worry they could spread this photo around and damage my professional reputation and business. Any advice would be greatly appreciated. --CAUGHT OFF-GUARD

DEAR WIFE: As a matter of fact, I do. When a husband dies, the person who is usually responsible for the creation of his obituary is his SPOUSE. If you want it to be truthful, do not repeat his lies. State his age and place of birth. Mention his parents and siblings. Say that you and his children (if there are any) are mourning the loss of a loving, caring husband and father. Omit ANYthing that has to do with his work life. As to having a public service, no law says you must. You can have a graveside service for family only. DEAR ABBY: Last week, I wasn't looking my

DEAR NOTMYTHING: Tell the man that you like him very much and would like to remain friends, but that you feel friends are all you are destined to be. If he presses you further or needs a reason, tell him the chemistry isn't there. It is the truth.



**ABIGAIL VAN BUREN**

# Lifestyle

## At CPW's Trinidad Lake State Park, lucky guests earn special rewards for wearing life jackets

By COLORADO PARKS AND WILDLIFE

**TRINIDAD** – At Trinidad Lake State Park, wearing a life jacket can do more than keep you afloat, and alive, if you find yourself unexpectedly in the water.

Wearing your life jacket might win you a gift such as an insulated lunch bag, a sunshade for your vehicle or a fishing towel.

Kids can even win a trip to a local ice cream shop.

The gifts are being given out at random by Colorado Parks and Wildlife Rangers when they spot guests complying with the agency's plea to wear life jackets.

For the past couple summers, CPW has partnered with the U.S. Army Corps of Engineers, which owns the lake, to give incentives to guests to improve life jacket compliance among guests. They called it their "You Got Caught" campaign, said CPW's Floyd Duran, park manager at Trinidad Lake.

"If we 'catch' people wearing a life jacket, we give them a little 'thank you' in the form of a small gift provided by the Corps," Duran said.

This year, the CPW Ranger Aaron Roach expanded the program by partnering with Trinidad area ice cream shops for sweet treats.

"This year, we have

taken the program a step further to create our "Thank you" incentive program," Duran said. "If we 'catch' parents and their kids wearing their life jackets, we are giving the parents a gift, like a sun shade or lunch bags.

"And their kids get a voucher for free ice cream from one of the participating shops."

Five Trinidad businesses volunteered 20 vouchers each to be a part of the "Thank You" initiative: Colie's Bakery, Lees BBQ, Tutti Scoops, Little Rox's Ice Cream Shop, and The Trinidad Creamery.

The vouchers can be redeemed for ice-cream, frozen yogurt, soft serve and baked goods.



Photo courtesy of Colorado Parks and Wildlife

Guests at Trinidad Lake State Park pose after being rewarded by CPW Rangers for wearing their life jackets.

## Tips to save when shopping for your July Fourth barbecue

(METRO) – Barbecues are part and parcel of July Fourth celebrations. Such get-togethers might be even more notable in 2024, when Independence Day falls on a Thursday. That means many people will likely be taking off on Friday, July 5, which adds another day to celebrate with friends and family around the grill this year.

Opportunities to entertain will abound this July, and that can take a toll on hosts' pocketbooks. As the holiday approaches, individuals planning to host a July 4 barbecue can heed these tips to save on food and supplies at the grocery store.

• Ask guests to bring a side and/or beverages. Hot dogs and hamburgers may garner the bulk of the culinary attention at a July 4 barbecue, but side dishes are necessary as well. When inviting guests, ask each to bring a side dish or dessert. Potato salad, mixed greens, pasta salad, chickpea salad, and other cold fare go well with traditional barbecue favorites, and asking guests to bring these along can save hosts substantial amounts of money. If guests can't bring food, ask them to bring beverages like soft drinks, iced tea, beer, or wine.

• Shop ahead. Hot dogs, hamburgers, chicken breasts, and other summer grilling favorites can be frozen and thawed out come the day of the barbecue. Shopping ahead for such items, as well as beverages, can help hosts spread out the cost of hosting, which can make it easier to manage the

cost of throwing a party, particularly if the guest list figures to be sizable.

• Consider less expensive cuts of meat. If steak is on the menu at your Independence Day barbecue, consider purchasing less expensive cuts

of meat. The Hearth, Patio & Barbecue Association notes that chuck cuts like flat-iron steaks and petite filets are flavorful cuts that won't cost nearly as much as rib-eyes and New York strip steaks. Hosts also

can save on burgers by purchasing ground beef and creating their own patties as opposed to purchasing pre-made hamburgers from their grocer's meat department. The HPBA notes that chicken thighs, legs

or quarters also tend to be less expensive than chicken breasts.

• Grill up healthy fare. Vegetables are less expensive than meat and poultry, and there's many ways to prepare veggies over an open

flame. Grilled vegetable skewers are flavorful and popular, and guests might appreciate some nutritious fare to counter all the less healthy items they're accustomed to eating at July 4 barbecues.

**Kids' Corner**

**WORLD FACT!**

CANADA AND THE UNITED STATES BOTH CELEBRATE NATIONAL HOLIDAYS COMMEMORATING THEIR INDEPENDENCE DURING THIS MONTH.

ANSWER: JULY

### Math Blocks

Fill in the missing blocks with numbers between 0-20. The numbers in each row add up to the totals on the right. The numbers in each column add up to the totals on the bottom.

		2	14
10	15		26
	20	3	28
19	43	6	

3	20	5
1	15	10
2	8	4

Solution

### Get Scrambled

Unscramble the words to determine the phrase.

L C E E T A R E B H E T N O N I T A

Answer: Celebrate the nation

### THIS DAY IN...



### HISTORY

- 1608: QUEBEC CITY IS FOUNDED BY SAMUEL DE CHAMPLAIN.
- 1767: ADRESSEAVISEN, NORWAY'S OLDEST NEWSPAPER STILL IN PRINT, IS FOUNDED.
- 1973: MUSICIAN DAVID BOWIE RETIRES HIS STAGE PERSONA ZIGGY STARDUST.



### INDEPENDENCE

the state of being free of control

*How they SAY that in...*

**ENGLISH:** Parade  
**SPANISH:** Desfile  
**ITALIAN:** Parata  
**FRENCH:** Parade  
**GERMAN:** Parade

**Did you Know?**

CANADA CELEBRATES CANADA DAY ON JULY 1. A FEW DAYS LATER ON JULY 4, THE UNITED STATES CELEBRATES INDEPENDENCE DAY. BOTH ARE DAYS OF NATIONAL PRIDE FOR THESE COUNTRIES.

**GET THE PICTURE?**

Can you guess what the bigger picture is?

ANSWER: FIREWORKS

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future

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# HOW TO GUIDE



**FINANCE**



**HOME**



**REAL ESTATE**



**RECREATION**



**HEALTH**



**AUTO**



**EDUCATION**

A Publication of Valley Publishing, Inc. and Valley Courier  
**Summer 2024**

## UNIVERSITY

### Consumer **How To** Tips for Finding the Right University

While a fresh crop of high school graduates is set to walk across the stage at high school commencement ceremonies across the country, for the many students about to become high school seniors now is an important time to start thinking ahead. That's because the college application process is about to begin. Choosing a college is a big choice for parents and children alike. For parents, it's a financial commitment they've likely been preparing to make since the day their child was born. For kids, it's more than likely the biggest decision they've ever faced. Before the process begins, consider the following tips for choosing the right college.

- Consider a possible career path. Most 18-year-olds have no idea what they might want to do for a living, and that's perfectly fine. When looking at colleges, kids should look at all of the programs they offer, and make a list of the programs that most interest them. This isn't choosing a career (as many students change majors while in college), but rather doing some preliminary research about what you may want to study. For students who really have no idea what they might want to study, consider applying to a larger state school, as those often offer the most programs of study, meaning a student won't have to transfer once they do decide on a course of study.
- Make a list of what you want out of a school. For some kids, going to school too far away from home is a frightening prospect, while others might embrace the freedom. Also, schools vary greatly depending on the size of the college. Some students might prefer a smaller, more close-knit college community, while others might prefer a larger school with more students. Students should make a list of what their personal preferences are and seek out schools that match those preferences.
- Discuss finances. Thanks to the ever-increasing costs associated with higher education, finances figure heavily into the college decision. While parents would love to send their children to their first choices, sometimes finances mandate otherwise. Parents and children should discuss how much they can afford to spend, and how realistic some college choices might be. While financial aid and scholarships are options, they aren't always enough to cover tuition and room and board costs. Rather than risk a heated argument when it comes time to make a decision, parents and children should get on the same page with respect to what's affordable as soon as possible.

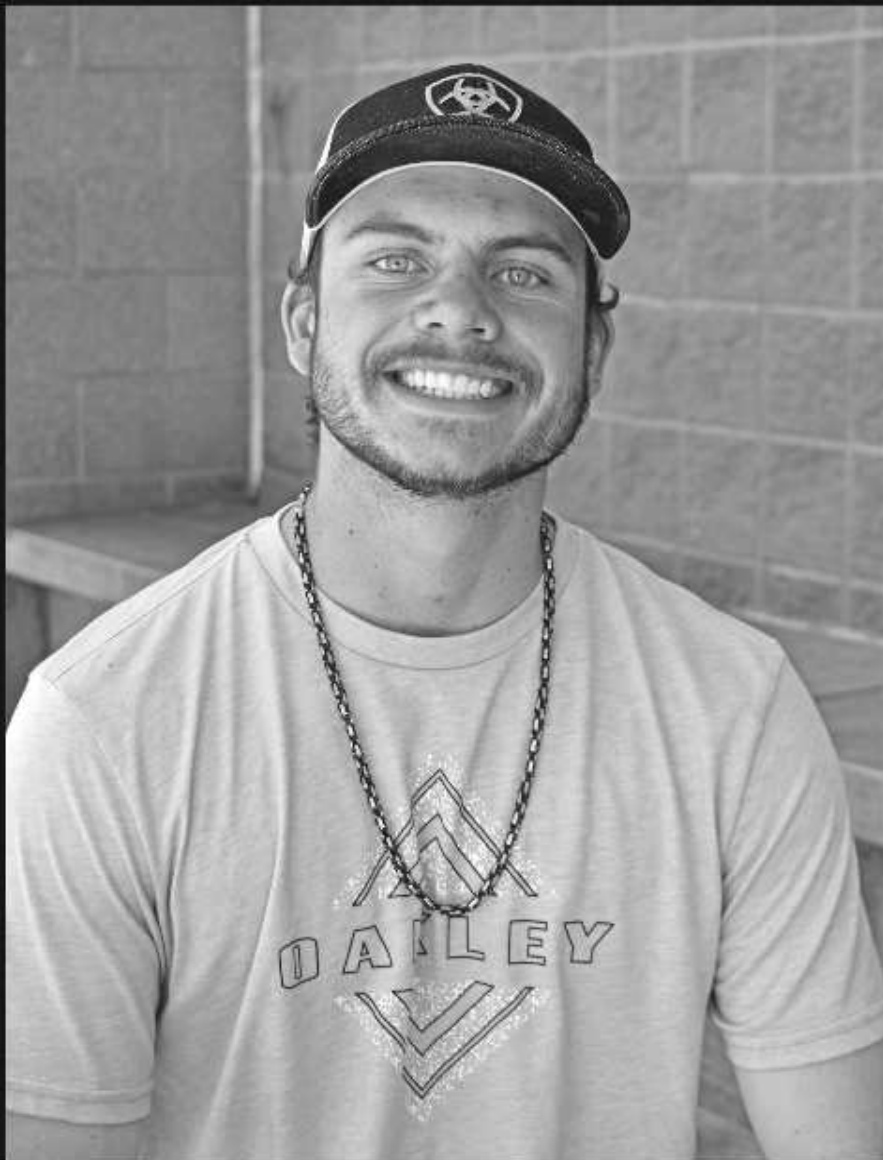
## **To** CHOOSE THE RIGHT UNIVERSITY FOR YOU

Most high school students dread junior year. Not only is it one of the most difficult, but it is also one of the most important years when it comes to applying to colleges. Students have to take the SATs, visit schools and make other college-related decisions. With so many colleges out there, how do you know which ones to apply to, let alone know which one to finally go to? Believe it or not, you can make these decisions stress free. Here are a few simple steps for kids to follow that will make the whole process easier on everyone.

- Write down reasons for wanting to attend college. Though your reasons can be to become a doctor or study art history, they don't have to be limited to getting a degree. You might want to live in another part of the country or be in a community with a lot of artists. Then, prioritize the list of criteria. (Revise the list a few times during your search since your priorities are likely to change.) By deciding what's important to you and what takes priority, it will be easier to find schools that interest you.
- And if this still sounds overwhelming, many students also factor in school size, location, academic philosophy, courses of study, reputation and extracurricular activities when applying to various colleges.
- Make a list of ideal colleges. Once you've established why you want to go to a school, try to find schools that offer what you're looking for. Michael Fleischer, vice president of college guide publisher Peterson's, says you should apply to between four and seven schools. You want to name at least seven schools, preferably more. Place schools that meet all of your criteria towards the top of the list and colleges that only have one towards the bottom. However, don't disregard the schools at the bottom of the list. What's important to you might change as you go through the process. If this school has a great architecture program and is within your price range (we'll get to that in a minute), it might end up being a better possibility than you first thought.
- Get information. See as many colleges as you can in person. Though a cafeteria might look really fun and full of life in an online virtual tour, you'll never get its real vibe until you have lunch there. While at the school, take advantage of it as much as you can. Take a tour of the campus, ask current students questions, and sit in on a class. Some schools even offer a chance to stay in the dorms with a current student — a great opportunity to experience dormitory life firsthand.
- Of course, if it's completely unrealistic to head cross-country just to visit one campus, a virtual tour is better than nothing. Also, many university Web sites include student pages and blogs by current and former students which can provide insight into campus life. Read the college paper online to get in the loop on campus happenings and issues. On top of that, there are numerous books and magazines that describe campuses and schools. College fairs enable you to pick up information and chat with alumni. And local alumni branches can put you in touch

with previous students.

- Think about money. Figure out who will be paying for college. If you, the parent, will be paying for everything, establish how much you are willing to spend. If the student will be responsible for part of or all of his educational costs, he or she will need to figure out how to pay for it, such as taking out student loans, applying for financial aid or working a part-time job while going to school. Whoever is responsible, it's important to get an early start on researching financial aid since federal forms are usually due in January of a student's senior year in high school. In the end, be realistic about how much you want to spend on education. But if you love one school that is out of your price range, apply to it anyway. Check out [fafsa.ed.gov](http://fafs.ed.gov) for information on federal loans and college Web sites for financial aid information on individual schools. You might be surprised by how much merit-based financial aid you may receive and end up paying less than you would if you attend a state school.
- Narrow down your options. Now that it's time to figure out where you'll actually apply, take a look back at your initial list and assess if your priorities are still the same. If they're not, juggle your list as well as the ranking of schools based on your criteria. Also, you might be able to eliminate some schools based on what you found out when you were gathering information. For example, if you want to go to a school with a football team and found out that George Washington University doesn't have one, it would be a waste of money and time to apply there.
- Now is also the time to assess how your academic standing matches up with that of the university and how your financial situation factors in. Keeping all of these things in mind, you should now be able to select four to seven schools that you would like to apply to. According to CNN Money, it's a good idea to choose both an academic and financial "safety" school. That way, even before your acceptance letters and financial aid packages are sent out, you will not only have a school on your list that you will most likely get into, but it will be one that you can afford as well.
- Reevaluate acceptance schools. After the applications were sent in and you've received your acceptance letters, there's one more big step: Deciding on which school to attend. Reevaluate the schools you were accepted to based on your list of priorities and financial situation, considering how much financial aid you've received, student loans, and whether you'll have to work during school. If you can, revisit the colleges. It might sound silly, but it's different looking at a school once you've been accepted, and a second visit can answer any last-minute questions or concerns.
- Whatever college you finally decide on, make sure that it is your decision and that you feel good about it. Don't go to a school just because a friend, boyfriend/girlfriend or even a parent wants you to go there. If you listen to your inner voice, you'll make the right decision for you.



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Jonathan Hanel graduated Magna Cum Laude in the 2024 Spring Commencement Ceremony. He is the first in his family to earn a college degree.

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Summer 2024 3

## HOSPITAL

# What you should know about peripheral artery disease and chronic wounds

RIO GRANDE HOSPITAL — Peripheral artery disease (PAD) is a common circulatory problem stemming from fatty build-up, or atherosclerosis, in the arteries. Also known as peripheral vascular disease (PVD), PAD causes blood vessels in the limbs to narrow, significantly reducing blood flow and sometimes causing the development of a wound that is slow to heal. If left untreated, these wounds can become infected and put patients at risk of sepsis, gangrene, or amputation.

PAD affects over 8.5 million U.S. adults and over 113 million people worldwide. Risk factors include aging, diabetes, obesity, and smoking. Symptoms include pain, cramping, discoloration, and swelling of the legs or feet. If you’ve been diagnosed with PAD and have a chronic wound that hasn’t healed within 30 days, it’s very important to have it evaluated and treated in order to save the limb and control the disease.

Types of Chronic Wounds in Patients with PAD/PVD:

Here are the three of the most common non-healing wounds for patients with PAD/PVD:

**Arterial ulcers:** Also referred to as ischemic ulcers, these are caused by damaged or blocked arteries which are unable to get nutrient-rich blood and oxygen to the lower extremities. This causes an ulcer or a break in the skin. Arterial ulcers are typically located on the foot or ankle.

**Diabetic neuropathic ulcers:** Many patients with peripheral artery disease also suffer from diabetes. Approximately 25 percent of individuals with diabetes will experience a non-healing open wound or diabetic ulcer caused by pressure or trauma on the lower limbs or feet. Because diabetic neuropathy causes a loss of sensation in the limbs, many patients don’t know they have an ulcer until it becomes infected.

**Venous ulcers:** When patients have poor blood circulation in the legs, the blood can back up and “pool” in the veins, causing an ulcer. This can cause a painful open wound and edema, or swelling, on the ankles or lower leg.

Tips to Manage PAD:

With lifestyle changes and a commitment to treatment, PAD can be managed. Here are eight tips to help:

Lose weight (if overweight) or maintain your current healthy weight

Maintain a structured exercise program

Eat a well-balanced, heart-healthy diet

Control diabetes and high blood pressure

Stop smoking

Limit alcohol intake



Avoid standing for long periods of time

Wear compression wraps/stockings

At Rio Grande Hospital’s Wound Care, we’re using advanced wound care modalities and hyperbaric oxygen therapy to treat non-healing wounds caused by peripheral artery disease, including venous and arterial ulcers. Chronic wounds can be diagnosed, effectively managed and healed, oftentimes within eight weeks. If you or someone you love has a non-healing wound, give us a call at 719-657-3277 for more information and assistance.



310 County Road 14  
Del Norte, CO 81132  
T-719-657-2510  
F-719-657-2511  
RioGrandeHospital.org

# RIO GRANDE HOSPITAL

With our updated Emergency Room, Wound Care, and New Cardiac Rehabilitation, we can better serve you with our cutting-edge technology.

WE ARE MORE THAN AN EMERGENCY DEPARTMENT.

WE ARE A LIFELINE FOR YOUR COMMUNITY.

## OUR SERVICES

### CLINICS & PHARMACY NEEDS

Creede  
719-658-0929

Del Norte  
719-657-2418

South Fork  
719-873-5494

Monte Vista  
719-852-8827

Monte Vista Pharmacy  
719-628-0533

FOR YOUR PHARMACY NEEDS IN OTHER AREAS, CALL OUR PHARMACY AND PICK UP MOST PRESCRIPTIONS AT ONE OF OUR CLINIC LOCATIONS.

Wound Care & Hyperbaric Oxygen Therapy  
719-657-3277

**SPECIALTY CLINIC**  
719-657-3277

Cardiology, Dermatology, Orthopedics, OB/GYN, Pain Management, Vascular, & More.

**PHYSICAL THERAPY**  
Del Norte  
719-657-4140  
Monte Vista  
719-628-0118

**IMAGING & RADIOLOGY**  
719-657-4151  
**LABORATORY SERVICES**  
719-657-4135

**COLONOSCOPY** screenings save lives. Schedule yours today. Get a referral from your primary doctor.

**CARDIOPULMONARY REHABILITATION**  
719-657-4140

**RECOVERY CLINIC**  
719-657-4100

**CT CALCIUM SCAN** now available for approximately \$106 – Identifies possible coronary artery disease. 719-657-4151

## WELLNESS CENTER NOW OPEN!

For more information, a tour, or to make a donation, please call: 719-657-3266.

### HELP YOUR COMMUNITY HOSPITAL

**SAVE THE DATE** for our only annual fundraiser  
**KEEPING THE DREAM ALIVE**  
Summer of Each Year



FOR **SPONSORSHIP OR DONATION INFORMATION**

EMAIL EVA TIMBERLAKE AT  
EVA@RIOGRANDEHOSPITAL.NET  
OR CALL 719-657-3266

Visit our website for other specialty services

If you do not have health insurance, you may qualify for financial assistance. We have a program to assist uninsured, low-income patients with payment of medical bills.

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## COLLEGE

Consumer

# How To SAVE BIG AT TRINIDAD STATE

## — eSports comes to Trinidad State

**20% off for local residents who take at least 15 credit-hours**

From Center to San Luis, from Aguilar to Weston, southern Colorado residents are taking advantage of **Trinidad State's Learn Local Scholarship**. The scholarship, backed by the Trinidad State College Educational Foundation, helped pay tuition during the fall 2020 semester for 92 full-time students who live Las Animas, Huerfano, Alamosa, Conejos, Costilla, Mineral, Rio Grande, and Saguache counties. Their total savings was \$42,320.



1011 Main Street  
Alamosa, Colorado 81101  
800-621-TSJC  
trinidadstate.edu

eSports is an explosive industry encompassing the world of competitive, organized video gaming representing the next generation of sports and entertainment. Trinidad State College is excited to present the first collegiate eSports team in Colorado at the community college level and part of the National Junior College Athletic Association eSports (NJCAA). Equivalent to traditional sports offered at Trinidad State, such as cross country and softball, eSports offers digital gaming experiences to promote teamwork, social skills, strategic thinking and planning, managing success and failure, maintaining academic standing, and promoting pro-social values. Competition is fierce, and the Trinidad State team will be playing in tournaments with colleges from around the country for prizes and championships. Games will be streamed with a live streaming service called Twitch, in addition to opening up the arena for in-person spectators during competitions.

In the fall of 2021, eSports players will be invited to play in Trinidad State's new, state-of-the-art gaming area. The well-equipped

eSports arena will be furnished with heavy-duty gaming computers, ergonomic furniture, and a comfortable atmosphere to enhance the players' gaming experience. eSports is a growing industry; the U.S. experienced an increase of 118 percent in full-time jobs in 2019, and the eSports market is on track to surpass \$1.5 billion by 2023. Players can also begin to prepare for a career in eSports. Jobs in eSports include playing professionally, marketing, coaching, advertising, arena maintenance, shout casters, videographers, reporters, influencers, video game design, consultants, and owners. Collegiate eSports

players are the new generation of sports athletes, gaining attention and momentum worldwide.

Trinidad State will also offer computing and technology courses in fall 2021, including computer networking. Computer networking courses will start students on a path towards cybersecurity, network administration, cloud computing, or preparing to be a computer information systems specialist. Technology and careers in technology are only growing in demand; education, industry certifications, and hands-on learning will prepare students for well-paying and stable employment in technology.

**Please contact Serena "Sully" Sullivan by email at [sullivan@trinidadstate.edu](mailto:sullivan@trinidadstate.edu) for more information. An interest form for eSports is available at [trinidadstate.edu/esports/index.html](http://trinidadstate.edu/esports/index.html)**



Fall classes begin August 19th

EXCEED EXPECTATIONS

TRINIDAD STATE

1-888-TSC-1925

trinidadstate.edu

Jump Start your future with Trinidad State! Experience a 12:1 Student to Teacher ratio in hands-on programs like Nursing, Ag Business, Cybersecurity, Welding, eSports, and Auto Mechanics! Or spend two years here, then transfer for a bachelor's degree.

SLV residents get an EXTRA 20% OFF tuition!

LEARN LOCAL SCHOLARSHIP

Students must take at least 15 credit hours and reside in either Alamosa, Conejos, Costilla, Mineral, Rio Grande or Saguache counties.

BRIDGE TO BACHELOR'S DEGREE PROGRAM

OUR TUITION & FEES ARE ABOUT HALF THE COST OF A 4-YEAR UNIVERSITY!

Trinidad State is affordable and close to home!

Earn a job fast with hands-on training, or prepare for a four-year degree here in the Valley. You'll save thousands!

Trinidad State College Valley Campus 1011 Main Street Alamosa, CO 81101



SAVE BIG!

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