

Shorts

Del Norte Head Start taking applications

DEL NORTE — Del Norte Head Start is currently taking applications for the 2021-22 school year. Applications can be picked up Monday through Thursday from 8 a.m. to 4 p.m. at the Head Start Center at 440 Sixth St. The program can accept children the day they turn 3 years old and up to 5 years old. The Del Norte Head Start provides health care, education experiences, field trips and nutritious meals and serves children with disabilities and BOCES (Board of Cooperative Education Services) assists in delivering services.

If you are unable to register during the above hours or need more information, call 719-657-3101.

Riverfront celebration Aug. 20

DEL NORTE — Join the Town of Del Norte, Rio Grande Headwaters Restoration Project and the De Norte Trails Organization on Aug. 20 for an afternoon celebrating the partners, funders, and community that made the Del Norte Riverfront project a reality.

There will be a rubber duck race beginning at 3 p.m. with fun, games, food and refreshments to follow. There will also be a river safety demonstration provided by Adams State Adventure Program between 3:30 and 6 p.m.

Free landlord/tenant clinic offered in the 12th Judicial District

ALAMOSA — The Access to Justice Committee of the 12th Judicial District — Alamosa, Conejos, Costilla, Mineral, Rio Grande and Saguache counties — is offering a free clinic on Aug. 26 for anyone interested in learning more about the eviction process.

The clinic, designed for renters, landlords, property managers, property owners, attorneys and others, will offer a presentation on the legal process landlords must follow in an eviction, covering the basic steps and requirements. Attorneys, judges, court personnel and law enforcement representatives will hold a panel discussion during the presentation.

The clinic is scheduled from noon to 3 p.m. on Aug. 26, at the Alamosa Seventh-Day Adventist Church, 315 Craft Dr., Alamosa. Lunch will be provided. Space is limited, and people interested in attending must register by Aug. 19.

For more information or to register, contact Kaylene Guymon at 719-589-7621 or 12selfhelp@judicial.state.co.us.

SLV Places website launches, encourages community engagement

By MECHEL MEEK

CENTER — Downtown Colorado Inc. in partnership with several San Luis Valley communities, has launched the SLV Places website. The goal is to engage with the community to better support the revitalization and beautification of the Valley.



Downtown Colorado Inc. (DCI)

was created in 1982 as the Colorado Community Revitalization Association. Downtown Colorado Inc. is a nonprofit membership organization with an objective to build better communities by providing help to downtowns, commercial districts, and town hubs in Colorado. It represents downtown organizations, local governments,

development and improvement districts, consultants, and individuals involved in downtown and community improvement.

According to DCI, “DCI and CHFA have established SLVPlaces.org through Bang the Table to provide the opportunity for more people to access information and enable them to share ideas.”

The SLVPlaces.org site drives all-inclusive, visible, and quantifiable

community engagement processes that permit collaborative learning, discussion, and debate.

According to the SLV Places website, “The people of the San Luis Valley (SLV) have historically had land use and economic decisions thrust upon them by an elite few. While this is not a unique story, the inhabitants continue to suffer a deficit. The SLV is a high poverty area with

Please see PLACES on Page 2A

Farmworker Appreciation Picnic



Photos by Sandra Marquez

The San Luis Valley Agricultural Coalition hosted the annual Farmworker Appreciation Picnic and Resource Fair on Sunday, Aug. 8, at the Center City Park. In addition to thanking farmworkers for their contributions to the San Luis Valley, agencies such as Colorado Workforce Center, Town of Center, and SLV Immigrant Resource Center, were at the event providing information to people. The Colorado Department of Public Health and Environment COVID-19 vaccination bus was at the event.



Center creates community newsletter

By MECHEL MEEK

CENTER — Delivered via email, the Town of Center released a newsletter to residents to advise them on what community and economic developments are emerging.

The newsletter had updates on the progress of the Frontier Drive-In, grants available for downtown businesses, developing a youth entrepreneurship program, and other community happenings.

The town is also releasing a survey asking residents “What do you want to see in Center?”

According to the Town of Center officials, the surveys are important because “the Town of Center learns what its residents want, and the responses are organized in a way that provides good evidence to support town efforts in making the residents’ wishes real.”

Also released in the newsletter was the finalized name for the 90 acres to be annexed, which is still in the planning and development phase. The previously named Consul Property is now named the “North 90 Addition”. Several name suggestions were provided by the community and the new name was decided by the Town Trustees during a work session.

Of particular interest to local *See NEWSLETTER on Page 8A*

Hospital outlines plans for Wellness Village

By LYNDISIE FERRELL

DEL NORTE — On Tuesday, Aug. 10, the Rio Grande Hospital hosted the Upper Rio Grande Economic Development meeting. RGH CEO Arlene Harms was the keynote speaker for the morning presentation.

Harms walked attendees through Rio Grande Hospital’s plans and what it will mean for the community to have a Wellness Village on site.

Whispers of the plans for a Wellness Village have been circulating for a few months, gaining curiosity from the general public and private organizations alike. During the meeting on Tuesday, Harms explained what the hospital is hoping to do by the fall of 2022.

“The hospital has four houses in the area

that we are renting, and they are constantly in use,” Harms said. “We are usually housing patients that have to be here for five to eight weeks or we house residents that come from places like Grand Junction to work and experience rural medicine and we oftentimes

Please see WELLNESS on Page 2A

Rio Grande Hospital CEO Arlene Harms gave a presentation to members of the Upper Rio Grande Economic Development group about the plans for the hospital’s new Wellness Center and Village that is expected to be finished by fall of 2022.

Photo by Lyndisie Ferrell



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OBITUARIES

Mary Edith (Thorp) Morfitt Oct. 8, 1923 — July 31, 2021

Mary was born to Grace Marie (Pease) and Herschel Edward Thorp in Sutherland, Neb.

She went to school in Paxton, Neb., and graduated in 1942. She attended business college in Denver, where she lived and worked until 1945. During World War II, she volunteered as a Red Cross nurse's aide at Fitzsimons Army Medical Center.

She married Delmar Eugene (Red) Morfitt on Oct. 5, 1947. They were married for 52 years and had four children. They lived in Nebraska until they moved to the San Luis Valley in January 1962.

Mary worked for the Forest Service for 10 years. After retirement, Red and Mary were "winter Texans", spending several months each winter at their second home in Harlingen, Texas.

Mary was an excellent cook, and was well known for her homemade bread. She enjoyed sewing, painting, reading and crafting and seldom missed a night of Jeopardy.

Mary traveled extensively throughout the U.S. and to Mexico, Panama, Costa Rica, China, Mongolia, Africa and England. She was very active with her family, the Saguache Methodist Church, and in the community. She volunteered many years at the Saguache Museum, and belonged to Friends of the Library, American Legion Auxiliary, Study Club, Red Hat, Sagebrush Quilters and the Scrabble club.

She is survived by children Dell (Yvonne) Morfitt, Susan Buscaglia, and Elizabeth Coleman, eight grandchildren (Joel Farrell, Aminah Coleman, Noah Morfitt, Andrew Morfitt, Rachael Morfitt Sanchez, Sarah Morfitt, Ethan Morfitt, Laura Morfitt), four great-grandchildren (Liam Farrell, Hannah Morfitt, Andrew Morfitt, Antora Sanchez), and numerous nieces and nephews.

Her husband, Red, and son Kent Morfitt, and daughter-in-law Bobbie Jo Morfitt predeceased her.



In lieu of flowers, donations can be made to the Saguache United Methodist Church, P.O. Box 184, Saguache CO. 81149.

A memorial service will be held Friday, Aug. 27, 2021, at 10 a.m. at the Center United Methodist Church. Reception to follow.

Ethel Louise Dixon

Del Norte resident Ethel Louise Dixon, 75, passed away on July 31, 2021. She was born on April 9, 1946, in Alamosa, Colo., to Donald D. and Adelaide (Baldwin) Knapp.

She was a longtime teacher and cherished her opportunity to educate, especially took pride in teaching kids to read. Ethel was an accomplished clarinetist and a true lover of music. She was a dedicated member of the Chapel of the South Fork for many years. She will always be remembered as a loving wife, mother, and grandmother.

Ethel is survived by her husband Charles "Chuck" Dixon of Del Norte, her children, David (Joanie) Chapman of Colorado Springs and Diane "Dee" (Robert) Plucinski of Del Norte, four grandchildren, her siblings, Melvin

(Rebecca) Knapp of Eagle River, Alice (Dennis) Burch of Alamosa and Margaret "Peggy" Dalby of Center as well as numerous nieces, nephews and extended family.

She was preceded in death by her parents and a brother-in-law K Dalby.

A visitation was held on Wednesday, Aug. 4, 2021, from 6 to 8 p.m. at Rogers Family Mortuary in Monte Vista and a funeral service was held at 11 a.m. on Thursday, Aug. 5, 2021, also at Rogers in Monte Vista. Interment followed services in the San Luis Valley Cemetery.

To express condolences, please visit www.rogersfunerals.com. In lieu of flowers the family requests that a donation of school supplies be made in Ethel's honor to a school of your choice.



Rogers Family Mortuary in Monte Vista is in care of the arrangements.

John Richard Ireland June 25, 1951 — July 30, 2021

John Richard Ireland was born on June 25, 1951, in Hereford, Texas, and passed away on July 30, 2021. As a child, he moved to Moriarty, N.M. In Moriarty, he met his wife of 51 years, Judy.

After attending New Mexico State University and University of California Berkeley, John relocated to Los Alamos, N.M., with Judy and their children Travis and Shannon. The family later welcomed daughter Jamie.

John had a distinguished 35-year career as a nuclear engineer at Los Alamos National Laboratory, where he held multiple positions and worked on many mission-critical projects.

John is survived by his wife, Judy Ireland, son Travis R. Ireland (Melissa R. Ireland), daughter Shannon Ireland, grandsons Jacob C. Ireland and Brett R. Ireland, sisters Sylvia Latham (Dennis Latham), Deanne Ireland (Jeff Wieland), Polly Wright (Nick Wright), brother Scott Ireland, and brother-in-law Bobby Shipman.

John was preceded in death by his daughter Jamie L. Ireland, mother Patsy Ireland, and father, Richard Ireland.

Per his wishes, John will be buried in his favorite place, Creede, Colo.

Services will be held at the Creede Community Cemetery on Friday, Aug. 13, 2021, at 11 a.m.



PLACES

Continued from Page 1A

out-migration of youth, insufficient employment opportunities, and limited collaboration among local governments, sectors, and marginalized demographics. The purpose of this initiative is to inspire the people of the San Luis Valley to reclaim and restore beloved community places in their region through community connectivity, a cohesive vision, and partnerships to ultimately leverage local and outside investment for local social entrepreneurship."

The website is an online gathering space for all members of the SLV community. The current focus is on select communities in the SLV; however, the end goal is to create an inclusive space that addresses the entirety of the Valley's communities.

Each community has a dedicated page to engage with community members. The current communities are Center, San Luis, Antonito, and La Jara. Other communities are to be added later.

The program is currently in Stage One of implementation. There are several stages, and Stage One is Entrepreneurship Placemaking which is defined as, "Transform

dark vacant places into opportunities and innovations to spur initial engagement," according to SLV Places.

Stage Two supports entrepreneurship by connecting the places identified in the first stage to resources and investments. This is intended to activate and beautify the area.

Stage Three is long-term investing in "Places for People" by building on the first two stages, using current and previous studies to create long term solutions for the most critical of infrastructure. These include access to broadband internet, workforce, technology to support initiatives, housing and renewable energy.

Partnerships with all the communities, nonprofits, and other stakeholders will be critical to the development of these community revitalization efforts. All members of the SLV community are encouraged to go to the website and register. After registering, community members can then submit their ideas, interact with the community improvement plans on the website, and be a part of the changes coming to Center and the SLV.

WELLNESS

Continued from Page 1A

bring in temporary professionals as well as family that have loved ones here. It started driving me crazy that we didn't have a way to house them here especially for families. I wanted to have more access for people to be able to stay so we talked about our current need."

Harms added that during this initial conversation, it was also discussed that the hospital needed more room to meet with staff and employees as well as the community during times like they experienced during the COVID-19 pandemic.

"The other thing was, we didn't have a very big meeting room for the community to gather or my staff to gather," Harms said. "During COVID, I had nowhere where we could get all of our employees together for a meeting and to get them caught up."

The proposed Wellness Village will be built on land donated to the hospital by the Off family and will include four to six homes that will be about 750 square feet as well as about four RV hookup locations. In addition to the homes and RV spots, the hospital will also be building a Wellness Center that will house a kitchen for healthy cooking classes, exercise programs, private meditation rooms, a large community conference room and more.

"Our hope is to focus on health and wellness and just getting people better," Harms said.

The preliminary plans will be presented to the public during the hospital's community event this

weekend from 2 to 5 p.m. behind the hospital. There will be food and refreshments and the public is invited to attend. A formal presentation will take place at 3 p.m.

It is estimated that the new Wellness Center will cost about \$5.5 million and according to Harms some of the money has already been set aside and donated. The hospital plans to break ground in the spring of 2022 and be finished by the fall.

In addition to the new Wellness Center, the hospital also announced that they will be building a new clinic in South Fork that will now have a full-time physician. The new clinic will break ground this fall and be finished before the end of the year as long as the weather holds out. The new clinic will be near the Old Firehouse Restaurant just east of town. More details will be reported as they come available.

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OPINION & EDITORIAL

Vacations Are Over

Miss Trixie and Ol' Dutch recently made a sojourn out into the Valley for needed supplies, including stops over in Center, Monte Vista, the Amish area and Alamosa, then home to South Fork. We needed some specific items for the Chapel Jewels Annual Fashion Show to be held Thursday, Aug. 12, at The Chapel on the South Fork so we got to spend the day out and about in the beautiful San Luis Valley.

If you have not been South of Monte to experience the rural stores in that area, try and take the opportunity to visit them as you will be pleasantly surprised. But be prepared to spend some real cash as the selection of fresh baked goods will keep calling you back again and again and the bargains to be found at Magdalena's Sunshine Store are always a surprise and fun to find.

Amidst all that fun Ol' Dutch noticed that the traffic on Highway 160 was horrific. Now, this was not just the usual passing on a double yellow line kind that the road is known for, but it was a constant flow eastward of huge campers, trucks pulling ATV's and jeeps and other rigs. All of them seemed to be in a mad rush home after spending all their money on vacation. It's funny to me that they are in as much of a hurry to get home as they were to get here.

But regardless of the craziness that the mass of crawling lemmings headed out of our state appears to be, it's just that time of year when schools start winding up and parents have to get home to shop for the requisite items needed for each child to begin school.

I can remember how excited I was growing up going to Woolworths Dime Store and getting all new supplies for the school year. You know the list: a box of crayons, paper, tape, four Big Chief Tablets, 10 yellow #2 pencils, two of those great big green erasers and a black tin paint set.

Miss Trixie, ever her helpful self, just asked if Ol' Dutch had an inkwell and a quill pen "back in those days." And that's why I love her so much. She is so eager to add her two cents in when I am trying to think.

From what I can recall we never got to use the paint set as the teachers knew it would be too messy, so we



Trout Republic
by Kevin Kirkpatrick

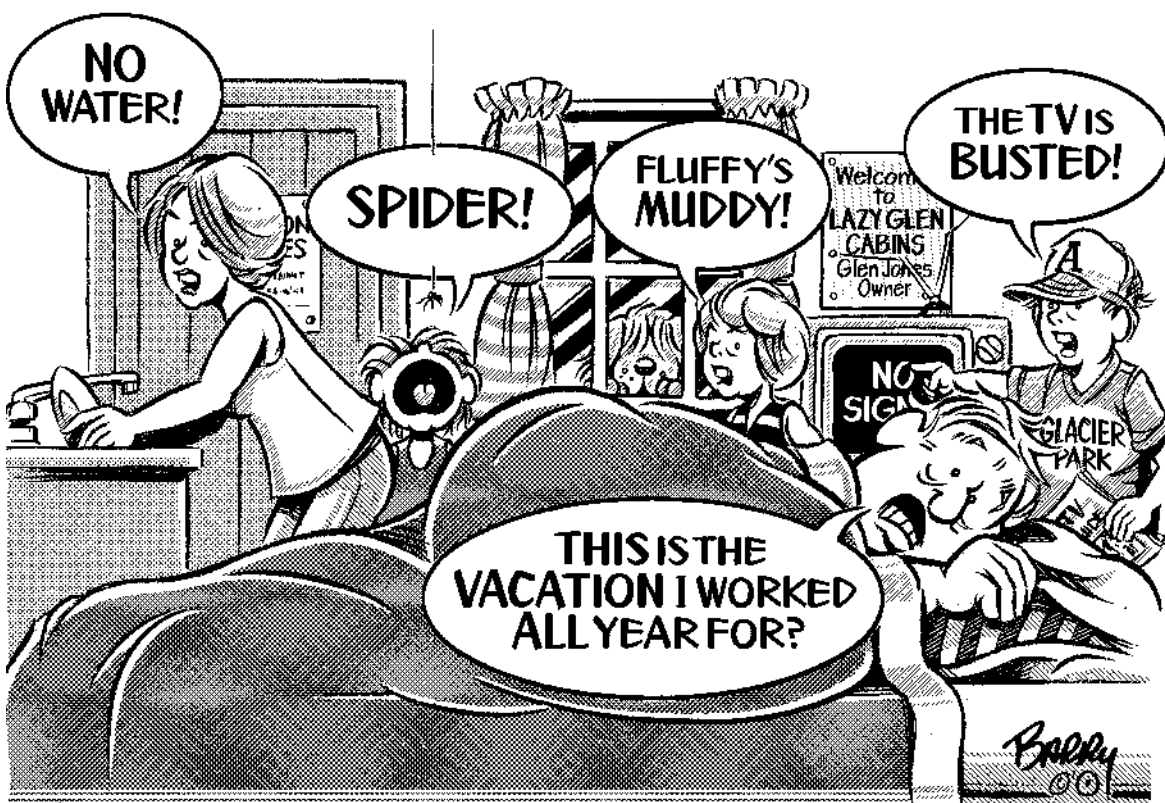
just got them for show and to clutter around in the metal desks we were assigned. The boys always ended up with a mixed lot of broken crayon pieces scattered about the tilt-top desks while the girls Crayola's looked as good as the day they were first purchased even at the end of the year. There is a message there somewhere for another column, I think

The boy next to me in second grade ate every eraser that he could find, and I lost quite a few to that voracious consumer of rubbery goodness. I do recall that the big green erasers didn't last all that long for Ol' Dutch and thinking back that may be because I made a lot of mistakes. And come to think about it, the comment about the inkwell got me thinking that maybe I also made one about Miss Trixie also. Where is that eraser when I need it?

But regardless of the reasons for returning home, the exit from the Valley is constant as families return to hearth and home in distant places leaving the local coffers full once again of gold and silver thrown about like manure on a garden.

It may be dirty, but it makes things grow. So, wave as they go by and take a breather before they once again return, credit cards in hand to strap on boards to their feet and partake of the ski slopes patiently awaiting the glimmering snow.

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.



YOUR NIGHT SKY

BY DARLENE DANKO

Planet Jupiter and the Meteor Shower

Jupiter and Saturn are at opposition this month. That is when they are opposite the Sun making them very bright and easy to see. Saturn reached its opposition on Aug. 1-2, and Jupiter reaches its opposition on Aug. 19-20. They are in the SE early evening, high up around midnight, and low in the west near sunrise.

Venus blazes in the western sky at dusk. It will be easy to see all three planets as the morning progresses. What is interesting about this month is that it has the only Friday the 13th this year. This month Jupiter makes its closest and brightest approach of the year. Even though it reaches opposition on the 19th, it will be very bright 10 days before and after that time.

The 1st quarter moon is on the 15th and the full moon is on the 22nd, but Jupiter is so bright that it will be

highly visible. Jupiter's entire face is covered with reddish brown belts and bright zones of various hues. They run parallel to the planet's equator. With binoculars you should be able to see its surface.

It has a lot of bright moons, but there are four bright ones that are fun to observe. The main moons are Ganymede, Callisto, Io, and Europa. Obviously, a telescope will really let you look at them, but with binoculars you should be able to see them too.

Jupiter is an amazing planet. It is our largest planet and is 2nd only to the Sun in size mass. It is 11 times the diameter of Earth, and almost 2.5 times the combined mass of the other seven planets in our Solar System. Now that is huge! Plus, it has an immense gravity that is collected a lot of moons.

It has a 12-year orbit around the Sun, and its distance varies since it is not a complete circle. Depending on its solar



rotation it can be 460 to 507 million miles from the Sun. Its atmosphere consists mainly of hydrogen and helium with trace amounts of methane. Its body gradually changes from gaseous at its surface to liquid at its interior. It is an interesting planet, and some day people will visit it to explore.

Do not forget that the Perseid Meteor Shower peaks tonight. So go out and explore them. Also, the Silver Thread Studio Tour is this Saturday from 9-5. There are 19 artists, two of which are in South Fork including me. So come out and have fun. Pick up maps and the Visitor Centers in South Fork, Creede and at Bristol.

LETTER

Time to do our part as neighbors

Editor,
I write to you again as I am concerned about how our progress of fighting the COVID-19 pandemic has hit a wall. I have seen how so many people are getting sick again and the suffering of grieving families across the nation is unnecessary.

My wife worked in La Junta as a contract nurse this past spring and saw how adamant people were, while in her care, that COVID-19 was a hoax, and the vaccine was a government plot to control us.

One individual made it clear that they didn't want to be cared for

and that oxygen wasn't needed for their survival as this was a made-up disease.

My wife explained to me that this young individual made a lucid and conscientious decision to remove their oxygen mask due to their beliefs. This poor person passed away 20 minutes after removing their oxygen. This loss of life was unnecessary.

I know there are those out there who believe that vaccinations are unnatural, and viruses can be defended by doses of vitamins C and D. There are others who believe the vaccines

are microchipped for some New World Order.

The fact of the matter is that there have been more people who have gotten ill from COVID-19 than those who have gotten ill from getting the vaccine. Those are facts.

I want to see us all return to normal and end quarrels based on fears that many people have, no matter where you stand on the issue. We need to get back together as Americans and do our part so our neighbors and their families can try to resume a normal life again.

Carlos Lopez, Trinidad



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Public weighs in on voter redistricting

CIRC holds meeting at Trinidad State in Alamosa

BY PRISCILLA WAGGONER
ALAMOSA — Water, agriculture and fair representation of Hispanic voters and residents. Two plus hours of testimony suggested that those were the priorities for voting districts held by residents of the San Luis Valley during Friday night's, Aug. 6, public hearing on voter redistricting. The panel of 15 commissioners from the Colorado Independent Redistricting Commission (CIRC) — all appointed through a selection process designed to provide qualified and equal representation among Republicans, Democrats and Unaffiliated/Independents — sat before a standing-room-only crowd comprised of residents from all across the San Luis Valley to hear reactions, suggestions and other feedback on the preliminary maps — emphasis on preliminary — that will ultimately determine new voting districts in Colorado.

Jason Kelly, attorney for the County of Alamosa and a commissioner appointed to the Congressional redistricting commission, facilitated

the discussion, which set a time limit of three minutes for any person who wanted to testify, not counting follow-up questions from the commissioners.

A video played beforehand helped to set the context for the discussion by laying out the primary factors that must, by law, determine how district lines are drawn: shared interests in a community, geographic boundaries that were natural and followed existing county lines, political competitiveness and equal population numbers are key considerations.

Simple and straightforward as those requirements are, meeting all of them in a way that will please people is no easy task. As Deacon Aspinwall joked to the commissioners in his opening statement, "You aren't going to make anybody happy."

Once the hearing was opened for testimony, it went on for more than two hours with roughly two dozen people from varying backgrounds and with a diversity of perspectives voiced opinions that were clearly informed, respectful, well thought out and articulate.

Whether it was a current state senator, a farmer, the president of the Land Grant Council in San Luis, a teacher, a former councilman from

Monte Vista, a current councilman from Alamosa as well as the mayor or an individual who helped to craft the Colorado Water Plan, the thoughts and reactions that were expressed reflected the seriousness with which everyone in the room regarded the process and, essentially, what is at stake.

A great deal of information was shared during the public hearing, including a Congressional redistricting map that has not yet been made public but seems to hold much promise.

CIRC Updated Timeline

The Colorado Independent Congressional Redistricting Commission adopted a revised schedule in light of the Supreme Court's ruling released on July 26 and delays due to impacts caused by COVID-19 and the U.S. Census Bureau's ability to provide final census data for the 2020 Census. The revised schedule will allow enough time for the commission to submit a final plan to the Colorado Supreme Court by Oct. 1.

The revised schedule is as follows:

- Aug. 16: This is the anticipated date when the United States Census Bureau will release its final Decennial Census data in legacy format.



Courier photo by Stephen Jiron
Alamosa County Attorney Jason Kelly is a member of the Colorado Independent Redistricting Commission that was in town for a public hearing on Friday, Aug. 6.

Upon receiving the final data, non-partisan staff will immediately begin processing and tabulating that data for use in staff plans.

- Sept. 5: Nonpartisan staff posts the first staff plan online. This plan will include the processed and tabulated final census data.
- Sept. 6: Nonpartisan staff presents the first staff plan to the Commission.
- Sept. 7-11: During this timeframe, the Commission holds additional hearings in each existing Congressional district to allow public input on a map drawn using final census data. Hearing details will be forthcoming. Once these additional hearings are complete, the Commission could approve a final plan for submission to the Colorado Supreme Court at any time.
- Sept. 15: Nonpartisan staff posts the second staff plan online

- (if necessary).
 - Sept. 16: Nonpartisan staff presents a second staff plan (if necessary).
 - Sept. 23: Nonpartisan staff posts the third staff plan online (if necessary).
 - Sept. 24: Nonpartisan staff presents a third staff plan (if necessary).
 - Sept. 28: Deadline for the Commission to approve a final plan or the unamended third staff plan is submitted to the Colorado Supreme Court.
 - Oct. 1: Deadline for nonpartisan staff and outside legal counsel to prepare and file the final plan with the Colorado Supreme Court.
- For more information about the Colorado Independent Redistricting Commissions, please visit redistricting.colorado.gov.



Courier photo by Stephen Jiron

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San Luis Valley Fair 2021 is underway



Courtesy photo

Vendors were set up inside the new building at the Ski Hi Park for the San Luis Valley Fair.



Photo by Marie Mccolm

The stalls of the San Luis Valley Fair were full of excited children on Sunday, Aug. 8, with their sheep, pigs, goats, steers, and horses.

BY MARIE MCCOLM

MONTE VISTA — Children as well as adults can be seen at the Ski Hi Park, grooming their farm animals to show during the San Luis Valley Fair.

Setup took place on Saturday, Aug. 7, and ended the ever-popular Ranch Rodeo — first place went to Rock Creek Cattle Co., second place went to Fishtail Ranch and third place went to The Huffaker's.

The stalls were full of excited children on Sunday, Aug. 8, with their sheep, pigs, goats, steers, and horses.

There were also children and adults who have been working hard on other items for the fair, including homemade cakes, home-grown produce, woodworking, pictures, and other handiwork that will be judged and on display at the fair through Aug. 13.

The fair got rolling on Sunday with the 4-H Dog Show, followed by dairy goat judging and milking competition and the Mike Kelly Memorial Open Barrow Show.

Vendors are set up inside of the new building on the Ski Hi Park grounds.

Much of the fair is geared toward spotlighting youth and their projects that help teach them life skills,

by engaging them in projects that help them gain confidence and independence.

Many of the children raise market animals for the event and sell their farm animals at the junior livestock auction at 6 p.m. on Friday.

Friday will see the return of the Creative Cooks Contest at 10 a.m. in the new building.

The culmination of the fair is the big Street Dance that begins after the auction.

For more information and a complete schedule of fair events, visit online www.slvfair.com.

Fair Schedule

Thursday, Aug. 12

LIVESTOCK PAVILLION

9 a.m. Market Beef Show followed

by Market Beef Showmanship

3 p.m. Round Robin

OUTDOOR

7 p.m. Goat Roping

Friday, Aug. 13

McMullen Building

4 p.m. Sale birds back in pens

LIVESTOCK PAVILLION

8 a.m. Blue and Gold showmanship

6 p.m. SLV Fair Junior Livestock

Auction

INDOOR BUILDING

4-6 p.m. 4-H Dinner; Street Dance

immediately following the Auction

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Rio Grande Hospital opens addiction Recovery Clinic

STAFF REPORT
DEL NORTE — 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," Walker says. For more information on the Rio Grande Hospital Recovery Clinic, call 719-657-4100.

Two seriously injured in head-on crash east of Ft. Garland Aug 5

STAFF REPORT
FORT GARLAND — Two people were seriously injured in a head-on crash on Aug. 5 on Highway 160 east of Fort Garland, the Colorado State Patrol reported.

At 6:26 p.m. on Aug. 5, the Colorado State Patrol received a call of a head-on crash on Colorado 160 near milepost 269 or approximately 11 miles east of Fort Garland.

A 2020 silver Hyundai Santa Fe was eastbound when it attempted to pass another vehicle. A 2016 red Mazda CX5 was westbound and attempted to stop and move to the shoulder of the road.

The Hyundai traveled off the left side of the roadway and struck the Mazda head-on.

After impact, the vehicles became stuck together. The Mazda came to rest off of the road facing north and the Hyundai came to rest off of the road facing west.

The female driver of the Mazda was transported to San Luis Valley Regional Medical Center with serious bodily injury. The male driver of the Hyundai was transported to Fort Garland via ambulance where he was transferred to Flight-for-Life with serious bodily injury and flown to Parkview Hospital in Pueblo.

LOCAL! Harvest Fest in Capulin on Aug. 22

STAFF REPORT
CAPULIN — Could a camel live in the San Luis Valley? The answer is yes. Camels live and thrive here, and you can have dinner with a camel on Sunday, Aug. 22.

The San Luis Valley Local Foods Coalition (SLVLFC) is celebrating Conejos County agriculture and food businesses for its 7th annual harvest celebration LOCAL! The event will take place at the Mudita Camel Dairy near Capulin where six camels are part of the Stalzer family.

LOCAL! Harvest Fest is held to celebrate the agricultural harvest and is meant to bring joy and gratitude to the community, drawing connections to the land and the people who are its stewards. Located along stunning La Jara Creek, the farm and its camels are owned by SLVLFC board member Meghan Stalzer and her husband Matt. The couple make camel milk products including fiber, soaps, fudge, and various other treats which will be featured at the event.

General admission for this family event is free for children 0-5, \$10 for children 6-16 and \$20 for 17 to 100 years old. Admission includes farm tours and camel encounters, vendors, music, dancing, and games. There will be plenty of local food and drink for sale at the festival. When you buy a meal at the event you are directly supporting local vendors and both

vegetarian and meat options will be available.

The Stalzer couple has a beautiful yurt that they are raffling off for an overnight stay on the night of the event, so be sure to pre-purchase a \$10 raffle ticket if you're interested in sleeping in a gorgeous yurt after the festivities with your friends or family. The festival is scheduled to go from 3-7 pm, but folks are welcome to stay after clean-up for an acoustic after party under the full moonlight until 10 pm.

The SLVLFC's mission is to "foster an equitable local food system that restores the health of the people, community, economy and ecosystem."

Saguache County Sales Tax Grants now available!
The Saguache County Board of Commissioners will be taking Grant Applications for Saguache County Sales Tax Grants until 3:00PM, Friday, August 13, 2021.
To be eligible grant applications must be for either: Emergency Services/Public Health and Safety; Youth and Senior programs, projects, or organizations; or Renewable Energy projects/Business Opportunities and Job Creation.
Grant applications are available on our website at saguachecounty.colorado.gov - use "sales tax grant application form5" or you can contact the Saguache County Administration office at 719-655-2231 to request a copy of the grant application.
No. 1600 published in the Center Post Dispatch, Thursday, July 8, 15, 22 and 29 and August 5, 12 and 19, 2021.

For more information go to www.slvlocalfoods.org Register for the event at slvlocalharvestfest2021.eventbrite.com

"We would like to thank 1st SouthWest Bank, San Luis Valley Federal Bank, SLV Health, Vino Salida, the Colorado Farm Brewery, Salazar Meats, Carole Counihan, Sweet Radish, Colorado Housing & Finance Authority, Inc. and Milky Way Mountain Caprines for sponsoring this event.

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The Holy Spirit: Can You Hear Him Now?

As born-again believers in Jesus Christ, we serve a triune God—Father, Son and Holy Spirit. In Genesis 1:26 (AMP) God says, "Let Us (Father, Son, Holy Spirit) make man in Our image...." This verse reveals God as the Trinity, and we need to worship and have relationship with each Person of the Godhead.

It seems more common to hear people talk about God and Jesus, but the Holy Spirit does not get enough of our attention. It's important to understand that He is a person who has a personality, a will, knowledge, a mind, and He thinks and knows things. For example, 1 Corinthians 2:11 (AMP) tells us that "no one knows the thoughts of God except the Spirit of God."

In John 16:7 we learn some of the facets of His personality and how we need Him to work in our lives. In this verse Jesus says, "...If I do not go away, the Helper (Comforter, Advocate, Intercessor - Counselor, Strengtheners, Standby) will not come to you; but if I go, I will send Him (the Holy Spirit) to you [to be in close fellowship with you]" (AMP).

- This scripture teaches that He is our...
- Counselor—Always go to God first for counsel and let Him speak to you His way, through the people or things He chooses.
 - Advocate—He pleads our case when we're in trouble.
 - Intercessor—He prays for us and through us when we don't know how to pray on our own.
 - Standby—He stands by us, ready to act on our behalf when we need something.
 - Strengtheners—He gives us God's grace, which is His power and ability to do whatever we need to do in every situation. He's all these things and so much

more! God is literally everything we need, and as we fellowship with the Holy Spirit, we can have "the mind of Christ [to be guided by His thoughts and purposes]" (1 Corinthians 2:16 AMP).

Learn the Sound of His Voice

The Holy Spirit is the only One who fully knows the mind of God, so when we pray for God to give us wisdom or the knowledge we need, it's important for us to realize the Spirit is in us (1 Corinthians 2:12; 6:19). And He communicates to us what He hears God say. John 16:13 (AMP) explains that He is "the Spirit of Truth" and He guides us into the Truth. "For He will not speak on His own initiative, but He will speak whatever He hears [from the Father....]"

One way we learn how to hear the Holy Spirit is by understanding that He has emotions and He can be grieved. Ephesians 4:30 (AMP) says, "Do not grieve the Holy Spirit of God...." Because He lives in us, when He feels grieved, we will feel it too.

Ephesians 4:29-31 (AMP) lists some behaviors that cause Him to be grieved: unwholesome (foul, profane, worthless, vulgar) speech, bitterness, wrath, anger, and clamor (perpetual animosity, resentment, strife, faultfinding), slander, every kind of malice (all spitefulness, verbal abuse, malevolence).

When we choose to think and speak in ways that go against His nature, we will feel conviction, and the best thing we can do is confess our sin and repent immediately.

James 3:8 teaches that no one can "tame the human tongue" and sometimes we make mistakes and say wrong things. But we can learn from our mistakes; we can pray and ask God to help us only say things that are right and pleasing to Him.

Moving Up Higher
with
Joyce Meyer

I know it's easy to be insensitive and say the wrong things sometimes. The other day I was wearing a blouse that didn't fit me right, and I said to someone, "This thing is way too big for me but it would probably fit you." Afterward, I couldn't believe I had said it!

We need to pray for God to help us hear His voice, giving us wisdom and direction in the thoughts we choose to think about and the words we speak. As our Counselor, He wants to guide us in everything we do, and we can learn how to hear His voice.

Listen for the still, small voice of the Holy Spirit speaking to your heart. You can hear it as you wait quietly in His presence, while you're studying His Word, in the midst of your circumstances, and even through nature. God is talking to you!

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

Joyce Meyer is a New York Times bestselling author and founder of Joyce Meyer Ministries, Inc. She has authored 130 books, including *BATTLEFIELD OF THE MIND* and *HOW TO AGE WITHOUT GETTING OLD* (FaithWords). She hosts the *Enjoying Everyday Life* radio and TV programs, which air on hundreds of stations worldwide. For more information, visit www.joycemeyer.org.

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

Center Consolidated School District 26JT Call for Nominations

The Board of Education of Center Consolidated School District 26JT in the County of Saguache, State of Colorado, calls for nomination of candidates for school directors to be placed on the ballot for the regular biennial school election to be held on Tuesday, November 2, 2021. At this election 2 directors will be elected representing the following director districts for a term of office of four years: Director of District A and Director of District B. To be qualified, a candidate must have been a registered elector of the school district for at least 12 consecutive months before the election and a resident of the director district which will be represented. A person is ineligible to run for school director if he or she has been convicted of committing a sexual offense against a child. A person who desires to be a candidate for school director shall file a written notice of intention to be a candidate and a nomination petition signed by at least 25 eligible electors who are registered to vote in the regular biennial school election. Nomination petitions may be obtained at the Center Schools Administration Office, located at 550 S. Sylvester Ave. Center, CO 81125. Office hours are 8:00AM - 4:00PM, Monday through Thursday. Completed petitions shall be submitted to Alondra Maldonado no later than 9:00AM on August 27, 2021.

IN WITNESS WHEREOF, the Board of Education of Center Consolidated School District 26JT., County of Saguache, State of Colorado has caused this call for nominations to be given this 5th day of August, 2021.

No. 1603 published in the Center Post Dispatch, Thursday, August 5 and 12, 2021.



The benefits of a new approach to learning for students

The validity of the adage “necessity is the mother of invention” was on full display during the COVID-19 outbreak. People quickly had to learn to adapt to a new way of life, including an educational system that was transformed dramatically by social distancing guidelines.

More than 76 million students are enrolled in United States schools, per the latest Census Bureau information. In 2018, 2.12 million students were in Canadian post-secondary institutions alone. In a matter of days, millions of students who once attended classes in-person were forced to transition to virtual learning instruction. The process showed just how flexible learning systems can be, and how virtual instruction may become more than an emergency protocol in the future.

Schools utilized systems like Google Classroom, Canvas and virtual meeting apps to connect and learn. While in-class lessons provide the socialization and one-on-one interaction that can be vital for students’ academic success, there are many different reasons why virtual instruction can be a key component of learning models as well. When virtual learning is used in conjunction with traditional teaching, students may have a more well-rounded experience. Here are some potential benefits that may unfold as more data is collected.

- **Pace:** Virtual learning affords students the chance to work on lessons at a pace that fits their individual needs. Students can go back and re-read or re-work problems until they’re satisfied they have learned their lesson. Lessons can be slowed down or sped up depending on proficiency, creating a customized educational experience.

- **No more weather days.** Many school districts include snow or extreme weather days into their



calendars, adding on extra days at the end of school year to meet the specified number of educational days. Remote learning can take over in these times and keep school districts from having to pad calendars.

- **Convenience:** The American Academy of Pediatrics recommends that middle and high schools start at 8:30 a.m. or later to provide students the best chance to get the amount of sleep they need. Still, most adolescents currently start school before 8:30 a.m. Remote learning enables students to complete their

assignments when it works best for them. This may help them get more sleep, too.

- **Apps:** Learning apps are a new wave of educational tools that have helped buoy virtual instruction. Primary school students or those with individual education plans may benefit the most from reinforced app skills that match their learning pace in fun ways.

Virtual home instruction may become a large part of the educational landscape even after it’s no longer a social distancing necessity.

Would like to wish a safe and healthy 2021-22 school year to all students, educators and staff!
719-589-5188

SLUU is 1 of 18 regional Colorado Educator Association UniServ offices. CEA is the largest union of educators in the state with more than 38,000 K-12 educators, higher ed faculty and education support professionals. <https://www.conoradocoea.org/>

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Ag Report: Barley harvest begins and smoke impacts in Valley

By **MECHEL MEEK**

SAGUACHE COUNTY — Barley harvesting began the first week in August in some fields in Saguache County.

Per the USDA, “In the San Luis Valley, the second cutting of alfalfa progressed more last week, and barley was notably coloring well. County reports noted some lodging was observed. Received moisture proved beneficial to area pasture and range.”

Seventy-four percent of the alfalfa hay second cutting was completed as of Aug. 8. Barley was observed to be 89 percent turning color and 7 percent harvested. These numbers are within the typical harvest amounts even with the recent flooding and rain.

Harvesters and cutting could be seen throughout Saguache County in early August with more harvesting to start soon. Many towns are also seeing the return of workers for the start of the harvest season.

Many farmers expressed that the rain has benefited their potato crops, however, some were concerned that the loss of sunlight for photosynthesis due to the high smoke levels in the atmosphere may impact growth.

The San Luis Valley has been experiencing abnormally high levels of atmospheric ash and smoke predominantly from the Dixie Fire in California and it remains to be seen when it will clear.

According to published reports, “The CDPHE issued an Air Quality Alert for the entire state of Colorado on Saturday, something that hasn’t happened since air quality records of this nature started being kept in 2011. The smoke is expected to stick around into Sunday, although it may not be



Photo by Mechel Meek

Barley harvesting began in some areas of Saguache County the first week of August.



quite as thick in some areas.”

The Colorado Department of Public Health and Environment issued an advisory on Aug. 10, “Moderate to heavy concentrations of smoke from California wildfires will continue to move into Colorado on Tuesday, affecting northwestern and north-central Colorado on Tuesday and Wednesday. Expect the heaviest smoke impacts in sheltered valley locations where atmospheric mixing is more limited. Some intermittent clearing is

possible on Tuesday and Wednesday, however residual health impacts may linger from prolonged exposure to elevated smoke concentrations.”

The areas included in this advisory included areas in Saguache County and other San Luis Valley areas. Those who work in agriculture were advised to remain cautious and vigilant regarding exposure to high levels of smoke and ash while harvesting or working in fields which may lead to a slowdown in harvesting operations.



Photo by Mechel Meek

The Town of Center created a newsletter that went out to residents updating them on local government, business and event happenings.

NEWSLETTER

Continued from Page 1A

enterprise was the section regarding grants for downtown businesses.

“The Town of Center is seeking to assist existing downtown business by applying for the Colorado Main Street: Open for Business grant. This money seeks to help businesses improve their sales revenue, hire or retain workers, or lower their utility costs by funding projects that improve their visual

appeal or energy efficiency. As Center grows, we want to ensure we support our existing businesses as much as possible,” officials stated.

The businesses of downtown Center were encouraged to contact Keith Brockhurst at Center Town Hall to find out how to be a part of this program. Progress continues to be made in the plan to revitalize and improve the entire town.



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Saturday, August 21, 2021 at 10 a.m.
Pictures posted on our website
<http://www.aandbauctionservices.com> or email
aandbauctions@gmail.com
1028 South Road 1 E, Monte Vista, CO 81144
Directions:
From Hwy 160 Turn South on Road 1 East By the old Haefeli Honey Farm Building and go to the 1S and it is the first house on the left

- Antiques**
- Salt and Pepper Shakers
 - Napkin Dolls
 - Tins- Seasoning
 - Kitchen Utensils
 - Tea Pots
 - Pitchers
 - Silverware
 - German Canning Jars
 - Book Ends
 - Silhouettes
 - Calendars
 - Mother Plaques
 - Thermometers
 - Bird Swan and Sheep Figurines
 - Girl Figurines
 - Black Cat Figurines
 - Silent Butlers
 - Granite Ware
 - Cookie Jars (Approx. 200)
 - Wall Pockets
 - Head Vases
 - Hand Vases
 - Jewelry
 - Hats
 - Baby Baptism Dresses
 - Furs
 - Match Books
 - Lighters
 - Hammered Aluminum
 - Children's Books
 - Cook Books
 - Coke Trays
 - Beer Trays
 - Bar Ware
 - Quilts
 - Depression
 - Lanterns
 - Slipware

- Antiques Cont.**
- Invalid Feeders
 - Shavers
 - Old Bottles
 - Zebra Skin Drum
 - Art Deco - Dresser with Mirror
 - Grandmother Clock
 - TV Lamps
 - Hanging Lamps
 - Table Lamps
 - Crocks
 - Liquor Decanters
 - Mannequins
 - Dress Forms
 - Paintings
 - Tapestry
 - Foot Warmers
 - Mexican Feather Crafts
 - Southwestern Statues
 - Beanie Babies Mostly Bears 1993-2001
 - Bager Horses
 - Disney
 - McDonalds
 - Pez
 - Dolls
 - Lunch Boxes:**
 - Jack in the Box
 - Wagon
 - Sled
 - Pottery:**
 - McCoy
 - Shawnee
 - Fiesta
 - Wedgewood
 - Roseville
 - Blueridge
 - Poppy Trail
 - Items too numerous to mention

- Miscellaneous**
- Christmas Dishes and Décor
 - Thanksgiving Dishes and Décor
 - Linens
 - Table Clothes
 - Napkins
 - Laundry Soap Dispensers
 - Ice Tongs
 - Items too numerous to mention

- Furniture**
- Display Cases
 - Shelves
 - Table with 3 Leaves w 8 chairs and matching buffet
 - Oak Ice Box
 - End Tables
 - Easy Chairs
 - Shaker Rocker
 - Trundle Bed
 - Double Bed
 - Dresser
 - Desk
 - Items too numerous to mention

- Tools**
- Tools
 - Hand and Yard Tools
 - Items too numerous to mention

- Appliances**
- Side by Side Refrigerator
 - Upright Freezer

Auctioneer's Notes: Mary Thompson is moving and liquidating her years of collecting. Many more items not listed or seen as they are in storage.



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Auctioneer
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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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Courtesy photo

Hikers fresh off the Continental Divide Trail stand next to the community bikes that are available to hikers that come into South Fork. South Fork has been a Gateway Community for six years and offers several other services to hikers of the CDT.

South Fork marks six years as Gateway Community for CDT

By LYNSIE FERRELL

SOUTH FORK — As a town nestled at the base of the San Juan Mountains where a section of the Continental Divide Trail (CDT) runs over the top of Wolf Creek Pass, South Fork became a CDT Gateway Community six years ago.

Since the town was designated a Gateway Community in 2016, many hikers have come to town for services and support along their journey that

usually starts either in Mexico or Canada and anywhere on the CDT in between.

Prior to 2016, the South Fork community always had thousands of Continental Divide hikers passing through and it seemed a natural fit for the town to become a Gateway Community.

In 2016 a group of community members and the Greater South Fork Community Foundation, which is now

Please see GATEWAY on Page 2

Early intervention assessment for children is available in SLV

By MARIE MCCOLM

ALAMOSA — Child Find through San Luis Valley BOCES is a program in the San Luis Valley that helps prepare children for school and assists when they are in school.

Child Find helps to identify any delays in development that may be occurring in a child. Child Find staff are trained to assess and evaluate young children's development, including hearing and vision, speech and language, social-emotional development, cognitive functioning, and motor skills.

The purpose of Child Find is to provide children with early learning

intervention if needed. Child Find partners with local early intervention programs supported by the state, who then provide service coordination and eligibility determination to children that are assessed for the program. If a child meets the criteria for early intervention, an Individual Education Plan also known as an IEP is developed and services for the child can begin.

Children may be assigned speech therapists, occupational therapists, paraprofessional help, and other types of therapy referrals through the program. The program may also provide referrals for the children to other areas of need. Child Find services are available to all 14 school districts in the San Luis Valley. For more information, contact Mary Morin at 719-587-5428. San Luis Valley BOCES is located at 2261 Enterprise Dr., Alamosa.



Used musical instrument drive underway



STAFF REPORT

Mt. Blanca Fine Arts Association is conducting a used musical instrument drive through Aug. 31. MBFAA is seeking used instruments of any kind that might be lying around in a closet or the garage unused.

In September, collected instruments will be repaired and brought back to playable status. Once instruments are playable again, they will be offered to students who cannot afford to buy an instrument.

Students will be able to rent an instrument with all monthly rent applied toward purchase of the instrument. Purchase price for instruments will be

Please see MUSIC on Page 2

Waitin' for Daddy

"Mama, when's Daddy comin' home? Is it time to worry yet?"

"By supper, darlin'. Eat your Cheerios."

He rode out this morning early. Like he does six days a week

I always make him tell me where he goes 'Specially when I know he's headed over on the canyon side

At least I know I'll have a place to start So in case he doesn't come back I can hunt for him myself

Or go for help if I get faint of heart

"Run and git your schoolbooks, kiddos! And be sure to wash yer hands."

"Aw Mama, do we have to school today?" If it wasn't for home schooling I might lose what mind I've got

It helps to pass the daylight time away And I know I shouldn't worry but I worry anyway

Who wouldn't, if they were in my shoes I've been up those rocky canyons and

I've seen those snaky trails

I know how quick a horse can blow a fuse

"Mama, Cody said a swear word." "I did not!" "Did too!" "Did not!"

I only said Ring went to the commode." Oh, thank God I've got these children just to keep me occupied

But still I'm always lookin' down the road

All afternoon I've watched the sky. It's like I'm playin' poker

You don't know how I fear an angry cloud

And the wind gives me the shivers. Never lets me drop my guard.

Nothin' like it whispers quite so loud

"Mama, when's Daddy comin' home? Shouldn't he be home by now?"

We wanna ride before it gets too dark." And the hardest time for me I guess is

now till six o'clock

I'm nervous till I hear the home dogs bark

But the kids are my salvation. 'Course, they wanna be like Dad

He saddles up their horse and lets 'em go And I stand here by the window thinkin' 'here we go again'

But they're cowboyin', the only life they know

"Mama, look! Oh, here comes Daddy. That's him trottin' up the road.

He's wavin', now he's comin' through the gate."

"See, I told you kids be patient, not to get your dander up . . ."

And learn to wait, and wait and wait and wait.

Baxter Black, former large animal veterinarian and irregular commentator on National Public Radio, is America's best-selling cowboy



BAXTER BLACK

ON THE EDGE OF COMMON SENSE

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

Silver Thread Studio Tour

Studio & Gallery Tours
Demonstrations • Q&A
Art for Purchase



Saturday, August 14, 9am - 5pm

A self-guided scenic driving tour along the Silver Thread Byway: South Fork, Creede, Upper Rio Grande
Get a Map: creedeartscouncil.com • South Fork or Creede Visitor Center

Fabulous Forest Flowers!

y daughter and I leave the parking lot – destined for a high-country lake 6 miles up the trail. Only a few hundred yards later as we step out of the first stretch of timber, we are greeted with what appear to be the tallest flowering Skunk Cabbage I have ever seen. I note and marvel at how green it is now. I can't wait to see the beautiful landscapes in front of me. The meadow we are walking in is chock full of wildflowers, many of which I don't know the name of. I recognize the white Yarrow flowers. There are Asters, Lupine, Penstemon and Tall Dandelions, all dwarfed by the Cow Parsnip and Skunk cabbage. Farther up, the white flowers from the Wild Strawberry signaled the fruiting treats below.

As we gain elevation, we begin to see more of the famed Colorado wildflowers. Indian paintbrush become more abundant and seem to shine a bit brighter as if lighting our way as we pass by during a rain shower. The

Bluebells dance as each raindrop greets them with its coming sustenance. I think Bluebells are technically called Common Harebell. Then we see the Columbines. We stop as if to salute our nation's flag. Without comment, we realize that, in a way, we are paying respect to our state flower. This amazing purple and white flower always had that effect on me and I am honored to see it has taken hold of my daughter too.

Soon after, we pass a small community of an unusual maroon colored Indian Paintbrush. I've seen the typical orange and red plants, but never this different and intense of a color. That one was for our eyes only.

The weekend before, we met friends in a favorite camping spot up north and were greeted with a similarly stunning show of mountain flora. Just outside of camp there was a small drainage with more Wild Rose than I have ever seen in one place.

Land, Water and People

BY GREGG GOODLAND

We took several walks and wanders to see what floral treats awaited. Not to be disappointed, we found one particularly wet area with more flowers than I can mention. In what seemed like a purposely planned purple pallet, we were dazzled by the mix of Monkshood, Wild Iris, Wild Chives and Larkspur. One single Columbine seemed to reign as Queen, over the shaded community.

Watching us closely, a blue grouse tentatively steps out into the trail in front of us. I find this interesting because, around humans, they typically freeze or fly off. A rustle in the Groundsel patch catches my attention and, to my delight, I see eight or ten chicks scurrying about. We stop in our tracks as momma beckons her chicks to

follow with a series of peeps and coos. All quickly hustle across the open trail, except one. You know the type. The kids that need special instructions to do what everyone else is already doing. Ah, the delight of so many distractions! Why would you want to follow mom now? I get it. That was me.

In a split second, a wave of mountain bikers come blowing through the area, oblivious to the fragile bird just inches from the trail, cutting off the young rebel's access to his protector. They pass quickly and we wait with concern. After more insistent peeps from momma who is now backtracking, the chick finally joins the family who disappears in a sea of Bracted Lousewort, Jacob's Ladder and Common Aster.

A real treat for me was when I found

a few Mariposa Lilies nestled in the shade of a tall spruce tree, their cups still moist from the morning dew.

There are so many flowers I can't mention them all here, but a few more of my favorites I've seen recently include Blue Violets, Chamomile, Fireweed, Fairy Slippers and the various species of yellow Groundsel of which I can't differentiate. Some of the early season wildflowers have already ceased their flowery display for the year. They'll be back next year. We need only to go find them.

For now, if you want to see one of the best Rocky Mountain wildflower displays in years, get out to the high country soon! The wildflowers are absolutely fabulous!

Gregg Goodland is the Public Affairs Officer for the Rio Grande National Forest. An avid outdoor enthusiast, you'll find him enjoying all public lands as often as possible.

MUSIC

Continued from Page 1

one-half the retail value of the instrument. Rental price will be scaled to what the student can afford.

MBFAA will use all rental proceeds for initial refurbishment and routine maintenance-repair of the instruments.

MBFAA will issue instrument donors income tax donation receipts for the retail value of the instrument.

MBFAA will pick up donated instruments in Alamosa, Monte Vista and Del Norte.

Other arrangements can also be made for pick up or drop off of donated instruments. Use the "contact" tab at <https://mtblancamusic-conservatory.com/> or <http://mtblancafineartsassociation.com/> to donate an instrument.

GATEWAY

Continued from Page 1

the South Fork Friends Foundation, came together to make this happen. Through a detailed process, the Town of South Fork was designated as a Gateway Community.

Services available in South Fork include rides to and from the trail head on top of Wolf Creek Pass, bikes that can be used to get around town, the post office receives and sends care packages and correspondence for hikers and some people offer places to stay while the hikers are in town. Even local businesses will sometimes offer special prices on supplies and equipment to hikers coming through the area.

There are two times of the year that hikers typically come through South Fork. The first is around June for those traveling north from Mexico and in September for those traveling south down from Canada though hikers can be seen in and around town throughout most of the summer months. During an average year, South Fork will see roughly 140 hikers throughout the summer which brings in additional commerce and economic support, according to officials.

According to the Continental Divide Trail Coalition, there are Gateway Communities in five states and 18 towns. Colorado is home to seven Gateway Communities that offer support to hikers.

"CDT Gateway Communities are welcoming destinations along the Continental Divide Trail for people from around the world looking to experience the CDT. Whether you're looking for somewhere to spend a long weekend with your family, a place to start your next hiking adventure, or your next can't-miss stop on a road trip through the Rocky Mountain West, you'll find it in a CDT Gateway Community," the CDT Coalition stated.

"Towns and counties designated as official CDT Gateway Communities are those that CDTC recognizes as friendly to trail users and dedicated to the completion and protection of the trail. We partner with Gateway Communities to give visitors a great

experience and to continue our work completing, promoting, and protecting the Continental Divide Trail. From the high desert of New Mexico to the snow-covered mountains of Montana and everywhere in between, CDT Gateway Communities span the length of the trail," the CDT Coalition added.

More Colorado communities are joining the growing list of Gateway Communities, including Creede which has seen a rise in hikers coming to the area over the past two years.

For more information, visit www.continentaldividetrail.org.

ESTIMATED CROP WATER USE

Weather Data from SLV Research Center located on the 9N and Hwy 285

| Crop | Date Planted | Daily Crop Water use for Dates Shown (in./day) | | | | Accumulated Water Use (ET) | | | | |
|-----------------|--------------|--|------|------|------|----------------------------|------|------|------|------|
| | | 8/8 | 8/7 | 8/6 | 8/5 | From | | | | |
| | | | | | | 2day | 3day | 4day | 5day | 7day |
| Moravian 69 | 04/05 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.04 | 0.12 |
| Moravian 69 | 05/05 | 0.15 | 0.16 | 0.16 | 0.17 | 0.31 | 0.47 | 0.64 | 0.84 | 1.12 |
| Early Wheat | 04/05 | 0.04 | 0.05 | 0.05 | 0.06 | 0.08 | 0.13 | 0.19 | 0.26 | 0.37 |
| Early Wheat | 05/05 | 0.18 | 0.19 | 0.18 | 0.20 | 0.37 | 0.55 | 0.75 | 0.97 | 1.29 |
| White Wheat | 04/05 | 0.10 | 0.11 | 0.11 | 0.12 | 0.21 | 0.32 | 0.43 | 0.56 | 0.76 |
| White Wheat | 05/05 | 0.21 | 0.21 | 0.20 | 0.21 | 0.42 | 0.62 | 0.83 | 1.05 | 1.37 |
| WinterWheat | 10/01 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.03 |
| Potatoes | | | | | | | | | | |
| Norkotah | 05/05 | 0.19 | 0.20 | 0.19 | 0.21 | 0.39 | 0.58 | 0.79 | 1.02 | 1.35 |
| Centennial | 05/05 | 0.21 | 0.21 | 0.20 | 0.21 | 0.42 | 0.62 | 0.83 | 1.05 | 1.37 |
| Nugget | 05/05 | 0.20 | 0.20 | 0.19 | 0.20 | 0.40 | 0.59 | 0.79 | 1.00 | 1.31 |
| Alfalfa | Est. | 0.24 | 0.24 | 0.23 | 0.24 | 0.47 | 0.70 | 0.94 | 1.20 | 1.56 |
| Lawnglass | Est. | 0.20 | 0.20 | 0.19 | 0.20 | 0.40 | 0.59 | 0.79 | 1.00 | 1.31 |

For the latest ET information, call 754-3494 extension x40 for Center, x36 for Center #2, and x38 for San Acacio. Use the crop maturity and planting date and weather station closest to your own. Find this updated table each day at this web address: <http://aes-slvr.c.colostate.edu/daily-crop-water-use-report/>

This information is provided by the SLV Research Center (Colorado State University) and the Colorado Potato Certification Service. For info, call 754-3494 x26 or e-mail: andrew.houser@colostate.edu

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HWA hosting Star Party for annual Perseid Meteor Shower

CONTRIBUTED ARTICLE

CREEDE — Each year, the Perseid Meteor Shower lights up the night sky in the Northern Hemisphere, typically from July 17 to Aug. 24. While the entire length of the Perseids is worthy of attention, the shower peaks this year Aug. 11-13, where it's possible — on a clear night — to see up to 60 meteors per hour.

In honor of this year's Perseids, Headwaters Alliance (HWA) is hosting a Star Party on Aug. 12 just outside of Creede on Pool Table Road. Along with the meteors themselves, the event is highlighted by two local astronomy experts, Dr. Dave Robinson and Terry Taddeucci, who will share their knowledge and passion for the stars.

Dr. Robinson is a retired Professor of Aeronautics and Astronautics and a retired distinguished research scientist. Currently, he is a blacksmith in Creede and also part of the Global Meteor Network that works with local, curious citizen scientists in 23 countries across the globe. Using 450 low-cost cameras and open source technology, the network tracks meteors and meteorites, analyzes their composition, trajectories and more. Robinson is excited to share his work at the Global Meteor Network during the Perseid watch party.

"Tracking meteors helps scientists understand the risks to space travel from meteor impacts," says Dr. Robinson. "Collecting specimens from meteorite falls allows for better understanding the composition of interstellar materials, their origins within the universe and hence our place in the grand scheme."

Creede is an ideal location for meteor showers because of the extremely dark sky, an attribute that Headwaters Alliance is working to preserve and one that Taddeucci greatly appreciates.

"I am originally from the Upper Peninsula of Michigan and still have vivid memories of looking up at the blazing stars from the shores of Lake

Superior and feeling like I could float away into space," says Taddeucci. "Of all the places I've lived since then, the dark skies of Creede come closest to replicating that childhood experience."

Taddeucci is a retired nuclear and particle physics researcher who worked in Los Alamos. A longtime astronomy buff, he owns several telescopes, the largest of which is a 16-inch reflector. He'll be bringing a telescope for the watch party that has the ability to connect to a video display to allow easier viewing of the distant sky. But even without a telescope, Taddeucci is enamored by the night sky.

"You don't need a large or expensive telescope to enjoy looking at the stars," adds Taddeucci, "just dark skies and a sense of curiosity."

HWA is delighted to invite folks to the Star Party to view stars, meteors, a potluck and even staying the night. As Taddeucci says, bring your sense of curiosity.

The event includes a potluck. It starts at 7:30 p.m. Dr. Robinson will speak at 8 p.m. and Taddeucci will follow with his telescope and video display. The location is 4 miles up Pool Table Road from Highway 149 south of Creede.

This event is part of a bigger initiative by HWA to designate much of Mineral County an International Dark Sky Reserve which protects this incredible resource. Information will be available at the event on their application process and ways to get involved.

"I applaud Headwaters Alliance," says Taddeucci, "for sponsoring events to help convince our friends and neighbors in Mineral County that our dark skies are a resource worth preserving and enjoying."

Head to headwatersalliance.com, for more information or contact Alex Handloff at coordinator@headwatersalliance.org. This is a weather dependent event.



Zodiacal light in spring 2021.

Photos by Terry Taddeucci



Photo of Terry Taddeucci's telescope monitor

SLV Health provides Bumps and Bruises Clinic

With school starting up again and sports season beginning, it's important to keep children. All San Luis Valley high school athletes are eligible for SLV Health's Bumps and Bruises Clinic. This free service includes an initial

evaluation, rehabilitation treatment, and management for minor injuries. Visit SLV Health's website — www.sanluisvalleyhealth.org/services/sports-medicine/ — to see which days a local clinic is open for Bumps and Bruises.

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~ B.Gullette

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07 Help Wanted

Mechanical Engineer, Monte Vista, CO: Design new parts & equipment for various mechanical applications. Req. Bach. in Engineering or Foreign Academic Equiv. Min. 2 yrs. exp. in mechanical Eng. & machinery design, incl. exposure to agricultural implement design. Req. exp. w/ 2D & 3D modeling in Solid works PDM or similar. Req. full competency is MS Office & related software. Req. relocation to the San Luis Valley of CO (no relocation package provided). Must be able to communicate effectively in English. Formation Ag Inc., 1021 US HWY 285 N, Monte Vista, CO 81144. Application is by Resume only. For consideration, email resume to Randy Wright, randyw@formation-ag.com. This position qualifies for our employee referral program w/ incentives. (8/18)

Alamosa County Treasurer is seeking a skilled accounting person to join their team. Position is Accounting Tech I. This person must have 2-3 years experience in bookkeeping and cash management. Prefer 2 years banking experience. Must have good clerical and customer service skills. Proficient in Microsoft Word and Excel. Familiarity with Treasurer's Deeds and Releases of Deeds of Trust preferred. \$15 per hour, negotiable depending on qualifications, full time which is 37.5 hours per week, eligible for vacation and sick leave and health insurance benefits. Background check and drug screening required. Deadline August 16, 2021. (8/11)

Saguache County Department of Social Services is now accepting applications for the position of Child and Adult Protection Caseworker. Bachelor's degree in one of the behavioral sciences is required. Previous experience in Colorado Child Protection system and Trails, and/or the Adult Protection system is desired, but training will be provided. Basic job description includes being part of a team to assess risk and safety of referrals, and working with families, youth and children, or senior population to provide services for stability and safety. Spanish-speaking advantageous but not required. Send application, cover letter and resume to PO Box 100, Saguache CO 81149, or email application, cover letter and resume to aqintana@saguachecounty-co.gov. Starting hourly salary will be \$19.50 per hour. Applications and complete job descriptions are available from the Saguache County Administration Office at 505 3rd Street, Saguache, CO 81149, by visiting the Saguache County website www.saguachecounty.colorado.gov or by calling 719-655-2231 and request an application be mailed to you.

This position announcement is open until the position is filled. A background check will be done and a pre-employment drug test for illegal drugs and also marijuana will be done prior to hire. Saguache County is an E.O.E.(8/25)

Rio Grande Hospital an opening for an Accountant, working close with the CFO. Managing all accounting transactions. Prepare budget forecasts. Publish financial statements Handle monthly, quarterly and annual closings. Reconcile accounts payable and receivable. Ensure timely bank payments. Assist with Managing balance sheets and profit/loss statements. RGH is an EOE, complete an application

online at <http://riograndehospital.org> under CONTACT, EMPLOYMENT. Additional questions: email gregporter@riograndehospital.net. Or call 719-657-2510 (8/25)

Rio Grande Hospital has an opening in the Business Office for a Patient Account representative to assist with financial aid, collections, and Credit Balances. RGH is an EOE. Complete an application online at <http://riograndehospital.org> under CONTACT, EMPLOYMENT. Additional questions: email gregporter@riograndehospital.net. Or call 719-657-2510 (8/25)

Rio Grande Water Conservation District is seeking qualified applicants for the position of Office

Administrator II. Start Date: August 16, 2021 Education Required: Minimum of a Bachelor's Degree or equivalent Experience Required: Minimum of 5 years' experience in fields of general accounting principles, financial audits, payroll func-

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

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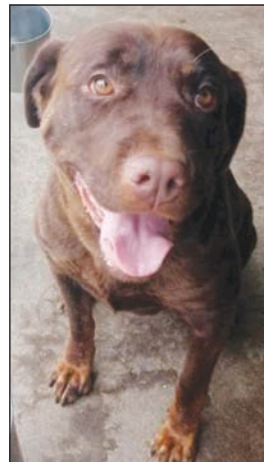
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with development and implementation of annual budgets, process invoices for payment for the District and six (6) Sub-Districts, prepare monthly financial statements for the District and six (6) Sub-Districts, monthly tracking of all financial transactions, including accruals and allocated expenses, compile all financial documents and transactions and work in conjunction with our auditing partner for annual statutory required review/audit, coordinate all District benefits and assist employees with their participation, help to strengthen and build a rewarding and challenging office environment with our staff of ten (10) to twelve (12) employees, coordinate with U.S. Bureau of Reclamation on budgets and certifications. Please submit your resume and letter of interest to: Cleave Simpson, cleave@rgwcd.org, or 8805 Independence Way, Alamosa CO 81101. (8/11)

Rio Grande County is seeking a Full Time CSU Administrative Assistant/Office Manager for the Area Extension Director and the Agents in the San Luis Valley. The Extension office delivers lifelong learning experiences to citizens throughout the San Luis Valley, fostering healthy youth and families, prosperous farms and ranches while creating resilient proud communities. Must be a professional, well organized and office efficient individual. Must be able to effectively transmit and receive written and oral communication. Must be proficient with computers and Web page management. Must be able to pass a drug and background check. Salary will be \$34,000 - \$38,000 DOE plus full benefit package. For additional information visit www.riograndecounty.org. Send resumes to humanresources@riograndecounty.org or 925 6th Street, Room 200, Del Norte, CO 81132. (8/14)

Rio Grande County Sheriff's Office is accepting applications for Evidence Technician Specialist. Must be 21 years of age, must pass an extensive background check, Colorado driver license with a good driving record required, High School diploma or GED, Knowledge of Microsoft Windows and Computer operation. Previous law enforcement background or evidence work with law enforcement preferred. Must be detail oriented. Must be able to work with others as a team. Pick up/submit applications: Human Resource Office, or humanresources@riograndecounty.org, or 925 6th St., Room 200, Del Norte, CO or on-line at www.riograndecounty.org. Go to the Sheriff's, employment opportunities page for RGSO application. Pay range DOE \$15.67 starting an hour. Deadline: Until filled. (8/14)

Valley Educators Credit Union in Alamosa is accepting applications for a Teller/Member Service Representative. Work week is Monday-Friday, 8-5pm. Willing to train. Necessary skills include general math skills, customer service, positive work ethic, computer proficient, and attention to details. Position open until filled. Pick-up application at 910 Main Street. Wage based on experience. EOE. (8/18)

Costilla County Public Health Agency is seeking a Registered Nurse to provide Public Health Nursing in Costilla County. The position will provide skilled nursing services including Immunizations, Communicable Disease control, and

support in prevention areas/programs and Core Public Health Services. A baccalaureate degree in nursing is preferred. An Associate Degree with 2 years experience will be considered. Current license (in good standing) to practice as a registered nurse (RN) in Colorado. Please visit the Costilla County Website for application and job description <https://costillacounty.colorado.gov/> or call 719-672-3332. The Position is open until filled. (8/14)

HELP WANTED BUILDING CUSTODIAN -Experienced individual needed for janitorial services with responsibility for cleaning various county buildings. Full time position, 32 to 40 hours a week, with variable hours which include evening and/or early morning work times. Starting salary will be \$15.05 per hour to start. To view the job description and an application they are available at Saguache County Administration office 505 3rd Street, Saguache or printable at www.saguachecounty.colorado.gov. Call 719-655-2231 for more information. Applications close on Friday, July 30, 2021 at 3:00 P.M. Saguache County is an EEO employer. Valid Driver's License, Drug testing which includes, background check will be required and a physical exam may be required for final applicants. (8/15)

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31 Health

Leaf Medical Three Positon Recliner W/Table Trey unlocking Wheels. Fully Electric Hospital Bed, both only used a couple of times. Call 719-640-7954. (9/8)

35 Heavy Equipment

Semi-Trucks and Valley Dump Trailers 10K and Up. Call 719-588-4415 (8/25)

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Valley celebrates Alamosa Rural Training Track Residents' Graduation

STAFF REPORT
ALAMOSA — Valley-Wide Health Systems recently announce that the Alamosa Rural Training Track (RTT) Residency Program had its third graduation ceremony Wednesday, June 23, honoring Dr. Amanda Mullen and Dr. Andrew Xu.

The mission of the Alamosa RTT Residency Program provides medical education and training for Family Medicine Residents in an accredited residency program while they live and work in a rural community.

Training begins with the internship year at St. Mary-Corwin Medical Center in Pueblo, and the next two years are spent in Alamosa. The residency program is integrated with Valley-Wide Health Systems for primary care and with the SLV Health hospital for specialty rotations.

Dr. Mullen has joined Southwest Health Systems in Cortez, and Dr. Xu has joined UC Health Firestone Medicine in Longmont.

Dr. Tammy Gregg, Valley-Wide Family Medicine Physician and RTT Site Director noted, "Graduation is always an exciting but emotional time for us here in the residency program. We are excited to graduate Dr. Andrew Xu and Dr. Amanda Mullen, knowing that they will be starting a new chapter in their careers. At the same time, we will miss them greatly. They became a huge part of the community and in

their patient's lives. Congratulations to Dr. Xu and Mullen."

The residents awarded "Preceptor of the Year" to Dr. Olivier deRaet and Dr. Clint Sowards received a Certificate of Appreciation for all his support to the residency program.

From left: Dr. Joseph Quintana, Residency Preceptor, Dr. Andrew Xu, graduating resident, Dr. Tammy Gregg, Alamosa RTT Residency Program Site Director; Dr. Amanda Mullen, graduating resident.

Photo courtesy of Valley-Wide Health Systems



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POWER
THE COMEBACK

CDOT begins ADA ramp project in Manassa

Work begins Aug. 9 and continues through late September

STAFF REPORT
CONEJOS COUNTY — The Colorado Department of Transportation and Contractor KSK, LLC, will begin work on Aug. 9 to construct new ramps and sidewalks in Manassa, Conejos County. The newly constructed ramps will meet mandated standards by the Americans with Disabilities Act (ADA). The project also includes Public Rights of Way Accessibility Guidelines (PROWAG). PROWAG promotes equality for people with disabilities through design and development of accessibility guidelines and standards.

The project is located between Mile Point 1.75 and MP 3.80 on Colorado Highway 142 (Main Street), within the community of Manassa from 1st Street to 9th Street and the Manassa Eastfield Ditch. Work will improve curb ramps, sections of adjacent sidewalks, curbs and gutters at several intersections and two mid-block locations: 9th Street, 8th Street, Mid-Block between 8th Street and 7th Street, 7th Street, 6th Street, 4th Street, 3rd Street, 2nd Street, Mid-Block between 1st Street and 2nd Street.

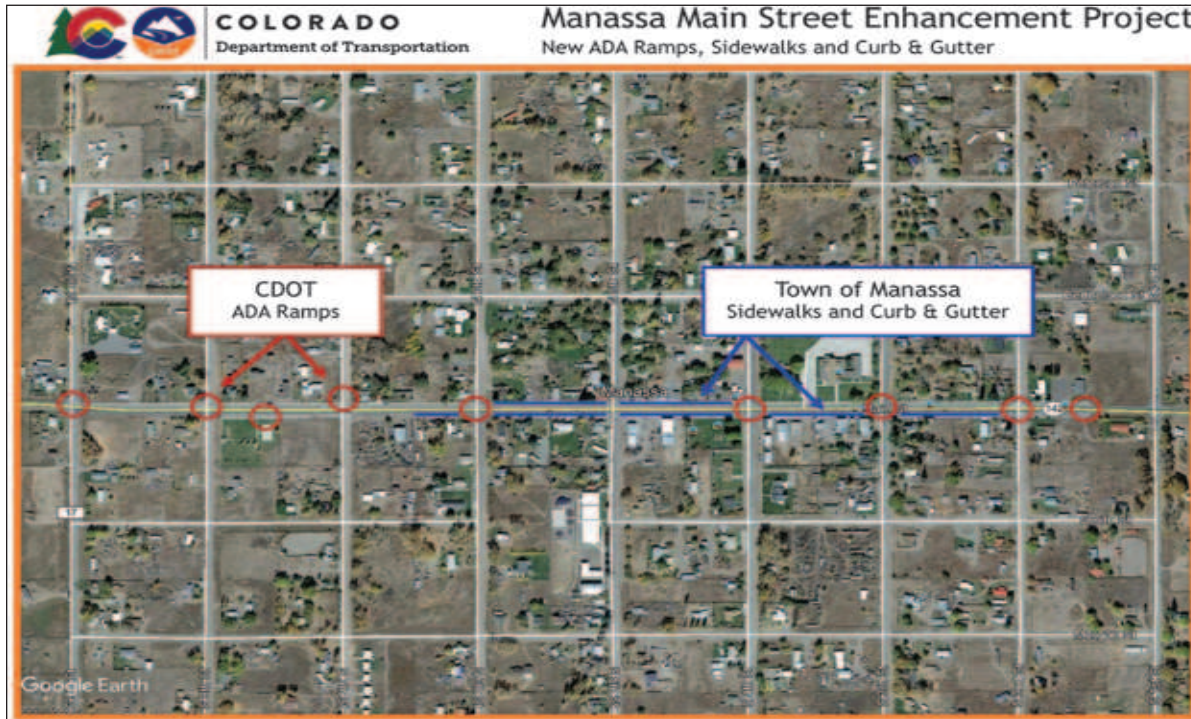
Enhanced ADA curb ramps are intended to provide pedestrians access between the sidewalk and street with ease when a vertical change in elevation is present. For those with disabilities, curb edges can be hazardous, and requirements are put in place to help prevent dangerous situations such as people falling out of wheelchairs, or while using a cane or walker.

“We are very pleased with the partnership we have developed with the Town of Manassa,” said Southwest Regional Transportation Director Julie Constan. “By combining CDOT ADA Ramp Funds with the town’s recently awarded Multi Modal Options Funds, we are able to work together and leverage available dollars to move this project forward. This will be a wonderful enhancement to the community.”

CDOT ADA Ramp Funds will cover \$500,000 of the project, specifically for the ramp construction. Meanwhile, the Town of Manassa will contribute approximately \$1 million through Multi Modal Options Funds and a Department of Local Affairs grant for the new sidewalks and curb and gutter improvements.

Project Schedule
 Work is scheduled for Aug. 9 and is expected to last until late September. Normal working hours will be Monday through Friday from 7 a.m. to 7 p.m.

- Travel Impacts**
- Travelers by car, bike, wheelchair or foot can expect various lane and sidewalk closures where work zones exist.
 - Sidewalks may be closed at times during the day, overnight or over weekends to allow the concrete to set and cure.
 - Please note temporary closures may be enforced for businesses and residences to allow the concrete to set and cure.
 - Crews will do their best to maintain access for businesses and residences, with access temporarily altered.



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Cowboy Camp Aug. 13-15

STAFF REPORT
SOUTH FORK — The annual Moon Valley Cowboy Camp is set for Aug. 13-15 at Moon Valley RV Resort. The camp is free and open to everyone.

The camp that features campfire and Dutch oven cooking is being presented by Steve Cody and Jeff Gore Ministries.

On Aug. 13 supper is at 6 p.m. with a service at 7 p.m. On Aug. 14, breakfast is at 8 a.m. with supper at 6 p.m. and a service at 7 p.m. The camp concludes on Aug. 15 with a Sunday service at 10 a.m.

Moon Valley RV Resort is located six miles southwest of South Fork on Highway 160. For more information, call 719-873-5216.

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Benefits of exercise for arthritis sufferers

Across the country, more than 50 million people are living with doctor-diagnosed arthritis. So says the Arthritis Foundation, which projects that figure will rise to 67 million by the year 2030.

Simply put, arthritis is a significant problem, one that can not only affect a person's quality of life, but also his

or her pocketbook, as the Arthritis Foundation notes that working-age men and women (those between the ages of 18 and 64) who contend with arthritis are less likely to be employed than people of the same age who do not have arthritis. Arthritis is not only bad for employees, but also for employers, as it accounts for

\$156 billion annually in lost wages and medical expenses.

Exercise may be the last thing on many arthritis sufferers' minds, but exercise can play a vital role in reducing the often painful symptoms associated with arthritis. Among its other benefits, exercise can strengthen the muscles around arthritic joints and help men and women maintain bone strength. In addition, the Mayo Clinic notes that lack of exercise can make joints feel more painful and stiff, as a sedentary lifestyle will ultimately contribute to putting more stress on joints.

Upon being diagnosed with arthritis, patients should speak with their physicians about the best way to use exercise to combat and relieve their symptoms. Some patients may require physical therapy, while others might be able to work with their physicians to develop an exercise regimen that can help reduce the severity of their symptoms and any pain that accompanies those symptoms. The following are some types of exercises that figure to play a strong role in managing arthritis and improving quality of life.

- Aerobic exercises: Low-impact aerobic exercises, such as walking and swimming, can help arthritis sufferers alleviate their symptoms and improve their overall health. Arthritis sufferers who have not exercised in awhile because of their pain may have gained weight as a result, and aerobic exercise is a great way to shed extra pounds. Losing excess weight is a great way to make physical activity less taxing on your joints as well.

- Range-of-motion: Range-of-motion exercises are typically simple and don't take much time, but when done correctly, such exercises can be very effective at relieving the stiffness associated with arthritis. A physician or physical therapist might advise you to do range-of-motion exercises each day, and you may even need to do them a few times each day. Adhere to this advice, continuing to perform the exercises as long as your doctor or physical therapists deems them necessary.
- Strength training: As previously noted, arthritis sufferers may feel

as though lifting weights will only exacerbate their existing symptoms. But strength training will strengthen the muscles around the joints, providing more support for those joints and ultimately reducing symptoms of pain. Speak with your physician or physical therapist about appropriate strength-training activities and the importance of rest. If you experience any pain during strength-training sessions, stop immediately and report the pain to your physician.

More information about managing arthritis can be found at www.arthritis.org.



Courtesy photo

Aerobic exercise, including walking, can help alleviate the pain associated with arthritis.

Popular sports for seniors

Age doesn't have to stop older men and women from enjoying their favorite sports. In fact, remaining active can improve physical and mental health.

If a doctor has confirmed that it is okay to participate in sports, these activities can help men and women 50 and older enjoy friendly competition and physical activity.

Fishing

Fishing is more than just a leisurely day at the lake. Casting and reeling in your catch provides a good workout for the arms, legs and core muscles of the body. If you fish on the water, rowing out to your lucky spot provides additional cardiovascular exercise.

Golf

Golf is enjoyed by people of all ages. Requiring a combination of strategy and skill, golf also pays several physical dividends. Play at your own pace, taking your time walking from hole to hole so you can enjoy the sunshine and soak in the beauty of the course.

Swimming

A few laps around a pool works your whole body. Swimming is attractive to seniors because it works the muscles and provides a cardiovascular jolt without putting any strain on the joints.

Cycling

Many seniors are avid cyclists. You can ride a bicycle in competition or for pleasure. You can even vary your route depending on how physically

intense you want the ride to be.

Seniors need not abandon their love of sport just because Father Time is catching up with them. Many sports can be enjoyed by athletes of all ages.

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SLVDRG: Oaks-Jaramillo takes lead in economic recovery

ALAMOSA — Andrea Oaks-Jaramillo has been named the new Disaster Recovery Coordinator at the San Luis Valley Development Resources Group (SLVDRG), with the task of reviving the region's economy following the negative impacts of the COVID-19 pandemic.

"SLVDRG is thrilled to welcome Andrea back to the San Luis Valley serve in an economic development role in the Valley," said SLVDRG Executive Director Kevin Wilkins. "Her duties as the new Economic Recovery Coordinator will focus her skills and experience on the complex task of building base industry for the San Luis Valley."

As Disaster Recover Coordinator, Oaks-Jaramillo will focus on identifying economic recovery, mitigation, and potential resiliency projects in the San Luis Valley to boost economic growth in the region.

"I am grateful for this wonderful opportunity to return to the San Luis Valley," Oaks-Jaramillo said. "The Valley will always hold a special place in my heart. This community has shown so much compassion and

support to my family." Oaks-Jaramillo spent over five years as Marketing and Economic Development Director at San Luis Valley Rural Electric/Ciello, before moving with her family to California. Her new position with SLVDRG marks her return to the Valley. "The opportunity to return and help create and execute an economic vision for a place with so much potential is a true gift."

The Disaster Recovery Coordinator was created within SLVDRG in 2020 with funding from U.S. Department of Commerce through the Economic Development Administration as part of agency's national response to the COVID-19 pandemic.

"Andrea will support efforts of local business development and economic development organizations to keep and grow businesses in the San Luis Valley, and to recruit base industries — businesses that bring money from outside the Valley into the area," said Wilkins.

Previously, the position was held by Sarah Stoeber who left the organization for another opportunity in



Courtesy photo
Andrea Oaks-Jaramillo is the new Disaster Recovery Coordinator with the San Luis Valley Development Resources Group.

the Valley. "My goal is to collaborate with entities and people across the area to realize lucrative and sustainable economic development goals," Oaks-Jaramillo explained. "This valley, the people, the communities — have a pioneering grit and pride that needs to be commended. It is our time to realize the aspirations and goals of this hidden gem of southern Colorado."

Help for animals in the San Luis Valley

By MARIE MCCOLM
ALAMOSA — The SLV Dumb Friends League is seeing more surrendering their animals, according to Animal Care Manager Elaine Wood.

The SLV Dumb Friends League states that "although some animals fair the cold very well, they should all have houses and be taken in overnight

if the temperatures in any given area are going to drop below zero."

The SLV Dumb Friends League is in Alamosa. It serves the entire San Luis Valley. The Dumb Friends League provides animals shelter, food, and medical attention. Some of the animals from Alamosa are transported to the Denver Dumb Friends League, if they

require extra medical attention, or have needs that the Alamosa establishment cannot meet.

The Dumb Friends League is an independent local nonprofit organization and is not an affiliate of any national animal welfare organization.

For more info, call 719-212-6500.

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DF-CD-NP-Q321

RGNF welcomes Acting Deputy Forest Supervisor Jones

STAFF REPORT

MONTE VISTA — Rio Grande National Forest Supervisor Dan Dallas announced that Andrea Jones began serving Monday, Aug. 2, as the Acting Deputy Forest Supervisor for the Rio Grande National Forest. Jones will serve her four-month temporary assignment in Monte Vista, Colorado as the third Acting Deputy Forest Supervisor since Tom Malecek's December 2019 retirement.

Jones elevates to the post from her position as the Conejos Peak District Ranger where she has served since 2012. Prior to that appointment she served as the Wildlife Biologist on the Conejos Peak Ranger District and as a Rangeland Management Specialist on the Canjilon Ranger District of the Carson National Forest.

"I look forward to serving the Rio Grande National Forest and the

surrounding communities in this new capacity. I have great respect for our partners and forest users in the San Luis Valley and value our strong relationships with the communities we serve," said Jones. "I am excited to be shifting the focus of my work with the Forest to a broader scale and supporting our employees in this new role."

Before her employment with the Forest Service, Andrea held short term positions with the Cooperative Fish and Wildlife Research Unit at New Mexico State University (NMSU), served as a Teaching Assistant for NMSU and worked for the Cooperative Extension Service at NMSU.

"We are fortunate to have Andrea's local experience as she assumes this critical leadership role," said Forest Supervisor Dan Dallas, who appointed Jones. "Her local knowledge provides an excellent



foundation as she tackles the daily challenges at a new level."

Jones lives near Antonito with her family where they frequently enjoy hunting, fishing and recreating in the forest.

The forest is in the process of permanently filling the Deputy Forest Supervisor position as well as filling a temporary assignment to the Conejos Peak District Ranger position.

Health Tip - Intermittent Fasting or Time Restrictive Eating

12 to 16 hours without eating allows the digestive tract to clean house.

Happy Gut!!!
3 hours before bed, 8 hours of sleep (if lucky), 1 hour after getting up



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Colorado releases free and reduced-price school meal policy for 2021-22

STAFF REPORT

The Colorado Department of Education's School Nutrition Unit recently announced the policy for determining the eligibility of children who may receive free and reduced-price school meals (or free milk) served under Colorado School Food Authorities that participate in the National School Lunch (NSLP), School Breakfast Programs (SBP), and/or Special Milk Program (SMP). This school year, School Food Authorities may operate the Seamless Summer Option (SSO), allowing all students to eat at no cost regardless of eligibility status. However, free and reduced-price school meal applications will still be distributed, collected, and processed for purposes of determining eligibility for the Pandemic Electronic Benefits (P-EBT) program.

Contact your school or district to find out if they are operating SSO this school year.

Families are highly encouraged to complete the free or reduced-price school meal applications to qualify for Pandemic-EBT (P-EBT benefits). For more information about P-EBT visit

online <https://cdhs.colorado.gov/p-ebt>.

Local school officials will use the household size and income criteria for determining eligibility for free or reduced-price school meals.

Children from families whose income is at or below the levels are eligible for free or reduced-price school meals for schools or districts operating the NSLP. Schools or districts, operating SSO can continue to provide meals at no cost no matter a student's eligibility for free or reduced-price school meals.

Applications for free and reduced-price school meals, instructions and an informational letter to households are available at your local school and/or school district office. Only one application is required for all children in the household. The information provided on the application is confidential and will be used only for the purpose of determining eligibility for either school meals or P-EBT and verifying data. Immigration, migrant, citizenship or refugee status is not required to be provided during the application process, and households should continue to apply for free or reduced-price school meals.

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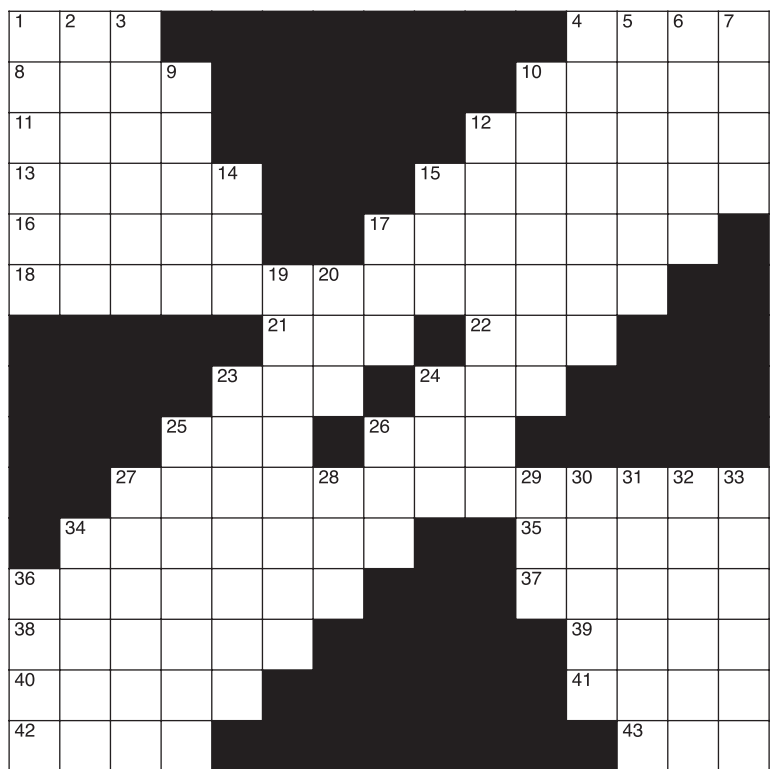
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CLUES ACROSS

1. Sound unit
4. Trim by cutting
8. Small buffalo
10. Ancient manuscript
11. Look angry or sullen
12. Glum
13. Northern Zambia peoples
15. Central
16. Collector of birds' eggs
17. Misbehavior
18. Top of the line
21. Political action committee
22. Have already done
23. Al Bundy's wife
24. Entertainment channel
25. Holiday (informal)
26. The common gibbon
27. Legendary actress
34. Seasoned sausages
35. Bluish greens
36. Ridiculed
37. Three-dimensional arrangement
38. Emerged
39. Type of protein
40. Denmark natives
41. Leak slowly through

Solution to last week's puzzle

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



42. Expression of sorrow or pity
43. Midway between south and southeast

CLUES DOWN

1. Artistic dancing
2. Plenty
3. Act leisurely
4. Serve as a warning
5. Admired lovingly
6. Leftover oil from distillation process
7. Company officer
9. Egyptian unit of capacity
10. One transmits information
12. Middle layer of an embryo
14. Form of "to be"

15. Cairo Regional Airport
17. Partner to cheese
19. Sample
20. A shirt may have none
23. Public gatherings
24. Disallow
25. Overnight suitcases
26. French river
27. Where boats dock
28. Top of a pot
29. Type of drug
30. City along the Rhine
31. Animal disease
32. They go in martinis
33. A way to break away
34. Intermediate ecological stage
36. Baby term for father

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San Luis Valley Area Real Estate



Historic Del Norte home with loads of character and tons of space. 4 bedrooms, an office/work out room, a craft room and a great room with 2 3/4 baths gives you plenty of options. The office has a separate entrance, so set up for a home based business. There is a kitchen upstairs and downstairs. Big fenced in yard with sprinkler system, huge mature trees and hot tub. One car garage and a carport for a boat, toys, car...conveniently located in town with easy access to shopping, schools, restaurants, hospital and offices. This charming newly re-wired home boasts natural gas radiators, pellet stove, 2 wood burning fireplaces and a Rinnai heater. Original wood floors and high ceilings remind you of the days when homes were built to last. Security system and fenced dog run. **\$430,000** MLS#785391

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This sweet little home is located in the heart of Alamosa that is within walking distance to downtown, Cole Park and Adams State University! With 2 bedrooms and 1 bathroom this home offers a porch/sunroom with nice windows that you can enjoy while having your morning coffee. Inside the house you have a natural gas fireplace and a Wood Stove to keep you warm on those cold winter evenings. The good sized yard has beautiful mature trees and a sprinkler system. The back deck offers privacy so you can enjoy the hot tub. It also offers a garage to store all your toys and a vehicle. Don't miss out on this great opportunity. Call for more details. **\$175,000** MLS#785146

Legends Premier Properties
Klayton Gosar, Associate Broker 810 First Ave. • Monte Vista
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This is a sweet home with 3 bedrooms and a 4th room that could be used as an office or craft room or spare bedroom! The home is private with hedges around the yard and some mature trees. Back covered patio area with a grill included that is hooked up to natural gas. The property has a single attached garage but also has a double carport in the back! There is carpet in the living room and bedrooms but hardwood floors are beneath if that is your preference. The house is furnished right now and if you would like any of the furnishings then they would stay with the house at a negotiated price. The house faces a park that is directly across the street! Come take a look!! **\$119,000** MLS#784266

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Take a look at this 4 bedroom manufactured home with mountain views all around. Great setting with circle drive, storage shed in rear. Large master bedroom with walk in closet, master bath with double sinks, shower and tub for soaking. Near the Rio Grande Golf Course and Resort, fishing, hiking, 20 minutes from the Wolf Creek Ski Resort. Area allows one to do short term rental. **\$289,000** MLS#785013

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Great business opportunity located in the town of Platoro. The Gold Pan offers many different opportunities, and is surrounded by the Rio Grande National Forest where you can have access to trails, lakes, streams, and is close to Platoro Reservoir. The Gold pan has seven cabins that can be used for rentals, a general store, a café, twenty rv sites with W/S/E 30amp full hookups, and open stalls and corrals available. Call for more information on this outstanding business in God's Country! **1,395,000** MLS#783164

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Spacious 2756 square foot manufactured home with beautiful mountain views on 3.5 acres. The home has four bedrooms, 2.5 baths, living room, great room, formal entrance, and formal dining area. Very nice kitchen with full walk in pantry and breakfast nook opens onto a back deck. Property is fully fenced for horses. Well is augmented for two horses. Metal garage 18' X 21' with an 8' wide door and a second storage shed. Property is located 3 miles east of South Fork. Seller is in the process of finishing a remodel in one of the bathrooms. **\$319,000** MLS#783014

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