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## Shorts

### Crestone Poetry Contest seeks student submissions

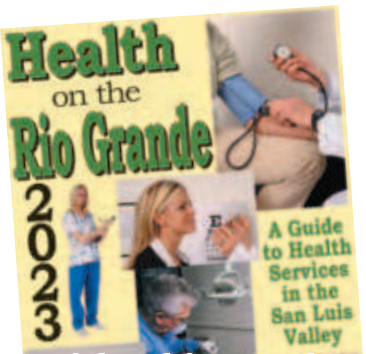
**SAGUACHE COUNTY** — The Crestone Poetry Festival has announced a student poetry contest for students enrolled in the Moffat School District, the Crestone Charter School, or those homeschooled within the district. The deadline for submissions is Oct. 5. Students may submit 1-3 poems that are no more than 100 lines per poem. The winning students will read their poems at the festival on the Colorado College Crestone Baca Campus on Oct. 12 at 7 p.m. Submissions can be entered at: poets@poemfest.com. For more information on the Oct. 12-15 festival, visit poemfest.com.

### Health Fair is back in Rio Grande County

**DEL NORTE** — Rio Grande Hospital (RGH) has scheduled a Health Fair for Sept. 30, in Del Norte. The last time they had one was pre-pandemic.

“Your health is our priority,” said Eva Timberlake, Development and Communications Officer for RGH, “Getting our community partner — Public Health, our providers, and healthcare workers together for this event is an excellent opportunity for the community to get a synopsis of their health.”

RGH’s Health Fair will be at the Del Norte’s School’s old Field House at 955 French St. on Sept. 30, from 8 a.m. to 1 p.m. For more information, visit RGH’s website, RioGrandeHospital.org, under the Program and Events tab or email WeCare@riograndehospital.net.



**Inside this week's Center Post Dispatch!**

## Second annual Hooper Fest set for Oct. 7

*Will include ribbon cutting ceremony for playground*

By MARIE MCCOLM

**HOOPER** — The Town of Hooper will be hosting the second annual Hooper Fest at noon on Saturday, Oct. 7, in the Hooper Town Park. The festival will feature food, hayrides, games, and so much more.

Along with the festival, attendees can also attend a ribbon cutting

ceremony for the new playground equipment. The ribbon cutting ceremony will be at Hooper Town Park at 1 p.m.

The festival and ribbon cutting ceremony are to celebrate fall and honor the community.

Mayor Tommy Denton recently spoke about the installation of the playground equipment and what it means to the town.

“This has been a long time coming. The playground will have about five slides total. There are three different stages to putting this all together,” Dentler said. “We have already put

*Please see FEST on Page 2A*



Courtesy photo

The second annual Hooper Fest will be at noon on Oct. 7 at the Hooper Town Park.

## Town of Center holds a Suicide Prevention Walk

By MARIE MCCOLM

**CENTER** — On Friday, Sept. 22, the Center Police Department held a suicide prevention 5K walk at 6:30 p.m. in honor of fallen police officers, including K-9s, and everyone that have lost their lives to suicide.

The walk began at Center Community Park and traveled around the town of Center, through the backroads and ended back at Center Community Park. There were about 40 people along with officers and the EMS helicopter at the park, all for the walk.

Center Police Department Cpl. Adam Fresquez talked about the event.

“This event is called the Fallen. *Please see WALK on Page 4A*”



Courtesy photo

The Center Police Department organized a suicide prevention 5K walk on Sept. 22. About 40 people participated.

## Kids Crane Fest Quest celebrates Sandhill Cranes at Monte Vista National Wildlife Refuge

By AMY ENGLE

**MONTE VISTA** — The Friends of the San Luis Valley National Wildlife Refuges is excited to announce the Kids Crane Fest Quest, taking place from Oct. 8-14, during National Wildlife Refuge Week. This event is a substitute for the usual Kid’s Crane Fest at the Monte Vista Refuge which could not be planned this year due to scheduling conflicts.

Activity sheets can be downloaded

from the “Events” section of the Friends of the SLV Wildlife Refuges website at [www.slvrefuges.org](http://www.slvrefuges.org) or from their official Facebook page. The event offers a unique opportunity for children and adults alike to witness the majestic Sandhill Cranes in their natural habitat during their fall migration.

Participants are invited to explore the Monte Vista Refuge Tour Loop, located 6.5 miles south of Monte Vista

on Highway 15. To complete the quest, attendees are encouraged to stop at the numbered signs, observe the wildlife, and fill out the activity sheet for each station. The adventure begins at the yellow gate entrance to the Monte Vista Wildlife Refuge tour loop.

Formed in 1999, the Friends of the SLV Wildlife Refuges is an independent nonprofit organization that has been instrumental in numerous initiatives to support and

enhance the refuges. In collaboration with the Refuge staff, the Monte Vista Chamber of Commerce, Rio Grande County, and the City of Monte Vista, the Friends have played a pivotal role in planning and operating the annual Monte Vista Crane Festival. This event attracts thousands of visitors from around the globe.

The Friends’ contributions include the establishment of the Meadow *Please see KIDS on Page 2A*

## Town of Moffat to begin development of a police department

By MARIE MCCOLM

**MOFFAT** — Moffat’s Hunter Horsley is ecstatic about his recent move to Moffat. Horsley is originally from Virginia, but moved to Moffat after he was given the opportunity to head up the development of a police department in Moffat.

“From what I understand it’s been years since the Town of Moffat has had a police department, and I am really looking forward to being a part of this, and helping residents feel safer in their town. This is a great opportunity and I think this is going to help the town and the surrounding area a lot,” he said.

Horsley has a strong service background. Horsley was in the military for 13 years. During that time, he was a drill instructor and an aviation mechanic.

“After the military, I moved home to Lynchburg, Va., where I became a police officer. I had a couple of different jobs in there, but for the most part I worked as a police officer. In 2018, I moved to Williamsburg, Va., where I worked for 3 or 4 years, getting redirected in a career, trying to figure out what I wanted to do. I took a trip around the country, too, and figured I got my school out of the way. I then thought about it a lot and thought I

would just go back to Virginia and get into farming,” he said.

Horsley said he remembers taking a trip to Utah and decided to visit Moffat, to check out the area, since they had heard a lot about Moffat.

“The area 420 is what we had heard about for farming, and we went into Moffat, checked out the area, and absolutely fell in love with the place. Area 420 is a big part of the economy there, but it’s such a small part of the actual beauty of the place. The town itself immediately won us over and we stayed there. We took our camper out to High Desert Ranch and stayed

*Please see POLICE on Page 2A*



Hunter Horsley

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# 'Crossroads: Change in Rural America' exhibition coming to Alamosa

CONTRIBUTED

ALAMOSA — "Crossroads: Change in Rural America," a touring exhibition from the Smithsonian Institution's Museum on Main Street (MoMS) series, is coming to the San Luis Valley Museum in Alamosa.

It takes a broad look at the characteristics of rural America with each host site providing a focus on Colorado and its many different rural areas. It explores how an attraction to and interaction with the land formed the basis of rural America, and how rural communities and small towns evolve. It also highlights how change has transformed rural America and by adding in local experiences, how rural Coloradans are evolving for the future.

"Crossroads" is part of MoMs, a unique collaboration between the Smithsonian Institution Traveling Exhibition Service (SITES), state humanities councils across the nation,



and local host institutions. To learn more, visit online Museum on Main Street.

### Schedule

All events held at San Luis Valley Museum

- Exhibit Dates — Oct. 16-Nov. 25
- The Five States of Colorado Movie Screening and Conversation — Sept. 22 at 6 p.m.

- Glenn Miller Orchestra Movie Screening and Conversation — Sept. 29 at 6 p.m.

- Live Music "SLV Community Band" and Conversation — Oct. 6 at 6 p.m.

- Grand Opening with Keynote Speaker Dr. Ed Crowther, Emeritus Professor of History at Adams State University — Oct. 20 at 7 p.m.

- Guest speaker: Fort Garland Museum Director Eric Carpio— Nov. 3 at 7 p.m.

- Closing Ceremony Guest speaker: Author Pete Anderson — Nov. 17 at 7 p.m.

## FEST Continued from Page 1A

up a walking path on the outside area of the park. We have some lights that will be going up. Eventually there will be a basketball court as well. We are hoping that this will help the community. I have four boys and I'm hoping this helps get them out of the house more. This is all really good for the community, and we are excited about this."

Over the course of the past month, Denton along with other residents of Hooper and Hooper town board members have been back and forth to the park putting up all the equipment and the culmination and completion of the playground will be presented the day of the Hooper Festival.

Town Board Trustee Mimi Dolan also spoke a little about what led up to the playground equipment being installed.

"The way this all started is just amazing," Dolan. "I wrote a grant for COG which stands for council of governments. This is not an easy grant to obtain, but we got the grant, and luckily it was a matching grant.



Photo by Marie McColm

### People volunteered to put the new playground equipment at the Hooper Town Park.

The playground will be done in three phases, like our mayor was talking about. We just decided what we really wanted to see first was the installation of the playground equipment, since we already had the equipment donated to us, it just made sense.

The Walking path is here. There will be a fire pit placed somewhere in the park. There will be some solar lights installed. This will all be completed by the end of September, in accordance with the rules of the grant that was applied for."

## POLICE Continued from Page 1A

a few months just to kind of see what was going on and see where we might fit in here, or if we fit in here. This position became available. We started hearing about a lot of different crimes happening, there were people trying to break into some properties and damage some of the fences around them," he said.

Horsley said he heard from community members that the crime was because there was such little law enforcement there.

"There is a lot of money over there. The citizens are supportive of area 420, they are just worried about the crime that comes with some of

that. We talked and figured out that the town had the ability to create a police department. Long story short, it just seemed like everything fell into place. They have the need for a police department, and I offered to help, and things are going to work out for the best for the town and all the citizens involved. I am a laid-back kind of guy, it's a laid-back town, they aren't looking for a robo cop just someone with good values to help," he said.

Horsley said that since he came in from Virginia, he would have to get certified through Colorado, because the licensing is different. Horsley also said that right now the police

department is in town hall, but that would probably change when the right building was found and put together for the department.

"It's all coming in steps, but we are on the right track. We all want to make Moffat a safe place to live. In speaking with the mayor and the different folks in town, we have all kind of come up with a plan, and everyone likes it. I don't know 100 percent what it is going to look like in the future, but we want to meet the needs of the residents and help everyone feel safer and more secure, that is our ultimate goal. I am proud to be a part of it all too," he said.

## OBITUARIES

### Virginia M. Starr

Longtime Del Norte resident Virginia M. Starr, 96, passed away Sept. 20, 2023, at the River Valley Rehabilitation Nursing Home in Del Norte.

Virginia was born on May 25, 1927, to John Maxwell and Eliza Spencer-Maxwell in Salt Lake City, Utah. She married the love of her life, Thomas Starr on Aug. 14, 1948, in Salt Lake City, Utah. Together they raised three children.

Virginia enjoyed gardening, especially growing beautiful flowers. She loved to read, reading everything that she could get her hands on. Virginia liked to paint with pastels. She loved being around her family, spending time with her grandchildren and great-grandchildren was one of her favorite pastimes

Those left behind to cherish her memory are her children Mary (Scott) Davis of Del Norte, Colo., Michael (Vohnda) Starr of Macon, Ga., the late John (Rozanne) Starr of Aloha, Ore.; her grandchildren Joseph, Matthew, Thomas, Dylan, Catherin, Danielle Anne, Robert, Nicholas and Charlie; as well as



16 great-grandchildren.

She was preceded in death by both her parents; her husband Thomas; and her siblings Howard Maxwell and Bessie Maxwell.

Cremation was chosen and a private family gathering will be held at a later date.

Rogers Family Mortuary is in care of the arrangements. To leave online condolences, tributes and words of comfort for Virginia's family please visit [www.RogersFunerals.com](http://www.RogersFunerals.com).

### Everett Santistevan

Everett Santistevan, 62, died recently in Del Norte. Everett was born Feb. 17, 1961.

A constant presence on the streets of Del Norte, Everett was beloved by the entire community.

He was easily recognized by his tall stature, but it was the glittery nails, expressive makeup, handmade jewelry, and purple bicycle that made him who he was. Everett served as a window washer, groundskeeper, landscaper, and much more to many main street businesses. He had a great work ethic and always did such a wonderful job keeping our town clean.

Hardly a day passed without seeing him working somewhere,

for someone. He was a staple of our town. Some towns have statues or landmarks, we had Everett.

He stood watch over our town and always kept our sidewalks and gutters clear of trash. He loved helping his community and the streets of this town will forever miss him.

Everett was a gentle, humble, kind, loving, creative, and generous man. If you got to know him as a person, you also knew that he had a great sense of humor.

A celebration of his life will be held at the Riverwalk down on the Rio Grande River in Del Norte on Oct. 1 at 1 p.m. Please come and help us remember our friend Everett. All are welcome.

## KIDS Continued from Page 1A

Lark Trail on the Monte Vista NWR, the Discovery Room at the Alamosa NWR, and many years of Kid's Crane Festivals. Although the Fishing days have been halted due to fish disease and drought, the Friends continue to support the refuge with the annual Friends and Neighbors Picnic, updating the community on refuge happenings.

Notably, Friends members were key advocates for the establishment of the Baca NWR in 2005. In 2021, the Friends were awarded a \$15,000 grant, which was utilized to enhance

a critical parking area on the Monte Vista Refuge, install wildlife cameras, and set up an educational kiosk.

The fall migration serves as a preview of the spring migration, which can be witnessed during the Monte Vista Crane Festival. The upcoming festival is scheduled for March 8-10, 2024.

For more information about the Kids Crane Fest Quest or the Monte Vista Crane Festival, visit [www.slvrefuges.org](http://www.slvrefuges.org) or follow the Friends of the SLV Wildlife Refuges on Facebook.

Meet Belinda, a foodie who loves dining out at **The Roast - Craft Coffee & Libations**

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# OPINION & EDITORIAL

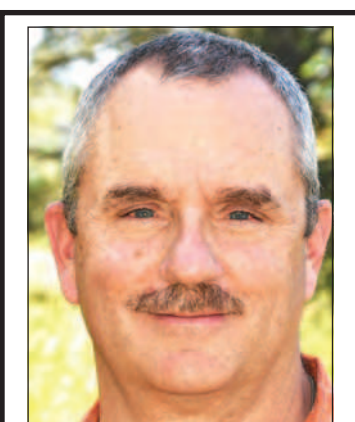
## The Hunt is On

As the primary archery hunting season comes to its inevitable end during the peak of the annual fall colors display, myself, and thousands of hunters like me, begin our final preparations for our upcoming hunts. The primary big game rifle seasons begin in earnest on October 14 and will run periodically through the end of November. It is important to note that there are continued special hunting opportunities during this entire period where folks may see hunters out and about. Small game hunting also occurs during this time and those hunters have a different set of rules, so you may not see them decked out in various stages of blaze orange. I am not writing as a hunting authority, because clearly, I am not. Rather, I am writing as an advocate for multiple recreational uses on your public lands.

By now, most of us are well-aware that the national forest is a melting pot of users out there. Called multiple use, the concept is the foundation of what makes our public lands wonderful. We are all entitled to our opinion of what uses are appropriate, but the Rio Grande National Forest must be managed for the various uses as required by the Multiple-Use Sustained-Yield Act of 1960. Our national forest lands are managed for outdoor recreation, range, timber, watershed, and wildlife and fish purposes. We should visit these lands knowing full well that we will sometimes encounter other users or livestock out there.

During hunting seasons, especially those in October and November, there is a vast influx of users to our public lands. They are a generally well-prepared user group and are noticeable too. The hunters only have this limited amount of time to participate in this activity so they will make the best of it. So, when you are out in the woods during hunting season, be prepared to encounter fellow forest users that may be conducting or enjoying a different activity than yours.

I'd like to offer a few tips on how to make any potential meetings in the forest during hunting season more pleasant. For the non-hunter, the first thing I recommend is to know when hunting seasons are going. There are many days in the fall when the seasons are not on. If you wish to avoid the potential for meeting hunters, you can limit your activities to those days. I don't recommend doing this. Get out and enjoy! The second tip is



**Land Water and People**  
By Gregg Goodland

to wear bright colored clothing when you do venture out during a designated hunting season. Try not to choose earth tones as they tend to blend in during various light situations. Being easily visible and identifiable to others always has its benefits. Get an orange vest for your pets too. Third, choose trails and areas that are less likely to have hunters. Finally, it doesn't hurt to make some noise when walking through the woods. This will let hunters know you are there. If you do hear shooting close by, raise your voice to make your presence known.

For hunters, my first tip is to be familiar with your hunting area. It is highly unlikely that animals will stay very long in high use areas. Second, stay alert at all times. Sounds you hear may be a hiker and not the elusive animal you are hoping for. If you hear other voices, try to respond so that they know you are in the area. Third, and the most basic of shooting rules, clearly identify your target and what is behind it, before shooting. This is sure to prevent unfortunate accidents or fatalities.

I have written about this every year since I've been in the San Luis Valley because it is important to me. I feel like there are fewer user conflicts with hunters as the years go by and I'll do my part to continue that trend. My wish is that we will all understand and celebrate the multiple use concept by fostering positive interactions so that we can all enjoy our chosen activities without conflict.

*Gregg Goodland is the Public Affairs Officer for the Rio Grande National Forest. An avid outdoor enthusiast, he promotes the responsible and safe use of our public lands.*

## A billion here, a billion there

Now, most of you don't know that my Miss Trixie was friends with Lady Bird Johnson, former First Lady of these great United States and the widow of our 36th President Lyndon Baines Johnson.

Miss Trixie knew Mrs. Johnson long after LBJ died, of course, but she still heard stories from Mrs. Johnson and other alums from the Johnson administration.

People nowadays don't believe her when she shares tales about how the Johnsons were friends to Democrats and Republicans alike. And not just "friends" like colleagues, but real call-in-the-middle-of-the-night kind of friends. Times have really changed since then.

In fact, one of LBJ's friends he respected the most was Senator Everett Dirksen, a Republican from Illinois who singlehandedly broke the log jam to get the Civil Rights Act of 1964 passed.

By all accounts Sen. Dirksen had quite an illustrious career in politics and was known for being frugal when talking about taxpayer's money.

One of his most famous sayings was "a billion here and a billion there and pretty soon you are talking real money."

So even then people were concerned about just how out of control our spending had become, I guess. A billion dollars back then was a sizeable amount.

Stack that up in one dollar bills and it's about 68 miles high or about the amount Miss Trixie spent at Creede

Elk Bingo this summer.

(Poor Miss Trixie really needs to see a doctor about her eyes. Surely, it's not natural for them to roll all the time like that.)

We left "billions of dollars" behind long ago, of course.

Now when our fearless leaders want more money, they go for trillions which has led us to a national debt of about \$34 trillion dollars. None of which Ol' Dutch authorized them to borrow or spend.

Anyone that knows this old Scotchman can tell you, I could balance the budget and have money left over. And with Miss Trixie and her bargain hunting skills, she could still fund all the important things like why do frogs mate and why is the sky blue, both in the current budget.

Why, we could get this old ship moving and no one would have to suffer except the fat cat politicians who currently enrich themselves while in office.

Getting back to a trillion dollars. A stack of those bills would be 68,000 miles high and so 34 of those rascals of our national debt would be 2.5 million miles high.

The combined weight of all those bills would tally a whopping 74.8 million pounds, or 37400 tons. To put that into perspective, it would be equivalent to the weight of 250 commercial planes.

Now Ol' Dutch got to thinking - a dangerous thing according to Miss Trixie - that all that weight just may be what is causing the earth to



**Trout Republic**  
by Kevin Kirkpatrick

wobble and is causing all the weather catastrophes of late. You know, like a tire with a bulge in it.

But true to nature Congress has assured me that experts have all agreed that since it's a debt it really has no weight and in fact would be a negative to the earth's total poundage.

I was so thankful for that bit of wisdom as it put my mind at ease over this growing debt.

Except now I worry that with growing losses of poundage the earth may grow anorexic and start to wobble again.

*Kevin Kirkpatrick and his Yorkie, Cooper, fish, hunt, ATV, or hike daily. His email is Kevin@TroutRepublic.com. Additional news can be found at www.troutrepublic.com or on Twitter at TroutRepublic.*

## Op-Ed: Sen. Hickenlooper addresses government shutdown

By OFFICE OF U.S. SEN. JOHN HICKENLOOPER

A statement from Colorado U.S. Senator John Hickenlooper on House Republicans' demands to avoid a catastrophic government shutdown when the fiscal year ends on Sept. 30, 2023.

The Freedom Caucus, a group of far-right Republican members of Congress, have threatened to shut down the federal government if demands they have made are not met in appropriations bills that must be passed by both the House and the Senate by Sept. 30, 2023.

Representative Lauren Boebert of Colorado's Third Congressional District is an outspoken supporter of these demands and House Republicans are seeking to defund law enforcement, disrupt Medicare service for seniors, make it easier for the wealthy to cheat on their taxes, increase rural energy costs, take preschool away from 80,000 children in Head Start, eliminate 20,000 Housing Choice Vouchers.

Government shutdown would freeze pay to our military service members,

close National Parks, further strain air travel, disrupt SNAP assistance to needy families and more.

"A government shutdown would be catastrophic. It would disrupt much of our country, including freezing military service members' pay, delaying Medicare payments to seniors and closing our National Parks.

"There's a process for getting a federal budget done, but it involves everyone working in good faith and looking for space to compromise.

"Instead of coming to the table, House Republicans are barricading themselves and almost using military and seniors as hostages."

House Republicans have demanded the following unreasonable cuts to government funding:

**Slash Funding for Law Enforcement:** The proposed cut to the FBI would eliminate up to 1,850 personnel, including up to 673 agents, and the Bureau of Alcohol, Tobacco, Firearms and Explosives would be forced to eliminate approximately 400 positions, including more than 200 agents. The House bill also cuts funding for U.S.

Attorneys by roughly 12 percent, which would eliminate approximately 1,400 positions. With fewer law enforcement officers fighting crime and prosecutors holding people accountable, these cuts will make our communities less safe.

**Raise Housing Costs for Tens of Thousands:** The proposed cuts would raise housing costs by eliminating funding for Housing Choice Vouchers for 20,000 households, including approximately 6,000 households headed by seniors. In addition, a nearly 70 percent cut to the HOME Investment Partnerships Program would result in 20,000 fewer affordable homes being constructed, rehabbed, or purchased in communities across the country.

**Protect Wealthy Tax Cheats:** House Republicans are fighting to make it easier for wealthy tax cheats to avoid paying what they owe — proposing to rescind \$67 billion dollars in funding for the IRS enacted in the Inflation Reduction Act, which would increase the deficit by more than \$100 billion.

**Increase Risks of Lead Exposure:** *Please see SHUTDOWN on Page 7A*

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# RG Hospital Wellness Center — leaning into the future

## STAFF REPORT

**DEL NORTE** — For travelers on US Highway 160, the Rio Grande Hospital Wellness Center will be a gleaming addition to the ever-growing hospital campus. The new complex will sit on five acres of land, donated by the Gordon and Suzi Off Family.

The centerpiece of the project is the Wellness Center communal building, a 7,500-square-foot structure. Its design is focused on the healthy living concepts of the Blue Zones, which are areas in the world where residents live happier, longer, healthier lives.

The Wellness Center is a place for the community to network and for families to share time during convalescence. Features like the

community lounge, a veranda, and a porch all cater to making social connections. Locals can take classes, meet with friends, or find a quiet place to downshift to reduce stress.

The sizable community hall/conference room accommodates large hospital staff meetings and community events.

An industrial kitchen can be used to prepare food for events but will focus on nutrition and teaching people with chronic illnesses how to cook healthy meals for themselves. To round out the building's features is a fitness center and studio for exercise and group training.

Four to six small temporary, incidental guest houses will sit to

the south of the Wellness Center.

The small houses are available for those in need of temporary homes while remaining near their loved ones in the hospital. Hospice is aided by having family close. Rehab patients and loved ones can seldom afford to stay in a motel or rent a VRBO during these times of emergency.

Visiting medical professionals can stay in the interim housing during their short time here. These guest houses will also fulfill a hospital need for housing patients who are here for five-to-eight-week wound-care treatments.

"The home-like small houses will be universal, meaning they could be used by a disabled person just as easily as a doctor who



Courtesy photo

**The Rio Grande Hospital in Del Norte is building a wellness center.**

comes to the hospital to assist," said Arlene Harms, CEO of Rio Grande Hospital.

These guest houses have an open floor plan with an accessible kitchen, full bath, and bedroom(s) and thermal comfort and control. They are designed to create a sense of home and an atmosphere of comfort and relaxation during a time of stress, fear, potential loss, and uncertainty. Well-lit interiors include solar and natural lighting as well as night-time navigational lighting.

With a healthy indoor environment, the units will be well insulated, airtight, and have fresh air ventilation. The houses are well-positioned for privacy with porches and windows having views of the surrounding rural landscapes.

In addition, four RV hookups will sit at the south entrance to the wellness campus for tourists or travelers who don't live nearby and are passing through the valley when an emergency occurs.

People staying in small houses, or their own RVs will have access

to the communal Wellness Center building for various training they might need to gather their family together. Safe walkways encircle the complex and provide walkable access to the commons building, the medical clinic, and the hospital.

There are future plans to build a geodesic dome greenhouse on the campus. It will contain a community garden where people can get their hands in the dirt and participate in growing herbs, vegetables, and flowers. The fresh produce could be used in demonstrations in the teaching kitchen or shared with the community, hospital staff, and patients.

The Wellness Center is surrounded by nature. It is adjacent and connected to Del Norte's 200-acre Lookout Mountain Park and Trails System with eight miles of natural surface trails for walkers, hikers, runners, bicyclists, and equestrians.

*This is the second in a six-part series of articles about the Rio Grande Hospital Wellness Center.*

# WALK

Continued from Page 1A

September is Suicide Prevention month," he said. "We want to make this an annual event, too. We want to help people with suicide awareness. We want people to know that law enforcement officers deal with this, and we are definitely here to help. We want to encourage people to talk to us, we want them to know we are here. We know how stressful life can be. We deal with a lot, too. Our jobs are stressful, but we do them. We love what we do."

Fresquez said that there had been a lot of items donated for the event. Adams State University donated a helmet signed by their head coach. They were also given a Colorado Rockies baseball signed by Charlie Blackmon, the four-time MLB All-Star for the Rockies. Aaron Gordon of the NBA Champion Denver Nuggets also donated an autographed picture. The proceeds from the items will go to an officer's family that had committed suicide.

Fresquez also mentioned that Safeway in Monte Vista donated the water for the walk.

Center Police Department Chief Aaron Fresquez said, "We really want the public to know that we deal with these kinds of things, too. We put on our badges and our guns, and we serve the community, but it's not without stress. People think we are heroes, and I consider us heroes we try to be. We also deal with these kinds of things in our heads. We want people to know this. This is our first suicide prevention walk. We have behavioral health here



Courtesy photos

**The suicide prevention 5K walk started at Center Community Park on Sept. 22.**



**An EMS helicopter was the Center Community Park during the suicide prevention 5K walk on Sept. 22.**

on site. We would really like to do another walk next year too and make this an annual thing. Center school is going to be holding another walk like this one as well, in a couple of weeks."

Raymond David's father, a Del Norte resident who recently committed suicide, was at the walk.

"I am here for him, he worked for

Idaho Pacific for 5 years before he went to that other job," he said. "My walk was long. I walked in honor of my son and for all these other victims here that get picked on. My hip is hurting like you wouldn't believe. My son is more important. I would walk until I die for my son and for what he went through."



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# San Luis Valley Intertribal Pow Wow a big success

By MARIE MCCOLM

**MONTE VISTA** — The San Luis Valley Intertribal Pow Wow was a huge success. The three-day event saw hundreds of people and brought in Native Americans from all walks of life from all over the San Luis Valley, the state, and New Mexico.

The event was held Sept. 22-24 at the Outcalt Event and Conference at SLV Ski Hi Complex in Monte Vista. Saturday and Sunday saw the bulk of the events. The powwow featured dancing with vibrant colors, music and drum playing.

Various talks were held on Friday, Sept. 22, and included a community meal featuring Bison stew.

People could be seen all over the grounds enjoying themselves, purchasing different wares from many Native American vendors that were set up. The wares included pottery, jewelry of all types of clothing and other various beautiful items being sold to honor the culture.

There were Native Americans dressed in leather outfits with fringe of all colors that hung from the outfits. The men and women wore moccasins, and some were laced all the way to their knees. Some of the women had tribal markings on their faces and wore beautiful jewelry and other adornments. Both men and women of all ages danced and played drums and various instruments in the competitions that were held during the weekend.

Katy Kelly and Douglas Crowwolf, the organizers of the event, were pleased with the turnout.

“We were so happy to see all these tribes come together for this special event,” Kelly said. “Not everyone knows this, but the dancing is actually a form of prayer for these tribes. As they dance, they pray. Dancing is a big thing. The drums that these tribes play are so sanctimonious. When they are not using their drums, they carry them everywhere they go. They do not leave their drums unattended because they do not want anyone to touch their instruments. So many of the things that these tribes do are so set in culture and their beliefs, that all of this is such a beautiful thing for everyone who has never experienced it to see. We truly feel that everyone that came to the powwow enjoyed themselves and loved everything they saw and learned from all of it, too. We want to thank the community and everyone who was a part of helping us put this together, especially our volunteers and sponsors.”

Crowwolf said he hopes the event will continue year after year.

“We want to obtain land and make this a yearly thing and one of the biggest events that will take place every year here in the Valley,” Crowwolf said. “We have many indigenous tribes that want to come back to the land and will return for these powwows. This powwow was years in the making, and we want it to just get bigger and better every year.”

Martha Archuleta, of Monte Vista, attended the event and said, “I was in awe of the dancing that I saw. It was as if these beautiful people were dancing for their lives. The outfits that they wore were magnificent and took my breath away. I am of Indian descent and was proud when I saw my people performing these dances and playing with these instruments. I want to see more of this and hope to see more of this soon. The scenery, the tribes, the instruments, all this was just breathtaking. Thank you, Monte Vista, and the organizers for doing this for our little Valley.”

For more information, visit the events Facebook page at San Luis Valley Intertribal Pow Wow.



Photos by Marie Mccolm  
San Luis Valley Intertribal Pow Wow was attended by hundreds of people on Sept. 22-24 at the Outcalt Event and Conference at SLV Ski Hi Complex in Monte Vista.



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### Football

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<b>Salida 30</b>	<b>Del Norte 12</b>
<b>Monte Vista 52</b>	<b>Peyton 14</b>
<b>Primero 76</b>	<b>Antonito 25</b>
<b>Sierra Grande 47</b>	<b>Mountain Valley 0</b>
<b>Idalia 59</b>	<b>Sangre de Cristo 20</b>
<b>Sanford 46</b>	<b>Questa NM 0</b>

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# Wolf Creek Ski Area adding new chairlift

**By WOLF CREEK SKI AREA**  
**WOLF CREEK** — Wolf Creek Ski Area in Southern Colorado recently announced the construction and installation of a new chairlift, The Tumbler, to Wolf Creek's refined lift system; now inclusive of 11 lifts.

The new chairlift is being built in response to the need for first-time skiers to have a sanctuary that offers a relaxed learning environment. The Tumbler Chairlift seats four riders and is a fixed grip lift 900 feet long, equivalent to the Nova Lift.

While the Nova Lift, a double chairlift, is for beginners the lift is

better-suited and more ideal for snowboarders and Wolf Pups.

The Tumbler Lift will provide an alternative for first time, adult skiers. The Tumbler Lift will be adjacent to the Lynx Learning Center and parallel to the trail "Okey Dokey."

The Tumbler is specifically beginner friendly due to the design feature of having a maximum speed that is half the speed of a normal chairlift. In addition to a reduced speed, personnel operating the lift can control the lift remotely when outside of the terminal, adding a layered level of safety to the lift.

The beginner safe haven will not

only have terrain designed for first time skiers but will also have an emphasis on education and lift safety. Personnel operating the lift will be instructed to educate and help Tumbler riders.

Operators will also help guests become familiar with a chairlift thus helping riders learn how to safely ride and be comfortable on a chairlift. Educational signage will be a visual aid to guests and will help first timers learn how to safely ride a chairlift via visual prompts from signs and helpful instruction from the staff.

The beginner lift ticket will now include the Tumbler Lift. By adding a third lift to the beginner lift ticket package, the Nova Lift and Lynx Learning Center will see a more familiar low-density skiing experience found around the rest of the mountain. With Wolf Creek Ski Area's established reputation for being both family and beginner friendly, the Tumbler Lift will enhance those characteristics even more.

In addition to the Tumbler Lift, Wolf Creek Ski Area has had a busy summer full of technological upgrades and enhancements, as well as maintenance and construction projects, which will debut in the upcoming 2023-2024 ski season.

After a successful first season of RFID gates at Wolf Creek Ski Area, lift tickets will be programmed to become reloadable. Guests who purchase a Wolf Creek lift ticket will be able to login to Wolf Creek's ecommerce platform and purchase a lift ticket option for another date but skip the ticket office and reuse the ticket previously purchased.

Guests who have pre-purchased lift tickets online can also access ticket printing boxes in the Base Camp Building or in the Alberta area.

Wolf Creek's lift system is also celebrating the fifth anniversary of the Charity Jane lift and tenth anniversary of the Treasure Stoke chairlift, both high-speed detachable quad lifts that service beginner to advanced terrain.



**Wolf Creek Ski Area is adding its 11th chairlift to the growing resort. This lift will be called the Tumbler and will fill a need for first-time skiers learning how to ski. While the Nova lift is great for young learners and snowboarders, the Tumbler will be designed for older first-time skiers and fits four people.**

Courtesy photos

## SFFR responds to three accidents on Wolf Creek Pass on Sept. 20

### STAFF REPORT

**WOLF CREEK PASS** — South Fork Fire Rescue responded to three separate vehicle accidents on Wolf Creek Pass on Sept. 20.

On Sept. 20, at 2:26 p.m., South Fork Fire Rescue responded to a report of a vehicle that had gone off the roadway at approximately mile marker 169 on US Highway 160.

While searching for the vehicle, a second person contacted SFFR staff and stated that he saw someone frantically searching off the side of the road in the area of the narrows, several miles below the initial reported location.

SFFR responders sent Med 190 and Command 1 to the narrows, leaving Engine 1 and Squad 9 to complete the search above. At 3:06 p.m., the vehicle was located upside down next to the river at mile marker 176.

Utilizing ropes, SFFR staff descended to the vehicle and found one person inside. In the process of extracting the patient, SFFR was advised of a second accident at mile marker 179, involving five people.

A second ambulance was dispatched to that location, where all five patients were evaluated by SFFR staff.

The person at mile marker 176 was extracted from the riverbank utilizing ropes and transported to Rio Grande Hospital with moderate



Courtesy photo

**On Sept. 20, at 2:26 p.m., South Fork Fire Rescue responded to a report of a vehicle that had gone off the roadway at approximately mile marker 169 on US Highway 160.**

injuries. While completing the first two calls, a third accident was reported in the same area. Officers on scene stated that no medical assistance was required.

"While the three accidents do not appear to be connected in any way, the occurrence highlights the dangers of Wolf Creek Pass. The area of the first accident was not visible from the roadway and had there not been a witness to the accident, the outcome could have been very different. Coming into the winter months, please remember to use caution while travelling on the pass. The roads can be very unforgiving at times, and leave very little room for error," SFFR stated.

**PUBLIC NOTICE:** Industrial Tower West, LLC proposes to construct a 199-foot self-support communications tower. The Site location is located near US Highway 285, Villa Grove, Saguache County, Colorado, 38-15-12.54 N, 105-56-58.09 W. The Federal Communications Commission (FCC) Antenna Structure Registration (ASR, Form 854) filing number is A1253931.

**ENVIRONMENTAL EFFECTS** – Interested persons may review the application ([www.fcc.gov/asr/applications](http://www.fcc.gov/asr/applications)) by entering the filing number. Environmental concerns may be raised by filing a Request for Environmental Review ([www.fcc.gov/asr/environmentalrequest](http://www.fcc.gov/asr/environmentalrequest)) and on-line filings are strongly encouraged. The mailing address to file a paper copy is: FCC Requests for Environmental Review, Attn: Ramon Williams, 45 L Street NE, Washington, DC 20554.

**HISTORIC PROPERTIES EFFECTS** - Public comments regarding potential effects on historic properties may be submitted within 30 days from the date of this publication to: Terracon Consultants, Inc., Noah Oswald, 15080 A Circle, Omaha, NE 68144, 402-330-2202, noah.oswald@terracon.com.

No. 1680 published in the Center Post Dispatch, Thursday, September 28, 2023.

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## Face Your Giants and Move Forward in Life

We all go through hard times in this life and have issues we need to deal with. While it's not easy to face challenges or things that have caused pain, it can actually help us if we let God use them to do a good work in us.

James 1:12 (AMPC) says, "Blessed (happy, to be envied) is the man who is patient under trial and stands up under temptation, for when he has stood the test and been approved, he will receive [the victor's] crown of life which God has promised to those who love Him."

This verse is talking about how going through difficult times and resisting temptation to sin tests and tries us, revealing our true character. It prepares us to pass our tests so we can be promoted and move forward in God's plans for us.

It's time to stop running from things that are hard, that we're avoiding or putting off, because we just don't want to confront them. I'm talking about issues like debt, an addiction, poor health due to bad habits, unhealthy relationships, messes caused by bad choices that have led you to live in self-pity...or anything else that is making you feel guilty, frustrated, and weary.

Maybe you've been living with a broken heart—an emotional wound—that's been bleeding for way too long. Perhaps you have an anger issue, bitterness, or insecurity that causes you to be easily offended and hard to get along with.

Whatever your "issues" are, they are not just hang-ups, weaknesses, or things you have to live with. They are giants coming against you in your walk with Christ. And as a believer in Jesus, you don't have to live with any giant—you are a slayer of giants!

In 1 Samuel 17, we read about David, the shepherd boy who conquered Goliath, the Philistine giant who was oppressing the Israelite army. David's brothers were soldiers, and his father

sent him to the battlefield to take provisions to them. When he heard about Goliath, David asked, "Who is this uncircumcised Philistine that he should defy the armies of the living God?" (v. 26, NIV).

It bothered David that these Israelite men of God were standing around, letting Goliath intimidate them, so he said, "I'll fight him!" But King Saul didn't think David could defeat the giant.

So, David told Saul how he had killed the lion and the bear when they came after his sheep. Then he said, "And this uncircumcised Philistine shall be like one of them, for he has defied the armies of the living God!" (v. 36, ESV).

You've probably heard the story: David took his slingshot and five smooth stones, "ran quickly toward the battle line" (v. 48), and killed Goliath. David used what he had and ran toward the battle—not away from it. God blessed him and made him a giant-killer, and He wants to do the same thing for you!

The first step in confronting your giants is making the decision that you won't live with them any longer, but you will trust God to help you do what you need to do to be free of them. Your attitude should be: I am a giant-killer, and I'm not running from my problems anymore. I'm going to take responsibility for the messes I've made and stop making excuses to avoid them. I'm trusting God to show me what I need to do, and by His grace, I'll do it!

Remember that we are partners with God: We have a part to do and He has a part to do. He won't do our part, and we can't do His part. When we do what we can do, He will always do what we cannot do. But we have to be willing to obey His direction, doing what He shows us to do.

The next step is to study the Word; look up every scripture in the Bible

The reality of the Spruce Bark Beetle's infestation of Engelmann Spruce at Wolf Creek started over 10 years ago. Wolf Creek continues to remove dead trees as an on-going project each spring. Crews carefully removed trees over the snow to prevent damage to the forest floor. Many hazard trees have been removed to reduce fuels for fires and to mitigate potential dangers for the skiing public.

Other improvements include the Powder Room which is now in a ready stage for season pass holders to rent out seasonal lockers for the upcoming season. Other skiing-riding guests can also rent out the VIP lockers at a

weekly rate.

Three shuttle buses have been added to Wolf Creek's fleet of parking shuttles to further improve Wolf Creek's free, paved parking and shuttle services. Each shuttle can carry over 20 passengers.

Snowmaking has been extended to the top of the Treasure Stoke Quad Chairlift which is finally completed after many years of trenching and blasting. The new water tank project is part of this many faceted project.

More detailed information on summer projects and what is new for the 2022-23 ski season will be published on [WolfCreekSki.com](http://WolfCreekSki.com).



that addresses the issue and meditate on each one. Write them down and put them in places where you'll see them often. Pray and ask God to help you apply His truth to your life. It can also help to read books about the subject, and if you need it, get professional help, like counseling.

As you spend time with God, praying and studying Scripture, He will work in your heart, healing your wounds, strengthening your faith, and showing you how to move forward to overcome your giants.

The truth is, you don't have to live defeated, with a broken heart and emotional pain. Make your mind up today: "I'm not going to get stuck in the past and give up my future because of something that hurt me. I can't go back and undo it, but I can go forward in Christ. I will have a whole heart and be healed because Jesus came to heal the brokenhearted. I am a giant-killer!"

For more on this topic, order Joyce's four-part teaching resource **Don't Panic: Living Worry-Free Every Day!** You can also contact us to receive our free magazine, *Enjoying Everyday Life*, by calling (800) 727-9673 or visiting [www.joycemeyer.org](http://www.joycemeyer.org).

Joyce Meyer is a New York Times bestselling author and founder of Joyce Meyer Ministries, Inc. She has authored more than 140 books, including **BATTLEFIELD OF THE MIND** and **OVERCOMING EVERY PROBLEM (FaithWords)**. She hosts the *Enjoying Everyday Life* radio and TV programs, which air on hundreds of stations worldwide. For more information, visit [www.joycemeyer.org](http://www.joycemeyer.org).

Please note: The views and opinions expressed throughout this publication and/or website are those of the respective authors and do not necessarily reflect those of Joyce Meyer Ministries.



# Mineral County BOCC mining claims open house Oct. 3

**CREEDE** — The Mineral County Board of Commissioners will host a presentation and open house regarding the completed agreement between Mineral County, Environmental Protection Agency, Colorado Department of Public Health and Environment and the Del Monte/Commodore/Kanawha Mining Companies for the successful transfer of mining claims that will include the Commodore

Mine Complex and Nelson Tunnel Superfund Site. The open house is on Tuesday, Oct. 3, at the Creede Community Center. Details and plans for the future will be discussed. Doors will open at 4:30 p.m. with “Acknowledge and Celebration” to begin at 5:15 p.m. with plenty of time for questions and discussion at 6 p.m. Light snacks and beverages will be available throughout the evening.

# SHUTDOWN

Continued from Page 3A

The proposal would rescind over \$564 million in funding for programs that mitigate housing-related risks of lead poisoning and other illnesses and hazards to lower income families, especially children, resulting in 55,000 fewer homes safe of hazards and adversely impacting approximately 78,000 children.

Take Preschool Away from 82,000 children of Preschool Slots: House Republicans’ cut to Head Start would mean as many as 82,000 children would lose access to high-quality preschool — undermining their education, leaving fewer children ready to enter kindergarten ready to learn, and making it more difficult for parents to join the workforce and contribute to our economy.

Increase Energy Costs for Rural Americans: Rescinding \$2 billion in funding provided by the Inflation Reduction Act for programs at USDA would undermine programs that help agricultural producers and rural small businesses convert to renewable energy systems, and that help rural Americans to build clean, affordable, and reliable energy by working with approximately 900 electric cooperatives in 47 States.

Shortchange Home Electrification Projects: Rescinding \$4.5 billion in funding provided by the Inflation Reduction Act for the High-Efficiency Electric Home Rebate Program would impact at least 250,000 home electrification and appliance upgrade projects in low- and medium-income homes across all States, territories, and tribes.

Slash Funding for Schools with Low-Income Students: House Republicans’ 80 percent cut to Title I funding would impact 26 million students in schools that teach low-income students by forcing a reduction of up to 226,000

teachers, aides or other key staff.

Slash Critical Job Training and Workforce Development Programs: The proposal would result in half a million fewer people receiving job training and employment services. These harmful cuts would deprive businesses of the skilled workforce they need to thrive, and would cut off workers’ pathways to good jobs.

Undermine Critical Health Research: House Republicans’ cuts would undermine critical research efforts to find treatments and cures for diseases like cancer and Alzheimer’s by cutting \$3.8 billion for the National Institutes of Health. They would also eliminate funding for the Agency for Healthcare Research and Quality, which would end the Long COVID research at the agency and delay other priority health services research.

Undermine Clean Technology Investments and Pollution Reduction: Rescinding \$20 billion in funding provided by the Inflation Reduction Act for programs at EPA would take away funds designed to help communities access grant opportunities to reduce pollution and mobilize private capital into clean technology projects, especially in low-income and disadvantaged communities. These programs will spur investment in clean technology projects and expand economic opportunities in communities, helping to cut harmful pollution and protect people’s health while tackling the climate crisis.

Slash Support for Teachers: Rescinding \$1.7 billion — or 77 percent — in the Supporting Effective Instruction State Grants formula program would severely undermine states’ ability to reduce class sizes and improve the effectiveness of teachers in the classroom.



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Photo courtesy of Rob Schmidt

The NWTF Upper Rio Grande Chapter removed fallen limbs from Coller State Wildlife Area near South Fork as part of the NWTF's Conservation Week.

# NWTF Upper Rio Grande Chapter makes conservation impact in South Fork

By PETER MULLER

On Sept. 19, the newly established National Wild Turkey Foundation (NWTF) Upper Rio Grande Chapter held its first conservation project as a part of NWTF's 2023 Conservation Week.

The project took place at Coller State Wildlife Area near South Fork, focusing primarily on removing fallen limbs and Cottonwood trees that had accumulated from previous storms. Volunteers undertook this concerted effort with the dual purpose of enhancing accessibility to the wildlife area and fostering a healthier habitat for the local wildlife.

"An ice storm caused extensive damages to cottonwoods at Coller State Wildlife Area," said Cole Birdsey, NWTF Upper Rio Grande Chapter president. "The limbs on the ground made recreation at the state wildlife area more difficult. Our chapter of NWTF was happy to partner with Colorado Parks and Wildlife to remove the downed timber to create better access at Coller for our local hunters and fishermen."

The support of Colorado Parks and Wildlife amplified the success of this conservation project. The agency supplied all the equipment necessary for the project, as well as enlisting the assistance of three of their employees.

Coller State Wildlife Area boasts an array of outdoor activities, including hunting opportunities for various game species, fishing in the coldwater river, hiking and wildlife viewing. Improved access to the wildlife area means expanded opportunities for overall outdoor recreation.

"Conservation projects are not only good for the environment, but also for the people who participate in them," NWTF district biologist Chuck Carpenter said. "They foster a sense of teamwork, responsibility, and appreciation for nature. By working together to clean up and protect our Colorado State Wildlife areas, we ensure that these precious resources will be enjoyed by generations to come."

Volunteers took the removed limbs and timber, transforming them into a new media using a woodchipper. These woodchips were loaded onto a dump truck and will be used in future projects on local state wildlife areas, contributing to erosion control and habitat enhancement projects.

"After a successful banquet this spring, it is great to see a new chapter getting involved with conservation in their local area," said Rob Schmidt, NWTF Conservation Fundraising Specialist. "Helping to clean up our local State Wildlife Area will help to make an

enjoyable experience in the outdoors for others. We hope to continue our partnership with Colorado Parks and Wildlife and to complete more projects in the future."

The chapter's journey began with their first banquet in June, raising over \$11,000 for the NWTF mission, signaling a promising start to their commitment to conservation and our hunting heritage.

Since 1973, the National Wild Turkey Federation has invested over half a billion dollars into wildlife conservation and has conserved or enhanced over 22 million acres of critical wildlife habitat. The organization continues to drive wildlife conservation, forest resiliency

and robust recreational opportunities throughout the U.S. by working across boundaries on a landscape scale.

2023 is the NWTF's 50th anniversary and an opportunity to propel the organization's mission into the future while honoring its rich history. For its 50th anniversary, the NWTF has set six ambitious goals: positively impact 1 million acres of wildlife habitat; raise \$500,000 for wild turkey research; increase membership to 250,000 members; dedicate \$1 million to education and outreach programs; raise \$5 million to invest in technology and NWTF's people; and raise \$5 million to build toward a \$50 million endowment for the future.

# Center Vikings Homecoming 2023!



## October 2-7 THE WONDERFUL WORLD OF DISNEY

- Monday, Oct. 2:**
  - Pajama Day
  - Blue and White Day
  - Parade at 3:30 p.m.
  - Powder Puff Football at 6:30 p.m.
  - Bonfire at 7 p.m.
- Tuesday, Oct. 3:**
  - Gender Bender Day
  - Ruff 'n' Tuff Volleyball at 6:30 p.m.
- Wednesday, Oct. 4:**
  - Barbie v. Ken Day
  - Pep Assembly at 3 p.m.
- Thursday, Oct. 5:**
- Friday, Oct. 6:**
  - Volleyball vs. Custer County at 4 p.m.
  - Football vs. Ignacio at 7 p.m.
  - \*Homecoming Royalty Coronation at halftime
- Saturday, Oct. 7:**
  - Cross Country at Centauri Invitational at 9 a.m.
  - Homecoming Dance from 7-11 p.m.

### Good Luck, Center Vikings!



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Serving the entire San Luis Valley

Supplement to The Monte Vista Journal, Center Post-Dispatch, The Conejos County Citizen, The Mineral County Miner, The South Fork Times, and The Del Norte Prospector.

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Photos by Lyndsie Ferrell

The Creede Arts Council hosted its steamroller printmaking event on Saturday afternoon and attracted a large crowd of spectators who came to watch the one-of-a-kind pieces of art come fresh off the steamroller in Creede. All artwork was by local artists who created intricate prints to be sold with all proceeds going toward future projects selected by the CAC.

## Creede steps back in time with Cruisin the Canyon Car Show

By LYNDSIE FERRELL

CREEDE — Main Street in Creede transported visitors back in time with this year's annual Cruisin the Canyon Car Show. Vehicles of all makes, models and years graced the small mountain town, shining brightly in the late summer sun as people wandered along the street enjoying old school music and fun for the entire family.

For the past 15 years the car show has brought fun to Creede at the start of fall and has grown exponentially from the few entreties when it started, to cars coming from all over the western US. Main Street was packed top to bottom with everything from vintage Belairs, 1969 Cameros, Dodge Power Wagons and much more. Each participant had a chance to win Best of Show and other trophies for different categories, all selected by attendees.

During the show in the afternoon, the Creede Arts Council hosted its annual steamroller art event at the north end of Main Street. The event is one of the main fundraisers for the organization to continue to offer programs and artistic events throughout the year. Artists from around the area are chosen to participate by creating one-of-a-kind prints that are then run over by a steamroller. Prints are sold and all proceeds

Please see CRUISIN on Page 2



## SFFR stops spread of fire on Sept. 6

By SOUTH FORK FIRE RESCUE

SOUTH FORK — On Sept. 6, at approximately 4:14 p.m., a fire was reported near a residence at 2251 Willow Park Dr. in Willow Park Ranch, according to South Fork Fire Rescue. The notification was received through the Alamosa Regional Communications Center.

Upon arrival, South Fork Fire Rescue Command 1 observed approximately a half-acre fire in the grass and traveling into the trees. Due to the wind, high temperatures and low fuel moisture, the fire was spreading quickly. Additional engines responded and a containment line was completed. After it was contained, the fire was mopped up and extinguished.

There were no civilian or firefighter injuries to report, according to South Fork Fire Rescue.

The origin and cause of the fire was a brush pile that was being burned by the property owner, according to South Fork Fire Rescue.

"While there are currently no fire restrictions in place in the district, if you are going to burn it's your responsibility to check the weather conditions and do not burn on a red flag day," SFFR officials stated.

Information on fire restrictions and a link to find the red flag warnings can be found on the SFFR website at [www.southforkfirerescue.com/fire-restrictions](http://www.southforkfirerescue.com/fire-restrictions).



Courtesy photo

South Fork Fire Rescue responded to a fire on Sept. 6 and reminded the community to not burn during red flag days.

## SLVREC, Cielo board of directors meeting

MONTE VISTA — San Luis Valley Rural Electric Cooperative and Cielo will have the regular meeting of the board of directors at 9:30 a.m. on Tuesday, Sept. 26, at 3625 US Highway 160 W, Monte Vista.

Advance notice is required to attend the meeting — call Michelle Trujillo at 719-852-3538.

## Bear Creek community awards \$27K to three students

CONTRIBUTED

CONEJOS CANYON — The mountain community of Bear Creek, located 17 miles west of Antonito, has awarded three scholarships for three graduating high school seniors for 2023. The Bear Creek Scholarship Committee raises funds throughout each year from its residents as well as many local businesses for these college scholarships. The scholarships are awarded to one graduating senior from each high school in Conejos Canyon — Antonito, Sanford, and Centauri.

This year Bear Creek provided \$9,000 scholarships to each of these three outstanding and well-deserving students:

Patricia Silvas

Patricia graduated from Antonito High School. She describes herself as efficient, disciplined, and reliable. These qualities fit well with her future plans to attend the University of New Mexico in pursuit of a degree in nursing. As a registered nurse she will put her talents and skills to great use caring for others.

Coby Thomas

Coby graduated from Centauri High School. He will attend Colorado State University in the fall majoring in Agricultural Business. His goal is to come back to the Valley and work his family farm. He has a

strong work ethic and is looking forward to excelling in his college career and beyond.

Kashley Canty

Kashley graduated from Sanford High School. She plans to major in biomedical science with a minor in anatomy and physiology at Colorado State University. Kashley's career goal is to become a Physician's Assistant, returning to the Valley to provide health care. Kashley has a strong background in the sciences and passion to help others.

Bear Creek has been awarding scholarships since 1999, and as the community grows, its ability to give more help to others in the county has grown as well. The Bear Creek

Scholarship Committee has 18 volunteer members with many other helpers throughout the year.

Spearheaded by Lynn Rezzuti, the committee works year-round seeking cash donations as well as new and used items that can be sold at its annual auction.

Rezzuti stated, "We appreciate the many businesses in Alamosa, Chama, and Conejos County that generously donate to the fund, and to the auction each year. Their gift certificates get lively bidding, often going far over the actual value of the certificate. These scholarships can change young peoples' lives and we are grateful to be able to help so many deserving students."



# CRUISIN

Continued from Page 1

go to the organization and future programs and events.

The car show also corresponded with the Creede Repertory Theatre's end of season for 2023. People were invited to bid farewell to producing artistic director John DiAntonio. The 13-year veteran of Creede Rep is leaving to take over as artistic director of the Utah Shakespeare Festival in November. In his decade-plus tenure with the company, DiAntonio has solidified Creede Repertory Theatre as a regional powerhouse with his visionary leadership and passion for the craft.

An actor, director, and playwright, DiAntonio began as a member of Creede Rep's acting company in

2011. He was integral in the creation of the Headwaters New Play Festival in 2012 and became the associate artistic director in 2015. Creede Rep workshopped and produced his plays "Harry the Great" and "Kind of Red" for the Mainstage Theatre as well as numerous plays for The KID Show program and Young Audience Outreach Tours including "Reading and Other Superpowers," "Math-stronaut," and "Viva Agua." DiAntonio moved into the position of executive director in 2017, and in 2019, was named producing artistic director.

This year, Best of Show went to Lonna Gray of Castle Rock and her 1955 white Chevrolet 210 Post.



Photos by Lyndsie Ferrell

The 15th annual Cruisin the Canyon Car Show was a rocking success this past weekend in Creede. Vintage cars, trucks and motorcycles graced Main Street and took people back in time. The event was well attended both by car show participants and enthusiasts.



## New stop signs being installed in Center

**CENTER** — Town of Center Public Works will be installing several new stop signs at several intersections around and within city limits. This new traffic pattern intends to improve traffic safety, according to town officials.

- Fullenwider intersection with 4th Street and 3rd Street (north and south bounds).
- 5th Street intersection with Hurt Street, 5th/Warden, 5th/

Wills Street, 5th/Miles Street, 5th/Sisneros Street (All north and south bounds).

"Please exercise caution when driving along these intersections/streets and give your fellow drivers time to accustom to the new traffic pattern. The Town of Center appreciates your patience and cooperation as we work to improve the safety of all our residents," town officials stated.

# Crestone Artists Open Studio Tour

**October 7th and 8th  
12 PM - 5 PM**

***Preview Reception***  
**Friday, October 6th, 5-8pm**  
**"Art Gallery 222" ~ 222 Birch Ave**  
*(on the curve coming into Crestone)*  
**Art from tour artists on exhibit**  
**September 21 thru October 15**



Amy Jo Arndt



Karen Kenney



Kristof Kosmowski



Teresa Dunwell

Scan this QR code for an online map to the 17 participating Artists at 14 Studios!



**CrestoneArtists.com**



# Hooper Junction shines with Ruby Rose

By JOHN WATERS

**HOOPER** — The banner outside the Hooper Junction — Ruby Rose reads, “Cheapest Gas in Hooper.” True. It is, of course, the only gas in Hooper. The wit is the brainchild of new owner Anjelica Quintana.

Over a cup of fine coffee that Quintana procures from Fort Collins-based Mi Cultura Coffee, the La Jara native spoke to this reporter about her love of food, coffee, and the business she opened about three weeks ago.

The roadhouse is on Highway 17 in Hooper, features fresh baked goods and will serve breakfast and lunch dishes next month.

Quintana has meals to go that her catering company Prep Fuel makes, “From as much local as we can, we use Blue Range Ranch for our beef, San Luis Farms for our pork, and we work with the Rio Grande Farm Park, and Valley Roots Food Hub.”

Currently, “Fresh cinnamon rolls, fresh scones with seasonal

ingredients including organic peaches are available,” said Quintana. “We try to use organic as much as possible.”

In the works is a small convenience store that will be adjacent to the cafe and will feature locally produced foods.

“This is a food desert, we are going to include eggs, bread, and meat so people can save a trip to Alamosa,” she said.

Slated for next month will be breakfast and lunch prepared under the auspices of Chef Jennifer Riddle, “She is a very well-known chef in the area — she is amazing and is well loved. We will serve down-home food with a twist on the healthy.”

The exterior of the building sports new signage (including a rose) painted by Alamosa artist Cari Conari.

“Cari totally nailed it, she did exactly what we wanted,” said Quintana

The Hooper Junction — Ruby Rose is open daily from 7 a.m. to 2 p.m. and closed on Sundays.



Anjelica Quintana is the owner of the Hooper Junction — Ruby Rose in Hooper on Highway 14. Fresh baked goods and coffee are available with breakfast and lunch to be available in October.

Courier photo by John Waters

## September is Newborn Screening Awareness Month

*Colorado's life-saving screenings detect 39 disorders*

CONTRIBUTED

**DENVER** — The Colorado Newborn Blood Spot Screening Program at the Colorado Department of Public Health and Environment's State Public Health Laboratory is observing Newborn Screening Awareness Month this month by raising awareness about the importance of newborn screening.

The newborn screening program began nearly 60 years ago when it first started screening for phenylketonuria (PKU), an inherited metabolic disorder that increases the levels of a substance called phenylalanine in the blood. There are approximately 63,000 births in Colorado every year, and newborn screening is a set of tests that checks for a variety of conditions. Through newborn screening, the state lab is able to identify more than 700 children every year who are at risk of a metabolic or genetic disorder. These children are connected to specialized follow-up clinical care, resulting in improved quality of life.

“Newborn screening is critical and one of the most essential programs in the state. There are no clear signs or symptoms present, and each disorder tested has a treatment to improve the child's health or even save their life,” said Greg Bonn, the newborn screening program manager. “The mission of our program is important to all of us because the work that we do each day helps save the lives of babies throughout Colorado.”

Some of the screened conditions include:

- Cystic fibrosis.
- Sickle cell disease.
- Congenital hypothyroidism.
- Critical congenital heart disease.

The Colorado Newborn Screening Program is a three-part system consisting of the blood spot screen, which can detect 39 disorders, the hearing screen, and the pulse oximetry screen. The blood spot

screen is collected at the hospital and then sent to the state lab. The second screen is collected at the primary

care provider office between 8-14 days of age.

The program runs six days a week,

including holidays, in order to ensure timely testing, reporting, follow-up, and education of these disorders. For

more information, visit Newborn Screening's webpage or email [cdphe\\_conbs@state.co.us](mailto:cdphe_conbs@state.co.us).



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01 TICKETS  
02 CARD OF THANKS  
03 MEMORIALS  
04 LOST & FOUND  
05 NOTICES/BAZAARS  
06 PERSONALS  
**EMPLOYMENT**  
07 HELP WANTED  
08 WORK WANTED  
09 EMPLOYMENT SERVICES  
**FOR RENT**  
10 APARTMENTS  
11 ROOMS  
12 HOUSES  
13 MOBILE HOMES  
14 BUSINESS PROPERTY  
15 WANTED TO RENT  
16 VACATION  
**REAL ESTATE**  
17 REAL ESTATE  
18 LOTS & ACREAGE  
19 FARM & FARMLAND  
20 BUSINESS PROPERTY  
21 MOBILE HOMES  
22 PROPERTY WANTED

**MERCHANDISE**  
23 LAWN & GARDEN  
24 GARAGE SALES  
25 AUCTIONS  
26 ANTIQUES  
27 APPLIANCES  
28 HOUSEHOLD GOODS  
29 MUSICAL ITEMS  
30 ELECTRONICS/COMPUTERS  
31 HEALTH  
32 FUEL & HEATING  
33 BUILDING MATERIALS  
34 OFFICE EQUIPMENT  
35 HEAVY EQUIPMENT  
36 MISCELLANEOUS  
37 WANTED  
38 MACHINERY, TOOLS & EQUIPMENT  
39 SPORTING GOODS  
40 AUTO PARTS  
**FARMER MARKET**  
41 FARM EQUIPMENT  
42 FEED & SEED  
43 FARM PRODUCTS  
44 FARM SERVICES

**ANIMALS**  
45 ANIMAL BREEDING  
46 PASTURE FOR RENT  
47 HORSES & CATTLE  
48 PETS & SUPPLIES  
49 ANIMAL CARE  
50 LIVESTOCK  
**RECREATIONAL**  
51 BOATS & EQUIPMENT  
52 CAMPING EQUIPMENT  
53 TRAILERS  
54 SNOWMOBILES/ATV'S  
55 R.V.'S/CAMPERS  
**FINANCIAL**  
56 BUSINESS OPPORTUNITY  
57 INVESTMENTS  
**TRANSPORTATION**  
58 MOTORCYCLES  
59 VEHICLES WANTED  
60 CLASSIC CARS  
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# Valley Wide Classifieds

## 16 Vacation

**Vacation Cabin for rent by the night only.** Full bath, queen bed, microwave & refrigerator. 469-446-2499. (9-27)

## 17 Real Estate For Sale

**FARM FOR SALE in Waverly Area Sub-district #6,** 1 1/2 center pivots in grass and alfalfa, large hay shed, 2 bedroom home, 3 steel grainers, numerous out buildings on 8 Mile Road. Ready to farm 2023 season. Call Bruce at Steffens & Company Realty, Inc 719-580-0770.

**35-80+ acres parcels with good grass on County Line Road** north of Hwy 160. Fully surveyed and ready to build on. Perfect location between Alamosa and Monte Vista. Call Bruce at Steffens & Company Realty, Inc. 719-580-0770.

**35-80+ acre parcels on San Francisco Creek** south of Del Norte. Very private, views, 3 miles from town, electric and phone. Call Bruce at Steffens & Company Realty, Inc. 719-580-0770. (TFN)

**40 Acres 5 miles west of Monte Vista** on Lariat Road with power, phone and year around access on county road. \$60,000. Call

Bruce Steffens 719-580-0770 at Steffens & Company Realty Inc. (TFN)

**FOR SALE: Beautiful 3,280 sq. ft., 3 bath, 3 bedroom,** large kitchen and 2 living room with mountain setting, separate 2-3 car garage with nice apartment upstairs, large horse barn, chicken house and OWNER FINANCED!! Price to sell \$895,000.00. Call Bruce at Steffens & Company Realty, Inc 719-580-0770. (TFN)

**FOR SALE: 35 shares of Santa Maria Reservoir Water.** Call Bruce at Steffens & Company Realty, Inc 719-580-0770. (TFN)

## 23 Lawn and Garden

**Sprinkler repair.** Done at reasonable rates. Quick Service. Call anytime, weekdays, weekends, evenings. 719-580-0033 or 719-376-2593. TFN

## 32 Fuel & Heating

**Laars Mini - Therm JVH Gas fired boiler,** 160,000 BTU \$450.00. 1/2 HP Inline Cast Iron Pump 1inch inlet / Outlet. \$150.00 719-379-3921  
**NEED FIREWOOD? Call Elam at Cozy Glo LLC. 719-480-5047.** \$190 per cord. Delivery available.

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## 33 Building Materials

**For Sale: Old barn board siding** on old, galvanized roofing. Call 719-843-0182 (9-27)

## 36 Miscellaneous

**For Sale: New 9000lb car-lift,** matching fridge & stove, chest-

# San Luis Valley Area Real Estate



rooms and large 1,000 sq. ft. heated warehouse with plenty of shelving for storage and 12-foot overhead door. Lovely concrete outdoor patio with new vinyl fencing wired for low voltage lights this property sits on two lots with wiring running outside for lighting off outside signage. 1,350 sq. ft. Spacious upstairs with large open space, several large storage closets two additional offices. New 3/4 custom tile bathroom and large storage over warehouse. This well-built property has radiant floor heating downstairs and upstairs baseboard hot water heat. Property is wired for Cat 5 telephone jack in all offices, design rooms, kitchen bar, receiving office - etc. Cable tv jack, upstairs big room. There are 3 gas fireplaces, 2 wall thermostats with remote control. Wired for speakers though out the building for music. Swamp cooler and wired for electric dryer, set up for washer and has a Propane fired boiler and propane hot water heater. This property is a blank canvas with so much POTENTIAL for the right builder or person. Because there is no existing business at the present time, this makes this building available for a variety of Business opportunities: Professional Work Environment for Professionals, Restaurant, Brew Pub, Events Center, Lodge or Cottage hotel, Retail etc. Come Paint your Canvas and start Your Business Adventure. Call and schedule your personal showing today! MLS#802191 Improved Price \$925,000! \$875,000 MLS #802191

Look Reduced Price!! \$875,000 Owner Willing to Owner Finance for Qualified Buyers! Must See Custom-Built 5,350 sq. ft. Commercial Property in Fabulous South Fork, CO, Great Highway 160 exposure! This building is extremely well built. The building was built for retail with many amenities. The environment is warm and welcoming. The 3,000 sq. ft. main floor consist of large receiving office, full kitchen and bath and several large open spaces and two additional design show

173 W Frontage • South Fork

**Bernadette Gingrass • Steffens & CO. Realty**  
(719)850-1993 • bernadette@steffenscorealty.com

## SOLD

**You Found It! Home Sweet Home, Finely Crafted, Ranch Style 2,109 square foot 3 bed 2 bath split floor plan home with detached 4 car garage for all your outdoor tools and toys! Large master bedroom bath with jacuzzi tub. Beautiful open kitchen, dining area with eat in counter, living area with cathedral wood beam ceiling, custom cabinets and wood burning stove. This home has large windows that brings in lots of natural light. Patio doors leading out to your back and front deck with 360 views of the beautiful Colorado mountains. Perfect place to enjoy your morning hot cup of coffee. You have year-round access in Highland Meadows, South Fork, CO, with paved roads, your own well and South Fork water and sanitation. This home is situated on a beautiful 1.1-acre lot with room for your RV, gardens and so much more. Additional heating sources on demand water heater and radiant floor heat to keep you nice and warm all winter long and indoor laundry area. This could be your permanent residence, your home away from home or your perfect vacation home. Moments from skiing at Wolf Creek, A stone throw away from public access to gold medal fishing on the Mighty Rio Grande River. Enjoy nearby hiking, golfing, hunting and 4-wheeling. Start Your Adventure - Won't last long. Call and Schedule your personal showing today!**



74 Highland Court • South Fork

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719-850-1993  
**Bernadette Gingrass, Broker Associate**  
30635 US Hwy 160 • South Fork  
bernadette@steffenscorealty.com

This South Fork Beauty checks all the boxes, both his and hers - and is a fun place for family and friends. Custom built Log home tucked in the trees and backs up to the National Forest. The main floor has a beautiful designer backsplash and large eat in counter space overlooking the living area with custom soft close cabinets and plenty of storage and room for all your entertaining. Kitchen has wonderful large butler pantry with pantry sink and beautiful custom stained-glass door. The Detailed Check Boxes include radiant floor heating with four zones and two Rinraj on-demand water tanks. Light Touch lighting system and electrical in the floor. Master bedroom is on the main floor with sitting area with luscious mountain views. Master bath with beautiful large tiled walk-in shower. Guest bedroom and bath on main floor with elegant soaking antique tub. Upstairs spacious loft with two electronic skylights with rain sensors that will close automatically with additional sleeping areas including office space and additional large size bedroom with barn door and bath. Enjoy your 3-car garage with large workshop and more than enough room for all your mountain toys. Your family and friends will love the upstairs bungalow above the garage with kitchentete, living area, built-in beds additional bedroom and bath. Bring your family and friends to gather to enjoy the great outdoors! Borders National Forest, with streams, creeks, lakes rolling topography, open fields, pine, fir, aspen trees, mountain views and abundant wildlife! Beautifully designed home tucked peacefully into the woods and easily accessible to town, Wolf Creek Ski Area and the Rio Grande Golf Course Resort. Once in a lifetime Opportunity! This property perfectly captures the best of both worlds between outdoor recreation and exceptional entertainment. Start your dream and Call/Text me to schedule your personal showing today! \$1,395,000 MLS #796960



**Bernadette Gingrass • Steffens & CO. Realty**  
(719)850-1993 • bernadette@steffenscorealty.com

## PRICE REDUCED



Check out this small diverse farm. The home is a 2bed/2bath, 1703.2 sq foot, historic adobe that has been fully and beautifully restored. Enjoy Colorado from the large (768 sq ft) open porch. This home sits on 126.06 deeded acres of land

situated in the bottoms of the old Culebra River Drainage. The soil is sandy and loamy and has been used for vegetable crop production in the past w/o the use of pesticides or herbicides. It is watered by the San Acacia acequia with an early decree for 1.62 CFS. There is a domestic house well permit number 284703. The property also has a holding pond for irrigation water. The owner is installing a new side roll sprinkler, which will irrigate up to 80+ acres M/L. The new side roll irrigation system will be installed before closing and will increase production. There are several outbuildings useful for storage and/or animals. The farm is located in Costilla County, Colorado just north of the New Mexico state line. It is about one hour to Taos. The Rio Grande River is about 12 miles away. Red River Ski area and Rio Grande del Norte National Monument are near Questa, New Mexico about 40 minutes away. The Sand Dunes National Park is about 45 minutes north. \$550,000 MLS #797313

12272 County Road R5 • San Luis

**Bernadette Gingrass • Steffens & CO. Realty**  
(719)850-1993 • bernadette@steffenscorealty.com

## PRICE REDUCED

**Stately 2,818 Sq Ft. Mountain Home with Stunning Natural Light** on 3.19 acres. This beautiful 3 bed 4 bath home is your perfect retreat. Open Split floor plan with beautiful cathedral ceiling and fireplace, large windows taking in the breath-taking outdoor sunlight and mountain views. Complete



with beautiful furnishing, accessories and decor. The kitchen with eat in counter, gorgeous custom cabinetry, granite countertops and butler pantry is your dream kitchen for entertaining your family and friends. Separate office space off the dining area with patio door leads out to the great outdoors. There are two guest rooms one with private bath could be considered a separate master bedroom. Large master bedroom with large walk-in closet, fireplace gorgeous walk-in shower and access to deck with hot tub. Take in the stunning views from the main floor outdoor balcony. Your perfect place for that hot morning cup of coffee or relaxing evening glass of wine. This is a luxurious home located with private access to the national forest in The Timbers subdivision of South Fork Ranches. All this, just moments from Rio Grande Golf Club, Rio Grande River gold medal fishing and world class skiing at Wolf Creek Ski area. Don't wait call and schedule your private showing today! \$1,150,000 MLS #798101

497 Timberline Drive • South Fork

**Bernadette Gingrass • Steffens & CO. Realty**  
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## PRICE REDUCED

**Darling authentic 1,232 Sq. Ft. 2-Bedroom 2 bath log cabin with upgrades galore!** Located in Log Haven. Tucked along the mountain side backing up to national forest with beautiful views of the surrounding cliffs. Open living room, dining, kitchen area with new propane Vermont Casting stove to keep you cozy and warm all winter long. Kitchen is quaint and bright with custom granite countertops. This cabin has a covered front porch and wonderful back deck. The perfect place to enjoy the wildlife, peace and quiet and that first hot cup of morning coffee. Nice fence back yard with gate opening to the national forest. Hike for miles out your own back door. Downstairs has a master bedroom and a full bath. Upstairs additional bedroom, bathroom and nice size sitting nook, great space to enjoy that best-selling book or use for your office den. This cabin comes compete with one car garage, storage shed, central well and town sewer. Cabin can be used as a full-time residence, or home-away-from-home winter or summer get-a-way! Rentals are not allowed in this subdivision. Don't wait! Start your adventure today! Only a short 17-mile drive from Wolf Creek Ski area. The mighty South Fork and Rio Grande River, Beaver Mountain reservoir & Million reservoir are just moments away. Bring your fishing pole and enjoy hours of world class fishing. Ski Wolf Creek, go 4 wheeling, hike, camp, hunt, Enjoying everything outdoors! Let's get started call /text and schedule your showing today! \$325,000 MLS #800364



31517 Us Highway 160 • South Fork  
**Bernadette Gingrass • Steffens & CO. Realty**  
(719)850-1993 • bernadette@steffenscorealty.com



**NEW**  
Amazing Riverfront property located in beautiful well established Deer Park subdivision in South Fork, Colorado. This property is complete with paved streets, with sewer and water tap available. Flat building site overlooking the Mighty Rio Grande River with mature evergreen trees. Bring your fishing pole this property extends to the middle of the river. Located only a stone throw away from National Forest and public river access. Start your adventure call and schedule your showing today! \$175,000 MLS #804121

63 Doe Circle • South Fork  
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## SOLD



**Majestic Custom-Built Log Home!** Fabulous 7 bed, 5 bath 4,619 Sq. Ft. Home with attached garage on 9.04 acres in Beautiful gated Bear Creek.

This Home has several outdoor entertainment areas with wrap around decks too enjoy the 360 views of the San Juan Mountains. The main level has an open floor plan with great room and grand fireplace with vaulted ceiling opening into the dining and kitchen area. Entertain in this beautiful large kitchen with large island, custom cabinetry, granite countertops and state of the art stainless steel appliances. The Master bedroom suite is located on main floor with walk out patio, your perfect place to enjoy that hot cup of morning coffee. From here you can access your private boardwalk leading to your entertainment area with fire ring and Jacuzzi. Upstairs beautiful reading sitting loft with additional guest bedrooms, bath and great bunk room for additional family and guest. Lower level of this home includes a large family room with fireplace and pool table. Great for all your entertainment needs, additional bedrooms, and office. Beautiful furniture, furnishings and accessories are all included with this home. Bear Creek also offers a wonderful river adventure for rafting, gold medal fly fishing with a 20-acre area on the Rio Grande River exclusive to Bear Creek property owners. Minutes away from everything outdoors - gold medal fly fishing, hunting, four wheeling and thousands of acres of public land. Start your Adventure! Don't wait, Call, and schedule your showing today! \$1,650,000 MLS #792162

2951 Bear Creek Circle • South Fork

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# Valley Wide Classifieds

freezer, & a new base board trim. 719-850-2027 (9-27)

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**Cozy Home Insulation could make your home** or other dwelling Cozy before winter with spray foam insulation. Call David 719-480-2145 (9-27)

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**For sale: Pure Bred Siberian Husky puppies,** females. Shots. Masks. Blue eyes. Ready. Call or text 970-987-2800 (9-27)

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# San Luis Valley Area Real Estate

**12 Commercial acres in South Fork Shoshone Trail**  
Flat, rectangular parcel with easy, paved access off Hwy 160. This parcel is zoned commercial/light industrial and is located 4 miles East of South Fork near Holiday RV and Brooke Stone.  
MLS#774884  
\$550,000

**Dee Plucinski • Steffens & CO. Realty**  
(719) 873-5605 • [dee@steffenscorealty.com](mailto:dee@steffenscorealty.com)

**23 Fairway Drive - OWNER FINANCING AVAILABLE**  
- this beautiful lot is a 1-minute walk from the Clubhouse on the Rio Grande Club and Resort in South Fork. Flat and easy to build, this lot has water, sewer, electricity, landline phone and high-speed internet at the lot line. MLS#794077.  
\$56,000

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**654 Vail Pass Road South Fork**  
**THE BEST VALUE IN SOUTH FORK!** This 3 bedroom 1 bath home sits on 1 acre and has a well and septic. It's a stick-built home, not a modular or mobile home. Scan the QR code - this one has an interior 3D scan, video tour and drone video too!  
MLS# 804011  
\$199,900

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**3023 Bear Creek Circle**  
Mountain cabin on 20 acres bordering National Forest in gated Bear Creek. Fully furnished - paved driveway. 4 bedrooms. 2.5 bathrooms. MLS#803394

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**Steffens & Company Realty**  
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30635 US HWY 160  
South Fork

**dee@steffenscorealty.com**  
*Dee - formerly known as Diane Chapman - Local Luxury Home Broker. Licensed in 2011, Dee knows the area and knows local real estate.*

All Dee's properties are detailed in her blog.

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\$85,000 (6 acre lots)  
\$200,000 (17.5 acre lots)  
\$400,000 (35 acre lots)  
\$950,000 (35 acres with home)

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**4100 Wilderness Canyon Road - Mountain Luxury** at the end of the road, secluded and private, this gorgeous, bright, energy-efficient home sits on 42 acres bordering the National Forest with views of the Natural Arch. Ghost Mine Ranch, near Del Norte. Ride or hike out for hundreds of miles, right from your backyard. Gated community with minimal covenants. \$899,000

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**5042 E. County Road 1 S. Monte Vista**  
This gorgeous brick home sits on 5 acres just East of Monte Vista. 3 bedrooms, 2 bathrooms PLUS a large office and an INCREDIBLE shop. Scan the QR code below Dee's Picture and check out this listing in her blog for 3D interior scans of the home and shop plus a video and drone tour. This home features a domestic well and a fenced acre with a lean-to for horses. MLS#806831 \$550,000

**Dee Plucinski • Steffens & CO. Realty**  
(719) 873-5605 • [dee@steffenscorealty.com](mailto:dee@steffenscorealty.com)

**340 Lake Drive - ON THE CREEK** in Willow Park Ranch - this four-bedroom, three-bath home borders the National Forest and has incredible views of the San Juan mountains. Newly renovated, this home is a must-see for those looking for privacy, a live, year-round creek with trout, and hike-out access to public lands from a secure, gated community. MLS #807635. \$968,500

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(719) 873-5605 • [dee@steffenscorealty.com](mailto:dee@steffenscorealty.com)

**682 Bear Creek Circle South Fork**  
This luxurious mountain home has 4 bedrooms, 3.5 bathrooms and sits on 15.6 acres in the gated community of Bear Creek in South Fork. Perfect for horses!  
MLS#806411  
\$1,425,000

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**5299 County Road 12 S. Alamosa**  
160 acres currently planted in alfalfa with a center pivot, 3 shares of the Commonwealth Ditch, and use of the Carmel Drain. MLS#804160  
\$400,000

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# Rio Grande County Public Health Department sets date for Health Fair

**By LYNDISIE FERRELL**  
**RIO GRANDE COUNTY** — For the first time in almost three years, Rio Grande Public Health Department in partnership with Rio Grande Hospital will be hosting a Health Fair on Sept. 30 and it is a great opportunity to get screened for several different tests and a chance to get an early flu shot at low-cost prices.

“Rio Grande Public Health and Rio Grande Hospital have really wanted to get a Health Fair out to the public for the last three years. We had to find a new venue to fit the kind of event we wanted to host for the community and the new Del Norte Fire Department Field House ended up being the perfect place. We really just wanted to have a community event that focused on more than just blood work,” said Rio Grande Public Health Representative Ida White.

For the last several weeks, the hospital and public health have been planning for this event and have come up with some ideas to get the younger generations involved in this free health-oriented event.

“We really wanted people to know that these types of events are not just for the older members of our community, and we wanted to make it a family friendly affair. It’s important to us to bring in the community as a whole and offer screenings that even families with children can take advantage of,” said White.

The event will feature screenings such as glucose, pulmonary, dental, EMI, hearing, height and weight as well as a chance to get the flu vaccine. Those interested in receiving the flu vaccine are recommended to

call either public health or Rio Grande Hospital to schedule an appointment but according to White even if a person does not have an appointment they will be seen and

receive the vaccine. Insurance will be processed for the vaccine but those without insurance can pay low-cost prices for the shot.

In addition to the health

screenings, the event will also include cornhole tournaments, facepainting, bouncy houses and much more.

“This really is just a community event, and we invite everyone to come and enjoy the day with us even if they don’t come for a

health screening. We will have food and beverages and something for everyone to enjoy,” said White.

The event is scheduled for Sept. 30 from 8 a.m. until 1 p.m. at the Del Norte fire Department Field House located at 955 French St. in Del Norte.



Courtesy photo

Come join the Rio Grande County Public Health Department and Rio Grande Hospital on Sept. 30 for a Health Fair. It will be held at the Del Norte Fire Department Field House and will offer screenings for all ages and includes an opportunity to get an early season flu shot.

## Free Landowner Workshop Oct. 12

**ALAMOSA** — A free Landowner Workshop is scheduled for Oct. 12.

Irrigation; weeds; erosion; trees and fire mitigation; fencing; hunting and fishing habitat; conservation easements; and more are expected to be covered. Learn about and connect with resources in the San Luis Valley that can provide funding and expertise for these topics and more, organizers stated.

The workshop is from 9 a.m.

to 2:30 p.m. on Oct. 12 at the Rio Grande Water Conservation District, 8805 Independence Way, Alamosa. RSVP to Anna Greenberg by calling 719-992-3672 or emailing [anna.greenberg@usda.gov](mailto:anna.greenberg@usda.gov).

The workshop is being hosted by the Bird Conservancy of the Rockies and Wetland Dynamics, LLC.

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*We would like to express our deepest gratitude and appreciation to all those who have contributed to the success of the Upper Rio Grande Animal Society by contributions, donations, volunteering and general support at Conour Animal Shelter.*

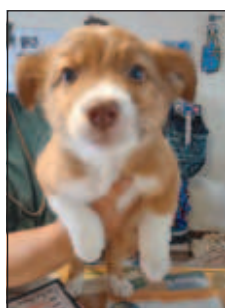
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# Bi-annual Silver Thread Quilt Show has colorful success

**By LYNDISIE FERRELL**  
**CREEDE** — The Creede Underground Community Center was transformed this past weekend into a quilter's paradise as more than 120 quilts graced the halls and walls of the center. This was the 10th anniversary of the Silver Thread Quilt Guild bi-annual quilt show and was dubbed the Amethyst Anniversary.

For 10 years, this show has brought quilters from all experience levels, locations, and backgrounds together for one purpose — to share their love of quilting with those who appreciate the art. The group also makes donations to several charities and organizations. Throughout the year, the guild holds a raffle for one of their projects and this year, the "Dinner Plate Dahlia" was the stunning result of their effort. The beautifully crafted quilt took around 400 hours to complete and was passed from member to member, each one finishing a portion of the quilt. According to the guild, "The quilt was pieced together by Beth Kendall and Penny Snyder and

quilted by Diane Singer." Revenue from ticket sales for the raffle allows the guild to fund many community projects, which include the Mineral County Fire Department, local food banks, quilts for Veterans at Homelake and charities both locally and in the county. The black and white masterpiece was on display front and center and this year's raffle winner was Yvonne Gleason from Salida.

In addition to the raffle quilt, this year's Best of Show was the quilt "Over the Top" made by Debbie Miller and quilted by Sue Williams. Miller spoke about her journey while making the quilt stating that though she was hesitant at first, once the quilt was finished, she was so glad she started.

"I started with my favorite block," Miller said. "I had had the idea for many years, and I finally got to the point a year ago that I thought I would just start and see where it went. Once the first block was finished, I chose my next favorite and it just went on from there."

Miller finished the quilt a year later

and decided to enter it into the show. "I stitched a lot of it by hand and the process was really wonderful," Miller said. "I was so happy to enter it into the show and now I just have to take the time to decide what I want to do with it."

The show also featured an antique bed turning program that showed participants how to properly turn a bed like people used to do years ago.

"It really was a fantastic program, and I never knew how much of an art form it was to turn a bed. They really did do things so much more beautifully back then," said Rylenn Marks of New Mexico.

The show featured several antique quilts that were donated by area museums, including one from the Rio Grande County Museum titled the "Crazy Quilt" from the late 1800s. This

quilt was donated from the Wetherill family many years ago and is one of the best-preserved quilts at the Rio Grande County Museum.



Photo by Lyndisie Ferrell

Rio Grande County Museum was one of many Valley museums to donate antique quilts this year to the bi-annual Silver Thread Quilt Guild Show. Pictured is the late 1800 'Crazy Quilt' donated to the museum by the Wetherill family.



The quilt 'Over the Top' by Debbie Miller won Best of Show this year at the bi-annual Silver Thread Quilt Guild Show in Creede.



Photo By Vi Koch

The Silver Thread Quilt Guild Quilt Show in Creede was well attended Sept. 15-17 with close to 100 people attending each of the three days. Yvonne Gleason from Salida was the winner of the raffle quilt — 'Dinner Plate Dahlia.'

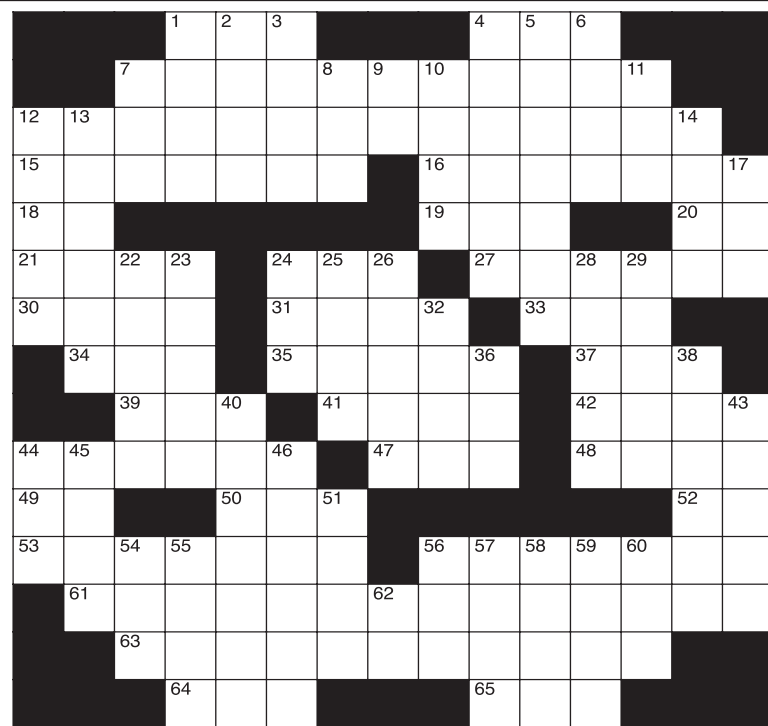
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### CLUES ACROSS

1. Moved quickly
4. Ocean temperature
7. Scholarly book series
12. Irregular
15. Hairstyle
16. Indigestion fixer
18. Special therapy
19. Mock
20. Partner to Pa
21. Strays
24. Swedish currency (abbr.)
27. Desired
30. Soap product
31. Traditional fishing boat
33. No (Scottish)
34. Spy organization
35. Spiritual leader of a Jewish congregation
37. Married woman
39. Blood relation
41. German river
42. Genus of clams
44. Parts of a movie
47. Residue
48. Ethnic group of Laos and Thailand
49. Atomic #77
50. Where wrestlers work
52. Northeast
53. Type of lettuce
56. Abstain
61. Communication between two



63. One who administers medicine
64. Sun up in New York
65. Having eight

### CLUES DOWN

1. He played "Milton"
2. Elsa's sister
3. Digital wallet
4. About backbone
5. Type of weapon
6. \_\_\_ Turner, rock singer
7. Microgram
8. Hair product
9. Health care pro
10. Holy fire
11. Military ID (abbr.)
12. \_\_\_ the ante
13. Containing nitrogen
14. Green citrus fruit
17. Male parent
22. Bring up
23. Murdered
24. Soviet Socialist Republic
25. Supreme ruler Genghis
26. Social media hand gesture
28. Semitic Sun god
29. Land
32. Database management system
36. Similar
38. Nice to look at
40. Covered with mud
43. Simple dry fruit
44. Title of respect
45. Type of footwear
46. Most lucid
51. Exam
54. Extinct flightless bird of New Zealand
55. "Rule, Britannia" composer
56. Small Eurasian deer
57. "Within"
58. Insures bank's depositors
59. A pause for relaxation
60. Social insect
62. Expresses acidity

### Solution to last week's puzzle

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

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Image courtesy of The Range  
La Sierra, 1999, by Josephine Lobato.

# Colcha embroidery of the SLV on display in Arvada

## STAFF REPORT

ARVADA — Colcha embroidery from the San Luis Valley is now on display at the Arvada Center for the Arts and Humanities through Nov. 12.

The exhibition will be on view in conjunction with Emilio Lobato: A Mi Manera and Latitude 37°: Art of Southern Colorado. The show will bring together a large selection of artworks on loan from artists, families, and museums across Colorado.

The exhibition is curated by Adrienne Garbini of The Range in Saguache. Colcha embroidery traveled to Colorado from New Mexico, where the women of the San Luis Valley transformed the traditional stitch into a wholly new art form, depicting intricate landscapes and stories important in their lives.

Colcha embroidery is practiced in the Valley as an art informed by 19th century Spanish Colonial culture and shaped by Indigenous and Anglo-American influences, creating a textile unique to Southern Colorado.

This exhibition is in collaboration with The Range, and features works from generations of colcha embroidery artists, contemporary colcha embroidery from the region, and pieces on loan from History Colorado and the Sangre de Cristo Heritage Center.

The colcha embroidery technique employs a single needle and thread, laying long stitches secured to cloth with tacking stitches. The term colcha refers to the Spanish word for bed covering. It is common in the historical and the modern San Luis Valley style to fill the entire surface of the fabric with embroidery. The exhibit will include works by living and deceased artists, celebrating the vibrant history of this art practice in communities across the region.

Artists include Mary Baker, Maria Eufemia Barela, Sandy Dolak, Adrienne Garbini, Patsy Garcia, Peggy Garcia Williams, Margie Gurule, Josephine Lobato, Rita Lobato Crespín, Virginia 'Bena' Lovato, Brenda Lovato, Loretta Rose Lujan, Donna Madrid Hernandez, Connie Mamich Morrell, Aurora Martinez, Junita Martinez, Lydia Martinez, Irene Medina, Julia Mondragon, Mary Olivas, Daisy Ortega, Evanea Rae Pacheco, Marcella Pacheco, Marcella Quintana, Nettie Quintana, Virginia Rodriguez, Sostena Sandoval Clemons, Trent Segura, Mary Taylor, Tiva Trujillo, Tina Valdez, Judy Vigil, Mary Vigil de Rodriguez, and Delores Worley.



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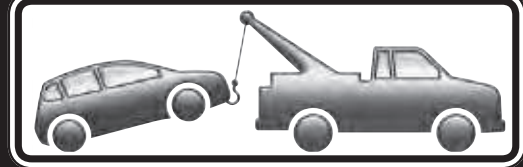
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# Sangre de Cristo National Heritage Area unveils new logo

Contest winner's design becomes the new symbol of local non-profit

**CONTRIBUTED**

**ALAMOSA** — The Sangre de Cristo National Heritage Area (SdCNHA) is rolling out its new logo designed by artist and contest winner Raju Chatterjee.

The local non-profit organization dedicated to promoting, preserving, and protecting the history, heritage, and culture of Alamosa, Conejos, and Costilla counties, held a logo design contest from June 1 through Aug. 1, in which members of the community and beyond could submit logo designs for consideration to the Heritage Area. Entries numbered over one dozen designs, with many featuring different symbols and characteristics of the three counties the organization serves. The winner was voted on by the SdCNHA Board of Directors at their annual board retreat on Friday, Aug. 4.

The logo features many symbols of Southern Colorado and northern New Mexico, including a piñon tree, adobe architecture, a farmer with a shovel, and a mountain scape symbolic of the mountain range the National Heritage Area is named for.

SdCNHA will be marketing its new logo on new promotional items like stickers, pens, and patches, and



Winning logo design by Raju Chatterjee.

will be using this logo to promote their social media pages in celebration of its new 15-year reauthorization.

To learn more about the work SdCNHA does, follow them on social media or visit their website at [sangreheritage.org](http://sangreheritage.org).

# Dale Culver selected as new San Luis Valley field manager

**CONTRIBUTED**

**MONTE VISTA** — The Bureau of Land Management Rocky Mountain District has announced the selection of Dale Culver as the San Luis Valley Field Manager.

As the San Luis Valley Field Manager, Culver will oversee the multiple-uses management of a diverse array of public lands.

“Dale comes to us from the National Park Service with extensive leadership experience — nearly a decade of which was right here in the Valley as the chief park ranger at Great Sand Dunes National Park,” said Cathy Cook, Rocky Mountain District Manager. “We are truly fortunate to have found someone who is already familiar with our communities and has built relationships here.”

“It’s an incredible opportunity to be of service to this Valley,” Culver said. “The people here have a deep connection to the land and it’s truly an honor to help ensure that land is well-managed.”

Culver has a bachelor’s degree in recreation from Western Colorado University and spent 25 years with the NPS before joining the Bureau of Land Management.

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A sturdy 25,000 square foot, log craftsman style club house, invites the rugged west to meet an atmosphere of casual elegance and warmth. A gourmet steak dinner is just an order away, or perhaps just a quick eucalyptus steam after a round of golf? From fly-fishing, to competitive golf tournaments, to live music events, this club offers members and guests a real advantage towards adventures! Wild geese and water fowl hang out on a nearby pond behind the dining patio. Rugged gulches, wildflower meadows, and rolling hills heighten the enjoyment of this special place. With an emphasis on hospitality, this country club’s full experience is about more than golf, fishing, or food. The success is said to be measured by the fact that their guests leave happy. All ages and abilities find something to love, you’ll come back again and again.



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# Health on the Rio Grande

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**A Guide  
to Health  
Services  
in the  
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# What to know about breast lumps

Breast cancer is a cause for concern for millions of women. Each year about 264,000 cases of breast cancer are diagnosed in women in the United States, according to the Centers for Disease Control and Prevention. The Canadian Cancer Society indicates around 28,600 Canadian women will be diagnosed with breast cancer this year. Globally, data from the World Health Organization indicates roughly 2.3 million women were diagnosed with breast cancer in 2020.

One of the more notable symptoms of breast cancer is the presence of a lump in the breast. Though not all lumps are malignant, it's important that women learn about breast anatomy and lumps as part of their preventive health care routines.

Mount Sinai says that breast lumps can occur at any age in both men and women. Hormonal changes can cause breast enlargement and lumps during puberty, and boys and girls may even be born with lumps from the estrogen received from their mothers.

It is important to note that the vast majority of breast lumps are benign. The National Institutes of Health says 60 to 80 percent of all breast lumps are non-cancerous. The most

common causes of breast lumps are fibroadenomas and fibrocystic changes. Fibroadenomas are small, smooth, moveable, painless round lumps that usually affect women who are at an age to have children, indicates the Merck Manual. They are non-cancerous and feel rubbery.

Fibrocystic changes are painful, lumpy breasts. This benign condition does not increase a woman's risk for breast cancer. Symptoms often are worse right before one's menstrual period, and then improve after the period begins.

Additional factors can contribute to the formation of lumps. Breast cysts are fluid-filled sacs that likely go away on their own or may be aspirated to relieve pain. Complex cysts may need to be removed surgically. Sometimes cysts also may form in milk ducts throughout the breasts.

Lumps also may be the result of injury. Blood can collect under the skin and form a type of lump called a hematoma. Other lumps may be traced to lipomas, which is a collection of fatty tissue or breast abscesses, which typically occur if a person is breastfeeding or has recently given birth.



Additional causes of lumps can be discussed with a doctor. Though the majority of lumps are not a cause for concern, it is important for people to regularly feel their breasts to check for abnormalities. Doctors may recommend

annual mammograms to women age 40 and older. In its earliest stages, breast cancer may produce little to no visible symptoms, but a mammogram may be able to catch something early on.



## Did you know?

Breast cancer affects millions of women each year, but breast cancer also can be diagnosed in men. Each year in the United States, about 2,400 cases of breast cancer are diagnosed in men, according to the Centers for Disease Control and Prevention. Roughly 270 men will be diagnosed with breast cancer this year in Canada, according to the Canadian Cancer Society. Macmillan Cancer Support says men have a small amount of breast tissue behind their nipples, where breast cancer potentially can develop. Breast tissue in boys and girls is the same until puberty, when girls start to develop more. Signs of male breast cancer include a lump or swelling in the breast, redness or flaky skin in the breast, irritation or dimpling of the skin around the nipple, nipple discharge, or pulling in or pain of the nipple, states the CDC.

## Basics of pancreatic cancer

Cancer affects people of all ages and from all walks of life. The tireless efforts of cancer researchers and cancer care teams have helped millions of people survive the disease, but it still poses a significant global health threat.

Pancreatic cancer is not the most prevalent cancer across the globe, but data from the World Cancer Research Fund International indicates that just under half a million individuals were diagnosed with the disease in 2020. Knowledge of pancreatic cancer and its effects on the body may compel millions of people to take preventive measures that could potentially save their lives.

### What is the pancreas?

Understanding what the pancreas does is a good first step toward learning about pancreatic cancer. The pancreas is a gland that produces enzymes which facilitate digestion and hormones that help the body control its levels of blood-sugar. According to the Pancreatic Cancer Action Network®, the pancreas is located deep in the abdomen between the stomach and the spine.

### What is pancreatic cancer?

Cancer that starts in the pancreas is referred to as pancreatic cancer. This distinction is significant, as cancer is a disease that can spread from its point of origin to other parts of the body. Cancer that originates outside the pancreas but eventually spreads to it is not pancreatic cancer. The American Cancer Society reports that adenocarcinoma of the pancreas is the most common type of pancreatic cancer, accounting for about 95 percent of all cases of the disease.

### Are there risk factors for pancreatic cancer?

The ACS notes that the presence of a risk factor does not mean a person will get cancer.

However, lack of risk factors does not guarantee a person will not get cancer. Risk factors are anything that increases the chances a person will develop a given illness or disease, and there are various risk factors associated with pancreatic cancer.

- **Tobacco use:** The ACS reports that the risk of getting pancreatic cancer is roughly twice as high among people who smoke compared to those who have never smoked. Roughly one in four pancreatic cancers are believed to be caused by smoking.

- **Overweight/obesity:** The ACS indicates that obese people are about 20 percent more likely to develop pancreatic cancer. The ACS also notes that even people who are not overweight could be at greater risk for pancreatic cancer if they carry extra weight around their waistline.

- **Diabetes:** Though the reason is unknown, pancreatic cancer is more common among people with diabetes than people without the disease.

- **Additional factors:** Chronic pancreatitis, a condition marked by long-term inflammation of the pancreas, is another risk factor for pancreatic cancer. This condition is linked to heavy alcohol consumption and smoking. Exposure to chemicals used in dry cleaning and metal-working industries also can increase risk for pancreatic cancer.

- **Uncontrollable risk factors:** Factors beyond individuals' control also can elevate pancreatic cancer risk. For example, the ACS reports that roughly two-thirds of pancreatic cancer patients are 65 or older. Men also are more likely to get pancreatic cancer than women. Race, family history and inherited genetic syndromes also increase pancreatic cancer risk.

Pancreatic cancer affects hundreds of thousands of people each year. More information can be found at [pancan.org](http://pancan.org).

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# How caregivers can alleviate stress

Serving as a caregiver for a friend or loved one can be both rewarding and taxing at the same time. The senior housing authority A Place for Mom indicates that 41 million Americans offer unpaid caregiving services, and that number is expected to increase as the aging population grows in the coming decades. Formal caregivers are paid care providers in a home or care setting. However, an informal caregiver is an unpaid individual that assists others with activities of daily living as well as medical tasks.

Whether one is a formal or informal caregiver, researchers have long known that caregiving can adversely affect a caregiver's mental and physical health. The AARP Public Policy Institute says 17 percent of caregivers feel their health in general has gotten worse due to caregiving responsibilities. The National Alliance for Caregiving and AARP also indicate older caregivers caring for persons age 65 and older report a higher degree of physical strain.

The fatigue that arises from caring for another individual is often referred to as caregiver burnout. Since caregiving takes place over several years, the impact can escalate over time. Caregiver stress is directly related to burnout. One of the first steps to take is recognizing the signs of caregiver burnout so that action can be taken to improve the situation.

The Mayo Clinic says signs of caregiver stress include:

- worrying all the time
- feeling tired often
- changes in sleep
- gaining or losing weight
- becoming easily irked or angry
- losing interest in activities once enjoyed
- feeling sad or depressed
- experiencing frequent headaches, pains or other health problems

- misusing drugs or alcohol, including prescriptions
- missing your own medical appointments or other appointments

Caregivers need to put themselves first at times in order to help avoid health complications that can come from the stress and demand of caregiving. Make use of these caregiver stress management tips, courtesy of the Mayo Clinic and Penn Medicine.

- Ask for help. Figure out ways that others can help out and then be sure to let them know and accept anything that is provided.
- Do the best you can. Every caregiver feels they are not doing enough at some point in time. Do whatever you can manage and know that it is adequate.
- Set small goals. Categorize responsibilities into smaller, more manageable tasks. Make lists of what is most important and tackle those goals, moving on as needed.
- Reach out to a support group. There are support groups for many different types of needs, including caregiver support. People who are experiencing the same highs and lows as you can offer advice or just be there to listen.
- Find ways to rest and sleep. Many caregivers are sleep deprived. If sleeping has become an issue, discuss potential remedies



with your own doctor.

- Look into respite care help. Taking a break from caregiving can do wonders. Certain adult care centers and skilled nursing homes offer temporary respite care services for infor-

mal caregivers. A loved one can be dropped off for a night or two, giving you a rest. This also is an option if you want to go on vacation.

Caregivers may feel burdened by stress. There are options available to manage it.

## Did you know?

The liver performs many important functions in the body. In fact, Johns Hopkins Medicine reports that researchers have determined the liver performs more than 500 different vital functions, including:

- Produces bile, which helps carry away

waste and break down fats in the small intestine.

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# How to get ready for in-home care services

Ensuring that aging loved ones can be as independent as possible while also safe and secure may require the services of a caregiver.

According to the Family Caregiver Alliance, on average, caregivers spend 13 days each month on tasks like shopping, food preparation, housekeeping, laundry, transportation, and administering medication. Many caregivers provide help with activities of daily living, whether they are informal caregivers (unpaid family) or formal caregivers (paid caregivers). Skilled nursing homes or assisted living facilities are options, and many families choose to rely on in-home care providers a few days a week or even for 24-hour-per-day care. Here's how to make the transition go more smoothly and prepare a home for the caregiver's arrival.

- Identify the main care space(s). Receiving care at home may necessitate moving the person to a different room or rooms. Ideally that space should be on the ground floor, easily accessible and close to a bathroom. If an in-home caregiver will be a live-in as well, he or she will need a room close to the individual's room.
- Gather important information that will be needed. Companions for Seniors suggests collecting important supplies, paperwork and information, such as contacts for doctors and other important people, and making them easily accessible. A caregiver may need access to healthcare directives and maybe even bills or other financial documents if the person will be helping with tasks of that sort.
- Label and organize the home. Consider labeling cupboards, drawers and storage containers so that caregivers can find things more easily. Also, this is a good time to clear out clutter and organize rooms even further.
- Stock the home. Purchase certain necessities, such as groceries, pet food and supplies, paper products, cleaning supplies, and



whatever else is needed. Even if the caregiver agrees to do some shopping, supplementing can be a big help.

- Install safety gear in the home. Be sure that the home is safe to navigate for the senior as well as the caregiver. Remove tripping hazards like area rugs, and take out excess furniture that isn't serving an immediate purpose. Utilize mounted grab bars near the toilet and tub, lower the hot water heater temperature, purchase a shower chair, and ensure that walkers, scooters or canes are in good repair. Ask the caregiver if there is anything else that is needed in terms of home modifications.

- Consider a security system. Installation of cameras and alarms can make everyone in the home feel safer. Be sure the caregiver knows the placement of cameras and that they will be monitored for everyone's protection.

In-home care is a necessity for many aging adults. Certain steps are needed to prepare for the caregiver's arrival at home.



## FAQ about hospice care

Care and comfort are vital components of tending to a loved one with a serious illness. That's especially so when individuals who are ill are approaching the end of their lives.

When an aging family member is nearing the end of his or her life, many families rely on hospice care to provide a level of care and comfort that ensures the person's final days are less challenging than they might otherwise be. Families who have never before had to rely on hospice care may have some common questions, which the National Institute on Aging has answered in order to simplify this sometimes challenging period in the life of aging individuals and their families.

### What is hospice care?

The NIA notes that hospice care is for people with serious illnesses who choose to cease or continue treatment. That's an important distinction, as a misconception regarding hospice care is that it's reserved for people who have stopped receiving treatment for their illness.

### Where do people receive hospice care?

Another misconception regarding hospice care is that it's provided exclusively at facilities that specialize in hospice services. Though the NIA notes nursing homes, assisted living facilities and even hospitals may provide hospice care, it's also possible for individuals to receive such care at home. Receiving hospice care at home is a significant benefit for many aging individuals who prefer the creature comforts of their own homes to the settings at hospitals and other facilities. Though facilities that specialize in providing hospice care often go to great lengths to establish peaceful, comfortable settings, many families like having the option

that allows an aging relative to receive hospice care at home, where they might be able to enjoy more frequent visits from loved ones.

### Which services are included in hospice care?

The NIA notes that an assortment of services fall under the umbrella of hospice care. Pain relief, physical or occupational therapy, emotional and spiritual support, and advance care planning are some of the services noted by the NIA that are typically offered as hospice care. Families are encouraged to discuss specific services their loved one may need with their loved one's physician. That information can then be used to find the right hospice care arrangement.

### Are medications stopped upon entering hospice?

The NIA indicates that medication to cure or control a serious illness will stop when a person enters hospice care. For example, a cancer patient will no longer receive chemotherapy after entering hospice care. However, medications to treat conditions or symptoms unrelated to a person's illness can continue to be administered.

### Is hospice care 24/7?

The NIA notes that hospice care is rarely a round-the-clock service. Though a hospice care team member may be available at all hours, the NIA indicates that most of the of the day-to-day care is provided by family and friends. However, families considering a facility outside an individual's home are encouraged to ask questions regarding round-the-clock care.

Hospice care can help aging individuals live comfortably as they approach the end of their lives. More information about hospice care can be found at [nia.nih.gov](http://nia.nih.gov).

*Care and comfort are vital components of tending to a loved one with a serious illness. That's especially so when individuals who are ill are approaching the end of their lives. When an aging family member is nearing the end of his or her life, many families rely on hospice care to provide a level of care and comfort that ensures the person's final days are less challenging than they might otherwise be. Families who have never before had to rely on hospice care may have some common questions, which the National Institute on Aging has answered in order to simplify this sometimes challenging period in the life of aging individuals and their families.*

## Did you know?

Family history is considered a risk factor for various diseases, and breast cancer is no exception. According to Cancer Research UK, having a first degree relative, which includes a mother, sister or daughter, diagnosed with breast cancer approximately doubles a woman's risk for breast cancer. However, the American Cancer Society notes that only about 5 to 10 percent of breast cancer cases are thought to be hereditary. Hereditary cases of breast cancer are those that result directly from gene mutations passed on from a parent. The relatively small percentage of hereditary cases is important to note, as it means that the vast majority of women who are diagnosed with the disease have no family history of breast cancer.



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# The health benefits of being in nature

Nature enthusiasts are known to say that spending time in the great outdoors has a positive effect on their mental and physical well-being. Such an outlook is more than mere speculation, as it turns out spending time in nature provides a host of health benefits that might surprise even the most devoted outdoors enthusiasts.

### Nature and vitamin D

The potential health benefits of vitamin D are increasingly drawing the attention of medical researchers, and for good reason. According to the Harvard Medical School, recent research has suggested that vitamin D may offer added protection against conditions such as osteoporosis, cancer, heart attack, stroke, and depression. Exposure to sunshine can help the body generate vitamin D, thus providing further reason to spend time in nature.

### Nature and overall well-being

Given the aforementioned health benefits related to spending time in nature, it's easy for even non-scientists to conclude that being outdoors has a profound impact on overall well-being. But non-scientists can rest assured that recent research has confirmed such conclusions. A 2019 study published in the journal Scientific Reports found that individuals who spent at least 120 minutes a week in nature were significantly more likely to report good health and psychological well-being than those who spent less time outdoors.



Though the authors of the study cautioned that the exposure-response relationship was under-researched, and therefore likely needed to be studied more extensively, in the meantime

individuals, after a consultation with their physicians and confirmation that it's safe to get out more often, can aspire to spend at least 120 minutes in nature each week. The results may

speak for themselves. Nature has a lot to offer, and the benefits of spending more time outdoors may be even more significant than people recognize.

### Nature and cognitive health

A 2010 study published in the American Journal of Alzheimer's Disease & Other Dementias found that engaged persons with dementia in horticultural therapy-based (HT-based) programming solicited higher rates of participation than traditional activities (TA) programming. In addition, a separate 2013 study in the journal Dementia found that exposure to a therapeutic garden had a positive impact on quality of life for people with dementia. And it's not just dementia patients who can experience the cognitive benefits of time spent in nature, as the Hagley Museum and Library reports that numerous studies have found exposure to nature improves cognitive function.



## Can couples move into assisted living facilities together?

The decision to move into an assisted living facility requires careful consideration, and that decision may necessitate even greater deliberation for couples. The organization SeniorLiving.org, which is devoted to empowering older adults to age with ease, notes that many assisted living facilities offer living arrangements for spouses who do not necessarily require the same level of care and attention as their partners. Though each facility is different, and some may not allow couples to live together when one person requires significant help with day-to-day living, many provide apartment-style living in which housing units are equipped with safe-

ty features, such as handrails and wheelchair accessibility, that can make daily living safer for aging individuals with physical challenges without making life difficult for their partners with no such issues. In addition, SeniorLiving.org notes that, at most assisted living facilities, residents will only pay for the services required, meaning couples will not have to pay for services such as medication management and activities of daily living assistance for the spouse who does not require such help. Such flexibility can make life easier and more affordable for couples who choose to move into assisted living facilities together.

## Did you know?

A survey from the Substance Abuse and Mental Health Services Administration (SAMHSA) found that 46.3 million people aged 12 or older met the applicable criteria for having a substance use disorder (SUD) in 2021. The SAMHSA survey also found that the percentage of people classified as having a past year SUD was higher among young adults between the ages of 18 and 25 compared to youth and adults age 26 and older. Perhaps the most troubling finding in the SAMHSA survey concerned treatment for SUD. The survey found that 94 percent of people aged 12 or older with an SUD did not receive any treatment, and nearly all of those people indicated they did not feel as though they needed treatment.



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## The benefits of chiropractic care

Chiropractic care is a form of complementary medicine in which a licensed chiropractor uses his or her hands as well as certain machinery to manipulate joints in the body.

Subluxation is a term used in chiropractic medicine that refers to the misalignment of vertebrae or joints. Subluxation can occur from injury, repetitive motion or certain medical issues, says Verywell Health. When joints do not work properly, range of motion can be compromised and chronic pain may present in the joint or elsewhere in the body.

Chiropractic care can be instrumental in helping a person feel better without having to take pain medications. Chiropractors can treat musculoskeletal pain anywhere in the body, according to the Cleveland Clinic. Adjustments can gently realign joints to decrease pain and increase range of motion. Soft-tissue therapy may be used to relax tight muscles and relieve spasms. A chiropractor also may be able to advise as to exercises and stretches that can maintain joint stability and mobility.

Chiropractic treatment also may decrease tension and boost blood

circulation, which could help reduce stressful feelings in the body. Similarly, such treatment may alleviate tension headaches and migraines by realigning the joints in the neck and back that may be contributing to the headaches.

Healthline reports a possible reduction of osteoarthritis symptoms from chiropractic care as well. When joints are properly aligned, it will reduce how much bones rub together.

One of the more profound benefits of chiropractic adjustment is the potential to reduce reliance on opioid drugs prescribed to relieve pain. Because of the efficacy of opioids, people can easily find themselves addicted to them. When their prescriptions are up, they may turn to illegal opioids to chase the pain relief and high they have grown accustomed to. The National Institute on Drug Abuse says more than 106,000 drug overdoses deaths were reported in 2021, and synthetic opioid deaths (primarily fentanyl) continue to rise, advises the NIDA.

Chiropractic care can help people live fuller lives without pain. Individuals with remaining questions can speak with their doctors about chiropractic medicine.

## Avoid infection with proper contact lens care

Contact lenses provide a convenient means to improving vision. Although contact lenses may seem like a recent invention, they've been in the works for centuries. Leonardo da Vinci produced the first known sketches in 1508 that suggested the optics of the human eye could be altered by placing the cornea directly in contact with water. The ideas of da Vinci led to the development of the first contact lenses nearly 350 years later.

The first contact lenses covered all of the eye (the white [sclera] and the iris) and were made of heavy glass. Contacts have evolved over the



years and most worn today are soft lenses largely made from silicone hydrogel.

As contacts sit directly on the eyes, it is important to avoid the introduction of foreign matter to the eye with careful hygiene and other practices. WebMD reports that those who wear contacts have a higher risk for keratitis, an infection of the cornea caused by viruses, bacteria, fungi, and rare parasites. It's also easier to catch conjunctivitis. Smart contact lens usage can help people avoid infections and other eye irritation. Contact wearers can follow these guidelines.

- Wash hands before handling contacts. Always wash and dry your

hands before touching contact lenses to avoid transferring microorganisms from your hands and fingers to the lenses.

- Rub the lenses while cleaning. The American Optometric Association says rubbing the lenses while cleaning them loosens the protein and bacteria that builds up. Even if the solution advertises "no rub," you should do it anyway.

- Always use fresh solution. Wash and store contacts in fresh, store-bought solution. Do not reuse solution, and never make homemade saline solution, which may not be sterile.

- Consider daily lenses. One way to cut down on the buildup of bacteria is to opt for daily lenses. These are individually packaged and are only worn for one day before being discarded, as opposed to weekly or monthly lenses.

- Rest your eyes. Whenever possible, give your eyes a chance to "breathe," so to speak. Skip the contacts if you are at home and will not be encumbered by wearing eyeglasses. When utilizing contacts, do not wear them longer than is prescribed for that type of lens. Do not sleep in contacts unless they are designed for overnight wear.

Care must be given to contact lenses to avoid eye infections and other harmful conditions.

## Daily dental hygiene tips for optimal oral health

Dental health is an important component of daily life. Although clean teeth and gums make for a healthy mouth, oral health also is tied to general health throughout the body. Guardian Insurance indicates that, if left unaddressed, bacteria in the mouth can multiply and spread elsewhere through the bloodstream. Gum disease has been linked to diabetes, respiratory ailments, heart disease, and even Alzheimer's disease. As a result, it is essential to maintain proper dental hygiene.

Best practices for maintaining healthy teeth and gums involve various techniques. Here's how to brush up on maintaining a healthy mouth.

### Brush at least twice per day

Utilizing toothpaste and a soft-bristled toothbrush, be sure to brush teeth each morning and night. Be sure to brush all tooth surfaces, including the backs and the sides. Brushing after every meal also can be done to keep teeth even cleaner.

### Brush correctly

Position the toothbrush at a 45-degree angle toward the gums. This will help sweep away plaque and bacteria at the gum line, according to the Cleveland Clinic. Do not use a medium- or hard-bristled brush, which



can damage the gums and tooth enamel. Move the toothbrush in gentle, circular motions to remove plaque.

### Don't neglect your tongue

Bacteria also can build up on the tongue, leading to bad mouth odor and additional oral health problems. Gently brush the tongue along with the teeth.

### Use toothpaste with fluoride

Fluoride has come under scrutiny due to its potential effects on overall health. However, fluoride is a leading defender against tooth decay. It fights the germs that can lead to decay and pro-

vides a barrier for the teeth.

### Use an antibacterial mouthwash

Use an antibacterial mouthwash each day to help reduce oral bacteria. This helps wash away food and debris, and also can help reduce the buildup of plaque.

### Avoid smoking and tobacco

Smoking is a leading cause of gum disease and oral cancer. Quit smoking and do not use other tobacco products to improve mouth health.

Oral health is vital to overall health. Daily attention can improve tooth and gum health.

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1 "Medicare & You," Centers for Medicare & Medicaid Services, 2021. 2 "How might my oral and dental health change as I age?," www.usnews.com, 11/30/2018. 3 American Dental Association, Health Policy Institute, 2018 Survey of Dental Fees, Copyright 2018, American Dental Association.

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## What is prediabetes?

Type 2 diabetes is a serious condition that affects millions of people across the globe. In the United States alone, more than 37 million people have diabetes, with approximately 90 to 95 percent of those individuals diagnosed with type 2 diabetes.

When a person has type 2 diabetes, their body either doesn't produce enough insulin or it resists insulin. Without treatment, type 2 diabetes can lead to serious health implications.

Before an individual develops type 2 diabetes, a precursor known as prediabetes may be diagnosed. Johns Hopkins Medicine says having prediabetes means blood glucose levels are higher than normal, even if they have not yet reached the point that indicates diabetes. Prediabetes is nothing to take lightly, as even this condition can increase risk of injury or illness to the heart, kidneys and nerves.

Prediabetes typically does not show any signs or symptoms. One possible sign, darkened skin on certain parts of the body like the neck, armpits and groin, may be overlooked, states the Mayo Clinic. Still, of those with prediabetes, 80 percent do not know they have it, according to the Centers for Disease Control and Prevention. Routine physical examinations and bloodwork are a key tool in diagnosing prediabetes

and getting people the care they need.

The CDC indicates a fasting blood sugar level of 100 to 125 mg/dL (99 or lower is normal) is considered prediabetes. A level of 126 mg/dL or higher indicates diabetes. The good news is that prediabetes does not need to turn into full-blown diabetes if people embrace various strategies.

- **Aspire to live a healthier lifestyle:** Exercising more, losing weight and changing the foods one eats can stop and even reverse the progression of prediabetes, says Johns Hopkins Medicine. A doctor may suggest a diabetes prevention program.

- **Medication:** Medications to lower blood sugar may be prescribed.

- **Manage stress:** High stress levels may exacerbate hormonal responses and lead to prediabetes. Finding ways to reduce stress can help.

- **Quit smoking:** There are scores of reasons to quit smoking, and avoiding a diabetes diagnosis is just one of them.

Prediabetes is a serious concern that may escalate and turn into type 2 diabetes if left unchecked. Individuals who are overweight, have large waist sizes, are sedentary, are over the age of 35, and have a family history of type 2 diabetes should talk to their doctors about their own risk for the disease.

## 7 warning signs for diabetes

Diabetes is a chronic metabolic disease characterized by elevated levels of blood glucose. Diabetes can cause serious damage to the eyes, kidneys, nerves, heart, and blood vessels over time. Type 2 diabetes occurs when the body becomes resistant to insulin or doesn't make enough insulin. The World Health Organization says about 422 million people worldwide have diabetes, and 1.5 million deaths are directly attributed to diabetes each year.

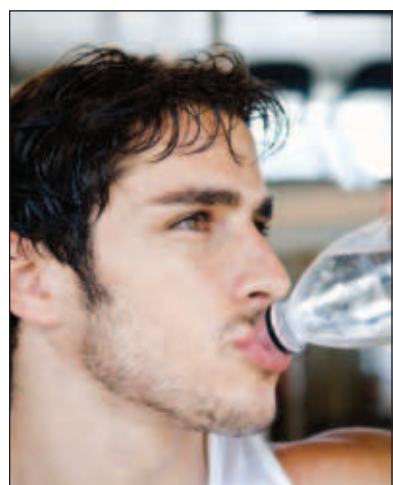
Catching diabetes at its earliest can help individuals avoid long-term damage to the body and improve their overall health. This means recognizing signs that suggest the presence of diabetes and its precursor, prediabetes.

According to OSF Healthcare, an integrated health care network serving individuals across Illinois and Michigan, the following are seven potential warning signs of diabetes.

1. **Frequent urination:** This is one of the key indicators of diabetes. When diabetes is present, the kidneys work harder to rid the body of excess sugar, producing more urine.

2. **Dry mouth and excessive thirst:** This goes in conjunction with frequent urination, as the body is trying to increase fluid to alleviate excess sugar.

3. **Dry skin:** Dry skin, especially around the feet, can be a symptom of diabetes.



4. **Slow-healing wounds:** A higher blood sugar level can interfere with the body's ability to heal wounds.

5. **Blurry vision:** Some people notice vision changes that do not seem to be tied to an eye illness or another condition. This may be a result of diabetes.

6. **Weight loss:** Sudden weight loss without trying to lose weight is often an indication that something isn't quite right. Diabetes could be the culprit.

7. **Yeast infections and UTIs:** Women may experience more frequent vaginal yeast infections and urinary tract infections if they have diabetes.

If a person is experiencing any of these conditions, he or she should schedule an appointment with a health care provider to determine if diabetes is to blame.

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Summer of 2024

FOR **SPONSORSHIP OR DONATION INFORMATION**

EMAIL EVA TIMBERLAKE AT [EVA@RIOGRANDEHOSPITAL.NET](mailto:EVA@RIOGRANDEHOSPITAL.NET) OR CALL 719-657-3266



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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.