



# Garcia shares health, success tips with Intermediate students



photos Jeremy Wade Shockley/SU DRUM

Pro boxer Elco Garcia of Ignacio shakes hands with Ignacio Intermediate School students following a health presentation at the school on Tuesday, March 20.

**By Ace Stryker**  
*The Southern Ute Drum*

Just four nights before his headline match at the Sky Ute Casino Resort, pro boxer and Ignacio resident Elco Garcia admitted to being more nervous about his presentation to a group of 10-year-olds at Ignacio Intermediate School.

Garcia (pro record: 25-8-0) will take on Las Vegas native Antonio Mesquita (32-2-0) in the Saturday, March 24 "March Mayhem" event in the casino's Events Center. But on Tuesday,

March 20, the self-professed "very shy" pugilist's nerves were being tested not by the prospect of trading blows with a guy with 27 knockouts, but by a few dozen kids with questions about how much his gloves weigh and whether he wears regular shoes in the ring.

Some questions, admittedly, were a little more piercing, such as one student's inquiry: "Do you ever doubt yourself?"

"Sometimes," Garcia conceded, adding that he tries to keep himself ready at all times, following a grueling training

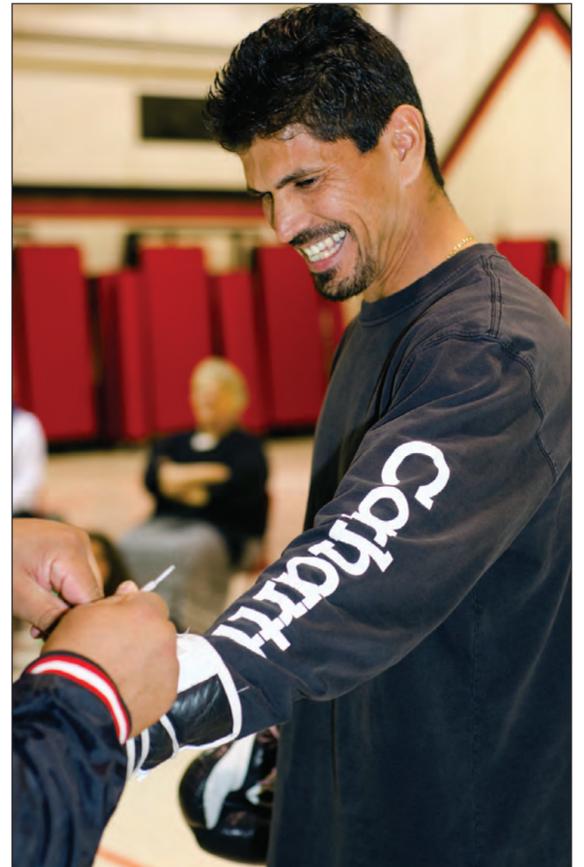
routine that calls for a 4-to-5-mile run in the morning, a series of other workouts, and another run in the evening. "I'm not that good, but I'm learning every day."

Garcia, who began boxing in 1996, demonstrated several training techniques, including a fast-and-furious jump rope routine that drew wild applause from the students. The focus of his presentation, though, was a simple message repeated often: "Say no to drugs and you guys will be successful in life."

"Whatever you want, you have

to work hard for it," Garcia said. "Study hard this week for your finals ... and say no to drugs."

Garcia, in closing, also thanked several Southern Ute tribal members for their sponsorship, including Byron Frost, Brian Frost and Elta Frost.



Elco Garcia (above) gets laced up for a sparring demonstration at Ignacio Intermediate School on Tuesday, March 20; Garcia's punches come fast and furious when he practices with his trainer (below).



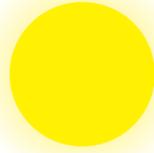
## Local Ignacio Weather

Friday, March 23



Sunny, High 65° F

Saturday, March 24



Sunny, High 67° F

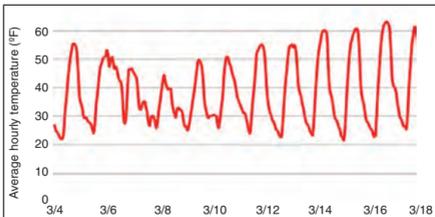
Sunday, March 25



Sunny, High 68° F

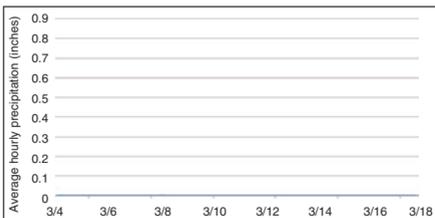


Weather data for March 4 - March 18



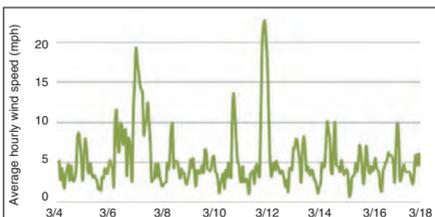
### Temperature

High 63.0°F  
Low 21.6°F  
Average 38.5°F  
Average last year 37.1°F



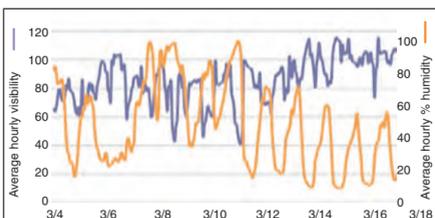
### Precipitation

Total 0.00 inches  
Total last year 1.35 inches



### Wind speed

Average 5.3 mph  
Minimum 0.8 mph  
Maximum 22.7 mph



### Visibility & humidity

Avg. visibility 85.4  
Avg. humidity 47.3%

Air quality  
Good

Data compiled by Southern Ute Environmental Programs

Weather forecasts collected from www.NOAA.gov

8<sup>TH</sup> ANNUAL HEALTH & WELLNESS

# POWWOW



SKY UTE DOWNS

ALL VENDORS WELCOME

DOORS OPEN 9:00 AM TO 12:00 PM GOURD DANCE

1:00 PM AND 7:00 PM GRAND ENTRY

FOR MORE INFORMATION CONTACT ROBERT HOWE (970) 563- 0100 ext. 2458