

Shorts

Monte Vista Gun Show planned

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.

MV Historical Society Meeting

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.

Lookout Mountain meeting, star party Oct. 2

DEL NORTE — The Lookout Mountain Observatory Association will host a public meeting on Saturday, Oct. 2, at 7 p.m. at the Rio Grande County Courthouse Annex, 965 6th St., followed by a star party at the Del Norte Observatory. Bring a flashlight to better and more safely follow the rocky trail from the Annex to the Observatory.

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.

Potato harvest progresses throughout Valley

By **MECHEL MEEK**

SAGUACHE COUNTY — The potato harvesting throughout the San Luis Valley is progressing with farmers seeing good yield from their fields with minimal bruising. "Conditions were once again ideal for fieldwork and harvest activities last week.", according to the Mountain Region Field Office of the National Agricultural Statistics Service, USDA. Harvesting and transportation of field crops could

Please see HARVEST on Page 2A



Photo by Mechel Meek



Unharvested potato field and harvesting machines.



Photos by Taylor Rocky

The Sargent High School 2021 Homecoming King and Queen were Connor Holmes and Mary Willis.



Magical Homecoming for Sargent

By **KATHERINE SEWELL**

MONTE VISTA — Sargent High School's 2021 Homecoming was a magical week and one for the story — books. The theme for this year was "Night in

Please see SARGENT on Page 2A

City of MV names City Manager finalist

Alamosa County Administrator Dennis-Lounsbury excited for opportunity

By **PRISCILLA WAGGONER**

SAN LUIS VALLEY — A very significant change is on the horizon for both the City of Monte Vista and the government operations of Alamosa County. Valley Publishing has learned that Gigi Dennis-Lounsbury, currently the Alamosa County Administrator, was the final candidate for the Monte Vista City

Manager's position and, pending all the internal processes involved in hiring for such a key position, has accepted the job.

"I'm excited. A little apprehensive. I have a lot of love for the county — the commissioners from both administrations have been just wonderful to work with — and I have a lot of enthusiasm for the city. I'm experiencing the whole gamut," Dennis-Lounsbury says when reached at her home on Monday evening.

"But..." she pauses and then laughs a little. "I feel kind of like Mary Poppins. And maybe, maybe the work that I needed to do in Alamosa

is close to being done and is ready for someone else to take off. And it's time for me to go and do something special in another community."

That "work" that Dennis-Lounsbury needed to do in Alamosa was no small thing.

During her tenure, the "one-cent for justice" sales tax was passed, and a new justice center was built. There was an expansion on the jail and numerous improvements were made at the airport, including securing Sky West as the commercial carrier for the city. She also was a great encouragement to others, which

Please see FINALIST on Page 7A

SLV Research Center paves way to future of potatoes

By **MECHEL MEEK**

CENTER — A detailed tour of the San Luis Valley Research Center showed how they are developing new varieties of potato seed and fulfilling the needs and desires of consumers.

The Research Center is located just outside of Center, on the corner of County Road 9N and U.S. Highway 285. It is dedicated to the research and development of crops in the San Luis Valley and is run by staff from Colorado State University.

Currently, they are growing and researching Russet, Reds, Yellows and some specialty potatoes such as fingerlings and purple-fleshed varieties.

Each crossbred variety is tested for at least 8 years before going to growers to provide feedback and possible use in commercial applications.

Several new varieties are being developed including a darker, yellow-fleshed variety, that contains more of the antioxidant carotene.

Carotene is a yellow-orange pigment that is found in yellow-orange vegetables such as carrots. Carotene is converted into vitamin A when eaten and is important for eye health and improves immune cell number and activity.

Please see RESEARCH on Page 4A

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OBITUARIES

George Eugene (Gene) Morgan

George Eugene (Gene) Morgan, 96, passed away on Sept. 18, 2021, at Homelake Veterans Center in Monte Vista, Colo. He was born on Feb. 17, 1925, in Salina, Kan., to George W. and Margaret D. (Braddock) Morgan.

When he was a junior in high school, he moved to Monte Vista with his sister and parents. After graduation, he enlisted in the U.S. Navy to serve his country in WWII. He was stationed on the USS Morris, a destroyer, where he fought in several battles in the Pacific, including one where a Kamikaze plane hit their ship. He was injured but never reported it as he said there were more serious injuries than his to tend to.

When he returned from the Navy, he went back to Kansas where he worked for Western Electric and met his first love, Eileen Vernon. They were married on April 9, 1949, at the Methodist Church in Oberlin, Kan. After a few years of continued employment, and three children, they decided to move to the family farm in Northwestern Kansas in 1956 where they grew wheat, corn, milo and raised cattle and hogs.

Ten years later, he was convinced to move back to the Valley to farm barley with his half-brother. He eventually went to work at MV Co-op and became the parts and petroleum manager until he retired.

After the untimely death of Eileen in 1985, he was given a second chance

at love and married Darlene Glunz on March 21, 1995, in Las Vegas, Nev. They moved to Arboles, Colo., so Gene could be on the lake, fishing in his boat and enjoying the milder weather.

A couple years ago, due to Gene's health, they moved yet again back to Monte Vista into the Legacy. In March, it was decided that he needed 24-hour care and was moved to the VA Center at Homelake.

Gene was preceded in death by his parents and one sister, Phyllis (Morgan) Christ, half-brother, Loyal Morgan and half-sister, Elvira (Morgan) Telinde.

Gene is survived by his wife, Darlene, his three children Gordon (Cindy) Morgan of Strausburg, Colo., Sue (Darrel) Plane of Monte Vista, Colo., and Janet (Jim) Gonzales of Oklahoma City, Okla., and his stepchildren C.E. (Shari) Glunz and Dawn (Harold) Martin and family. He also had four grandchildren Jennifer (Ryan) Roth of Greeley, Colo., Jeremy (Jeanette) Gonzales of Little Elm, Texas, Russell Plane of Mesa, Ariz., and Gregory Morgan of Strausburg, Colo., who is currently serving in the Army. Gene also was a great-grandfather to Noah, Andrew, Nathanael, Sarabeth Roth and Kyle and Zach Gonzales. He also is survived by numerous nieces and nephews.

A memorial service will be held



at the Monte Vista United Methodist Church on Saturday, Nov. 6, 2021, at 1 p.m. Officiated by the Rev. Don P. Strait, retired Navy Chaplain.

Gene loved homemade ice cream so there will be an ice cream social following the services.

Interment will be in the Norcatur Cemetery in Norcatur, Kan., per his wishes.

The family would like to thank the Colorado State Veterans Center at Homelake for their care for Gene over the last several months.

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

Wilamae Arlene Dutton

Longtime Monte Vista and Del Norte resident Wilamae Arlene Dutton, 90, died Sept. 22, 2021, at the River Valley Inn in Del Norte, Colo.

Wilamae was born March 15, 1931, in Del Norte, Colo., the daughter of William Adolph Heller and Hazel Victoria (White) Heller. She married John Wesley Dutton Jr., on May 8, 1955, in Taos, N.M., and he preceded her in death on Feb. 25, 1984.

Wilamae was a farmer's wife in the Bowen district, and everyone always called her such a sweet lady. She enjoyed garage sales. Christmas was her favorite time of year, and she had a large 4-foot by 8-foot Christmas village that she would set up right after Halloween every year. She was an avid animal lover and enjoyed taking care of the wild animals in an around her home. She was also a collector of Native American art that included many pieces of ceramic pottery. In her spare time, she tirelessly worked on and completed many jigsaw puzzles.

She is survived by her daughter Linda (Donald) Wells of Monte Vista; her grandson Kevin Long; great-grandson Wesley Long; and the father of her grandson Kevin, Dave (Michelle "Micky") Long.

Wilamae was preceded in death by her parents, her husband, her brother,



William A. Heller Jr., and her sister-in-law, Marilyn Cooley Heller.

A Visitation will be held from 12-1 p.m. Monday, Sept. 27, 2021, at the Rogers Family Mortuary in Alamosa. A Funeral Service will follow the visitation at 1 p.m. also at the Rogers Family Mortuary in Alamosa. Interment will follow services at the Monte Vista Cemetery. All in attendance are welcome to wear casual dress.

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

HARVEST

Continued from Page 1A —

be seen throughout the valley with semitrucks headed to the train yards and storage barns filled with potatoes and carrots. The USDA also reported that, "In the San Luis Valley the potato harvest moved forward. The third cutting of alfalfa was coming to a close and a limited number of barley acres remained to be harvested. Range and pastures remained dry, but livestock were in good condition." The reports coming from processors and shippers of potatoes were also positive. Houston-based MountainKing expressed that they have been seeing the fall harvest tests indicate that potato sizes were excellent and very little bruising was noted. MountainKing grows several varieties of potatoes including the ever popular Butter Russet in the San Luis Valley. Other Valley farmers noted that the early season hail storm appears to have not caused damage to crops except for in isolated fields. As of September 26, thirty-nine percent of potatoes, and eighty-seven percent of alfalfa 3rd cutting have been completed, with moisture in the fields described as adequate in most areas.

Missing hiker found dead on Mt. Blanca

ALAMOSA — Recovery efforts were reportedly started Monday, Sept. 27, to remove the body of Vaughn Fetzer, 57, off the Blanca Peak area. He was last heard from on Sept. 18.

The search was called off on Thursday, Sept. 24, when a member of the Alamosa Volunteer Search and Rescue (AVSAR) was reportedly injured by a falling rock slab. The exact location of the hiker's remains was not disclosed.

AVSAR posted on Facebook on Thursday that, "AVSAR conducted this mission up to the edge of our acceptable level of risk. That specific environment has significant inherent risk due to the hazardous terrain including steep loose terrain and exposure.

"We took calculated risks and deployed our team with intentionality to cover that terrain thoroughly to the best of our ability and with a margin of safety. Our search area included all probable routes each of which have significant risk of injury or death.

"Even with teams deployed taking every precaution possible to protect themselves in this environment, things still happen. One team member who was on a team of three searching the Gash Ridge, was struck by a dislodged slab of rock in the couloir that fell several feet onto his right leg. He was extracted by a helicopter, evaluated by EMS, and later seen by Emergency Room Physicians."

AVSAR thanked all personnel involved in the search and asked the community to keep Fetzer's loved ones in their thoughts.



Vaughn Fetzer

SARGENT

Continued from Page 1A —

Neverland," and students participated in events throughout the week.

It was a special year, returning to almost normalcy after the interesting homecoming events the prior year. The week was filled with powder puff games, the bonfire, and the homecoming football game.

For Sargent, the senior class dominated the homecoming festivities. The senior boys and girls won their respective powder puff games.

Thanks to the Monte Vista Fire Department, the bonfire was a "flaming" success and brought in lots of community participation.

The football game was also a community event, but not without its issues. The Farmers were unsure if they were even going to have a game as their original opponent was unable to play.

However, you cannot hide that Farmer Pride, and the team persevered, going up against the Las Animas Trojans. It was a special night, especially when the players, from both teams, knelt to pray after the game.

Sargent also paid a special tribute to 9/11 and other recent tragedies the country and state have faced.

It would not be a Sargent Homecoming without Homecoming Royalty. The 2021 court looked

stunning under the bright lights.

The freshmen attendants were Makayla Brown and Danyy Willis, sophomore attendants were Saige Hostetter and Westen Burkhart, and junior attendants were Megan Peterson and Burke Temple.

The six senior attendants were Gabby Jones and Antonio Martinez, Kamryn Holland and Raultio Garcia, and Mary Willis and Conner Holmes. The Sargent High School 2021 Homecoming King and Queen were Connor Holmes and Mary Willis.

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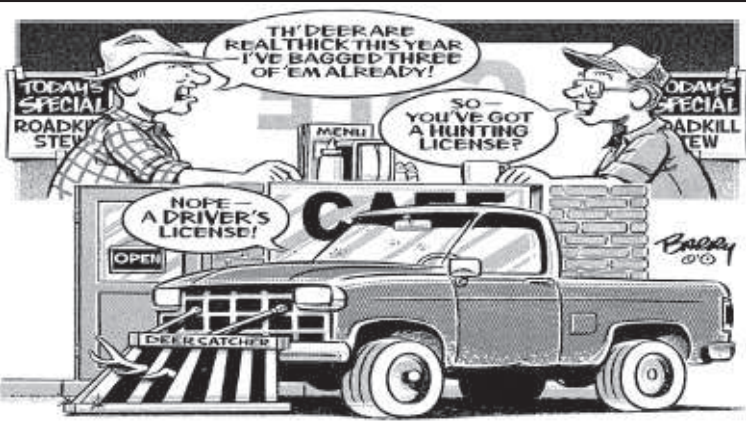
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OPINION & EDITORIAL



Masks are for the little people

It's been an amazing month as we see people once again jamming together in every kind of venue imaginable — football games to soccer matches to the Met Gala and even the Emmys.

What Ol' Dutch has noticed is the lack of masks in those places which means either the dreaded COVID has passed, or they have found a way to pack in there like lemmings ready to leap over a cliff. I have not been able to find any news or information about a possible cure and, in fact, most people now are starting to believe the vaccine may not do that much to prevent it. Thanks for nothing. (Miss Trixie insists that while the vaccine may not prevent you from catching it, there are many studies showing that unvaccinated people die at 11 times the rate of vaccinated people.)

What is going on at football games that allows people to sit 100,000 at a stadium to watch some pigskin pounding participation without fear of illness? Now Ol' Dutch is always on the lookout for such amazing discoveries but I think I may have come up with the reason people can attend such events but kids in school need a mask and desks 10 feet apart.

First of all, those in attendance at the last Colorado game had on team jerseys to support the men on the field. They wear all that stuff so that the stands look good for the television audience and also because they think it somehow helps "their boys" to win on Saturdays. So there must be something in those team wearings that keep the virus at bay? And why Mr. Faucet could not think of that himself before now is beyond me and cost us a lot of fun and entertainment staying home from last year's games. I am beginning to think he is something of a drip actually.

Another thing that Ol' Dutch noticed is the elite also seem to have developed some form of magical immunity to the Corona as they show up at their normal back-patting, self-aggrandizing, conceited awards ceremonies sans masks. While in the background we see their lowly servants wrapped up like a bank robber in an old Western movie. Again, it must be something in the fancy-dancy clothes they are wearing that gives them immunity from getting sick.

So Ol' Dutch got to thinking (a dangerous proposition according to Miss Trixie) that me and Trixie need to



Trout Republic
by Kevin Kirkpatrick

design some fashionable clothes with these built-in meds which prevent the spread of COVID.

You know some K-12 stuff so we can get our schools back to normal and maybe some workplace casual so that people can once again get back to the office and have a life outside their basements.

I would think we could find out pretty quickly from the high-end fashion moguls who make the movie stars clothes just what exactly is in their fabric that wards off the fever. Then we can simply couple that with the factories in Taiwan that make all the game gear and produce some clothes with double the immunity of what is being used today in crowded venues.

Just think no more would the common man have to worry about getting sick and dying. He would be free to his unalienable rights of life, liberty and the pursuit of happiness once again. Free to fly uninhibited across the friendly skies and free to worship God and prepare for the eternity to come. Which according to the Bible is even longer than 2020. We are talking about a lengthy period here folks.

So get out your checkbooks, double down on your credit cards and find those old Green Stamps to invest in our great venture, as we are soon to appear on the Sharks program and launch into mega wealth, for sure.

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.

CPW seeks public comment on draft herd management plans for San Luis Valley

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



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.

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>.

YOUR NIGHT SKY

BY DARLENE DANKO

Zodiacal Light and Meteors

The Zodiacal Light will be visible the next 2 ½ weeks starting now. I've watched them many times in February and March when I look in the west after sunset. But this is a morning event that I've never seen. It occurs in the east before sunrise and lights up the sky. It occurs in September and October, but only when the moon isn't shining.

You'll see a tall dim pyramid stretching up from the ground. Since the new moon is on Oct. 6, the sky will be very dark and easy to find them. You just have to get up early while the sky is still dark

around 5 a.m.

This occurs from sunlight reflected and scattered by dust in or near the ecliptic, which is the plane defined by earth's orbit around the Sun. Since the full moon is on Oct. 20, this is the only time to go out and look for them.

Unfortunately, the Orionid meteor shower peaks on Oct. 21, so with the full moon the day before, we won't be able to see them at their peak. The good thing is that they run from Oct. 2 until Nov. 7. So, when you go out to see the Zodiacal light, look in the SW to see if you see any meteors. Unfortunately we most likely are only able to see one, but it's better than not seeing any.

Because of the cloudy sky on Sept. 11, the Lookout Mountain Observatory was only able to have



the meeting with no star gazing. So, we've decided to have it on Oct. 2, and hopefully the sky will stay clear so we can go out and view the sky. The meeting will be at 7 at the Rio Grande County Courthouse Annex at 965 6th St., in Del Norte, followed by the star party at the Del Norte observatory which is just behind the courthouse and up a little mountain. If you come, don't forget to bring a flashlight to climb the mountain safely.

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RESEARCH

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The darker, yellow-fleshed potato is being tested and bred to increase this nutrient and create a better and healthier product for consumers. This is just one of the varieties that are being created at the Research Center.

They share their discoveries and seed throughout the United States and Canada with partnerships with other universities, with the goal to provide a superior potato for consumers and companies.

According to Dr. David Holm of the San Luis Valley Research Center, "Anything that is selected goes on for further research, then we grow more."

Each variety is grown and crossbred to create characteristics that are needed for their commercial application. These applications can be wide-ranging, such as creating a superior potato to make French fries or if a particular variety can be stored for long periods. While this year's harvest is complete, the research continues year-round.



Photos by Mechel Meek

The San Luis Valley Research Center continues to grow and research new varieties of potatoes, such as yellow-fleshed and purple-fleshed potatoes.

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.

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.



Photo courtesy of Sargent High School

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

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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



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.

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 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.

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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.

Wednesday Stand-up Paddleboard Trips Down the Rio

Sept. 29 and 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
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

Monte Vista Historical Society's annual meeting

Monte Vista Historical Society will hold its annual meeting on Oct. 22, from 11:30 a.m. to 1 p.m. at Nino's Mexican Family Restaurant in Monte Vista. Everyone is invited to join them for a Dutch lunch in the back room. In lieu of the potato



Courtesy photo

harvest, the Historical Society shared this picture. A street scene in Monte Vista during potato shipping sometime between 1910 and 1920. More than 20 horse-drawn wagons loaded with potatoes are parked on a dirt street in Monte Vista. Shows commercial buildings and parked cars. Signs on buildings read: 'Spearhead Plug Tobacco,' 'Millinery,' 'Rooms,' 'Dry Goods,' 'J.C. Bushinger Clothing Hats Furnishings & Shoes, EST. 1891.'




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.

• 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.

Zacheis Planetarium Schedule
• Sept. 30
5:30 p.m. Lucy's Cradle: The Birth of Wonder
Seasonal Stargazing: Autumn
6:30 p.m. Lamps of Atlantis




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Senior (65 & older)		\$423	\$528
Student (13-18 in school)		\$743	\$928
Child (6-12)		\$379	\$473
Tot (5 & under)		\$53	\$66

SUPERSAVER PASSES		-41 Blackout Dates - Pre-Season Rate/Regular Rate	
Adult		\$723	\$903
Senior (65 & older)		\$318	\$397
Student (13-18 in school)		\$558	\$697
Child (6-12)		\$285	\$356
Tot (5 & under)		\$41	\$50

SUPERSAVER BLACKOUT DATES
 Nov. 26-27; Dec. 11-12, 18-31; Jan. 1-2, 8, 15-16, 22-23, 29;
 Feb. 12-13, 19-20, 26; Mar. 5, 7-9, 12-17

PEAK ADVANTAGE FAMILY PASSES		SUPERSAVER FAMILY PASSES	
Pre-Season Rate/Regular Rate		Pre-Season Rate/Regular Rate	
1st in Family	\$963/\$1,203	1st in Family	\$723/\$903
2nd in Family	\$743/\$928	2nd in Family	\$558/\$697
3rd in Family	\$423/\$528	3rd in Family	\$318/\$397
4th in Family	\$347/\$433	4th in Family	\$261/\$326
5th in Family	\$347/\$433	5th in Family	\$261/\$326

FAMILY PASSES - All passes must be same type
 Families consist of father, mother, or partners in civil unions and their single, dependent children, 22 years old or younger, living together supported by the same income

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San Luis Valley Scoreboard 2021 - 2022

Football

Vail Christian 36 Sanford 22
 Monte Vista 32 Cedarridge 6
 Alamosa 47 Manitou Springs 0
 Sierra Grande 56 Cotopaxi 0
 Mountain Valley vs Cripple Creek
 (cancelled)
 Centauri vs Bayfield (cancelled)

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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, 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.

FINALIST

Continued from Page 1A

she described as “hoping I helped to leave a fingerprint on some of the county employees, so they’ll continue to step up and do great things for the county.”

Dennis-Lounsbury will bring an extraordinary background of experiences to her position in Monte Vista, yet she also personifies that expression “still waters run deep.” Known for being a steady yet somewhat soft-spoken person, her career is marked by one significant accomplishment after another.

After serving for six years as the Colorado state senator representing the San Luis Valley plus Pueblo, Huerfano, Las Animas and Custer Counties that made up District 5, Dennis-Lounsbury was appointed by President George W. Bush to serve as the State Director of USDA Rural Development. While in that position, she oversaw and managed the portfolio of programs in rural housing loans and grants, multi-housing and farm labor projects business loans, community grant and loan programs and utility service. Ultimately, Dennis-Lounsbury designed and implemented a statewide reorganization of the agency to streamline services while improving community outreach and education in rural communities.

Four and a half years later, she was appointed by Governor Bill Owens to serve as Colorado's Secretary of State, overseeing all functions related to that office including the Business Division, elections, Non-profits, Bingo and Notary. In that position, she also oversaw 120 employees and managed a budget of \$64 million.

Dennis-Lounsbury then ventured into the private sector, serving for eight years as the Senior Manager of External Affairs for Tri-State Generation and Transmission, which gave her a real-time, upfront, in-depth understanding of the energy industry that has played a crucial role in the Western states of Colorado, New Mexico, Arizona and Wyoming as well as Nebraska.

Upon getting married to Mark Lounsbury and returning to the San Luis Valley, Dennis-Lounsbury stepped back into public service, ultimately taking her current position as county administrator with the Alamosa County government.

As the time to move on grows near to move on, Dennis-Lounsbury is not without some emotion about leaving. “I came back to the SLV at a time when I was getting married, and I needed a job, and I loved the opportunity that the county presented to me. I hope the county feels I maximized my time well with them,” says Dennis-Lounsbury.

Even while looking back at the past six-plus years, Dennis-Lounsbury is also looking forward to working with the Rio Grande County Commissioners, the employees of the City and all the “opportunities that are waiting for expansion in Monte Vista.”

“I don't know the rest of the team very well yet, but I graduated from high school in Monte Vista — that's where I first knew my husband — and I guess I'm a Monte Vista girl at heart. I'm excited to be at home and planning to advance Monte Vista to meet the needs of economic prosperity,” says Dennis-Lounsbury.



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

SAGUACHE COUNTY SHERIFF'S REPORT

SAGUACHE COUNTY — The following information was provided by the Saguache County Sheriff's Office for the period between Sept. 20 and 26, 2021.

The Sheriff's Department's activity on the road included one crash with property damage, and eight traffic stops. They also assisted with ambulances six times, assisted motorists two times, patrolled the Town of Saguache

nine times, and assisted a locked-out motorist.

In addition, there were two civil dispute reports, three reports of suspicious activity, two reports of harassment, three alarm reports, six animal problem reports, four citizen assists, three reports of stolen property, one sex offense report, one intoxicated person report, three noise complaints, two protection order violations, one utility problem

report, one property damage report, and three welfare checks.

They also monitored 14 controlled burns, one structure fire, provided information 13 times, assisted with one search and rescue call, assisted neighboring agencies one time, and two warrant checks.

Arrests

• 38-year-old Rio Rancho, N.M., woman, warrant Saguache County.

The Board of County Commissioners will hold a Public Hearing at the Saguache County Road and Bridge Meeting Room located at 305 - 3rd Street, Saguache, Colorado, on the following date:

TUESDAY, SEPTEMBER 28, 2021 at 2:30 PM

to consider proposed changes to the Saguache County Land Development Code changes. To view the proposed changes, you may contact the Saguache County Land Use Department - PO Box 326, Saguache, CO 81149 or atorrez@saguachecounty-co.gov, or by calling 719-655-2321 or you may view the changes on our website at www.saguachecounty.colorado.gov. Written comments will be accepted until Friday, September 24, 2021 at 3pm, and may be sent to Saguache County Land Use Department at PO Box 326, Saguache, CO 81149 or email to atorrez@saguachecounty-co.gov.

By: Tim Lovato, Chairman
 Chairman, Saguache County Board of Commissioners

No. 1604 published in the Center Post Dispatch, Thursday, September 2, 9, 16 and 23, 2021.

Why Self-control is the Key to Freedom

We all have hopes and dreams for our lives—whether it's to buy a house, get in shape physically, have success at our job, grow spiritually, or any other goal that's in our heart.

However, if we want to make progress in life, it's going to require self-control. I realize this isn't a very popular topic, but self-control is one of the best friends we can ever have because it brings us freedom.

What does it really mean to be free? Many people think it means you should be able to do what you want, when you want, and never have to suffer any of the consequences. But God's Word tells us that we reap what we sow (see Galatians 6:7).

Sure, we can choose to do what we want; however, every choice we make is a seed that will produce a harvest in our lives—either for good or bad.

Freedom is not simply the liberty to do whatever we want. True freedom is having the ability and discipline not to do something if it means we will be happier with the results in the long run.

Self-control is one of the best gifts God has given us. It helps us say yes to what we truly want to say yes to...and it helps us say no when we want to say no.

For instance, my husband, Dave, and I ate at a restaurant that makes some of the best lobster bisque soup I have ever tasted; it's so smooth and creamy, and it has just the right amount of flavor. I instantly began thinking about going back the next day.

The truth is I could choose to eat that soup every night, but I know my body and what I need to do to maintain my weight. And while I want the soup, I want to stay in shape and remain healthy even more.

Galatians 5:17 says, “For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the

flesh. They are in conflict with each other...” (NIV).

The “flesh” represents the desires and cravings of our body and soul, apart from the Holy Spirit. Many times our flesh wants something that the Holy Spirit says is not good for us; however, as we learn to follow the direction of the Holy Spirit, that is when we become truly free.

Galatians 5:16 says if you “walk by the Spirit, and you will not gratify the desires of the flesh” (NIV).

The Lord wants to help us make wise choices. I often say that wisdom is doing now what you will be happy with later. Even if a good decision isn't comfortable for our flesh in the moment, it will produce good results later on.

God has already provided everything we need to have a great life, but it's up to us to walk it out—and we do that by making good choices (2 Peter 1:3). Good decisions produce good results.

We make choices every day: how we think, what we're going to say, what attitude we take... We can choose to forgive someone when they don't treat us the way they should. Or we can choose to say something kind to someone when everything in us wants to say something mean.

Always remember, when you choose to do what is right—especially when you don't feel like it—that is when you will see good results!

I love 1 Corinthians 6:12. It says, “I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but I will not be mastered by anything” (NIV).

This scripture is saying we can choose to do whatever we want, but not everything is good for us. So, when we feel tempted by something that isn't good for us, we need to stop and think,



If I do this now, how will it affect me later on?

I am so glad that I'm no longer controlled by a cookie or an overwhelming desire to have to buy every new outfit I see at the shopping mall. Operating in self-control and choosing to do what I really want is true freedom.

Wherever you are in life right now, God has a great plan for your future. And He not only wants to lead you and show you what to do, but He also wants to give you the grace to do it!

Ask the Holy Spirit for the guidance and strength to make good choices, then begin making decisions today that you will be happy with tomorrow. As you do, you'll be amazed at the results... and you will experience the wonderful freedom of self-control.

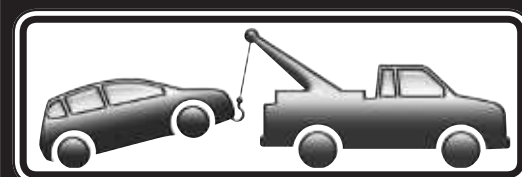
For more on this topic, order Joyce's four-teaching CD series *Living a Life of Total Freedom*. You can also contact us to receive our free magazine, *Enjoying Everyday Life*, by calling (800) 727-9673 or visiting www.joycemeyer.org.

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.

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Winter is on the way

Snow officially hit Summitville and the peaks of the La Garita Mountains this week. Snow could be seen Tuesday morning, Sept. 28, from Highway 160 heading west on top of Summitville to the south and Wheeler Geological area to the north of Del Norte.



Photos by Lyndsie Ferrell

Seasons collided on Monday afternoon, Sept. 27, outside of South Fork as rain showers passed over the La Garita Mountains. Rainbows and snow could be seen just as the sun set over Wolf Creek and the San Juans.

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September is National

SUICIDE

Prevention Awareness Month



Warning signs of suicide

Speech

The AFSP notes that people who take their own lives may speak about doing so prior to committing suicide. People should seek help if they or a loved one talks about feeling hopeless, having no reason to live or being a burden to others. People who speak of feeling trapped or feeling unbearable pain also may be exhibiting warning signs of suicide.



Behavior

Behavior, especially behavior that can be linked to a painful event, loss or change, is another potential indicator that a person is having suicidal thoughts. Such behaviors include:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

Mood

Mood also is a potential indicator that a person might be having suicidal thoughts. In addition to depression and anxiety, people who are considering taking their own lives may exhibit a loss of interest in things they once enjoyed. Irritability, humilia-

tion, agitation/anger, and relief/sudden improvement are other moods the AFSP notes may be warning signs for suicide.

The deaths of two highly regarded celebrities brought suicide to the forefront in 2018. Taking the time to understand suicide and its warning signs can help people prevent tragedies. More information is available at www.afsp.org. People who are in crisis or suspect a loved one may be in crisis are urged to call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741741.

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Lifestyles

Serving the entire San Luis Valley

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

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Chili Cookoff to heat up fall in South Fork

By LYNDIE FERRELL
SOUTH FORK — The annual South Fork Chili Cookoff is back on the calendar — Thursday, Oct. 14. Like most events in the San Luis Valley, it has been over a year since the last Chili Cookoff and those who participate every year are eager to get this spicy fiesta off to a great start.
 Each October, the South Fork Visitor Center partners with the town and local Colorado Park and Wildlife officials to offer an opportunity for hunters coming to the area to meet up with experts and enjoy a steaming bowl of chili, taste epic salsa recipes and mingle with residents for a night that is sure to bring out the best of South Fork. Community members also come out to enjoy a neighborly meal with family and friends as well as show off their cooking skills

when it comes to spicy, hot chili.
 The event features about three categories for local community members, businesses and organizations to create, including red chili, green chili and salsa entries. Each contestant needs to be able to provide enough food to serve small portions to about 200 to 300 guests who turn out for the annual event. Every year participants create their versions in any one or all three of the categories and make about five gallons of chili per entry.
 This year's theme is "Virus Killing Chili" and contestants are allowed and encouraged to decorate their table space to win prizes. There will be prizes for the three chili categories and one for the best-decorated table.
 Colorado Parks and Wildlife will be in attendance this year to give tips

and tricks to hunters. It is just a short time away so hit those cookbooks and start planning.
 There will also be hotdogs, nachos and desserts available in the main kitchen at the South Fork Community Center. The event is from 5 to 7:30 p.m. on Oct. 14 at the South Fork Community Building. Cost is \$5 per person to taste and vote.
 For more information or to sign up for the contest, contact Mark Teders at the South Fork Visitor Center by calling 719-873-5512 or by visiting the center's Facebook page.
The South Fork Chili Cookoff is an annual favorite and offers local chefs from businesses and the public the opportunity to vie for bragging rights.
 File photo



Hunting season starts for western San Luis Valley



By LYNDIE FERRELL
SOUTH FORK — The west side of the San Luis Valley is home to some of the most sought-after hunting units in Colorado and with that comes a growing hunter population that visits each fall. Though the San Luis Valley as a whole offers plentiful hunting opportunities, first, second and third rifle seasons are the most popular bringing in hundreds, if not thousands, of hunters every year.
 "This year is shaping up to be a decent year — good summer moisture means good vegetation and water sources. Of course, Mother Nature certainly will play a role, as we move into the fall as well as the timing of snow which is key to a hunter's success as we move into rifle seasons. The colder the weather the easier it is to access big game animals as they move down from higher elevations

to feed," stated District Wildlife Manager Jeremy Gallegos.
 As far as whether or not there are any changes to the coming big game rifle season Gallegos explains that, "Hunters should always read the big game brochure to make sure there hasn't been any changes to the area they are interested in hunting. This year there hasn't been any big changes this year for the western part of the Valley. We recommend hunters look at the halfway points between the motorized trails and roads. Animals will move to those areas typically to get away from the noise the vehicles and OHV's make. Be prepared to walk into some more rugged country but may have a better chance for success."
 It is also important to know hunter safety laws and regulations prior to

heading out on a hunt as Southwest Region Public Information Officer John Livingston explains, "One thing we'd really like to stress is the importance of Hunter Education and remembering those lessons taught in Hunter Ed, particularly the key point of 'if you are not 100 percent sure of your target and what's beyond, do not aim and do not shoot.'"
 The basic firearm rules can help prevent injuries or death: Treat every firearm as if it's loaded, don't point the muzzle at anything you do not intend to shoot, keep the finger off the trigger until a hunter is on target and ready to shoot, and always be 100% sure of the target and what is beyond. Hunters need to make sure they have the appropriate maps, especially when it comes to OHV.
Please see HUNTING on Page 2

Excuses for keeping culls

I try not to make this column too educational but sometimes there is a need that can't be ignored. When ranchers and cowmen work their cowherd, they are often under pressure to cull cows that they have developed a peculiar fondness for. Their excuses for keepin' the ol' darlin' can be pretty feeble.
 I present to you a list of excuses which can be used as a handy reference while yer standin' there at the chute.
 "I always keep the roan cows. They're good luck."
 "She's a good marker."
 "She'll be good as new once the hair grows."
 "She can see just as well with one eye. Saw that horn off."
 "We can turn her out on the J.P. That'll wear of those long toes."



"My sister had a C-section and we didn't ship her."
 "It just takes a little time for a knocked

down hip to heal."
 "I read Playtex has a new cross yer heart veterinary bra for swing bags."
 "So she's a little thin ... it's just the Jersey comin' out in her."
 "I admit her head's not too feminine, Ma, but that never kept you from settlin'."
 "Since when do you have to have all yer teeth to be a good mother?"
 "She weaned the biggest calf on the place in '14."
 "My horoscope told me ten was my lucky number and she turned ten last spring."
 "I know she's slunk her last two calves but this year might be different."
 "She's always had a snotty nose and watery eyes. I think it's hay fever."
 "You can't cull one just because she can't walk as fast as the others."

"Her mother was a good cow."
 "If she had brucellosis, I'd know it."
 "You gotta admit she knows the range."
 "She's not weak, just gentle."
 "So what, even I have arthritis."
 "But she was Wava Dean's first 4H project."
 "I say as long as three out of four work, she's worth keepin'."
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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Adams State enrollment remains steady

STAFF REPORT

ALAMOSA — Adams State University starts the fall semester with consistent enrollment from 2020. Adams State's total student enrollment was 3,040, compared to 3,039 a year ago.

"We know last year during the pandemic all students struggled with remaining engaged while adapting to changing circumstances," said Adams State President Cheryl D. Lovell. "We are pleased to have remained stable and with new programs being developed we believe the future will see growth in our undergraduate enrollment."

Adams State Grizz Bizz Days and New Student Orientation were well attended, and the fall semester has been off to a great start with student activities, sports events and other community events.

Overall, total credits of enrollment increased from last year, although the total number of students including graduate and undergraduate, remains the same.

Students are taking more credits per semester, leading to earlier degree completion. Adams State has approximately 1740 undergraduate students and 1300 graduate students enrolled thus far this fall.

The high school concurrent programs are seeing strong growth and a higher percentage of Adams State undergraduate students are the first in their families to pursue a college degree.

Several new programs, such as the grant-funded Back to Work program through the Colorado Opportunity Scholarship Initiative, can help displaced workers earn credentials or a degree with scholarships and support services. Chayne Boutillette, Adams State COSI director, can be contacted at 719-587-7061 for more information about getting a certificate or degree to get back into the workforce.

A full 2021 student census report is available at adams.edu/administration/institutional-effectiveness.



Adams State University Class of 2025.

Photo courtesy of Adams State University

ASU Theatre presenting 'Night of the Living Dead Live'

STAFF REPORT

ALAMOSA — Six strangers, a lonely farmhouse, surrounded by brain-eating zombies — what could go wrong?

Kicking of its 95th year, Adams State University Theatre presents "Night of the Living Dead Live" — a fun re-imagining of George Romero's horror film. Tickets went on sale Monday, Sept. 13 at the ASU Theatre Box Office.

Set in 1968, the play is a horror parody of the classic zombie movie. Directed by John H. Taylor, Ph.D., chair of theatre, the comedy re-creates live on stage the original film in the first act. In the second act, it presents a series of alternative endings which hilariously tests the question: Can anyone survive a night

of the living dead?

"After a year plus of going through a pandemic, it seems appropriate to me that we welcome back audiences into our theatre with a comical zombie apocalypse. Why not?" said Taylor.

As in the film, the threat is not from only outside of the farmhouse in which the characters are hiding. It is inside the home. The real conflict is between those in the house as they argue and fight amongst themselves. To survive, they must work together or they will perish at the hands of the living dead. In playing out a series of comical "what ifs," this comedy shows the challenges of defeating zombies.

Taylor adds: "For fans of the original movie, I hope they find our work to be a loving tribute to it. In fact,

this script is officially authorized by the Romero family. If you have not seen the 1968 film, you will still find the evening to be full of frights and laughs."

Public performances of Night of the Living Dead Live runs Oct. 1 and 2 at 7:30 p.m. and Oct. 3 at 2 p.m. in the SLV Federal Bank Main Stage Theatre, located in the Adams State Theatre Building.

Tickets are \$10 for the general public, \$9 for seniors and students, and free to Associated Students and Faculty with current Adams State identification. The production is recommended for ages 12 and older.

All audience members are required to wear masks while inside of the theatre building. The box office number is 719-587-8499.

ASU English Dept. to host first-ever high school writing contest

STAFF REPORT

ALAMOSA — The Adams State University English Department is hosting its first high school writing and digital media contest for San Luis Valley juniors and seniors.

This is a great opportunity for high school juniors and seniors, with the chance to win scholarships to Adams State up to \$1,000 and the opportunity to have their writing

published in the University's literary journal, The Sandhill Review.

Categories of submission include fiction, creative nonfiction, poetry, visual digital narratives, and literary criticism and analysis.

The deadline for submission will be Sunday, Oct. 17, at midnight.

For more information, email Michelle Le Blanc at mleblanc@adams.edu or leave a voicemail at 719-587-7386.

HUNTING

Continued from Page 1

use. Officers have responded to some complaints, and these violations could have been avoided if hunters had done a little homework.

Going toward the Saguache area, hunters travel into southwestern Colorado's most hunted area in units 68, 67 and 66. These three units are where most hunters venturing to southwestern Colorado end up with limited tags sold in each area. The terrain is wide, grassy valleys that lead into dense forests at the base of the La Garita, San Juan and Elks mountain ranges. Herd numbers for large game are diminishing in the areas and this has caused some frustration among hunters.

On the other side of the La Garita Mountains, is a once in a lifetime hunting unit, only open to those who have accumulated enough points on their hunting licenses and should be hunted by only the most experienced hunters, due to the terrain. Unit 76 in Mineral County is a very secluded, minimum access area that has a minimal number of roads. Several who come to the area hunt the area on foot, leaving behind modern-day vehicles for the more primitive outlook to hunting in the area.

The Valley consists of two other hunting units that are located between the two units mentioned above. Units 79, 80, 81, 82 and 83 that cover Conejos, Rio Grande, Alamosa and Costilla counties. These units take people into the lower peaks on the southern side of the Valley and into some historic mining areas. The terrain is steep, with

high peaks and dense pine forests that have not yet seen the effects of the spruce bark beetle like the western side

of the Valley.

For more information visit www.cpw.state.co.us.

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SLV Area Extension says 'Thank You, Maxine'

CONTRIBUTED ARTICLE

After 35 years of exceptional service and contribution to the citizens of the San Luis Valley, Maxine Lujan, SLV Area Extension office manager and administrative assistant is taking a well-earned retirement.

If you or your kids were ever in 4-H, Maxine enrolled you in 4-H, registered you for the SLV Fair, advanced your projects to the state fair, took your reservations for 4-H Achievement Night, and answered your calls for help. If you ever attended the Southern Rocky Mountain Ag Conference or its predecessor the Potato and Grain School, Maxine registered you. If you ever came to the Extension office

with a weed, a bug, or just needed a hug, Maxine always welcomed you and steered you in the right direction. Maxine joined the SLV Extension team as the 4-H secretary in October of 1986. Before this, she had been a police officer working especially with juveniles. Her story of switching from a career of dealing with youth after they were in trouble to a career of fostering healthy youth and developing kids into strong, confident leaders will warm your heart. She indeed has helped raise two generations of productive, San Luis Valley citizens.

In 2002, Maxine was promoted to office manager, which means she still did 4-H, but also now ran the office, kept Extension agents in line, served any citizen who called or came in the office for any reason, and became the one consistent force holding everything together in a changing organization. When asked what she has in mind for her retirement, three things are always on her mind. Family, fishing, and starting an Abuela program at her church so she can take young children who need an extra grandma in their lives under her wing and teach them how to sew buttons back on their jackets instead of throwing them away.

If you are one of the thousands of people Maxine has served in the past 35

years, come share a memory, have ice cream and cake, and show your appreciation for her, this is your chance. The Extension staff is hosting an open house in her honor Friday, Sept. 24. It will be held from 4 to 7

p.m. at the SLV Area Extension office, 1899 East Highway 160 by the Monte Vista Coop.



Maxine Lujan

Lookout Mountain meeting, star party planned for Oct. 2

DEL NORTE — The Lookout Mountain Observatory Association will host a public meeting on Saturday, Oct. 2, at 7 p.m. at the Rio Grande County Courthouse Annex, 965 6th St., followed by a star party at the Del Norte Observatory. Bring a flashlight to better and more safely follow the rocky trail from the Annex to the Observatory

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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~ B. Gullette

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05 Notices

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07 Help Wanted

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)

Long standing South Fork Real Estate firm seeks experienced

and efficient secretary/office manager. Excellent pay, flexible hours if needed, fantastic work environment in a beautiful location with beautiful people. Our ideal candidate is self-motivated, creative, at least one-year experience as a secretary or administrative assistant and proficient in Microsoft Office. Call 719-873-1700 for an appointment today. (10/13)

Rio Grande County, Road and Bridge is accepting applications for full time Equipment Operators I and 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 pm Monday-Thursday. Applications must be submitted, in person, to the same address. (10/20)

Carpentry workers needed for remodeling and painting. Pay

depending on experience. Call 719-849-1796 (9/29)

Nonprofit Alamosa company seeking 40 hrs per week Field Coordinator to market & assist families w/ self-help home construction. Some evening and weekend work. \$17-\$18 p/h. Email resume and cover letter to

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Valley Wide Classifieds

melanie@crhdc.org See description at www.crhdc.org (9/29)

The City of Creede Public Works Department is now accepting a Public Works Full Time Operator/Laborer position that includes the maintenance of various City-owned streets, parks, and/or buildings, along with maintenance of water, wastewater, and stormwater systems. General supervision is provided by the Public Works Director. Hours of work: 6:00am – 2:00 pm M-F (may vary based upon season). For application and more information please visit <https://cityofcreede.colorado.gov/news-article/city-of-creede-hiring-full-time-pw-maintenance-position> or call the City of Creede Public Works Director at 719.658.2276 ex4. (9/29)

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)

Del Norte Jr./Sr. High School is seeking an energetic, caring individual to serve as a Special Education ParaEducator. Applicants must have a high school diploma and prior experience working with students with special needs is preferred. Please submit your application to David Grabowski, DNHS Principal at 950 French Street, Del Norte, CO 81132; dgrabowski@urtigers.co; or contact David at 719-657-4020. The position will be open until filled. You can pick up an application at the District Office or on-line at urtigers.co. (9/29)

Retail Position-Wolf Creek Ski Area is accepting applications for a Treasure/Noel Sports Supervisor. Full time, seasonal position; October thru April. Must have prior retail and managerial experience. Knowledge of frontend and backend of POS system (RTP preferable). Understanding of inventory control, sales reporting and scheduling is critical. Full job description and duties at WolfCreekSki.com. Send resumes and applications to treasuresports@wolfcreekski.com or P.O. Box 2800, Pagosa Springs, CO 81147. Position requires an individual to be friendly,

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SUDOKU

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

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Fun By The Numbers

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Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Solution to last week's puzzle

		O	F	F		A	R	T	I	S	T	
		S	R	O		V	E	R	N	A	L	
S	C		C	A	R		T	I	L	T		
P	U	M	I	C	E		I	T	E	R	A	T
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						B	R	E	A	S	T	D
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Valley Wide Classifieds

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23 Lawn and Garden

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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 view! **\$289,000** MLS#787149

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Basketball season starts in October at HVCC

CONTRIBUTED ARTICLE

Hello community members! The High Valley Community Center has been enjoying the bustle of after-school onsite programming and sports. The flag football season ended on Sept. 15 and volleyball will finish on Sept. 22.

Thank you to our coaches: Felix Ortiz, Nicole DePriest, and Trish Archuleta for improving the kiddos' skills through positive leadership.

The girls' basketball season will begin first in October, followed by boys basketball and a K-2 co-ed team in December. Registrations for basketball are available on the HVCC homepage, TheHVCC.org.

The theme this week was, "Good Citizenship." The kids made a diagram demonstrating their place in the world, learned about the power of positivity through the "Positive Thought Flower" exercise and celebrated

their individual contribution to the world with the "Change the World with My Own Two Hands" activity. We want to acknowledge Parker and Idaly for showing exemplary behavior, picking up trash without being prompted and being respectful during activities. Keep up the good work!

Last week at the Sand Dunes Pool, the kids' swimming abilities were tested, and they were placed in different swimming groups based

on their skills.

We look forward to seeing the improvement in the kids' swimming abilities as the month progresses. It is not all work — the kids enjoyed their free swim and lunch after 30 minutes of lessons.

HVCC will be taking the kids to the pool for every Fabulous Friday in September and October. Parents and guardians, please provide your child with the appropriate attire

— swimsuit, towel, swim shoes, sunscreen, sunglasses, and an extra pair of dry clothes. HVCC will provide the kids with their HVCC shirts and lunch. Students may bring cash if they want lunch from the restaurant, or to shop.

We happily accept volunteers. If you are curious about our establishment and or would like to help with sports or after-school activities, visit us at 595 Grand Ave. or give us a call at 719-657-2172.

Headwaters Hoedown and Cornhole Throwdown is Oct. 2

STAFF REPORT

MONTE VISTA — The Colorado Farm Brewery is hosting the Headwaters Hoedown and Cornhole Throwdown on Saturday, Oct. 2. The event is being organized by the Rio Grande Headwaters Land Trust.

"Join us to celebrate another successful year of land and water conservation in the SLV," organizers stated.

Winners of the cornhole tournament will receive a cash prize. There will be live bluegrass music by the Spurs of the Moment, a charity auction with exciting experiences and items, local food trucks, estate beers, and fun for everyone in the family. The Hoedown will run from 2 to 5 p.m.

"The Rio Grande Headwaters Land Trust (RiGHT) works to conserve our land, water, and way of life in the San Luis Valley," organizers stated. "For 22 years we've been working with private landowners, public agencies, and other conservation organizations to preserve the natural beauty and wildlife habitat of the area, and to promote a sustainable agricultural way of life. Our goals are to protect and support working ranches and farms, water resources, wildlife habitat, and scenic landscapes while inspiring a culture of conservation in the SLV."

Tickets are \$15 online in advance or \$20 at the door. With every ticket, people receive two free drinks from the Farm Brewery and a chance to win door prizes. Kids are free. Visit <https://bit.ly/HOEDOWN2021> to buy your tickets ahead of time.

If the 16-team bracket is filled, the Cornhole Throwdown champions will each receive a \$200 cash prize. The tournament will be single-elimination, knock-out bracket style. Both team members need to pay the \$20 entry fee to compete. Tournament tickets can be purchased online.

The event is sponsored by the Colorado Farm Brewery, San Luis Valley Federal Bank, Trinchera Blanca Foundation, Broken Arrow Ranch & Land Co., and the Colorado Housing and Finance Authority.

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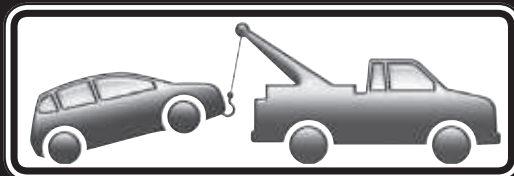
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FALL Harvest

Common sustainable agriculture practices

The concept of sustainability varies by industry. Within the agricultural industry, sustainability is a multifaceted concept that has become increasingly popular in recent decades.

According to the National Institute of Food and Agriculture, sustainable agriculture seeks to increase profitable farm income, promote environmental stewardship, enhance quality of life for farm families and communities, and increase production for human food and fiber needs. In an attempt to reach those goals, farmers who embrace sustainable agriculture may look to various practices.

- **Cover crops:** The Union of Concerned Scientists, a nonprofit organization that aims to employ independent science to address the planet's most pressing problems, notes that cover crops are planted during the offseason when soils have traditionally been left bare. Cover crops can help prevent soil erosion and replenish the nutrients in the soil. Cover crops also can limit weed growth, reducing the need for herbicides that can prove harmful to the environment.

- **Reduce or eliminate tillage:** According to the UCS, traditional plowing, or tillage, can cause a significant amount of soil loss, even as it prepares fields for planting and reduces the likelihood of weed problems. Eliminating or reducing tillage involves inserting seeds directly into undisturbed soil, which can reduce erosion and improve the health of the soil.

- **Integrated pest management:** Integrated pest management techniques aim to minimize the use of chemical pesticides that can prove harmful to the environment and local wildlife. According to the University of California Statewide Integrated Pest Management Program, IPM strategies like habitat manipulation and the planting of disease-resistant plants



are designed to promote long-term prevention of pests and the damage such pests can cause.

- **Agroforestry:** The Association for Temperate Agroforestry defines agroforestry as an intensive land management system that incorporates trees and/or shrubs to optimize the benefits they provide when deliberately combined with crops and/or livestock. The shade and shelter provided by trees and shrubs can

protect plants, animals and water resources.

- **Crop/livestock integration:** The UCS notes that there is growing evidence to suggest that the careful integration of crop and animal production can help farmers make their farms more efficient and profitable.

Sustainable agriculture is a complex concept that can benefit farmers, their local communities and the environment in myriad ways.

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Courtesy photos

Saguache County Office of Emergency Preparedness Director Robert Woelsz said following a fire in the Baca Grande subdivision that the region and the state have been very lucky this year.

‘It could have been much worse’

By PRISCILLA WAGGONER

SAGUACHE — When asked to describe the fire event that destroyed a house in the Baca Grande subdivision last week, Robert Woelsz’s answer was a little unexpected.

“It could have been a whole lot worse,” he said.

The response was not meant to diminish what the homeowner experienced. Far from it. Woelsz readily acknowledged the significant loss suffered by the homeowner multiple times throughout his description of the scene.

But, in his role as Director of Saguache County Office of Emergency Preparedness, Woelsz knows what could have happened had the property — and, even more so, the effort of the man who lived there — been different than it was. And what could have happened is nothing short of catastrophic.

Baca Grande is similar to many subdivisions. Houses built on 1-, 2- and 5-acre lots. Stunning views surrounded by thick stands of pinyon pine and juniper trees.

“It’s beautiful country,” he says. “It really is beautiful.”

And clearly, others agree. Woelsz says the area is “exploding” with “new houses being built all the time.”

But soaking in the ambiance of mountain living while surrounded by trees, sometimes standing right next to the house, carries with it a significant measure of risk. And in multiple areas of Saguache County and other areas in the San Luis Valley, that risk is extreme.

“We had good monsoonal moisture, but that’s all dried up now,” Woelsz says. “Everybody is focused on California and other places, but Colorado has just been very, very lucky. The fuel indices are very, very high. Fire danger is going to be high to extreme this fall. And, as much as I hate to say this, it’s not a matter of if, it’s a matter of when.”

The “it” Woelsz speaks of is a massive wildfire.

Woelsz estimates there are several thousand homes in the area, so any fire would have spread very quickly, but the homeowner’s work stopped that.

“That’s the bigger story here. Mitigation. If that owner had not done the mitigation he had done, this fire would very quickly have spread to adjacent properties.”

When Woelsz speaks of mitigation, there are specific things a homeowner can do to protect his or her property. Surrounding each home is an area firefighters refer to as the home ignition zone — an area that extends 30 feet from the house. In the case of this individual’s property, there was no debris near to the structure and that ignition zone was “well cleared

of vegetation, and his trees were nicely pruned.”

Some of the work was done with the help of the Saguache Firewise team, a grant-funded program

staffed with individuals who — at no cost — assess a property’s risks and, sometimes, do the work themselves.

“His property was beautiful,” Woelsz says, “especially compared to some of the other property we’ve seen. This man lost his home, but what he did save the homes of his neighbors.”

Crestone and the Baca Grande area are two places Woelsz focuses on because of characteristics that are common in catastrophic situations. “When there are roads that aren’t marked and twist around like a maze with only one road for egress and people trying to leave when it’s dark and smoky...that’s a perfect storm for a catastrophic fire event.”

Saguache County also has limited resources.

“We only have about 10 volunteers with the fire department,” he says. “We only have four or five trucks, including tenders that bring the water. We’re only going to be able to save the homes where it’s safe to do so. We’ll concentrate on getting people out first and then we’ll focus on saving the homes where it’s safe.”

“That is why fire mitigation is so very crucial,” he says.

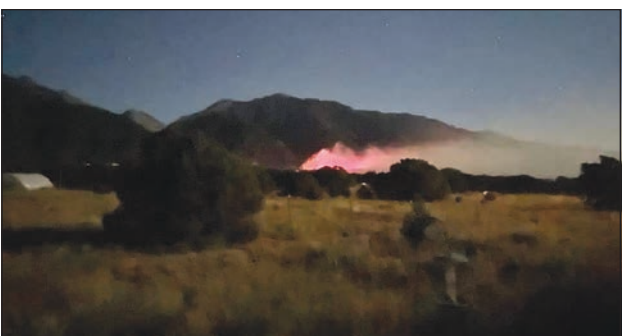
Woelsz has held fire education events in the past, but they fall short of providing the education people need. The Spring Creek fire prompted a lot of interest from people, but “those are things that people easily forget because they turn their attention to the next big thing, like COVID. Plus, we have new people moving in who haven’t lived in a setting like this before. The area is also exploding, and brand-new residents may not realize the risk inherent in the area they’ve just moved into.”

Woelsz encourages people to sign up for emergency alerts.

“It’s the biggest way we can save lives,” he says. “The SLV relies on an opt-in emergency notification system, so people have to register to receive the notifications. You can register your email, your cell phone, your work phone. I recommend people register where they work, where they live and where they play. We recently tested the emergency alert system in Crestone, and we had a huge response. That’s the way to get the message out to folks if there is imminent threat to life or property.”

Information about contacting the Saguache Firewise team or registering for the emergency alerts can all be found on the Saguache County website.

“People need to be educated, to keep themselves informed with notifications. Plus, they need to be doing whatever they can to mitigate their property. We live in a fire adaptive community. We have to learn to live with it.”



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Five from SLV making religious mission to Moscow, Russia

STAFF REPORT
MONTE VISTA — On Sept. 23, Ariella and Alana Watson, Larry and Ginger Foster from Monte Vista and JoAnn Clutter from Center, will travel to Moscow, Russia, for 13 days on a religious mission trip.

The purpose of the trip is to share the Gospel of Jesus with the people in Moscow. The five from the San Luis Valley will be joined by nine others from various parts of the U.S.

This is a church-to-church partnership mission. The group will be broken up into teams of two and will be paired with a church in Moscow for a week. The Moscow churches have been preparing for this event for several months and they have lined up many people that the missionaries will visit. The missionaries will spend their days and even some evenings visiting these friends and family members. The church will have a record of all the visits and will follow up with any decisions that are made.

This will be the fourth international mission trip for the Fosters and the first for Clutter and the Watsons.

“One of the questions we are always asked about these trips is about the language barrier. We are equipped with tools that help us bridge that barrier and we also will have an interpreter assigned to our team”, commented Pastor Larry Foster. “And you get really good and gestures — kind of like charades.”

Preparing for an international trip is never easy and this trip has been even

more difficult. The VISA process to get into Russia has been meticulous and bureaucratic.

“On our mission trips to Costa Rica and Chile, the VISA application was a small piece of paper with about five questions that is filled out about 20 minutes before landing. The Russian VISA application is seven pages long,” says Foster. Because the group is traveling on a religious visa, it required a government form be filled out by a religious organization inside Russia — one form for each missionary that was coming. When that form is approved, a number is given that must appear on the missionary’s VISA application. A process that in other countries takes about five minutes has taken three weeks.

More complications have occurred with the required COVID test. Each participant must have a negative COVID test within 72 hours of arrival in Moscow. It is easy to find a free COVID test — however, all the free tests are not rapid, and the results are not available for 4-6 days. With testing supplies limited, only one location in the valley was found that would give a same-day result and it is not free. Airports are offering the service, but the cost is well over \$150 a person.

Even the airline flight schedule has proved to be a challenge. Russia will not allow entry if a layover occurs in certain countries. This necessitates a direct flight from the U.S. to Moscow



Ariella and Alana Watson, Larry and Ginger Foster from Monte Vista and JoAnn Clutter from Center, will travel to Moscow, Russia, for a religious mission.

which there are few to select from.

But all of this has not dampened the enthusiasm of the “Colorado Five.”

“We are excited about the possibilities of sharing the hope we have with those in Moscow,” comments Pastor Foster.

The group had originally planned to participate in a trip to Thailand, but that trip was postponed until next year.

The trip is coordinated by the non-denominational group International Commission in Dallas, Texas. Foster

is the pastor of Grace and Mercy Bible Fellowship of Monte Vista.

For more information about the trip or to contact Pastor Foster, go to www.grace-mercy-bible.church. The group will return on Oct. 3.

County approves funding for D Mountain Survey

BY LYNDSIE FERRELL
RIO GRANDE COUNTY — Rio Grande County Commissioners approved funding that will go toward a feasibility study that could bring an indoor recreation center to Del Norte.

D Mountain Parks and Recreation District Director Jessica Lovelace went before the board on Sept. 15 to again discuss funding for a study to gain insight into what the community wants to be done with the Del Norte Athletic Fields and if an indoor recreation center would be included in those plans.

Over the past year and a half, the County has been working with D Mountain Parks and Recreation District and other organizations, including the Upper Rio Grande School District and Town of Del Norte on a plan for developing 40-plus acres of the Del

Norte Athletic Fields.

Through conversations in the past several months, the school district pulled out of negotiations after deadlines for grant funding that would have brought improvements to the land were not met. As a result of the school district’s withdrawal, the county is now the sole owner of the land.

D Mountain wants to move forward with developing the land and is exploring an indoor recreation center that would serve the community of Del Norte and surrounding areas.

In a meeting held by commissioners in mid-summer, D Mountain requested just over \$3,000 from the County’s Conservation Trust Funds to help with the cost of a study and was told by the board that they would be granted the funding if they could show that other entities were in support of a study.

Lovelace returned for the meeting on Wednesday last week, Sept. 15, and stated that there was additional support for a study from other organizations, including the Town of Del Norte, and requested the County donate a portion of the money.

D Mountain was recently awarded a portion of the costs needed to complete the feasibility study from

the Department of Local Affairs for \$12,750 and is seeking matching funds in order to hire Ballard King Associates to complete the study.

Commissioners having reviewed the request prior to Wednesday’s meeting immediately approved the request with Commissioner John Noffske making the motion which was seconded by Commissioner Scott Deacon and

passed by unanimous vote.

Lovelace stated that there would be several community meetings beginning with one on Sept. 28 in the county annex building at 7 p.m. The public is encouraged to attend to give input on the project and participate in the feasibility study.

The results of the study will be released when it is completed.

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First up is Aladdin. He’s approximately 2 years old and 70lbs. He’s a boxer mix with lots of energy. Very playful and loves to jump around. He requires meet and greets with any other dogs, no cats.



Copper is our approximate 1.5 year old, 75lb Red nose mix. He’s great with new people and kids, great for an active person or family. Meet and greet required with other dogs, he doesn’t do well with Shepherds.



Rex is our 2 year old, 85lb Shepherd mix. Highly active and vocal dog. He’ll need a person or family that wear him out daily and a high fence is strongly recommended. Meet and greet required with any other dogs.



Guapo is our 3 year old, approximately 60lb Shepherd mix. He’s good with kids and loves to play, especially tug! Loves to go on long walks so if you like to hike he’s the guy for you. Meet and greet required with other dogs.



Biggie is approximately 3 years old and 45lbs. He’s a mini Rottweiler, we think his mix is Bully. He’s a very vocal little and absolutely demands your attention. He’s great with kids, is a very bouncy boy, and generally does well with other dogs but still requires a meet and greet to be sure.

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New Board member elected to local LM Astronomy Association

STAFF REPORT
DEL NORTE — The Lookout Mountain Astronomy Association of Del Norte held elections for Board members on Saturday, Sept. 11. A new Director, Terri Verbecken, has joined

the Board alongside existing Directors Darlene Danko and Nancy Schrader. Verbecken, a Del Norte resident, brings renewed enthusiasm with her vision to hold a multi-state gathering of amateur astronomers. She has

been active in promoting astronomy for decades in Wisconsin where she lectured in Astronomy and organized stargazing experiences for Becoming An Outdoors Woman — Wisconsin Chapter. She also enjoys sharing her Dobsonian telescope in many public outreach events.

“The dark sky initiatives in our area are exciting and this was a contributing reason I was thrilled to make Del Norte my new home,” Verbecken said, adding “finding locations that are aware of light pollution and actively striving to expand programs to protect night

skies in communities here in Colorado says a lot about the unique people who live and work here.” The association website is temporarily down for rebuilding. The next meeting is on Oct. 2 at 7 p.m. and includes night sky viewing at the observatory.



Public Health answers youth vaccine concerns

BY LYNDISIE FERRELL
RIO GRANDE COUNTY — Residents of Rio Grande County expressed concern pertaining to youth ages 12 to 17 receiving the Pfizer COVID-19 vaccine through the Colorado Department of Public Health and Environment (CDPHE) without a parent or guardian present at the time of injection.

weekend after additional questions posed to public health were answered.

Q: What kind of permission is needed for youth ages 12-17 to get a COVID-19 vaccine?

A: According to CDPHE rules for vaccine providers, if a parent is not able to be present, they may send written permission or give permission by phone.

According to Tricia Slater, a concerned citizen, the CDPHE vaccine booth that was set up during the annual SLV Potato Festival in Monte Vista during the weekend of Sept. 11 was allowing youth 12 and up to receive the vaccine with only phone-audio parental consent and were offering those willing to be vaccinated a \$100 incentive.

Bankole also confirmed that CDPHE does not need to have a parent physically present when a youth 12 and older are getting the vaccine.

“The State of Colorado does not require minors to be accompanied as long as parental consent is collected and shared prior to appointment,” Bankole said. “The provider may also obtain consent by phone and document it in the patient’s record.”

People approached CDPHE nurses that were onsite and voiced their trepidations with the process. It was later confirmed that CDPHE or any other public health agency can administer vaccines to youth 12 and up with consent granted via phone.

Other concerns that were raised were whether or not the nurses approving consent via phone verified the identity of the parent or guardian giving consent, whether or not medical records were obtained by healthcare professionals prior to administering the vaccine were checked for potential issues or allergies and whether or not the youth provided correct information to healthcare providers without a parent being present.

In response to those concerns, Rio Grande Public Health Department Director Dr. Kolawole Bankole stated that his department would never allow the vaccination of youth 12 and up without the consent of the parent-guardian and that the department was the hosting agency during the SLV Potato Festival.

These questions were posed to Rio Grande Public Health Department but because they only hosted CDPHE, these questions were unanswered.

Dr. Bankole stated that he was concerned about misinformation being spread about the vaccination process and the kind of vaccine used during this event and that all efforts were being made to ensure the safety of youth seeking the vaccine.

“This was done by CDPHE under State authority. The County though hosted the state, we did not administer vaccinations during that event. We hosted CDPHE, the technical details about that event were handled by the state agency. I would never go against a parent’s wishes and we can lay this inquiry to rest,” said Bankole during a special meeting held by Rio Grande County Commissioners on Monday, Sept. 20.

During the special meeting held by the Rio Grande County Board of Health, two motions were approved that will improve communications of real-time numbers pertaining to COVID-19 cases in the County as well as include public communications through media outlets that will provide the most accurate information to the communities of Rio Grande County.

According to Bankole, this is what was conveyed to him after the event. “There were a total of 54 vaccines administered by CDPHE at the event,” he said. “Two-thirds (36) of the total were administered to adults. One-third (18) of the total were administered to youth 12-17. Out of the 18 youths, 16 had parents-guardians present and only two (2) parental consents were obtained via phone.”

Once the Board of Health adjourned, the Rio Grande Commissioners voted and approved a resolution that will be drafted in the coming days that prohibits any type of mandate for either masks or vaccination in any of their communities.

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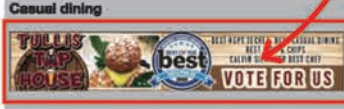

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Dr. Buchholz to Lead the Hospitalist Team at SLV Health

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: 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: 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: Oil or butter

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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.

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.



Courtesy photo

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 NICHD 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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