

Shorts

Re-discovering Alamosa River fishing winners

ALAMOSA — Re-discovering the Alamosa River fishing program recently announced this year's fish competition winners.

Jose Gomez won first prize with a 13 ¾ inch rainbow trout and Marcello Martinez won second prize with a 13 ½ rainbow trout.

The fish were caught in the lower watershed of the Alamosa River. Thirty-nine students, ages 6 to 16 years old, participated in Let's Go Fishing sponsored by Alamosa Riverkeeper.

The summer program included watershed health by Esteven Vigil, CPW, macroinvertebrates (insects) sampling by Kevin Terry, Trout Unlimited, and a family picnic and fishing event.

The program was funded by the Summitville Natural Resource Damage Settlement.

Sendoff for new Marine recruit is Oct. 23

MONTE VISTA — Proud Military Parents and Supports are having a sendoff ceremony for local Marine recruit — Chris Arthur of Creede — at 11 a.m. on Oct. 23 at the Faith Hinkley Memorial in Monte Vista. The ceremony is open to the public.

The local group organizes sendoff ceremonies and sends card and care packages to people serving in the military.

Donations can be made to any committee member — Cory and Kelly Avila at 719-580-6280, Jennifer and Eric Ortega at 719-588-7668, Paula Martinez at 719-850-1894 and

Rhonda Hanson at 719-480-1740.

RG Clerk-Recorder's Office closing early on Oct. 12

DELNORTE — The Rio Grande County Clerk and Recorder's Office will close at 2 p.m. on Tuesday, Oct. 12, for employee training. The office will reopen at 8 a.m. on Wednesday, Oct. 13, and will resume regular business hours. For more information, call 719-657-3334.

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Shooting in Moffat ends in arrest

BY MECHEL MEEK
MOFFAT — A 61-year-old Moffat man is in custody after allegedly shooting a man in the Moffat Dollar General parking lot on Saturday, Oct. 2.

On Oct. 2 a call was received of a shooting in the Moffat Dollar General parking lot. According to Saguache County Sheriff Dan Warwick, an argument broke out between two

people in a vehicle in the parking lot.

At some point, the argument escalated and the suspect, Joseph Taylor, allegedly shot the victim in the abdomen. The suspect then drove down Highway 17 toward Alamosa with the victim still in the vehicle.

"We are not sure why the suspect drove down 17 with the victim," Warwick said.

The victim called 911 at some point and Saguache County and Alamosa County sheriff's office deputies, Alamosa Police Department and Center Police Department officers and Colorado State Patrol responded to the incident.

The vehicle was stopped by law enforcement in the Mosca area, where the victim was taken by ambulance

to Alamosa and later transported to Colorado Springs for further care.

Taylor was arrested by Saguache County Sheriff's Office on suspicion of first-degree murder after deliberation with intent, first-degree assault with intent, menacing with a deadly weapon, reckless endangerment, and illegal discharge of a firearm. He is being held without bond in Saguache County Jail.



Photo by Mechel Meek

More than 20 people attended the Saguache County Board of Commissioners meeting on Tuesday, Oct. 5, to express their concern with an emergency operations resolution passed on Sept. 21.

Saguache Commissioners rescind resolution

Residents say emergency operations plan was 'overreaching'

BY MECHEL MEEK

SAGUACHE — More than 20 concerned citizens of Saguache County gathered Tuesday, Oct. 5, in the Commissioners' meeting room and directly outside to express their dismay with a resolution passed on Sept. 21 regarding the emergency management of the county's resources, funding, and powers during a crisis.

After hearing from residents in the morning, Commissioners and County staff agreed it needed to be reworked and later that same afternoon rescinded it with a 3-0 vote. County staff will work on the plan and bring it back to Commissioners for consideration at a future meeting.

"We are more than happy to look at editing the document," said County Director of Emergency Management Bobby Woelz prior to the vote to repeal it. He worked with the Commissioners on drafting the resolution over several months.

The 11-page resolution in question outlines the County's protocols

during a crisis. It has been posted on the homepage of the County's website since it was passed last month. Emergency operations plans are common documents within all levels of government and all counties within the San Luis Valley have versions that pertain to their areas.

"To provide the basic governmental functions of maintaining the public peace, health, and safety before, during, and after, an emergency or disaster, including prevention, mitigation, preparedness, response, and recovery, as intended by the Colorado Disaster Emergency Act

Please see RESCIND on Page 2A

Redistricting Commission finishes task

Map heads to Colorado Supreme Court for judicial review

BY PRISCILLA WAGGONER

SAN LUIS VALLEY — In a final meeting that lasted roughly six hours with the sixth and final vote reaching consensus held just minutes

before the midnight deadline, the Colorado Independent Congressional Redistricting Commission finally agreed on the map that, pending approval by the Colorado Supreme Court, will establish the eight new Congressional districts in the state of Colorado.

The district boundary lines generally give the current officeholders a strong chance of holding their seats with four

Democratic districts, three Republican districts and the eighth district drawn as a swing district that leans slightly to the left.

Some Democratic observers were dissatisfied with the map finally approved by the commission, with one political consultant stating that having a fourth district that could potentially swing conservative is "absurd" in a state that elected Joe Biden by a 13-point percentage.

David Pourshoushtari, spokesman for the Colorado Democratic Party, said that political competitiveness — one of the criteria to be used in drawing districts — came "almost exclusively at the expense of the Democrats."

In the course of discussions, political competitiveness was a consideration as the discussion grew tense at various times. But it

Please see MAP on Page 8A

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YOUR NIGHT SKY

BY DARLENE DANKO



Andromeda Galaxy

The Andromeda Galaxy is autumn's greatest show piece! It's the largest galaxy of our local group of 30, and the single most distant object visible to the naked eye. The New Moon was on the 6th, so this is a great time

to look at the sky. Jupiter and Saturn are still highly visible in the South. Venus is visible low in the SW. So, if you see something bright there, it's definitely Venus.

Andromeda is 2.5 million light years from us, but the fact that it's visible unaided tells you how big it really is. The Milky Way is 100,000 light years

across, and Andromeda is 150,000. So, it's a larger twin of our galaxy. In 2006, the Spitzer Space Telescope revealed that it has one trillion stars, more than twice what the Milky Way has.

This great spiral offers it all: a bright nucleus, dust zones, star clouds, globular clusters and eight satellite galaxies (four of which are visible to us). Its name comes from the Andromeda constellation in which it appears. That was named after the mythological princess, Andromeda.

Andromeda Galaxy is visible on any clear moonless night from late summer to early spring. To find it, look for the "Great Square of Pegasus" about half-way up in the eastern sky. The square looks like a large baseball diamond with a bright star at each corner. Envision the farthest star to the left as third base. The two horizontal streamers flowing to the left of this

star are part of the Andromeda constellation. There are three bright stars in each streamer. Find the middle star of each streamer and look slightly above them. The fuzzy patch of light you see is the Andromeda Galaxy! The upper "V" of Cassiopeia's "W" also points down to it.

This elongated smear of gray-green light stretches the diameter of two full moons. Only the bright central region is visible to the naked eye. With a telescope it's six times the width of the full moon, because you also see the spiral arms. Binoculars would show you something in between and make the oval shape more obvious.

If you give your eyes at least 30 minutes to adjust to the dark they will become more sensitive to faint light, and it will be easier to find. Our low humidity also helps. Remember, what you're seeing is how it looked

2.5 million years ago.

The Andromeda Galaxy is racing towards us. The Hubble Telescope showed that in 3-4 billion years it will collide with the Milky Way. The collision will take another 100 million years to complete. The stars are small and far apart, so they won't collide, but what will happen is that the galaxies will merge to form a much larger galaxy. The huge gas clouds will collide and form many new stars. Currently it takes our Sun 200 million years to complete one orbit around the Milky Way. Imagine how long it will take a star/sun to complete an orbit around this new giant galaxy!

OBITUARY

Lorraine Alvina Ross

Lorraine Alvina Ross, after living a full and prosperous life, peacefully passed away at the age of 98 on Oct. 1, 2021. Lorraine (Rieke) was born in Burlington, Iowa, on July 30, 1923, to Anna and Art Rieke, owners of Rieke Hatchery. Her parents taught Lorraine the poultry business and the love of fowl.

Lorraine's parents enjoyed vacationing in the San Luis Valley. This is where she met and was courted by (Roah) June Ross, son of Hatty and Jesse Ross of the La Jara area. On Jan. 15, 1943, June and Lorraine were married at the Oak Street Church in Burlington, Iowa. In 1946, they had their first son, Tim Ross. They then moved to Bountiful, Colo. Their daughter, Ellen (Ross) Haage, was born in 1949. They then spent several years building their own home in Bountiful. Dick, their third child, was born in 1958.

In 1956, she and June opened Conejos Laundry. In 1959, they opened Conejos Propane. June made the deliveries and Lorraine did the office work. Conejos Propane is the longest running propane business in the San Luis Valley serving customers in three counties for over 62 years. Lorraine's business motto always was, "treat others with respect and have an interest in what's going on in their lives." Her customers were much more than customers, they were her friends; some even call her "Mama Mrs. Ross." Her husband June passed away from cancer in July 1984. Lorraine took over the responsibility of running the propane business with the help of her son Dick.

Lorraine, following her parents' footsteps, always kept a barnyard full of fowl. She ran Ross Hatchery out of her home for more than 40 years and hatched hundreds of chickens, turkeys, ducks and other fowl every spring. A talented seamstress, she also spent many hours sewing to make lovely wedding and bridesmaid dresses cheerleader outfits and custom items for people. She truly enjoyed getting to know and working with



each of her customers.

Lorraine spent considerable time in service to her community. She acted as the as Conejos County Republican Vice-Chairman and in 1980 attended the National Republican Convention to cast her vote for Ronald Regan as the Presidential nominee. Lorraine was an active member of the United Church of La Jara. She also served as chairman for the Hospice Del Valle board for 29 years. In her spare time, she loved working in her yard and creating stained glasswork.

Lorraine was close to her three children: Tim Ross and wife Barbara of Gunnison; Ellen and husband David Haage of La Jara; and Dick Ross and wife Micki, who also reside in the La Jara area. She has six grandchildren and 10 great-grandchildren.

Mrs. Ross was preceded in death by her parents, her siblings, her husband, and grandson Luke Ross.

The visitation and funeral will be held at the United Church of La Jara, 522 Walnut St. Visitation is on Wednesday, Oct. 6, from 6-8 p.m. Funeral Services will be held at 10 a.m. with the burial services following at the La Jara Cemetery.

Rogers Family Mortuary is in care of the arrangements. To leave online condolences, words of comfort and remembrances for Lorraine's family, please visit www.RogersFunerals.com. In lieu of flowers, contributions can be made to the United Church of La Jara.

SAGUACHE COUNTY SHERIFF'S REPORT

SAGUACHE COUNTY — The following information was provided by the Saguache County Sheriff's Office for the period between Sept. 27 and Oct. 3, 2021.

The Sheriff's Department's activity on the road included three crashes with property damage, one traffic complaint, three abandoned vehicles, one stolen vehicle, and five traffic stops. They also assisted an ambulance once, assisted a motorist once, patrolled the Town of Saguache 12 times, patrolled the

Town of Crestone once, and assisted two locked-out motorists.

In addition, there were five civil dispute reports, three reports of suspicious activity, one report of harassment, six animal problem reports, one citizen assist, two reports of disorderly conduct, one report of theft, one report of assault, one alarm report, two noise complaints, one trespassing report, and one suicide report.

They also monitored 13 controlled burns, one fire (other), provided

information seven times, and assisted neighboring agencies twice.

Arrests

- 40-year-old Center man, menacing with a deadly weapon.
- 24-year-old Cuba, N.M., man, warrant Alamosa.
- 61-year-old Moffat man, first-degree murder after deliberation with intent, first-degree assault with intent, menacing with a deadly weapon, reckless endangerment, and illegal discharge of a firearm.

RESCIND

Continued from Page 1A — (C.R.S. 24-33.5-701) as amended," the plan states.

These plans allow for decisions and actions to be made while an emergency is ongoing.

The Saguache County Board of County Commissioners met in regular session before moving to an executive closed session with Woelz and County Sheriff Dan Warwick.

Most of the concerned citizens expressed their objection to the resolution while waiting for the executive session to end.

After the meeting returned to open session, Saguache County Sheriff Warwick spoke to the crowd.

"I probably share many of the concerns the public does, after reading it I thought it might be an overreach by the government," Warwick said. "The intent of the order is only for emergencies. I know it sounds like it is saying that we can come in your home and take your things, but that was not the intent. The intent was to make it so I can pay for and request what I need for and during emergencies."

Sheriff Warwick explained that most of the resolution was to help the County marshal resources in the event of an emergency, including necessary financial resources.

Commissioner Tim Lovato said the County was going to "establish emergency funds so that we can have that in place." He added that he heard from constituents concerned about the resolution's "provocative" language.

"I spoke to a constituent and that person told me their concerns that this was an overreach, and that it has provocative language in it," Lovato said. "There are improvements that need to be made in it."

Commissioner Lynne Thompson explained her view on the resolution.

"What I did like as is that it establishes a chain of command and how to fund emergency plans," Thompson said. "I think that we need to reword it, as it may be seen as overreaching."

After comments from the commissioners, the issue was opened to the public. Each person that wanted to speak was given a maximum of 2 minutes to do so. Several people made comments regarding the wording, definitions, and scope of the resolution.

Bill Lamphere said the resolution should be voided.

"I don't know how you could have this, as this document should be void for vagueness," Lamphere said. "I

believe that you are trying to do what is best, but all it takes is for one person to not have the best of intentions to take advantage."

Other people said the resolution could take away their civil liberties, such as the forceable closing of businesses and warrantless searches.

Others were concerned the resolution did not address in what circumstances these measures would be taken.

One person passed around a petition for people to sign, demanding that the resolution be immediately dissolved.

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OPINION & EDITORIAL

Cohabiting can get hairy

I may have touched on this subject before but sometimes situations change and the information then bears repeating. And speaking of bears, Ol' Dutch did not get a bear this year during the September season although a nice 6x5 elk decided he wanted to go home with me and filled two freezers in our RV.

But that's already old news to everyone but me as I will show you all the pictures long into the winter. I am proud of myself to have harvested one again this year.

This past week I have been recalling the days of old when Ol' Dutch was a simple single bachelor fellow and how easy life seemed to be then. You may also recall your days pre-entangled with another and some of the things that changed so fast once you decided to share sheets with someone.

For women, the changes must be all good as men are a joy to be around and generally make life much better for the women in their lives. Dang, Trixie is rolling her eyes again. I really need to get her into a specialist for that but she claims that only a divorce attorney can solve that eye rolling affliction. Imagine that? And all these years I have been seeing eye doctors when I could have been seeing Dewey, Cheatham and Howe.

But anyway, the one thing that men will notice when their Beloved moves in with them is that suddenly everything is covered in hair. When Trixie came to live with me at first I thought poor Cooper had contracted some dreaded disease and was losing hair like a balding man in college. But soon I began to really keep track and the length of the strands were certainly too long for Wonder Dog and I knew he was not showering so it had to be Trixie.

And this was not the first experience Ol' Dutch had with locks scattered around like newspapers after the Sunday Denver Post was delivered. The ex-wife and our long-haired daughter were renowned for leaving golden locks in every conceivable place in the house. They could clog a sink faster than snacks disappearing at a weight watchers meeting.

Ol' Dutch became an expert at unclogging sinks and drains in no time and even helped the neighbor a time or two when his own underlings let locks loose in the shower.

There are certain stages a person goes through with the appearing strands, the first being you point them out every time you find one albeit in the shower or chair or food. This is met with a weak excuse by the offender. This stage goes on for



Trout Republic
by Kevin Kirkpatrick

quite some time as you want them to know that it's really kind of gross to find one in the mashed potatoes.

The next stage is where you only really complain about them when you have nothing else to complain about. You know? Being a man. These comments are usually met with the hair loser just ignoring your yakking along with all other comments you may have as she has moved past trying to please you and has learned to tolerate you.

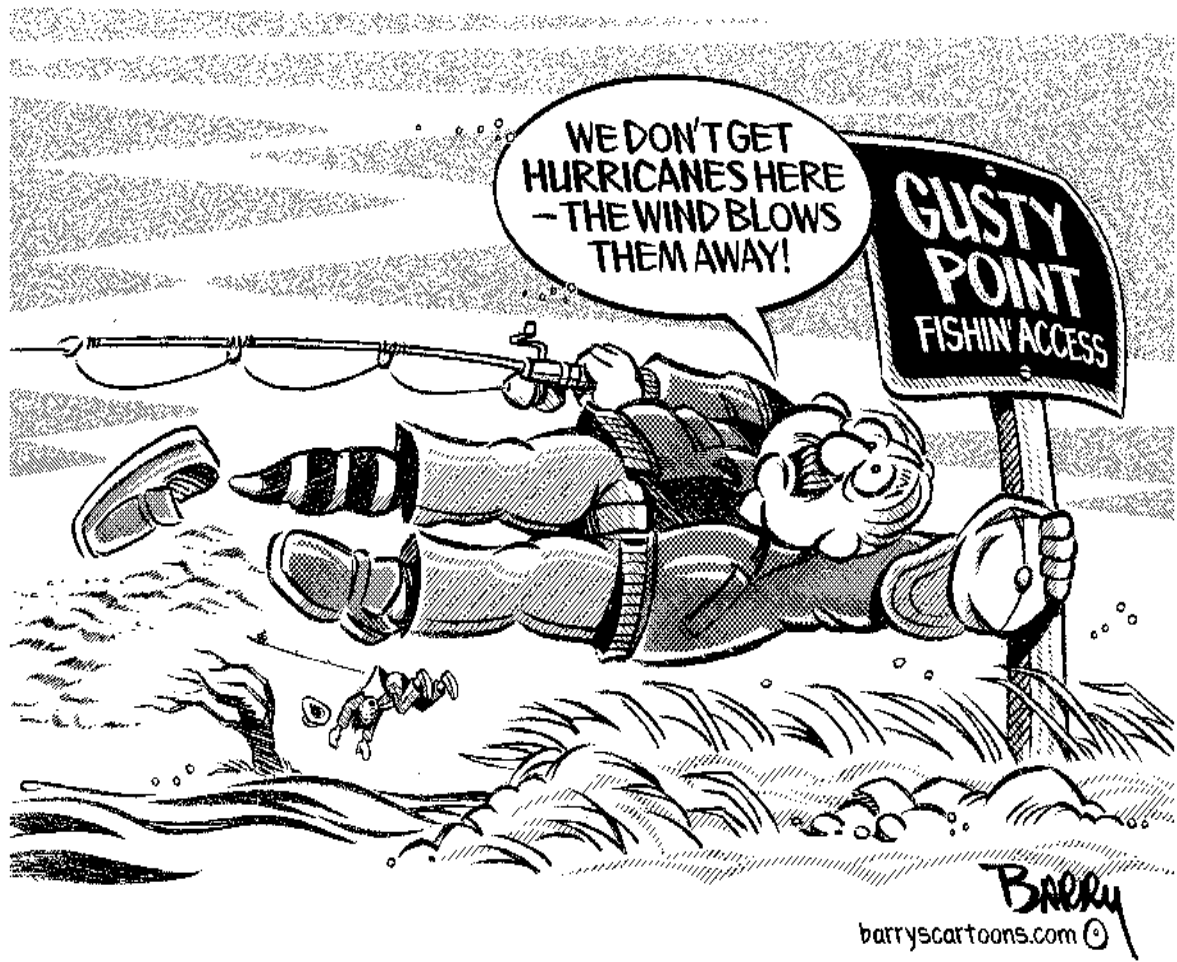
And then you get to the third, although not the last stage. This is where you don't even mention the hairs found and just pull them out of your throat with long slow tugs. Ol' Dutch has gotten to the point where he really does not even notice a strand in the noodles and I think I realized some time ago it's either that or cook my own food. Hair is not so bad.

And I think the final stage would be if you lose a spouse and suddenly you actually miss the stray strands appearing in your food so lovingly prepared by your spouse.

I guess it's not so bad as far as sins of cohabitation go and I really do not mind coughing up a few hairballs every month like Garfield the cat on overdrive. It's the least I can do to maintain peace and quiet and for Miss Trixie putting up with my shenanigans.

Ol' Dutch and Miss Trixie are celebrating five happy years together. It is kind of confusing numbers wise as Trixie says we are working on our tenth year. I never was too good at math. We are headed to Texas for the Winter and our prayers are with you for a safe and blessed season ahead.

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.com.



LETTERS

Wreaths Across America needs your support

Editor,
Wreaths Across America, a non-profit, was formed as an extension of the Arlington Wreath Project. The Arlington Wreath program was started by Morrill Worcester (Worcester Wreath) in 1992 with the donation and laying of 5,000 Christmas wreaths to Arlington National Cemetery. This became an annual journey for Worcester.

It was relatively obscure until 2005 when a photo of the stones adorned with wreaths and covered in snow circulated around the internet. The project received national attention. Thousands of requests poured in from all over the country from people wanting to emulate the Arlington project at their National and State cemeteries spurred the creation of "Wreaths Across America." Unable to donate thousands of wreaths to each state, Worcester conceived the idea of sending seven wreaths — one

for each branch of the military as well as POW/MIA.

In 2007, the Worcester family established the non-profit group Wreaths Across America to further promote veterans' remembrance. The mission "Remember, Honor and Teach" characterized the project's goals perfectly.

The wreath laying, held annually on a Saturday in December, was unanimously voted by the US Congress as "Wreaths Across America Day."

Wreaths Across America would not be successful without the help of the volunteers, many active organizations and the generosity of the trucking industry.

We collectively thank our military and their families for "Our Freedom!"

Our goal is to have enough wreaths sponsored so that every veteran's grave will be honored. If you are interested in sponsoring a

local wreath, contact Pam Self at 825-8216 or 849-3154. The cost is \$15 per wreath with all orders and money needed by Nov. 24. Please send your request and money to Pam Self, P.O. Box 97, Homelake, CO 81135. Wreath sponsorship for the Homelake Veterans Cemetery can also be completed online at www.wreathscrossamerica.com/CO0031. The wreaths will be delivered to the Colorado Veterans Community Living Center at Homelake.

This year's ceremony will take place on Saturday, Dec. 18, at the Homelake Veterans Cemetery at 3749 Sherman Ave., Monte Vista, at 10 a.m. The placement of wreaths will occur after the ceremony so volunteers who would like to help place the wreaths will gather after the ceremony.

*Pam Self
Homelake*

'We the People' are tired

Editor,
Don't vote on a blank piece of paper. "We the People" as 450 folks to care of the USA. I really don't like one man signing an executive order that changes

some things that may affect "We the People."

The 435-plus-2 said on a Bible that they would protect "We the People." I wonder if they really understand the Constitution of the

United States?
"We the People" are very weary of what our well-paid folks in Congress have put the USA through.

*Virgil L. Varner, USN Retired
Monte Vista*

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HVCC helps children with listening skills

SUBMITTED ARTICLE

Hello community members! We hope you are staying safe and enjoying the fall weather. High Valley Community Center is looking forward to beginning the 2021 basketball season! There is still time to register your children for basketball on our website, TheHVCC.org. Girls basketball will begin first in October. Practices will be on Tuesdays and Thursdays and games will be on Wednesdays and Saturdays. Once schedules are confirmed, we will update you.

Please note that to participate in HVCC sports, you must be registered through HVCC. Registration is free and virtually painless! You are welcome to register through our website or over the phone — our number is 719-657-2172.

This past week, the theme for the after-school program was “Listening” during which we encouraged children to develop listening skills to improve their comprehension. The children

learned to follow verbal instructions via the “Guided Crayon Art” activity and experimented with “Graphite Circuits” and the kids created an electric circuit with a graphite pencil drawing, an LED light, and a 9-volt battery.

We are so proud of the HVCC kiddos, and we like to recognize a few kids weekly who have demonstrated exceptional behavior. Whether it was showing a continued engagement in activities, having a respectful attitude, helping staff with clean-up, and assisting fellow kids with homework — Jayden, Preston B., Lucius, Gannon, and Analyse did a great job.

Are you interested in working with children but not sure where to start?

Volunteering at HVCC is a great way to get started! We have volunteering opportunities through sports and after-school activities. You are welcome to call us for more information.

Have a great week, everyone!



Courtesy photos

Each year Jared Myers of Allied Potato Company and Cecilia Rodriguez have a pumpkin patch that is open to the public.

Pumpkin patch tradition continues

By MARIE MCCOLM

MONTE VISTA — Cecilia Rodriguez and Jared Myers are excited for another year of sharing their pumpkins with the San Luis Valley.

Seven years ago, Jared Myers of Allied Potato Company was curious to see if pumpkins would grow in the Valley.

Pumpkins did well, so well that Myers needed something to do with all the pumpkins. He decided to open a pumpkin patch for people to come and pick fresh pumpkins.

First, they open it up to schools from all over the San Luis Valley. Students visit the pumpkin patch every year, including Monte Vista, Crede, Crestone, Del Norte, and Alamosa schools.

Rodriguez was happy to report, “even Centennial School came this year.”

After the schools visit, the pumpkin patch is opened to the public.

Myers along with Allied Potato



Company are proud of the patch and how it has grown over the years. Myers and Rodriguez both said, “It makes us happy to know that we are a part of families’ traditions and look forward to another year.”

Mary Sanchez of Monte Vista recently attended the pumpkin patch. “My grandkids love to do this,

every year we come and every year we go home and decorate pumpkins together,” Sanchez said. “We have been coming so many years, that I have lost track of how many years we have come, but the patch is so nice.”

For more information on the pumpkin patch, visit Allied Potatoes Facebook page.

Fall prescribed burns planned on Rio Grande National Forest

STAFF REPORT

MONTE VISTA — The San Luis Valley Interagency Fire Management Unit announced recently plans to conduct several prescribed fires this fall on the Rio Grande National Forest. Ignitions will take place only if conditions are favorable and will meet burn plan parameters.

These beneficial burns include:

- English Valley: This 1200-acre prescribed fire will take place on the Divide Ranger District, approximately five miles north of Del Norte. The purpose of this burn is to rejuvenate grass and shrub cover to improve pronghorn habitat.
- Bighorn/Stateline Unit 5: Located 10 miles southwest of Antonito, this 565-acre project on the Conejos Peak District has been previously hand-thinned with chainsaws. Project objectives are to target the slash areas to improve deer and elk winter range.
- Buffalo Pass: Located approximately 20 miles west of Saguache, this 250-acre burn

is adjacent to the Buffalo Pass Campground on the Saguache Ranger District. The purpose of the burn is to improve elk habitat and recreational hunting opportunities.

Residents and visitors will likely see smoke coming from these areas for several hours each day during burn operations. After ignitions, the areas will continue to smolder and burn, typically with lower intensity. Burn area maps will be posted on the roads leading into the project areas. Residents will be contacted prior to initiation of the prescribed burns.

Fire crews may also be assisting the Bureau of Land Management, National Park Service and US Fish and Wildlife Service with planned San Luis Valley prescribed burns that will be announced separately.

Prescribed fire smoke may affect your health. For more information, see www.colorado.gov/pacific/cdphe/wood-smoke-and-health. For more information on the prescribed fires, contact Kent Smith at 719-850-1064.

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Photos courtesy of Center Consolidated School District

Center Consolidated School District held its annual open house on Sept. 22.

SCHOOL

Continued from Page 1A

According to Superintendent Carrie Zimmerman, "It was great to get to see families back face-to-face, or mask-to-mask, at school. All in all, it was a great event, and we can put another successful open house in the books."



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Colorado set to raise statewide minimum wage to \$12⁵⁶

(The Center Square) – Colorado’s statewide minimum wage could increase from \$12.32 to \$12.56 beginning Jan. 1, 2022, the Colorado Department of Labor and Employment (CDLE) said Monday, Sept. 27.

CDLE’s proposed increase is mandated by the Colorado Constitution, which requires the state’s minimum wage to be adjusted for inflation.

Gov. Jared Polis touted the proposal as an investment in the state’s workers.

“As we build back better, it’s great to see Colorado workers get a decent raise on the minimum wage to \$12.56 per-hour as our state builds an economy that works for everybody,” Polis said in a statement Monday. “Investing in upskilling to help workers have

the skills needed to earn much more than minimum wage is one of our top priorities, so Colorado can continue to be a place where everyone can thrive.”

A draft of the rule will be published on Sept. 30 and the public will be able to comment on it until Nov. 3, the department said.

The proposal comes as many businesses are still trying to rebound from the COVID-19 pandemic and its economic impacts.

Sonia Riggs, president and CEO of the Colorado Restaurant Association, told The Center Square in an emailed statement that business owners knew the increase was coming, but “that does not necessarily alleviate concerns about increasing the cost of labor when

the industry is still digging out from the effects of capacity restrictions and mounting debt.”

The minimum wage would rise to \$9.54 “for those receiving enough in tips for total pay to meet or exceed the full minimum wage,” according to the governor’s office.

“Our primary concern is for small, independent restaurants that barely made it through the pandemic; even though they know what to expect, this increase will be coming at an incredibly challenging time,” Riggs said. “Moreover, the bigger issue is that, because of the way the tip credit works in Colorado, every minimum wage increase forces restaurateurs to give a raise to the highest-paid workers in the

restaurant — those who earn tips — at the expense of the lowest paid.”

CDLE is also moving ahead with another rule to increase the minimum wage for direct care workers to \$15 per hour by the end of the year.

Last week, members of Colorado’s Joint Budget Committee, a bipartisan group of lawmakers tasked with writing the state’s budget, approved a plan for the increase.

According to CDLE, 47% of direct care workers — such as personal care, home health, or person care aides — required public assistance to meet their financial needs.

Colorado’s minimum wage increased



COLORADO
Department of Labor and Employment

by an average annual growth rate of 2.3% between 2011 and 2016 because of the state constitution requiring it to increase with inflation, CDLE data shows.

In 2017, voters also approved Amendment 70, which increased the state minimum wage to \$9.30 from \$8.31 and required it to increase by \$0.90 per year through 2020.

Last year, Colorado reverted to its constitutional requirement in order to raise the minimum wage to \$12.32 because of inflation.

Sargent Elementary moves to remote learning due to COVID-19

Plan is to return to in-person learning Oct. 11

BY MARIA MCCOLM

MONTE VISTA — Due to a rise in COVID-19 cases, Sargent Elementary School students moved to remote learning on Wednesday, Sept 29.

Sargent School District Superintendent Brian Crowther said the move was being done as a “precautionary measure.”

The decision to transition the elementary students from in-person to remote learning until Oct. 11 was made by both the school nurse and district administration, according to Crowther. Sargent began the school year with in-person learning.

Sargent had at least a dozen students with confirmed cases of COVID-19, who had been

quarantined, along with many close contact exposures. Other children were sent home sick, totaling about 40% of the elementary school, according to Crowther.

“We were starting to see more and more students with symptoms, and we felt it was in the best interest of everyone’s health, and in looking at the future for the school, we made the decision to go with remote learning for the students until Oct. 11,” Crowther stated in an email.

Crowther also stated that they are increasing their distancing measures between students and changing their routines in an effort to keep students safe and in the classroom when elementary students return on Oct. 11.

“Students will also be offered testing every Monday morning, for those who would like to test,” Crowther said. “The testing will help families

and the school to catch cases early, and avoid further exposures, to other students.”

This free voluntary testing is being offered at school districts across the San Luis Valley through the Colorado Department of Public Health and Environment. Monte Vista School District started offering the testing last month.

The Sargent School District is asking parents to sign their children up for the testing program, and to keep students at home after Oct. 11, if they are showing any signs or symptoms of COVID-19.

Sargent School District will be sending information to parents regarding the testing program.

Superintendent Crowther thanked the community for their continued help and support.

“By working together, we can keep students in school and have a successful year,” Crowther said.

The San Luis Valley is seeing a surge in COVID-19 cases. Earlier this week, SLV public health officials stated new cases were being seen in every county and every age group, from preschoolers to senior citizens.

Local hospitals and clinics shared with public health on Sept. 28 that they continue to see a lot of very sick people with COVID-19 — 228 known active cases of COVID-19 in the San Luis Valley. Almost a third of the new cases are people under the age of 19.

- Alamosa County — 72
- Conejos County — 42
- Costilla County — 15
- Mineral County — 9
- Rio Grande County — 57
- Saguache County — 33

As of Sept. 30, the total cases had grown to 259.

SLV Transit Plan seeks public input

STAFF REPORT

SALIDA — In 2021, the Chaffee Shuttle was awarded funding from the Federal Transit Administration (FTA) to conduct a transit planning study for the San Luis Valley.

This study will identify existing transit challenges and opportunities in the Region, seek input from community members and stakeholders about how mobility could be improved, and develop a plan to meet the needs of community members, employers, and employees in the San Luis Valley.

The Chaffee Shuttle is now seeking community input on locations with the greatest need for transit, existing challenges in reaching essential and recreational destinations, and any other transit related issues and opportunities in the San Luis Valley. It is vital to gather as much community feedback and local knowledge as possible to ensure proposed strategies and recommendations accurately reflect the values and needs of those that live, work, visit, and recreate in the Region.

Community members can provide feedback, learn more about the project, and subscribe to be a part of the project email list at slytransitplan.com. Input can also be provided in-person at one of several pop-up events to be held in the Region on Wednesday, Oct. 6 and Thursday, Oct. 7.

If you are unable to attend a pop-up event, share your input on the project website through Oct. 22.

Pop-up schedule Thursday, Oct. 7

- Lowes — 1215 Grand Ave., Del Norte, 8-9:30 a.m.
- Jack’s Market — 2 Spruce St., La Jara, 10:30 a.m.-noon
- Antonito Senior Center — 701 Main St., Antonito, 1-2:30 p.m.
- Alamosa Public Library — 300 Hunt Ave., Alamosa, 3:30-5 p.m.

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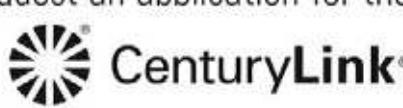
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A household is defined for the purposes of the Lifeline program as any individual or group of individuals who live together at the same address and share income and expenses. Lifeline service is not transferable, and only eligible consumers may enroll in the program. Consumers who willfully make false statements in order to obtain Lifeline telephone or broadband service can be punished by fine or imprisonment and can be barred from the program.

If you live in a CenturyLink service area, please call 1-800-201-4099 or visit centurylink.com/lifeline with questions or to request an application for the Lifeline program.



Crestone Artists Open Studio Tour is Oct. 9-10

BY STEPHEN FUTRAL AND KIM ROBERTS

CRESTONE — Members of CrestoneArtists.com welcome you into our art spaces after this too long period of pandemic social isolation.

In 2020, we had to cancel our tour. This year art lovers and patrons can see many new works that were inspired during the enforced solitude.

Visiting artists' studios is different from a gallery or museum. You can converse with artists about technique, philosophy, creative process, and possibly see works in progress. This is an opportunity to interact "backstage" with artists.

An Open Studio Tour has been a Crestone tradition since 2005. This 2021 tour is the 9th that CrestoneArtists has organized. We are grateful to the many sponsors and patrons whose donations make this tour possible.

Our 12-page color catalogue is available at sponsoring businesses and throughout the region. View and download it at our website, crestoneartists.com. The catalogue

offers a glimpse of the work and background of the 15 participating artists and includes a map to plan your itinerary. Each artist's entry includes COVID-19 protocol for their studio.

Taking artists in the order of the catalogue, visit first with Stephen Futral also known as Ish. He brings his wealth of experiences to his encaustics, acrylics, watercolors, sumi ink, and jewelry. He will be glad to share stories, experiences, and philosophy.

Next, up Skyview Way is Noah Baen, whose paintings flow with movement, color, and a sense of delight. You can also view paintings and book art by his late wife Robin Ross, a prime founder of CrestoneArtists.com.

Further up Skyview is Alan Sutherland, an avid musician who diversifies into woodworks and paintings.

Next are our two resident quilters in one location: Lynn Ertle and Pat Tullos.

Continuing, view the colorful innerscapes of Jane Kwan, in collage, cold wax, acrylics and mixed media.

Jane's partner, David Nelson, has a whimsical style using colored pencils and cartoonish features.

Our next artist, and new to our tour, is Amy Jo Arndt, who creates mixed media art to inspire the freedom to be yourself.

Next is Josefina Gordh, whose varied background comes through in her passionate works on silks, velvets, and linens.

Leslie Henslee, who designed the catalogue, is a painter of vibrant visions in acrylics and drawings.

Kim Roberts creates Western impressionistic landscapes in oil and acrylic and has been showing in the front range and around Colorado.

Allison Wonderland creates wonderful earth art installations that are provocative and dynamic.

Paul Bareis makes sculpture in steel, clay, and copper, transforming these materials into lyrical, narrative objects.

Leigha Nicole, with over 30 years of experience in brush painting and watercolors, will delight you with her beautiful Chinese Brush Paintings.



Photo courtesy of CrestoneArtists.com

CrestoneArtists 2021 Open Studio Tour artists.

Rose Burek, creates wonderful, whimsical, and sometimes musical 'Wind Art.' Be sure to visit her sculpture garden. This eclectic group of artists welcome you to immerse yourself in their creative environments. Come enjoy their hospitality and their magic. Studios are open from 12 to 5 p.m. Oct. 9 and 10.

Valley Blood Drive planned for Oct. 7 in South Fork

STAFF REPORT

SOUTH FORK — Vitalant representative and local blood drive coordinator Karen Miller said South Fork will be hosting the last Valley Blood Drive of this year on Saturday, Oct. 7, from 11 a.m. to 2:30 p.m. at the South Fork Community Building.

The blood drive is open to the public. All donors will automatically be tested for antibodies of COVID-19 in the bloodstream. If a donor tests positive for the COVID-19 antibodies, it means a donor has had the virus at one time and has recovered.

Donors that are not eligible to donate will not be tested. If a donor does have COVID antibodies, the donor will be notified by Vitalant offices directly.

"We cannot share donor information due to HIPAA regulations. Donors who are negative, will not be contacted," stated Miller.

Miller adds that if you are sick to stay home and follow best practices from local health officials. Donors should make an appointment so they can abide by social distancing rules and masks are required by donors and staff.

All donors will need their ID or donor cards when they come in to donate. Local blood donation makes a monumental impact on the lives of people across the country and here locally.

"A lot of you have generously volunteered your time to come donate and make such a difference in the past and for that, we thank you," Miller stated.

Sign up at www.bloodhero.com, sponsor code: southfork, or contact Miller at 719-720-313-4834 or mkmillermink@aol.com.

MV Historical Society Meeting is set for Oct. 22

MONTE VISTA — The 2021 annual meeting and Dutch Lunch of the Monte Vista Historical Society will be held Oct. 22 from 11:30 a.m. to 1 p.m. in the back room at Nino's Mexican Family Restaurant. Board positions will be filled, and the annual report will be given. All are welcome to attend.

NOTICE OF ELECTION

TO WHOM IT MAY CONCERN, and particularly to the electors of the San Luis Valley Irrigation District in Alamosa, Rio Grande and Saguache Counties, Colorado.

NOTICE IS HEREBY GIVEN that an election will be held on Tuesday, the 7th day of December, 2021, between the hours of 8:00 o'clock a.m. and 6:00 o'clock p.m. At that time, one (1) Director for Division II will be elected to serve one (1) 3-year term, and one (1) Director at Large will be elected to serve one (1) 3-year term.

Nomination petitions are available from:

Amy S. Dean, District Secretary
296 Miles Street
Center, Colorado 81125
amy@slvid.org

Nomination petitions must be filed no later than Friday, the 9th day of November, 2021, and no earlier than Monday, October 25, 2021.

NOTICE IS FURTHER GIVEN that applications for absent voter's ballots may be filed with the Secretary of the District at the above address not earlier than forty-five days (Friday, the 25th day of October, 2021) before the election, not later than 4:00 o'clock p.m. on the Friday immediately preceding the election (Friday, the 3rd of December, 2021).

San Luis Valley Irrigation District
By s/s Amy S. Dean

No. 1608 published in the Center Post Dispatch, Thursday, October 8, 2021.

NOTICE OF 2021 SAGUACHE COUNTY COORDINATED ELECTION

Per Colorado Revised Statute 1-5-205, Saguache County Clerk & Recorder, Trish Gilbert, announces that the 2021 Coordinated Election will be held on Tuesday, NOVEMBER 2, 2021. Ballots will be mailed to all active, registered voters beginning on OCTOBER 8, 2021. The ballot packet will include: 1 Ballot, 1 Secrecy Sleeve/Instructions, and 1 Return Envelope. Voters will mark their ballot, insert it into the Secrecy Sleeve/Instructions, insert this into the Return Envelope, SIGN the envelope where indicated and mail or return the voted ballot to the Voter Service and Polling Center (VSPC) at the Clerk's office in the Saguache County Courthouse, 501 4th St., Saguache. The VSPC will be open from Monday, OCTOBER 18th through Tuesday, NOVEMBER 2nd, Monday through Friday, from

8:00 a.m. until 4:00 p.m.; on Saturday, OCTOBER 30th, from 7:00 a.m. until 11:00 a.m.; and on Election Day NOVEMBER 2nd, from 7:00 a.m. until 7:00 p.m. Voted ballots may also be deposited into the Ballot Drop Boxes at the following locations: the south parking lot of the Courthouse, 501 4th St., Saguache; Crestone Mercantile located at 182 E Galena Ave., Crestone; Haskins Building, 294 Worth St., Center; Town of Sargents, 360 County Rd 31 XX, Sargents. Beginning OCTOBER 8th, the drop boxes will be available 24 hours each day until 7:00 p.m. on Election Day. Ballots must be received by 7:00

p.m. on Election Day. Ballots received after 7:00 p.m. on Election Day will not be counted. Postmarks do not count.

Trish Gilbert Clerk & Recorder

AVISO DE ELECCIONES COORDINADAS DE 2021 DEL CONDADO DE SAGUACHE

De conformidad con el estatuto modificado de Colorado 1-5-205, la Secretaria y Oficial de Registro del Condado de Saguache, Trish Gilbert, anuncia que las elecciones coordinadas de 2021 se llevarán a cabo el martes 2 de NOVIEMBRE de 2021. Las boletas electorales se enviarán por correo a todos los votantes registrados activos a partir del 8 de OCTUBRE de 2021. El paquete de votación incluirá: 1 boleta electoral, 1 manga de votación secreta con instrucciones y 1 sobre de respuesta. Los votantes marcarán su boleta, la insertarán en la manga de votación secreta, la cual a su vez insertarán en el sobre de respuesta, FIRMARÁN el sobre en el espacio indicado y enviarán por correo o devolverán la boleta marcada al centro de votación y servicios al votante (VSPC, por sus siglas en inglés) en la oficina de la Secretaria en el Tribunal del Condado de Saguache, 501 4th St., Saguache. El VSPC estará abierto desde el lunes 18 de OCTUBRE hasta el martes 2 de NOVIEMBRE, de lunes a viernes, desde las 8:00 a.m. hasta las 4:00 p.m.; el sábado 30 de OCTUBRE, de 7:00 a 11:00 a.m.; y el día de las elecciones, 2 de NOVIEMBRE, desde las 7:00 a.m. hasta las 7:00 p.m. Las boletas electorales también se pueden depositar en las urnas ubicadas en el estacionamiento sur del Tribunal (501 4th St., Saguache), Crestone Mercantile (182 E Galena Ave., Crestone), el edificio Haskins (294 Worth St., Center), y el pueblo de Sargents (360 County Rd 31 XX, Sargents). A partir del 9 de OCTUBRE, las urnas estarán disponibles las 24 horas del día hasta las 7:00 p.m. del día de las elecciones. Las boletas deben recibirse antes de las 7:00 p.m. el día de las elecciones. Las boletas recibidas después de las 7:00 p.m. del día de las elecciones no se incluirán en el conteo. Los matasellos no cuentan.

Trish Gilbert, Secretaria y Oficial de Registro

No. 1607 published in the Center Post Dispatch, Thursday, October 7, 2021.

Three Keys to Spiritual Growth



The Bible is more than a book about theology or a story about eternal life when we die. It also offers us the wisdom we need to live a victorious, peace-filled, joyful life on earth.

Jesus says in John 10:10, "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full" (NIV). This verse is not only talking about enjoying life when we go on vacation or when something delightful happens; it's also talking about the fact that God offers us the ability to relish ordinary, everyday life.

If the only time we can enjoy ourselves is when something exciting happens, we will miss out on the joyful, abundant life Jesus died to give us. But if we learn to live according to God's Word, which requires study and obedience, we can savor each day.

One reason Paul's epistle to the Colossians is so important for us to study is that it is all about Jesus. The theme is the headship of Christ, and the primary lesson of the four chapters is to put Jesus first all the time, above and before everything else.

Colossians 1:28-29 says, "He is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ. To this end I strenuously contend with all the energy Christ so powerfully works in me."

Paul concludes Colossians 1 by declaring that Christ is the one he proclaims—not himself, not anyone else, but Christ. He teaches wisely, with one goal in mind: to "present everyone fully mature in Christ." This should be the goal of anyone who teaches and preaches the Word of God, and also everyone who has a personal relationship with Jesus.

There are many ways to grow in Christ, but I want to focus on just three

of them here. All of them relate to the way you spend your time with God, time in God's Word, and time with the right people.

Time with God

There is nothing better than one-on-one time with God. During this time, you can read, study, pray, and talk with God, or simply sit in His presence and rest in Him. I once heard that people can be as close to God as they want to be; it all depends on how much time they are willing to put into their personal relationship with Him. Spending time with God is not a religious obligation; it is a rare and wonderful privilege.

Time in God's Word

I encourage you to invest a lot of time studying and meditating on God's Word. Investing time in God's Word as part of your everyday life is one of the best things you can do for your spiritual growth. In fact, it's an absolute necessity. The Word will guide you, encourage you, give you wisdom, and give you the confidence you need to face each day.

Spending time in God's Word does not always mean reading the Bible. You can also read books that help explain the Bible or that offer teaching on a particular subject about which you are interested in learning more. You can also listen to podcasts, watch good sermons on television, or learn from various kinds of social media outlets.

Time with the Right People

If you really want to grow spiritually, you will need to spend time with people who can help you, people who are also hungry for the things of God. Make a priority of being around

people who will build you up in your faith, not people who will try to pull you away from it. Think and pray about the types of people you need in your life as you walk with God, and ask God to bring them across your path and help you build godly relationships with them.

If you have friends who are tearing you down and bringing too much temptation into your life, you may find it necessary to separate from them for your own good.

I want to encourage you to consider practical ways you can begin spending more time with God in prayer, in His Word, and with people who encourage you to become as close to God as you can possibly be. These three keys will make all the difference in your ability to enjoy your life every single day!

For more on this topic, order Joyce's teaching resource *A Bible Study of Colossians Action Plan*. You can also contact us to receive our free magazine, *Enjoying Everyday Life*, by calling (800) 727-9673 or visiting www.joycemeyer.org.

Joyce Meyer is a New York Times bestselling author and founder of Joyce Meyer Ministries, Inc. She has authored 130 books, including BATTLEFIELD OF THE MIND and HOW TO AGE WITHOUT GETTING OLD (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.

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.

MAP

Continued from Page 1A

was not the only consideration as, at one point, one map was being supported by two Republicans and two Democrats.

Ultimately, population, the criteria with the strictest requirements allowing a deviation of only one person, was a key determining factor. Also, in a strong nod to one very important community of interest, the eighth Congressional district is heavily Hispanic, something that has not existed in prior existing Congressional districts in Colorado.

As far as the San Luis Valley was concerned, some pundits said that the third district as drawn on the new map is a "win" for U.S. Rep. Lauren Boebert, the ultra-conservative Republican from Garfield County, as several strong liberal communities like Lake County and Steamboat Springs were cut out of CD 3 and strong Republican counties on the Eastern Plains — specifically, Las Animas, Otero and Crowley — were added.

Boebert, a first-term member of Congress, was elected by a margin of 6 percentage points in November of 2020. The new map favors her by 9 points, based on previous voting results.

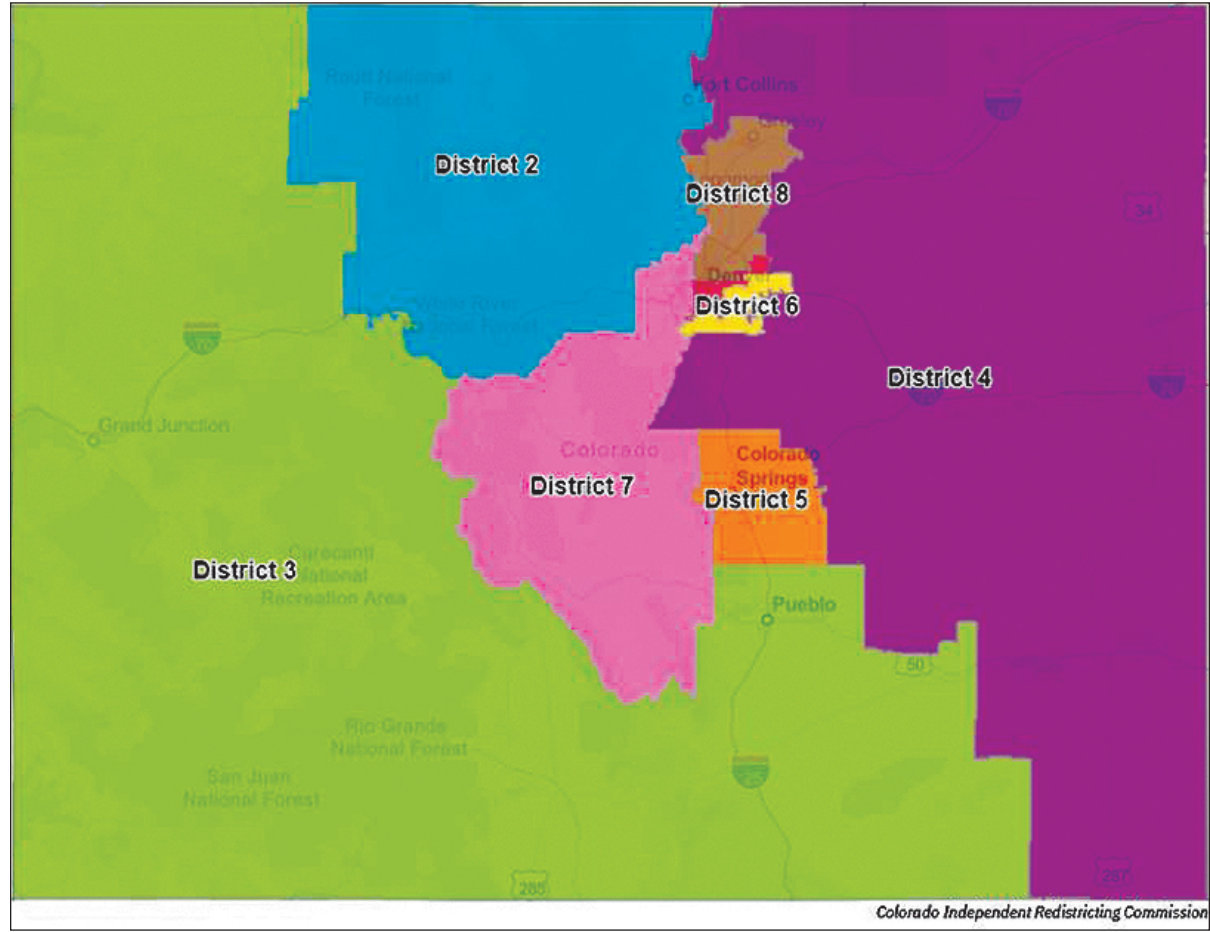
Also, Democrat and State Sen. Kerry Donovan of Vail, who had already raised more than \$1 million in a bid for the nomination to run against Boebert, was drawn out of CD 3 and put in CD 2, represented

by Democratic Congressman Joe Neguse. Donovan could still take on Boebert since members of Congress don't have to live in the district they represent.

However, unlike previous maps where they had been drawn out, Sol Sandoval Tafoya and State Rep. Donald Valdez now clearly reside in the newly drawn CD 3 where they hope to challenge Boebert in 2022.

There were numerous references by members of the commission to specific comments they had heard from the public and a genuine, collective motivation to abide by strong requests they had heard in both comments and testimony. There was also sincere appreciation expressed for the level of involvement by the people of Colorado with the submission of roughly 170 maps drawn and submitted by members of the public, organizations and various groups along with more than 5,000 comments submitted by individuals online.

The commissioners held twice as many hearings with the public as what was required and continued to participate in meetings, even if that was done "from a hospital room," while "at a funeral" or "in a car by the side of the road while on vacation



with the family." The complicated and sometimes tense process lasted more than six

months. Democrats, Republicans and unaffiliated voters spoke highly of each other throughout it.

The proposed Congressional map moves on to the Colorado Supreme Court for judicial review.

Medicare Open Enrollment

Limited timeslots are available. For an appointment, call 719-589-4511. Bring any current insurance cards and all medications in the bottle or package; there may be initials after the names of each medication that we need, as well as dosages and strength. Service provided by SHIP/SMP Counselors at South-Central Colorado Seniors Inc., Area Agency on Aging.

Oct. 15 — Costilla County
9 a.m.-4 p.m. Costilla County Senior Citizens Center, 1101 Salazar St., San Luis

Oct. 19 — Alamosa County
9 a.m.-3 p.m. Alamosa Senior Center, 92 Colorado Ave., Alamosa

Oct. 26 — Saguache County
10 a.m.-4 p.m. Saguache County Department of Social Services, 605 Christy Ave., Saguache

Oct. 29 — Mineral County
10 a.m.-4 p.m. Mineral County Public Health, 802 Rio Grande Ln., Creede

Nov. 5 — Saguache-Alamosa County
9 a.m.-4 p.m. Crestone Mercantile Grocery, 191 E. Galena, Crestone

Nov. 9 — Rio Grande County
9 a.m.-4 p.m. Annex Building, Rio Grande County, 965 6th St., Del Norte

Nov. 18 — Conejos County
9 a.m.-3 p.m. Northerners Senior Center, 413 Main St., La Jara

Nov. 30 — Saguache County
9 a.m.-4 p.m. Center Housing Authority, 138 Worth, Center

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Photo by Lyndsie Ferrell

Rio Grande Hospital CEO Arlene Harms shows plans for the new South Fork Clinic at the Upper Rio Grande Economic Development meeting in August.

Rio Grande Hospital Recovery Clinic open

By LYNDISIE FERRELL

DEL NORTE — Rio Grande Hospital has announced that its new Recovery Clinic is accepting patients. The new program was made possible through the many efforts of hospital staff and local physicians. The program is open to anyone suffering or dealing with addiction and other vices and needs help.

During the summer celebration hosted by the Rio Grande Hospital in August, Rio Grande Hospital CEO Arlene Harms announced the new program and asked Dr. Ely Walker to speak about it. He explained his process and the way he and his team plan to help people suffering from addiction and other substance abuse issues.

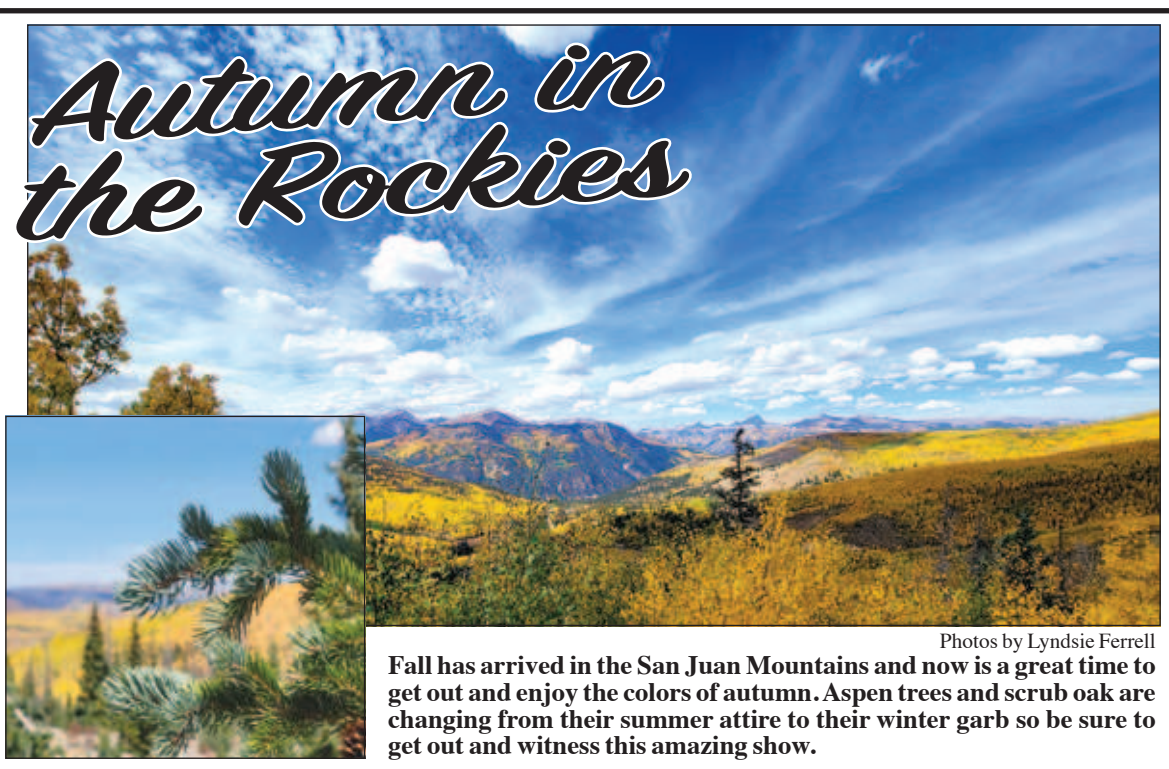
According to the hospital, the program is unique within the San Luis Valley in offering specialty-level addiction care. The clinic will provide a personalized approach for those struggling with substance use or

other behavioral addictions, including but not limited to heroin or other opioids, methamphetamines, alcohol, benzodiazepines, cocaine, tobacco, gambling, pornography, or internet use.

Additionally, treatment will be offered for Hepatitis C infection and HIV pre-exposure prophylaxis.

The services offered through the clinic can benefit many individuals including those who have family members or friends suffering the impacts of addiction and recovery. Anyone who thinks they may benefit from the recovery program is welcome to participate and clinic staff and physicians will do what they need to get patients the help they require.

Trauma-informed care acknowledges that care teams need to have a complete picture of a patient's life situation — past and present — to provide effective health care services with a culture of safety, empowerment, and healing. **Please see RECOVERY on Page 2**



Autumn in the Rockies

Photos by Lyndsie Ferrell

Fall has arrived in the San Juan Mountains and now is a great time to get out and enjoy the colors of autumn. Aspen trees and scrub oak are changing from their summer attire to their winter garb so be sure to get out and witness this amazing show.

Wolf Creek preps for season

By LYNDISIE FERRELL

WOLF CREEK— As the weather begins to change, skiers around the country are beginning to get anxious for the coming ski season. Wolf Creek Ski Resort closed the previous season having received 500 inches of snow and was the only ski resort in Colorado to be open for the entire 2020-2021 season.

According to the resort, "Snowstorms, flurries and colder weather continued into late spring, which was a common trend across most of the United States. Attendance was strong throughout last season with the prolific powder gifted by Wolf Creek's unique microclimate. For the past six years, Wolf Creek has been in a construction phase, this summer's focus has been on fine-tuning

the mountain, base area facilities and finishing up a few projects that are near completion."

The resort spent the summer focusing on projects, including a new electric vehicle charging station for guests. The station offers several ports for electric vehicle charging and is part of the effort to connect all southwestern communities to the electric vehicle pool of travelers.

The resort continued to remove dead trees and increase safety on the mountain through its annual efforts to clean up the Rio Grande National Forest around the main resort area.

"Wolf Creek's enormous and ongoing campaign of reducing the dead trees from the plight of the spruce bark beetles within the ski area permit will also come

to benefit skiers of all ability levels," resort officials stated.

The previous summer a new trail called, Orion's Beltway, was constructed. "This run will be for strong beginners and intermediates by accessing Pitch's Gate or Serendipity; the trails lead into Orion's Beltway and continue until Lower Feather Duster appears and then continues onto the Charity Jane Express bottom terminal," officials stated. "Wolf Creek employed a helicopter service this summer, as done in the previous ten years, to fly out as many dead trees as it is economically possible. With the forest floor being littered with fallen dead and blow over trees, the removal process is critical

Please see SKI on Page 2

Cowboy Astrological Signs

Astrology is one of those wonderful pseudo-sciences like naturopathy or cattle futures that anybody with an imagination can rapidly become an expert in. I have taken it upon myself to devise my own astrological symbols. If there is some question which sign you were born under, just ask a friend. I present them to you now.

OKRA—People born under the sign of Okra are slippery, smooth talkin' and slick. Without self-restraint they can slide right over on their face. Okras make good molasses salesmen.

HOLSTEIN CROSSES—These folks start out slow, never look like much but, like the sure and steady tortoise, often finish first in the race, to everyone's surprise! Feed bosses and second sons fall under this sign.

COYOTE—Never one to hide from responsibility, they run from it! You hear them, you find their tracks, but they're seldom seen.



They eat the crusty end piece off a loaf of bread, the fat off a ham and fried shrimp tails. You can find Coyotes migrating every fall from Wyoming ranches to Arizona feedlots.

FLASHING BEER SIGN—People found

under this sign are steady, bright and occasionally incoherent. They gather wisdom and glow. Then they dispense it in a blinking neon blizzard. Often you will find nutritionist, veterinarians and economists in this category.

ARCADE SPACE INVADERS—A.S. Invaders are born self-assured. This confidence comes from always knowing what color of socks they have on and their current bank balance. They have very little patience with Coyotes and Dice. A.S. Invaders make excellent bankers and wives.

DICE—As you might guess these people have a tendency to leap without looking, buy beachfront property in Saskatchewan and flip for the tab. However, as long as they're winning we see them as glamorous. Most Dice feed cattle.

MT. RUSHMORE—Individuals born under this sign spend much time accumulating knowledge. They can be very helpful but tend

to be idealistic in solving problems. "Rushes" make good county agents, graduate students and columnists.

CATTLE GUARDS—Usually strong, stubborn and level-headed, they get run over regularly by Space Invaders, Dice, Okra, Holstein Crosses, Coyotes, Rushes and Flashing Beer signs.

A large number of Cattle Guards wind up ranching.

Baxter Black, former large animal veterinarian and irregular commentator on National Public Radio, is America's best-selling cowboy poet. He is a frequent performer at national stock shows and rodeos as well as in many smaller local events. He is author of several books, including Cactus Tracks, Croutons on a Cow Pie, Hey, Cowboy, Wanna Get Lucky? and Dunny and the Duck. Baxter Black can be contacted via e-mail at: vikki@baxterblack.com

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CPW seeks public comment on draft herd management plans

STAFF REPORT

CREEDE — Colorado Parks and Wildlife has completed draft big-game management plans for deer and elk for the areas surrounding Creede, Del Norte and South Fork. The draft plans are now open to public review and comment through Oct. 20.

CPW managers refer to the areas as Data Analysis Units D-36 for deer and E-34 for elk. The plans cover Game Management Units (GMUs) 76, 79 and 791 for deer and GMUs 76 and 79 for elk.

Many changes have occurred to the landscape of these areas over time, affecting habitat conditions that support the deer and elk populations.

The proposed herd management plans offer several alternatives for setting population and sex ratio objectives for the next 10 years. The objectives dictate the number and type of hunting licenses issued in those GMUs on an annual basis.

“We would like to get as much public feedback as we can regarding these plans,” said CPW terrestrial wildlife biologist Brent Frankland. “At this

point, we are proposing objectives for these herds, but we don’t want to dictate to the public what should happen. With enough feedback and a desire for something different than what we have proposed, we may need to accept different objectives. The feedback we receive is crucial.”

The elk herd in the western region of the San Luis Valley has returned to the population levels seen throughout the 1990s at roughly 7,000 animals. The population declined in the early 2000s, reaching its lowest level in 2013 at fewer than 5,000. But the estimated elk population has bounced back and has now surpassed the previous herd plan objective of 4,000 to 5,500.

In the new elk draft herd management plan for 2022-2032, CPW proposes an increased population objective of 5,800 to 7,800 animals. The agency believes the herd’s ability to be maintained within the proposed objective range during the next 10 years is possible as long as calf recruitment and forage availability remain strong.

CPW also proposes keeping the elk post-hunt sex ratio objective at 20 to

25 bulls per 100 cows.

The current deer herd objectives supported a population of 2,000 to 2,500 deer. The proposed management plan for the next decade would support 2,200 to 2,800 deer with the current population estimate at roughly 2,500 animals.

CPW also proposes a slight increase in the sex ratio objectives from 20 to 25 bucks to 23 to 28 bucks per 100 does.

GMU 76 will continue as a fully limited unit, whereas GMU 79 will continue with an over-the-counter archery season and all other seasons limited.

Both the deer and elk draft plans are open to public comment through Oct. 20. Please submit public comments to Frankland at brent.frankland@state.co.us.

Comments also will be accepted by mail addressed to: Colorado Parks and Wildlife, Attn. Brent Frankland, 0722 S. CO Rd 1 East, Monte Vista, CO 81144

To view the deer herd management plan or the elk herd management plan, go to <https://cpw.state.co.us>.



Photo by Wayne D. Lewis

CPW has drafted herd management plans for deer and elk herds for Data Analysis Units D-36 and E-34. The draft plans are now open to public comment through Oct. 20.

SKI

Continued from Page 1

to allow for early season access and better conditions on low snow years. Although the cost is high to fly the dead trees out of the forest with a helicopter the results are far better in maintaining the integrity of the ground, reducing erosion, and protecting the watershed. Since 2013, Wolf Creek has expanded and formulated a lift network and trail system for skiers and boarders of all ability levels to utilize, explore and enjoy Wolf Creek’s 1,600 acres.”

The preseason pass sale will begin Saturday, Oct. 2 and run through Sunday, Oct. 10. Season pass pricing for the 2021-2022 ski season has been updated. The preseason pass sale will return to a more traditional format this year with passes available for purchase in-person at the ski area. Passes will

RECOVERY

Continued from Page 1

hospital officials noted.

Addiction doesn’t stop with those who are addicted. Many times, family and friends of people that suffer from addiction suffer just as much if not more, and services are available to those wanting to seek counsel and other recovery benefits.

There are numerous resources available and depending on a person’s specific needs referrals and connections can be made with various community partners to meet their needs, officials said.

For more information or to sign up for the Recovery Clinic, call 719-657-4100.

also be available for purchase online or by phone.

As usual, Wolf Creek’s opening date is dependent on weather, temperatures, and natural snowfall. Announcements on the opening date can be found by calling 1-800-SKI-WOLF.

The new WolfCreekSki.com website

will debut later this fall, mid-November. Information is being updated as it is finalized. Season passes and lift tickets are updated for the 2021-2022 ski season.

Wolf Creek is taking applications for several departments including retail, lifts, food and beverage, ski school, and ticket office.

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Rio Grande Hospital set to break ground on new clinic in South Fork

By LYNDIE FERRELL

SOUTH FORK — The new Rio Grande Hospital Clinic building in South Fork will be breaking ground in the coming weeks. The new clinic will replace a much older clinic.

The new building will be a state-of-the-art facility that will benefit the South Fork community.

Earlier this summer, Rio Grande Hospital officials announced plans to bring a new clinic to South Fork, and now that all the paperwork has been filed and accepted, the dream is beginning to become a reality.

Hospital CEO Arlene Harms released preliminary plans for the clinic in August along with plans to

create a new wellness center in the coming year.

“We are building a new clinic in South Fork, and we are really excited,” Harms said. “South Fork has been a committed area for us and their patients and even though it dwindled down to very few for a short time, we kept our clinic there open and running. We have been trying to fix it and trying to keep it running as best we can, patch the holes, keep the roof from leaking and it is just time for us to get a new building there.”

The SF clinic will be built in a new location. It will be in a vacant lot near the Old Firehouse Restaurant, just east of town.

“At the same time, we decided

to build a new clinic, we will be welcoming back a full-time doctor that is committed to the area,” Harms said. “We will have a great presence there along Highway 160 and we are just very excited about the project.”

During the Rio Grande County Commissioner meeting held earlier in September, the building department announced that they had issued permits for the construction of the new clinic and that plans were well underway to break ground as early as next month.

The hospital hopes to have the clinic finished by the end of the year if weather and material availability cooperates. More details will be reported as they come available.

High Valley Community Center explores nutrition through STEM

SUBMITTED ARTICLE

DEL NORTE — Hi, community members! We hope you are having a good week! We are happy to report that the High Valley Community

Center kiddos have been busy enjoying after-school sports and activities here on site.

This past week, the kids participated in various S.T.E.M. (science, technology, engineering and math) activities centered around the theme of “Nutrition.”

Tuesday, the kids made edible playdough out of marshmallows and cornstarch. Wednesday, the kids conducted a science experiment with strawberries and learned what a strawberry’s DNA looks like. Thursday, the kids learned about the different properties of water, oil and milk, and how they interact with one another.

For HVCC’s Fabulous Friday, the kiddos visited the Sand Dunes Pool. Thirty minutes were dedicated to swimming lessons and the rest of the day was a free swim. All Fridays

until November will be spent at the Sand Dunes Pool, weather permitting. A reminder: HVCC’s hours are 4-6:30 p.m. Tuesday through Thursday and 8 a.m.-5 p.m. on Friday.

As of Sept. 22, HVCC volleyball has finished for the season. We are so grateful to Trish Archuleta and Nichole DePriest for coaching the 3-4 and 5-6 grade volleyball teams. Your efforts not only influence the kids but also contribute to a successful HVCC sports program. If you or anyone you know is interested in participating in our sports programs as a referee, coach, or assistant coach, we would love for you to reach out to us at 719-657-2172.

Registration for the 2021-2022 basketball season is on the HVCC website. Basketball will be divided into different sessions — girls basketball will take place from October to November followed by K-2 grades and boys basketball from January to February. More

information is posted on our website, TheHVCC.org.

This week, we had several kiddos who showed exemplary behavior and are included in our “Breaking News” program. Sebastian helped pick up trash, Parker was helpful during homework time, Isaiah encouraged fellow students to join in an activity, Idaly did a great job listening and was very respectful, Reid helped clean up a mess without being asked, Eddie helped his friends with homework, Azilea was attentive, engaged and respectful, and Xhayden worked hard to finish his homework. Great job, kiddos! Keep it up!

We hope everyone has a great week! Please reach out to us if you are curious about our program or would like to volunteer.



Monte Vista Gun Show is Oct. 22-24

MONTE VISTA — The Monte Vista Rotary Outdoor and Gun Show will be held on Oct. 22-24 at Ski Hi in Monte Vista. Times are Friday, 4-8 p.m.; Saturday, 9 a.m.-5 p.m. and Sunday 10 a.m.-2 p.m.

If you’re a gun owner or enthusiast, there is something for everyone at this gun show.

There will be guns: handguns, rifles and even some collectible

guns. There will be gun accessories: sites, ammo, concealed carry pouches and purses and maybe even jewelry and shirts.

All federal, state and local firearm ordinances and laws must be obeyed.

One hundred percent of the profits will go back to the community. For more information, see MonteVistaGunShow.com.

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Valley Wide Classifieds

Hinsdale County Clerk & Recorder/Treasurer's Office is accepting applications for a full-time employee. This position will assist in both the Clerk's and Treasurer's offices. Minimum qualifications required for this position include: high school diploma or GED, one to two years of related office experience, knowledge of a variety of office machines, ability to use or learn a variety of computer application software programs, interface with the public in a professional manner, ability to work under minimal supervision and to exercise initiative. For an application and complete job description please see Joan Roberts, Hinsdale County Clerk & Recorder or Lori Lawrence, Hinsdale County Treasurer. We will be accepting applications until the position is filled. (10/27)

Position Description: Youth Development will be 85-90% of your focus from Life Skills; Leadership Skills; Physical, Emotional, and Social Well Being; Inclusion and engagement of diverse, underrepresented and underserved youth. You will coordinate and assist the Agent with all aspects of the enrollment process, 4-H project material delivery, club organization, and volunteer trainings. You will coordinate, in conjunction with the Agent, at least one program specifically addressing youth mental health, diversity, inclusion, and resocialization. Family, Business, Community Development and Health education will be 10-15% of your focus. Every child and parent you are working with in your youth development role knows a family with needs, and that family may have a business with needs, and

they live in a community with needs. Because of your unique relationship with these families and your community, you will play a key role in helping Agents identify the specific physical, emotional, and social needs of your constituents as they emerge from the pandemic and re-socialize, and in selecting the most appropriate, impactful Extension programming to serve these needs. Compensation & Hours: \$16.00 - \$18.00 per hour for a maximum of 30 hours per week. Minimum educational requirement is High School Diploma or GED. Applicants please read the full job description and apply at: <https://jobs.colostate.edu/postings/92824> For full consideration, all materials must be received directly at <https://jobs.colostate.edu/postings/92824> no later than 11:59 PM Mountain Time on Sunday, October 3, 2021. For questions regarding the program, the position, qualifications, or job duties please contact Larry Brown, Area Extension Director of the San Luis Valley Area, at (719) 852-7381, 719-850-2139 or L.Brown@colostate.edu. (10/20)

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II. Class B CDL at the minimum, Class A preferred. Certification assistance is available. Applicants must be able to pass a pre-employment drug screen, including marijuana. These positions offer a full benefit package including life insurance and retirement. Applications are available online at www.riograndecounty.org or at the Road and Bridge Department at 168 N Washington Street, Monte Vista, CO 81144 between the hours of 6 am and 4:30

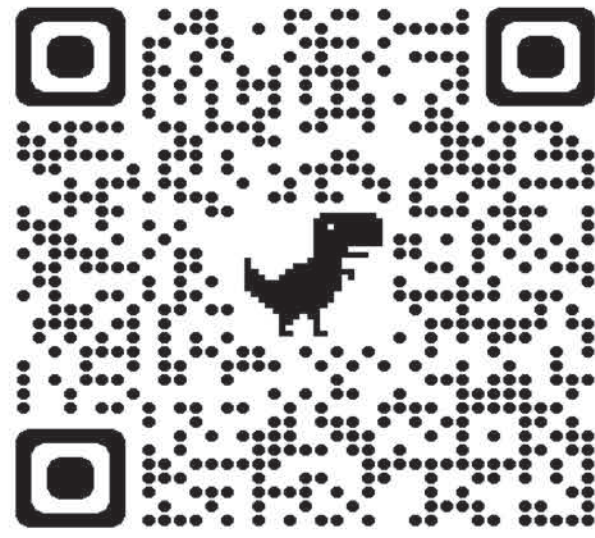
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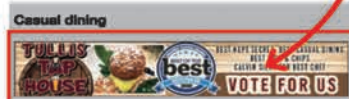


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Valley Wide Classifieds

pm Monday-Thursday. Applications must be submitted, in person, to the same address.(10/20)

Community Banks of Colorado is currently seeking a candidate to fill a Universal Banker position in our South Fork Banking Center. For position details and to apply, please visit www.cobnks.com. NBH Bank is an equal opportunity employer. (10/06)

Warehouse-Ranch hand: Need hardy individual for ranch chores and warehouse duties west of Del Norte. Must work at least 8 to 10-hour, 4-5 day/week flexible schedule, sometimes including weekends. We train. Computer skills a plus. Wage range: +\$13/hr, as per work and wage history.

Send to: antler333@gmail.com or drop at 19612 US-160, Del Norte, CO 81132. (10/6)

Wolf Creek Ski Area is accepting applications for all departments: retail, ski school, lifts, ski patrol, base operations, ticket office, food and beverage, rental, vehicle maintenance and snow reporting. Please see details of job descriptions on Wolf Creek's employment page. Applications can be downloaded from WolfCreekSki.com employment page. Send resumes and applications to wolfcreekski@wolfcreekski.com or P.O. Box 2800, Pagosa Springs, CO 81147. All jobs are winter seasonal (November - April) with competitive wages. (10/27)

10 Apartments
Del Norte: Very nice, furnished 1 bedroom, 1 bath. Single occupant, non-smoker, no pets. Utilities and Dish included. \$650.00 mo./650.00 deposit. 719-850-2738 (10/20)

12 Houses for Rent
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23 Lawn and Garden
Sprinkler installation, and winterization Done at reasonable rates. Quick Service. Call anytime, weekdays, weekends, evenings. 719-376-2593 or 719-580-0033. (10/30) TFN

31 Health
Proform 390 E Elliptical in South Fork, \$150.00. 719-873-1049. (10/20)

Used Pro-Form XP 420 Razor Elliptical Trainer for Sale \$250.00 Call 719-850-2018. (10/27)

32 Fuel & Heating
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Valley Wide Classifieds

Delivery Available. Call Atlee Jay Hoshstetler. 719-850-4012. (3/22)TFN

36 Miscellaneous

For Sale: White Camper Topper 72" by 98" \$75.00 OBO 719-274-5107.

FOR SALE - Computer station armoire \$200, Ashley Wood Stove \$200, Diamond plate pickup tool box \$100, Toyota pickup bed mat \$75. 719-221-9339 (10/13)

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Tomatoes & Fresh Eggs non gmo. 1942 E County Rd 115 Monte Vista, Call 719-851-0926. (10/27)

42 Feed & Seed

For Sale: All Types of Hay Big and Small Squares Located at HVFM 10475 US Hwy 285 Antonito (570) 395-0184. (11/10)

46 Pasture for Rent

WINTER HORSE PASTURE: 160 acres, Supervised, alfalfa and grass pasture, heated water, wind shelter, \$55/head per month, November thru early-May. Also, Alfalfa-grass horse hay 720# bales, \$80 each. West of Del Norte 719-657-0942 (5/22TFN)

48 Pets & Supplies

4 baby canaries for sale. 1 male at \$60 each. 3 females at \$50 each. They're in South Fork. Just call me if you want some. Darlene Danko 873-9847. (10/20)

Puppy for sale - Female puppy - father Siberian Husky, mother Boxer. Was \$200, now \$150 with distemper shot. Will send photo. Call 737-315-3323.

59 Vehicles Wanted

CASH ON THE SPOT FOR JUNK AND UNWANTED VEHICLES We pickup, no title ok. 719-937-7935. 719-849-8491(TFN11-21)

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San Luis Valley Area Real Estate



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Great location to build your Colorado Dream Home! This 4.46-acre is located in the much desired Beaver Mesa which has No covenants and No HOA. Build next to the trees in the back yard and wonderful mountain views out the front. Property is located close to town, on the same road that leads to the Beaver Mountain Reservoir and National Forest Access. South Fork of the Rio Grande River is just across the street. Close to hiking, biking, hunting, Fishing, golf at the Rio Grande Golf Resort, skiing at the Wolf Creek Ski Area and some of the best snowmobiling in the state. **\$135,000** MLS#782932



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Immaculate & charming home! This lovely 4 bedroom, 2 bath home has been in a family for several decades, and loved and cared for as you can see in the pictures. It has open spaces, wood laminate floors, lots of storage, and a big kitchen that is great for cooking and entertaining. There is a laundry area with closets, a pellet stove hot water baseboard heat, a 2 car garage, a nice patio area, and an additional shed in the back. Call today to preview! **\$289,000** MLS#787149



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Accessible vans provide options for older adults in San Luis Valley

BY AMY DALY
SAN LUIS VALLEY — For older people who no longer drive or don't have a vehicle, getting around the San Luis Valley can be a significant challenge. This is especially true for area residents who use wheelchairs or have other mobility challenges.

"Transportation is one of the biggest barriers our patients face at Valley-Wide Health Systems," said KayLee Runyan, a grant writer for the nonprofit community/migrant health center, which provides a wide range of health services for people in the San Luis Valley and other parts of southern Colorado.

Another barrier? Poverty. More than 20 percent of residents in the area live below the federal poverty level. Even if better public transportation was available, said Runyan, many people wouldn't be able to pay for it.

In response, Valley-Wide Health Systems (VWHS) launched the Valley-Wide Ride, a free transportation program that helps Valley residents get to and from medical appointments, return home after a hospital stay, visit the grocery store or pharmacy, and access other wellness and health-related activities.

When the program started in 2020, the VWHS fleet included four sedans, handy for getting many people around, but not especially useful for older residents with mobility challenges.

"Our head of transportation came to me and told me we were missing a lot of people," said Runyan. "He said we need a vehicle we can get wheelchairs in and out of so we can transport people who can't self-ambulate."

Runyan applied for and received funding from NextFifty Initiative, a Colorado-based private foundation that funds projects and programs to improve the lives of older adults and their caregivers. The funds, which came from the foundation's Community Response Fund, were awarded to help VWHS purchase one wheelchair-accessible vehicle but ended up paving the way for



Courtesy photo

Jania Arnoldi, president, and CEO of Valley-Wide Health Systems (left), and Donna Wehe, director of public relations and marketing at San Luis Valley Health, show off a new wheelchair-accessible van.

the organization to purchase two vans. Rides are now available in Alamosa, Monte Vista, Antonito, and San Luis, as well as a group of small towns on Colorado's Eastern Plains.

"We've had really positive feedback," said Runyan. "People [who use wheelchairs] are really excited when they find out we can come and get them."

Runyan is happy that the new vans are providing more options for older adults, especially in this remote area where options are already limited.

"We only have one senior center, which is located in Alamosa," said Runyan. "The only one in the Valley. All of their programs and activities are located in Alamosa. We're just trying to do more outreach to get people more out and about. It has been really tough."

The NextFifty Initiative team is excited to see the positive impact that Community Response Fund dollars are having for older Coloradans, especially in remote and rural parts of Colorado.

"In talking with nonprofits in rural Colorado, we learned that their biggest challenge is often just meeting day-to-day needs or responding quickly to setbacks or opportunities," said Diana McFail, president and CEO of NextFifty Initiative. "When we created the Community Response Fund, we made sure we could get the dollars out quickly so that organizations serving

older adults have more options."

NextFifty Initiative's Community Response Fund provides grants of up to \$25,000 to Colorado nonprofit organizations that provide programs or services for older adults. The funds can be used to meet one-time, immediate needs, such as a wheelchair-accessible vehicle, specialized equipment, or facility repairs. The fund is open until expended and resets annually on January 1. More information about this fund, including who is eligible, can be found at www.Next50Initiative.org.

Jimmy John's Gourmet Sandwich Shop coming

BY PRISCILLA WAGGONER
ALAMOSA — With all the good things going on in Alamosa, there is a new one to add to the list. Jimmy John's Gourmet Sandwich Shop is coming to town.

Franchise owners and Coloradans Matt and Anne Dixon recently finalized the purchase of a property in Alamosa. The sandwich shop will be located at 1605 Main St. in the building that, until recently, was the home of El Charro Café. The deal was a business transaction that could not have been timed better. Owners of El Charro Café were retiring and the location fit exactly what the Dixons envisioned — close to ASU while providing easy in-out access for drive-by traffic.

Given the somewhat different nature of the restaurant, extensive renovations will be required to both the interior and exterior of the building with a projected completion date of sometime between six months and a year.

According to Matt Dixon, the menu will boast the same quality ingredients for which Jimmy John's is famous.

"It's real food made from real ingredients. Nothing is processed. Everything is fresh, every day," says Dixon. "The meats are sliced daily, so they're fresh. The same with the produce — we prepare it daily. And the bread is baked fresh every four hours."

The Dixons, who have other Jimmy John's in Colorado, are especially excited to have a location in Alamosa.

"It's a great town," Matt Dixon says. "It's really beautiful and the people are friendly. We'd traveled through there before we bought the franchise and thought that's a place we'd like to be. A lot of good things going on in Alamosa, and we think the market is exactly right for us. I could see my wife and me moving there one day."

It's anticipated that the sandwich shop will be open seven days a week and create roughly 15 part-time and five full-time jobs with the goal — if at all possible — of hiring locally, not just for part-time employment but management, as well.

"Each of our [general managers] view the shop as their shop and we encourage that ownership," Matt Dixon says. "Actually, we encourage that ownership in all our employees. I think people who come to work for us will enjoy working there and feel they're appreciated and part of the company."

If the Dixons can find the right person with the right experience, that individual can expect to be trained at one of the other Jimmy John's locations in the region to get a feel for the company's practices. However, if they do bring in a general manager from another location, Matt Dixon is certain they will treat the sandwich shop as if it's in their hometown.

Alamosa and Jimmy John's Gourmet Sandwich Shop is a great fit, he says.

"We're excited to share something with people that we've invested our lives in," Matt Dixon says.

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CLUES ACROSS

- Corrode
- Jean Paul __, author
- Hebrew unit of dry measure
- A type of scientist
- Greek goddess of discord
- For Red Sox MVP
- It checks your speed
- Made dirty
- The First State
- Lodgings
- Spiritual leader
- Bradley Int'l Airport code
- Native American people
- Sharp pain
- Touch
- Slowly disappears
- Indigenous Russian people
- Narrative poem
- Some are bad
- Small quill feathers
- Tattles
- Popular Easter entree
- Beneficiary
- Clothed
- Payroll firm
- Lower Normandy's largest city
- Binary compound of halogen
- The Fighting Irish
- Skilled, paid worker
- Eyelashes
- The 12th letter of the Greek alphabet
- Large, stocky lizard
- Made poisonous
- Former US Secretary of State
- Sticky substances

Solution to last week's puzzle

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

1	2	3	4		5	6	7	8	9	10					
11					12						13	14	15		
16					17				18						
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25							26					27			
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39							40	41	42						
43						44						45	46	47	48
49						50				51	52				
53				54					55						
56			57					58				59			
60						61	62					63			
						64						65			

65. A type of gin

CLUES DOWN

- To return an echo
- Displace
- Japanese religion
- Predilections
- Partial
- Poisonous plant
- Road open
- Atomic #81
- Accomplished American composer
- Oh, God!
- Potato state
- Most melancholic
- Supportive framework
- Hollywood's Pacino
- A title for women
- Popular Grammys alternative
- Check
- Bolivian river
- South Dakota
- Wonderful
- Supervises flying

- Commercial
- More (Spanish)
- Even distribution of weight
- "Arabian Nights" hero
- Compact mass of a substance
- Bachelor of Laws
- Halfback
- Some of it is ground
- They play in the trenches
- Atomic #18
- Chinese Prefecture
- Fabrics
- Being in a direct line of descent from an ancestor
- In slow tempo
- Flood
- Long-necked bird
- Secondary school
- Artificial intelligence
- Structure by the water
- Lather
- What happens there stays there
- A bone
- The Great Lakes State

Zacheis Planetarium to resume free movies

STAFF REPORT

ALAMOSA — Future scientists, amateur space gazers, and rock and mineral collectors are welcome to expand their knowledge at Adams State University. The School of Science, Mathematics, and Technology resumes scheduled planetarium movies and night-sky viewing at the observatory and the Ryan Museum will host open hours throughout the semester. All programs are free and open to the public on a

first come, first serve basis. No tickets are required. Masks are required.

Zacheis Planetarium Schedule

- Seasonal Stargazing: Autumn
- Oct. 21
5:30 p.m. Oasis in Space
Experience the Aurora
 - 6:30 p.m. Natural Selection
 - Oct. 28
5:30 p.m. The First Stargazers
Origins of Life
 - 6:30 p.m. Dawn of the Space Age

The Adams State Observatory will host free telescope viewings of the night sky at 8 p.m. Thursday, Sept. 30; 7 p.m. Saturday, Oct. 16; and 7 p.m. Thursday, Oct. 28. The Observatory is located on the north end of campus behind the baseball field.

Check out over 5,000 world-class mineral and fossil specimens in the Edward M. Ryan Geology Museum, located in Porter Hall room 115. Hours are 5-7 p.m. on Thursdays, beginning Oct. 1.



Sargent High School participates in first CareerX Event

BY TRISH RUE

MONTE VISTA — Sargent High School participated in the first CareerX event hosted by the RISE Grant.

The RISE Grant was awarded to Adams State University to collaborate with seven K-12 school districts and the Boys and Girls Club of the San Luis Valley to transform learning systems in rural schools that ignite students' motivation for learning by engaging them in career pathways that develop 21st-century skills relevant to workforce needs.

The first CareerX event was focused on marketing an event to the grant participants. Students from Sargent High School and Monte Vista High School collaborated via video conferencing on Monday, Sept. 20.

Students listened to two local businesses present about marketing and owning a small business. After the presentation students were asked to design a flyer. The students worked in teams. The students provided feedback on the other students' designs and created a final project.



Photo courtesy of Sargent High School

Sargent High School participated in the CareerX event on Sept. 20.

The event was successful. Students were presented with a career-based task.

Students at both school districts walked away with a design item to place in their portfolios.

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ASU Adventure Program Fall Semester schedule

STAFF REPORT

ALAMOSA — The Adams State Adventure Program will host several trips throughout the fall semester. Pre-registration is required for any adventure program event. To register for a trip email adventureprograms@adams.edu or call 719-587-7813. The Adventure Program follows ASU COVID-19 protocols.



Community: \$20

Penitente Comp
Oct. 16
Students: Free
Community: \$20

Zip Lining at the Challenge Course
Oct. 30
1 p.m. until 4 p.m.
Students: Free
Community: \$5

Day Hike to Zapata Falls
Nov. 6
Students: Free
Community: \$15

American Mountain Guide Association (AMGA) Instructors Course
Nov. 12-14
Cost: \$350

Wednesday Stand-up Paddleboard Trips Down the Rio
Oct. 6
Departure time is 4:30 p.m.
Free for all participants.

Camping and Cooking at Del Norte
Oct. 9 and 10
Students: Free

Saguache Democratic Central Committee meeting is Oct. 14

SAGUACHE — There will be a meeting of the Saguache County Democratic Central Committee on Thursday, Oct. 14, at 6 p.m. The meeting will be at the Road and Bridge Building in Saguache. The

agenda will include planning for the Caucuses in March of 2022 and any necessary reorg. The meeting is open to the public, but only Central Committee Members can vote.

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Baby is an approximate 2 year old red nose Staffie with energy for days. She does well with people but she's best being the only pet. She has lots of love, and just wants to play with her tennis ball. Can she come home with you?

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Food Drive: October 1st - Nov 8th

Please bring non-perishable food items to the MVC main office October 1st - Nov 8th.
All food will be donated to the Monte Vista Food Bank.

National 4-H Week: October 3rd - October 8th

For over 100 years, 4-H has inspired families, shaped careers, and impacted communities. Join the Monte Vista Coop this week, as we will celebrate the impact of 4-H during National 4-H Week and wear your clover gear throughout the week! The Monte Vista Coop is a proud dealer of quality show animal feed products and show supplies. Sign up for a 4-H account at the Monte Vista Coop and save 15% off show animal supplies!

National Farmers Day: October 12th

The SLV is home to many farmers who dedicate their lives to provide quality crops like potatoes, carrots, mushrooms, lettuce, broccoli, cauliflower, canola, alfalfa, barley, and wheat to our tables! Take time to thank a farmer today and everyday, especially this one!

International Day of Rural Women: October 15th

Help us recognize the valuable contribution of women in our communities on the farm, ranch, household, and economy. The Monte Vista Coop employs 28 women!

World Food Day: October 16th

Let's celebrate the food on our plates! The hard working farmers, producers, and members of the agriculture communities work very hard so that we have the luxury of having balanced meals! Support a local food Co-Op, growers, and businesses today and buy some fresh food for your belly!

Generations of Farming Calendar: October 1st - Nov 30th

Please share any agriculture photos that you would like to submit for the MVC Generations of Farming 2022 Calendar. Deadline to submit photos is November 30th. Please submit photos to mvcads@mvcoop.com. Calendars will be sold in the MVC Farm Store and all proceeds will go towards the MVC Progressive Safety Day Program.

Health on the Rio Grande



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2021



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Dr. Buchholz to Lead the Hospitalist Team at SLV Health

San Luis Valley Health is pleased to announce that Justin M. Buchholz, D.O., will be the new medical director for the hospitalist team at the Regional Medical Center in Alamosa, Colorado and Conejos County Hospital in La Jara, Colorado. Buchholz was the assistant medical director and a full-time hospitalist at Parkview Medical Center in Pueblo. He also attended to patients at the RMC in Alamosa for the past three years on a part-time basis. He completed his residency as an Internal Medicine Resident at Parkview and graduated from the Rocky Vista University College of Osteopathic Medicine in Parker, Colorado. He completed his undergraduate degree from Missouri State University. He was recognized as the "Resident of the Year" by the Parkview Medical Center IM program and has an extensive list of academic presentations along with philanthropic experiences and medical mission trips.



"We are looking forward to Dr. Buchholz's experience and leadership at both of our hospitals. He has demonstrated excellent quality care for our patients in his role with us," commented Carmelo Hernandez, M.D., Chief Medical Officer at SLV Health.

Dr. Buchholz and his wife love to spend time in the mountains, travel, bike, hike, and snowboard. He is looking forward to making the San Luis Valley his new home and is excited for this opportunity to lead a great team of health care providers at the Regional Medical Center and Conejos County Hospital.

Healthy substitutions for baking and cooking

An ability to adapt is one of the most important skills to have in the kitchen. Following a recipe can give home cooks the cursory knowledge they need to make a delicious meal, but an ability to tweak recipes allows individuals to put their own spin on foods and customize meals so they fit with their particular lifestyles.

A person may have to change an ingredient to avoid a food allergy, or he or she may swap something out to make a dish more nutritious. Some substitutions can change the texture or even taste of the overall recipe, as no substitution can mimic the original ingredient exactly. However, a home cook will often find the results are acceptable, and may even prefer them to the "real" thing.



Substitution: Fruit or vegetable puree
Try adding pureed carrot, banana, pumpkin, or apples to recipes to boost moisture. These ingredients also add extra flavor and nutrients. The ratio is generally one-to-one for the replacement. However, cooks may want to experiment to find the best ratio for their recipes.

Original ingredient: Buttermilk
Substitution: Milk and lemon juice
If you don't have buttermilk on hand or if you feel that it is too high in calories, mix enough milk (low fat if desired) with enough lemon juice or light vinegar to reach 1 cup.

Original ingredient: Water
Substitution: Stock
Make a batch of vitamin- and nutrient-rich vegetable stock to use with foods that are boiled, such as pastas and rices. The stock will add flavor and nutrition.

Original ingredient: Egg
Substitution: Vinegar, baking powder and liquid (baking) or egg substitute (cooking)
When baking, 1/2 teaspoon of baking powder plus 1 tablespoon vinegar plus 1 tablespoon of a liquid can replace an egg in the recipe if you're avoiding eggs.

Original ingredient: White flour
Substitution: Whole wheat flour, nut flour
White flour lacks many nutrients because the grain has been largely stripped of its most important parts before being ground. Whole wheat flour has extra fiber that aids in digestion and can lower risk for certain diseases. Those with a gluten intolerance can use nut flours, like almond flour. Whole wheat flour and nut flours are denser than white flour, so you may need to experiment with 3/4 cup to 1 cup of white flour ratios in recipes.

Original ingredient: Sugar
Substitution: Applesauce
Sugar is the foundation of many baked goods, but too much sugar provides empty calories and can contribute to various illnesses if eaten in large quantities. Swapping one cup of unsweetened applesauce for one cup of sugar can provide sweetness with more health benefits, such as added fiber and vitamins.

Original ingredient: Sour cream
Substitution: Plain Greek yogurt
Greek yogurt, with its natural helpful probiotic bacteria, can be a healthy substitution for sour cream in dips, dressings and other recipes that call for sour cream or even mayonnaise.
Food substitutions can help people customize recipes to fit their dietary needs. People can experiment with various ingredients to develop delicious meals.

Original ingredient: Oil or butter

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Courtesy photo

SLVH OB Labor Simulation Training a Success

San Luis Valley Health Labor and Delivery at the Regional Medical Center in Alamosa successfully trained over 25 employees during a hands-on learning opportunity training on August 31, 2021.

Valerie Beascochea APRN, NNP-BC, and her team came to the SLVH RMC facility from Colorado Springs and assisted with simulation training for the team members made up of OB nurses, ED nurses, Respiratory Therapists, EMT's, Paramedics, OB providers, and pediatricians.

opportunities to practice skills learned in the Neonatal Resuscitation Program (NRP) to maintain resuscitation skills of infants during the time of delivery and immediately afterward. The focus was to encourage teamwork, communication, and increase confidence in staff and providers. This event was geared to assist all members of the team to become better prepared in responding to neonatal emergencies; regardless of if they occur in the facility or out in the field.

The turnout and staff involvement were outstanding.

Factors that increase the risk for preterm births

Expecting mothers often go to great lengths to protect their developing babies as they aspire to achieve a healthy, full-term pregnancy. That's a notable and worthy goal, as the Association of Women's Health, Obstetric and Neonatal Nurses notes that babies need a full 40 weeks to grow and develop.



Courtesy photo

Despite the best efforts and intentions of expecting parents and their medical teams, preterm births remain a significant issue across the globe. According to the World Health Organization, about 11 percent of the world's live births are preterm births. March of Dimes reports that the rate of preterm births in the United States is 9.8 percent, while the Canadian Institute for Health Information notes that Canada's preterm birth rate is roughly 8 percent.

If those figures are alarming, it's worth noting that many of the risk factors for preterm births are defined as "modifiable" by the Eunice Kennedy Shriver National Institute of Child Health and Human Development. Modifiable risk factors can be changed to help women reduce their risk of giving birth before their pregnancies reach full-term. One study sponsored by March of Dimes and published in the Maternal and Child Health Journal concluded that as many as one-quarter of all preterm births might be attributed to modifiable risk factors. These factors included:

- abnormalities in the interval between pregnancies
- a woman's body mass index before pregnancy
- the amount of weight gained during pregnancy

The Centers for Disease Control and Prevention notes that certain behavioral factors also can increase a woman's risk for premature birth. Such behaviors, including tobacco usage and alcohol consumption, are modifiable risk factors that women can control.

Though modifiable risk factors are with in women's control, they are not the only variables that can increase a woman's risk for preterm births. The NICHHD notes that additional factors women cannot control or influence put them at high risk for preterm birth. These factors include:

- A history of delivering prematurely
- Being pregnant with twins, triplets or more or the use of assisted reproductive technology to become pregnant. In fact, the American College of Obstetricians and Gynecologists notes that preterm birth is the most common complication of multiple pregnancy.
- Abnormalities of the reproductive organs, including a short cervix or a shortening of the cervix during the second trimester instead of the third trimester.

March of Dimes notes that prematurity can cause problems, including developmental issues, for babies throughout their lives. However, the WHO has developed new guidelines for improving the outcomes of preterm births, and these interventions can improve the chances of survival and health outcomes for preterm infants.

Pregnant women and women hoping to become pregnant can speak with their physicians about what they can do to increase the chances their pregnancies reach full-term. More information about preterm births is available at marchofdimes.org.



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Safe ways for seniors to volunteer

Charitable organizations rely on the efforts of volunteers to meet their missions every day. People of all ages can volunteer, and a great number of volunteers are seniors.

A 2016 survey from the U.S. Bureau of Labor Statistics found that nearly one-quarter of American volunteers are age 65 and over. That was never more apparent than during the COVID-19 pandemic, when many nonprofit organizations were suddenly forced to confront a volunteer shortage due to the adoption of social distancing guidelines that were designed to keep vulnerable populations, such as seniors, as safe as possible. One study from Fidelity Charitable found that two out of three volunteers decreased or stopped contributing time during the pandemic.

The rollout of various COVID-19 vaccines has allowed vaccinated individuals to return to a certain degree of pre-pandemic normalcy. However, the threat posed by strains of the virus like the Delta variant has made some seniors apprehensive about returning to volunteering. Though each individual should consider various factors before returning to volunteering during the pandemic, the following are some options seniors can consider as they aim to safely pitch in once again.

- Look for contactless opportunities. Interactions with the people they help and work alongside is what drives many volunteers to lend a helping hand. That's especially so for seniors whose children have grown up and moved out. In person interactions may be too risky during the pandemic, but seniors can still volunteer via contactless opportunities. For example, in lieu of delivering meals by hand, seniors who work with organizations such as Meals on Wheels can deliver prepackaged meals outside recipients' residences.

- Pitch in with fundraising. A report from Giving USA released in 2021 revealed that Americans gave more to charity in 2020 than in 2019. That increase came in spite of an economic downturn that saw millions of people lose their jobs or take pay cuts as companies scrambled to deal with lost revenue related to the pandemic. Though giving might have increased in 2020, many nonprofit organizations, including local community theaters, likely suffered due to cancellations and audience restrictions. As a result, many local nonprofit organizations are in need of financial support. Seniors who want to pitch in but stay safe can volunteer to

help local organizations raise funds. Seniors can participate in fundraising efforts from the comforts of their own homes.

- Offer professional expertise. Many seniors retired after spending decades mastering their crafts, and that experience can be an invaluable resource to local nonprofit organizations. Seniors can offer professional advice and mentor youths remotely via apps like Zoom without putting their physical health at risk.

Seniors concerned for their safety can still lend a hand by volunteering with their favorite nonprofit organizations.

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Balance caregiving for a loved one and working

Even though thousands of trained professionals play vital roles in the care of the aging population, many of the unsung heroes of long-term care are the unpaid or informal caregivers who step in to provide assistance to someone they love.

A 2019 study published in the journal Geriatric Nursing found approximately 16.6 percent of the United States population age 18 and older self-identify as informal caregivers who provide care for adults with health conditions and disabilities. Assistance needs range from “old age” care requirements for Alzheimer’s disease and related dementias to impaired mobility assistance. Furthermore, Assisting Hands Home Care says roughly six in 10 family caregivers also work full- or part-time.

While it can be a noble effort to step in and provide care to a friend or family member, caregiving can be time-consuming and emotionally and physically demanding, particularly for those who also are balancing careers and families. The Centers for Disease Control and Prevention indicates that while some aspects of caregiving can be rewarding, caregivers may be at increased risk for negative health consequences, such as depression and difficulty maintaining healthy lifestyles. These effects may be exacerbated by stresses at work.

The challenges of managing caregiving and a career can be challenging, but it’s not impossible to perform both roles successfully.

• Use company assistance or benefits. Some companies have policies in place that enable a person to handle certain aspects of caregiving more effectively. These can include unpaid Family and Medical Leave Act leave, em-

ployee assistance counseling programs, flex time, and even telecommuting capabilities to coordinate work around caregiving.

• Speak with your employer. Employees should be honest with their human resources departments or supervisors about their roles as caregivers. Honest communication can help the employers understand the situations and perhaps find workarounds that will satisfy all needs.

• Get organized. Create a shareable family calendar so that everyone stays up-to-date about caregiving schedules, family appointments, work responsibilities, and other pertinent events. Seeing responsibilities spelled out can help all parties involved divide time accordingly.

• Develop a safety net. Reach out to trusted friends or reliable neighbors who can step in during emergencies when work schedules cannot immediately be adjusted.

• Practice self-care. Self-care is crucial to ensuring a person has the energy to provide quality care to a loved one as while simultaneously navigating his or her career. Take breaks as needed.

• Consider professional care services. Rely-



ing on a home care agency or a skilled nursing facility can be a solution when a person needs to simultaneously work and care for a family member. Individuals also can look into respite care, which is a temporary care situation that

enables informal caregivers to get a break for a set time. Respite care is offered through various assisted living facilities.

Informal caregivers can explore various tips for balancing careers with caregiving.

Did you know?

According to the Alzheimer’s Association, people with a parent or sibling with Alzheimer’s disease are more likely to develop the disease than those who do not have a first-degree relative with Alzheimer’s. In addition, those who have more than one first-degree relative with Alzheimer’s are at an even greater risk of getting Alzheimer’s. Though family history is not necessary for an individual to develop Alz-

heimer’s, the AA notes that researchers have identified hereditary Alzheimer’s genes. For example, researchers estimate that between 40 and 65 percent of people diagnosed with Alzheimer’s have the APOE-e4 gene. APOE-e4 is characterized as a risk gene because it increases the likelihood of developing Alzheimer’s but does not guarantee it will happen. The gene is inherited from a parent, and people who inherit

two copies of APOE-e4 from their mother and father have a higher risk for Alzheimer’s than those who inherit one copy of the gene from their mother or father. The AA also notes that researchers have found deterministic genes that cause Alzheimer’s. However, these genes are rare and have only been found in a few hundred families across the globe, accounting for 1 percent or less of all Alzheimer’s cases.

Bariatric Bench at Center Dental Clinic

Recently, Center Dental Clinic received and installed a new bariatric bench for their patients’ use. This multi-functional dental chair will make dental exams more comfortable and accessible for people whose weight or mobility needs make them unable to use a standard dental chair.

For patients who use a wheelchair, the bariatric bench can be used as a wheelchair lift, so the patient does not have to leave their chair for care. The broader seat on the bariatric bench can also accommodate patients with bigger bodies.

Regular dental care is important for all our patients, as it helps catch problems early on – before they can become painful or cause serious infections. And, regular dental care can help detect oral cancer. Early interventions are usually simpler, less expensive, and lead to better outcomes.

Patients with mobility issues or whose weight prevents them from using a standard dental chair are at risk of missing vital dental appointments. Valley-Wide Health Systems is dedicated to providing access to care for all patients. Providing a service feature like this bariatric bench means more patients have access to great dental care.



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RG Hospital offers hyperbaric oxygen therapy for cancer patients suffering from post-radiation damage

Many patients diagnosed with cancer undergo radiation treatment, which is quite effective in killing cancer cells but can also cause long-term damage to healthy cells and tissues. For survivors of prostate cancer, bladder cancer, or cancers of the bowel or reproductive system, radiation treatments can result in bleeding in the bladder or other nearby organs. This can begin months to sometimes years after treatment is completed. Severe episodes may even cause anemia and hospitalization requiring blood transfusions. Hyperbaric oxygen therapy (HBOT) has been proven to be an effective treatment in resolving urinary and bowel bleeding associated with the late effects of radiation therapy. Many cancer survivors who had lost hope of recovering from the side effects of radiation therapy are now experiencing an improved quality of life because of HBOT.

What is HBOT?

Wounds need oxygen and nutrients from the blood in order to heal. During HBOT treatment, patients are given 100 percent oxygen in a pressurized, sealed

chamber in order to oxygenate the blood and tissues and speed the healing process. This extra oxygen helps to fight off bacteria, reduce inflammation and stimulate angiogenesis, which allows the delivery of oxygen and nutrients to the body's tissues.

HBOT usually spans multiple sessions lasting approximately 90-120 minutes each. Sessions are overseen by specialized clinical staff with advanced training and expertise in hyperbaric medicine.

HBOT is also routinely used for individuals in need of treatment for conditions like diabetic ulcers of the lower extremities, advanced infections such as chronic osteomyelitis, compromised skin flaps and grafts, osteoradionecrosis and, at times, other more emergent conditions.

If you or someone you love is suffering after undergoing radiation treatment for prostate or bladder cancer, ask your physician about HBOT. Medicare, Medicaid and most insurance companies cover hyperbaric therapy for these conditions. For more information, contact the **Rio Grande Hospital Wound Care & Hyperbaric Medicine Center, 719-657-3277.**

RG Hospital Recovery Clinic Now Available

RIO GRANDE COUNTY — Rio Grande Hospital would like to announce the opening of the Recovery Clinic, specifically designed to help those suffering with addiction. It is unique within the San Luis Valley in offering specialty-level addiction care. This clinic will provide a personalized approach for those struggling with substance use or other behavioral addictions, including but is not limited to heroin or other opioids, methamphetamines, alcohol, benzodiazepines, cocaine, tobacco, gambling, pornography, or internet use. Additionally, treatment will be offered for Hepatitis C infection and HIV pre-exposure prophylaxis.

Dr. Ely Walker has been in practice at Rio Grande Hospital for almost six years and recently took a sabbatical to train extensively in addiction medicine and is now board eligible in the specialty of Addiction Medicine. "Addiction can be devastating for individuals, families and communities, and often people don't know where to go for help.



"I'm happy to offer a place for people who are ready to explore the possibilities of change".

Rio Grande Hospital Recovery Clinic is here to help. If you are struggling with addiction, please call 719-657-4100.

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