

Shorts



Center youth Color Run and Coffee with Chief Oct. 10

By TERESA BENNS

CENTER — The 5k Color Run begins at the Center Youth Club starting at 9 a.m. Oct. 10, where groups of runners begin the race every two minutes. Masks are to be worn at the start, finish and wherever social distancing is not possible. For registration and more information, call 754-2837.

Coffee with Center Police Chief Dale Meek also will be held Oct. 10 at 9 a.m. in the front yard of the Methodist Church on Broadway, where attendees can watch the runners for the Color Run leave from across the street.

During the coffee event, Center officers will host a K-9 demonstration in the parking lot closest to the school.

Identity stolen? Saguache Sheriff can help

By PATRICK SHEA

SAGUACHE COUNTY — Painless until you know about it, identity theft hurts. Saguache County residents hit by this crime can get help by picking up an "Identity Theft Packet" from the Sheriff's Office.

"Immediately contact your bank," noted Jail Commander Ken Wilson. After freezing accounts and canceling credit cards, follow instructions and contact the agencies listed in the packet. Then return to law enforcement for next steps.

New scams echo old evil, and Wilson warns residents to guard personal information carefully. Over the phone or on the computer, scammers leverage account numbers to make purchases. According to some reports, fraudulent insurance claims have been traced to insurance cards stolen from car break-ins.

Wilson added that residents can pay for a monitoring service or password-protect their Social Security numbers. "Of course, don't provide personal information to anyone over the phone," Wilson added.

ScSEED update and board members needed

In this time of uncertainty and concern it seems that here in Saguache County folks are pulling together. People hold the door for each other, call up friends to check on them, bring groceries to homebound seniors. Life maybe scary and lonely in the big cities, but here we are all neighbors. Here we need each other. Here everybody is part of the community.

Do you ever wish you could do more for your community? Do you have talents and time you would

like to use to give back to Saguache County? ScSEED, Saguache County Sustainable Environment and Economic Development group could help you meet that goal. Founded in 1999 by over 200 county residents wanting to increase economic opportunities and maintain the quality of life our beautiful rural area offers.

Some of the projects ScSEED has assisted over the years are:

- The Wild & Scenic Film Festival, (to be live-streamed this year on

November 14th - Save the Date)

- Ranching Celebrations and the Ranching Way of Life film and school curriculum
- Saguache Downtown revitalization with Town of Saguache
- Saguache Hotel Marketing plan and Historic Structure Analysis
- Saguache Historic Walking Tour map
- Support of Crestone Redevelopment Project

Please see ScSEED on Page 2A



CARES Act funds flowing through Saguache



By PATRICK SHEA

SAGUACHE COUNTY - Although COVID-19 has crippled individuals and entire economies, Saguache County will be boosting business soon with federal dollars distributed through the Coronavirus Aid, Relief and Economic Security (CARES) Act.

"We want to help bring business back on track," noted Saguache County Administrator Wendi Maez.

The Sept. 15 application deadline has come and gone, and Maez is currently processing paperwork for a couple dozen companies. No organizations from the agriculture sector applied for funds.

Most applicants are retail and service enterprises with multiple employees.

Maez explained how the county is the fiscal agent for CARES Act funds. To fairly allocate the \$585,411, approximately 40 percent of the money will go to the towns of Saguache, Crestone, Center and Moffat. The remaining 60 percent stretch throughout the county.

The money must be distributed before Dec. 30. As a grant (not a loan), the distribution is designed to help businesses and other enterprises rebuild. Grantees can use the money for basic business expenses like utilities, water and sanitation. The application requests

predictable information (contact name and address, for example). Like most grants, it requires applicants to specify how they will measure success leveraging the funds. Detailed budgets and information about other financial contributors are also required.

But unlike bank loan applications or other requests for money, the form also asks, "If you do not receive the full amount of your funding request or other funds needed, what will you do?" This program is about recovery, not profit.

For approved grantees, "They will receive the money up front," Maez explained. "This can help bring business back on track."

CLIPS FROM THE CLERK

By TRISH GILBERT

Saguache County Clerk and Recorder

Foreign actors and cybercriminals likely to spread disinformation regarding 2020 election results

The Federal Bureau of Investigation (FBI) and the Cybersecurity and Infrastructure Security Agency (CISA) are issuing this announcement to raise awareness of the potential threat posed by attempts to spread disinformation regarding the results of the 2020 elections. Foreign actors and cybercriminals could create new websites, change existing websites, and create or share corresponding social media content to spread false information in an attempt to discredit the electoral process and undermine confidence in U.S. democratic institutions.

State and local officials typically require several days to weeks to certify elections' final results in order to ensure every legally cast vote is accurately counted. The increased use of mail-in ballots due to COVID-19 protocols could leave officials with incomplete results on election night. Foreign actors and cybercriminals could exploit the time required to certify and announce

Please see CLIPS on Page 2A

Heed the warning signs to prevent suicide

By TERESA BENNS

CENTER - Center Police Chief Dale Meek would like to warn local residents about the danger signs of suicide in light of the community's recent loss at Gunbarrel Station.

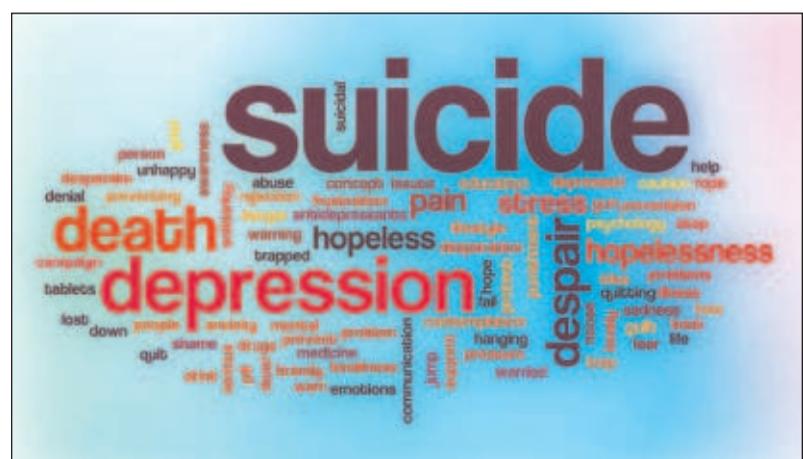
Meek cites an article by Jennifer Brown in the Colorado Sun on the increase of suicides in Northwestern Colorado commenting, "I believe this is a good time to address this issue."

Statistical Data from the Colorado Health Foundation (2014) shows there are 19.4 suicides for every 100,000 residents in Colorado. An estimated

478,000 Coloradans struggle with some form of mental health issues. A large portion of those who have mental health issues will engage in narcotics use as a means to self-medicate, including the overuse of alcoholic beverages. Suicide is the second leading cause of death among our youth. Veterans are nearly twice as likely to commit suicide as compared to the general population.

"There are many current societal stressors being added to our daily lives," Meek observes. "The COVID-19 restrictions, the negative perspectives of

Please see SUICIDE on Page 6A



CLIPS

Continued from Page 1A

elections' results by disseminating disinformation that includes reports of voter suppression, cyberattacks targeting election infrastructure, voter or ballot fraud, and other problems intended to convince the public of the elections' illegitimacy.

The FBI and CISA urge the American public to critically evaluate the sources of the information they consume and to seek out reliable and verified information from trusted sources, such as state and local election officials. The public should also be aware that if foreign actors or cyber criminals were able to successfully change an election-related website, the underlying data and internal systems would remain uncompromised.

RECOMMENDATIONS

Seek out information from trustworthy sources, such as state and local election officials; verify who produced the content; and consider their intent.

Verify through multiple reliable

sources any reports about problems in voting or election results and consider searching for other reliable sources before sharing such information via social media or other avenues.

For information about final election results, rely on state and local government election officials.

Report potential election crimes—such as disinformation about the manner, time or place of voting—to the FBI.

If appropriate, make use of in-platform tools offered by social media companies for reporting suspicious posts that appear to be spreading false or inconsistent information about election-related problems or results.

The FBI is responsible for investigating malign foreign influence operations and malicious cyber activity targeting election infrastructure and other U.S. democratic institutions. CISA is responsible for protecting the nation's critical infrastructure from physical and cyber threats. The FBI

and CISA provide services and information to uphold the security, integrity and resiliency of the U.S. electoral processes.

9/28/2020 Internet Crime Complaint Center (IC3) | Foreign Actors and Cybercriminals Likely to Spread Disinformation Regarding 2020 Election Res. <https://www.ic3.gov/media/2020/200922.aspx> 2/2

VICTIM REPORTING AND ADDITIONAL INFORMATION:

The FBI encourages victims to report information concerning suspicious or criminal activity to their local field office (www.fbi.gov/contact-us/field-offices).

For additional assistance and best practices, and common terms, please visit the following websites:

• Protected Voices: www.fbi.gov/investigate/counterintelligence/foreign-influence/protected-voices

• Election Crimes and Security: www.fbi.gov/scams-and-safety/common-scams-and-crimes/election-crimes-and-security

ScSEED

Continued from Page 1A

- Support of Crestone Community Garden & Greenhouse
- Kerber Creek Restoration
- Saguache County Heritage Map
- Facilitation of Northern Saguache County Conservation Roundtable
- Support of Crestone Energy Fair
- Many years serving local food Pancake Breakfast at the Crestone Music Festival
- Public forums, meetings, planning sessions for educational and organizational efforts
- Serving as fiscal agent for groups over the years
- Currently fiscal for Crestone Baca Resiliency Group; Crestone Energy Fair and Saguache Senior Citizen Center

These are a few examples of ScSEED projects that have made a difference in our communities. Where there is a need, ScSEED has stepped up to find solutions and build bridges of cooperation to solve issues for Saguache County.

Our current projects include the Third Annual Wild & Scenic Film Festival in November, Cool Block neighborhood energy efficiency groups, Crestone Energy Fair, Crestone Baca Resiliency, Saguache 285 Streetscape Project, Saguache Seniors Center and Ranch Elder History project. ScSEED is exploring Biomass projects for fuel and economic development.

ScSEED partners with many governmental and non-profit groups

as well as business owners and entrepreneurs. Our Board is active in these endeavors and members bring their experience and knowledge to the table.

We are looking for individuals that want to help guide Saguache County into the future and to help rebuild in a COVID world. There will be many programs and grants available and we need to avail ourselves of these opportunities. You can go to scseed.org, contact one of the current board members or send an email to scseeddevelopment@gmail.com. You can also donate to ScSEED to help keep these efforts moving forward and keep Saguache County a great place. P.O. Box 301 Saguache 81149. Thank you.

VALI3Theater
719-628-2015
139 Adams • Monte Vista
www.vali3theater.org



Oct. 2-4
Fri. & Sat. 7 p.m.
Sunday 5 p.m.

Kids (6-16) \$4 • Adults \$6 • Seniors (65+) \$5
100 Person Maximum, please maintain social distancing

Talk About **LOCAL!**
CENTER POST-DISPATCH
 In Print & Online
www.centerpostdispatch.com
 Valley Publishing 719-852-3531

OBITUARY

Cleveland James Blankensop, 95

Cleveland James Blankensop (CJ) "Jim," Monte Vista, CO passed away Sept. 22, 2020 in Del Norte, Colorado. He was born July 5, 1925, in Wellsburg, West Virginia to Grover Cleveland Blankensop and Nellie Palmer.

Jim enjoyed bowling and his antique "foreign" sports cars. He was an owner of C. J. Sports Center. He was the Deacon at the Monte Vista Presbyterian Church. He joined the Navy straight out of High School. He fought in WWII and received many ribbons and medals which included: Pacific Theater Ribbon, American Theater Ribbon, Philippine Liberation Ribbon and the Victory Medal.

He is survived by his spouse Grace Shedkiac, his son James Blankensop (Charlene) of Monte Vista, CO; and stepdaughter Allison Shedkiac of Ohio; grandchildren Heather, Jamie, Jason, CJ, granddaughter Kristan and many great-grandchildren.

He was preceded in death by both his parents, his daughter Lessa McDaniel, brother Ed Blankensop, sisters Dee Weaver and Helen Mackey.



Jim was very well-known in the community and will be missed by all who knew him. Cremation was chosen. A memorial service will be held on Oct. 3, 2020 at 11 a.m., at the First Presbyterian Church, 702 Second Street in Monte Vista, Colorado

Arrangements in care of Strohmayer's Funeral Home.

 Find us on Facebook at
<https://www.facebook.com/ValleyPublishing>



RIOGRANDE
 Savings & Loan Association

Loan Products

- Home Loans
- Purchase | Refinance | Construction | Improvement
- Second Mortgages • Auto Loans

Deposit Products

- Checking Accounts • Savings Accounts • CDs
- Money Market Accounts
- Commercial Checking Accounts

Electronic Banking Services

- Mobile Banking App • Mobile Deposit
- On-line Bill Pay • Online Banking
- MasterCard Debit Card • Person to Person Payments

719-852-5933
901 1st Avenue
Monte Vista, CO 81144

719-589-2536
3416 Maraposa St.
Alamosa, CO 81101

www.rgsla.com




San Luis Valley Federal Bank

Cash in on rewards using your debit card.

Learn more about debit card rewards
 visit www.slvfb.com/rewards or call 589-6653

OPINION & EDITORIAL

Boogie Woogie Bugle Boy

As most of you know -- and a good share of you do not care -- Ol' Dutch has spent more than his share of the month of September top of the mountains in pursuit of the elusive Wapiti. Native Americans also called elk, The King Ghost of The Forest, and if you have ever hunted them you soon learn to appreciate that name.

They are about as elusive as a ghost, especially if you are hard of hearing like me. It makes it doubly hard to find one in all that expanse of timber when your eyes are your only way to find them. About September 22 each year the elk start into their breeding season which makes the odds of finding a bull much better as they begin a process called The Rut.

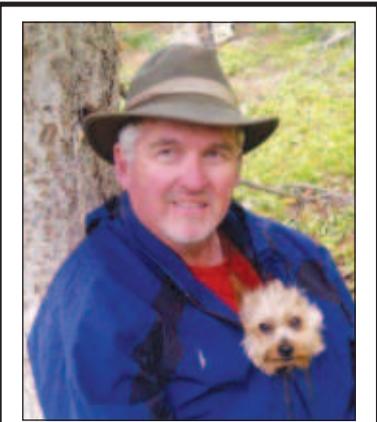
During this time the males of the species run around like chickens with their heads cut off in pursuit of females to try and entice them into their harem. If you have never seen this in person, it's very much like older men that lose their spouses and chase every female within driving distance making fools of themselves also.

They leave their scent in mud holes, make this bugling sound and generally act nuts. And the elk do the same but for a shorter amount of time and in the dark so with a lot less embarrassment than the men do in front of their friends and family.

This past week the elk really turned on and if you are up in the forests at daybreak and sunset you can hear their eerie calls challenging other males of the species and letting the females know that they are gathering them together to breed.

And with this phenomenon there comes the neophytes from our mountains and from far-flung places who have watched hundreds of hours of hunting videos in an attempt to add their bugles to those of the live elk. Last week I was hunting at 11,000 feet and thought I was pretty much alone in the area when all of a sudden, a bugle split the silence of the morning. It got my attention of course and I made a cow call back. Much to my surprise the bull bugled again and then again and then...well again.

Before long I had called in a hunter that I soon named the Boogie Woogie Bugle Boy. Some of you may know that this was a song made famous by the Andrews Sisters in the midst of WWII in the year 1941. The song was actually written for the movie Buck Sergeants starring Abbott and Costello. It reached No. 6 on the charts and is listed in the top 10 in popularity for songs of all time. The sisters' close harmony Lent such a uniqueness to the tunes they sang, and they were really America's sweethearts and quite famous.



Trout Republic
by Kevin Kirkpatrick

The story line for the song is there is a bugle player of some renown who after being drafted into the services, is relegated to just blowing reveille for the army. It's a great song and has a catchy tunes and the sisters were cute as buttons which never hurts any artist.

So anyway, the bugle boy that came to my cow elk call was walking along much like a bugler in a marching band, tooting his call and expecting an elk to suddenly appear at any second. Once he saw me, he simply moved around my stand and went on his merry way bugling up the mountain side like Harold Hill marching down the street in The Music Man.

I am not opposed to people calling if they know what they are doing, and it can be effective if done right. I watched my son Bub's call in two cows and a bull pretty quickly, but moderation and timing seem to be paramount to success. And it paid off as he went home with a nice bull elk.

But the woods seem to be filled with hunters of little experience with those calls and watching the professionals hunt on private ranches gives false hope to how elk respond to those bugles on public land.

If you can get up in the surrounding mountains at dawn and dusk and listen to the mournful eerie cry of the bull elk as they gather their harems to mate and give us generations to come. And if you cannot make it up there, simply find a recently widowed man and you can pretty much get the same display from him chasing tail. The difference between the men and the elk is the elk can remember what to do once they catch the female.

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

LETTERS

A Pro Statement for Ballot Issue 6A

A "yes" vote for 6A will allow the Monte Vista Fire Protection District to continue providing high quality and professional fire and emergency services to the citizens of the fire district and surrounding areas. The Fire District relies on property tax revenue for its entire budget. The 6A initiative will accomplish two things; 1) allow funding for the district to be

maintained at current tax revenue levels, preventing further declines and 2) increase the General Fund to continue daily operations including utilities, truck maintenance, facility repairs and most importantly health and safety for the district's firefighters. A continued decrease in funding for the Monte Vista Fire Protection District will result in longer response times and less

reliable equipment to handle the variety of calls for assistance. Our citizens expect and deserve the fire department to come when they call. Approval of Issue 6A will help secure future emergency services and therefore by helping the Monte Vista Fire Protection District, we are helping ourselves.

Patrick Sullivan, Monte Vista Fire Chief

Lives Matter

To the editor,
If you need to put a color in front of that statement, maybe you should examine your heart.

The overwhelming majority of us were raised to believe that all lives matter and nothing will change our minds.

To the people (yes, we know

who you are) who invited Antifa to come demonstrate in Del Norte; Why would you try to incite unrest, fear and hatred in our peaceful community? Our police officers do their best to curb crimes, apprehend law breakers and be a force for goodwill in our town. We thank God for them, and we thank God

that your Antifa friends left town after a few days of failed efforts to create a problems where there are none.

Please get a grip on your paranoia, relax and try to be happy like the rest of us. Thank you.

L. Warren Del Norte

CENTER POST-DISPATCH

THE CENTER POST-DISPATCH (USPS 775-900) Published weekly (every Thursday) by Valley Publishing. (719) 852-3531 at 835 First Ave., Monte Vista, Colorado 81144-1423. Official newspaper of the Town of Center, and a legal newspaper in Saguache County.

Box 607, Monte Vista, Colo. 81144

Main office, Want ads and Subscriptions: (719) 852-3531

Periodical postage paid at Monte Vista, Colo., 81144

POSTMASTER: Send change of address to P.O. Box 607, Monte Vista, Colo. 81144

Subscriptions: \$39 one year in San Luis Valley; \$49 elsewhere. Out of Valley First Class Mailing \$115.00

one year. Seniors receive 10 percent discount on in county subscriptions only. (719) 852-3531

News Media Corporation website: <http://www.newsmediacorporation.com>

- Trey Spaulding GM/Editor
- Rebecca Copley Monte Vista Reporter
- Teresa Benns Center Reporter
- Lyndsie Ferrell South Fork/Creede Reporter
- Sylvia Lobato Conejos County Reporter
- Chelsea McNerney-Martinez Advertising Sales Associate

- Shasta Quintana Circulation
- Ellie Bone Composition
- April Welch Classified
- Vernon Trujillo Production Foreman



www.centerpostdispatch.com

Great Sand Dunes to reopen the Visitor Center on Oct. 1

SAN LUIS VALLEY – Great Sand Dunes National Park and Preserve will implement part of Phase 3 of their re-opening plan on Thursday, Oct. 1, to further increase access following guidance from the White House, Centers for Disease Control and Prevention (CDC), and state and local public health authorities. The park implemented Phase 1 on Wednesday, June 3 and Phase 2 on Wednesday, June 17. These phases allowed access to:

- Dunes parking area and dunefield
- Medano Pass Primitive Road, including established campsites on a first-come, first-served basis
- All trails: Mosca Pass, Montville Nature, Sand Sheet Loop, Wellington Ditch, Dunes Overlook, Sand Ramp, Medano Lake and Music Pass
- All picnic areas: Mosca Creek, Sand Pit and Castle Creek
- Entrance Station, including the collection of entrance fees
- Pinon Flats Campground Loop 1 and Loop 2, including restroom facilities



Photo by Caden Alonzo

- Overnight backcountry access in the National Park, including the dune field and sites along the Sand Ramp Trail

Starting on Thursday, Oct. 1, the park will implement part of Phase 3 and reopen access to:

- Visitor Center interior, including the public restrooms, some interior exhibits, and the Western National Parks Association (WNPA) park store.

Visitors will be allowed to access the visitor center public restrooms from 9 a.m. to 4:30 p.m. The interior exhibit space and WNPA park store

will be open to the public from 10 a.m. to 12 p.m., and 1 p.m. to 4:30 p.m. A limited number of visitors will be allowed in the interior space at a time per CDC and agency guidance. Visitors should be prepared for a wait time and to follow safety precautions upon entering this public space. The visitor center movie room will remain closed at this time.

A free backcountry permit can be obtained by calling 719-378-6348 between 9 a.m. and 12 p.m. or between 2 p.m. and 4 p.m. Permits are first-come, first-serve and cannot

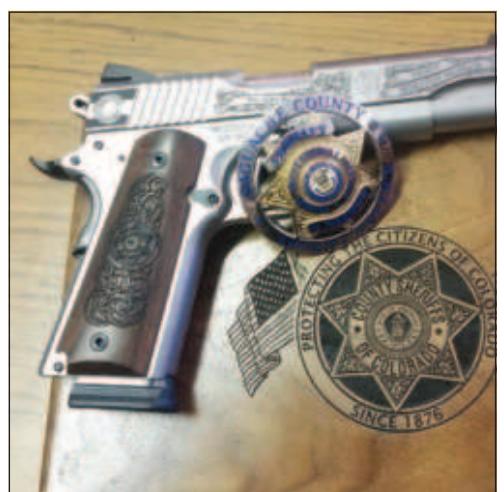
be reserved at this time. Permits are limited to 6 people per permit, no more than 2 vehicles per group. For more information, visitors should visit the park's backpacking page on the park website, <https://www.nps.gov/grsa/planyourvisit/backpacking.htm>.

With public health in mind, the following facilities or areas remain closed until further notice:

- South Ramada group picnic site in the Mosca Creek Picnic Area
- Pinon Flats Campground Group Loop

SAGUACHE COUNTY SHERIFF REPORT

The following information was provided by the Saguache County Sheriff's Office for the week of Sept. 21-27, 2020



- Arrests**
- Karla Gollighugh, 44, Moffat, habitually drove while license revoked
 - Michael Masek, 50, driving a vehicle with no license plates attached, no valid driver's license, and under the influence of alcohol, drugs or both
 - Charles Martinez, 43, failure to appear
 - Timothy Sisneros, 33, contempt of court, child abuse, second-degree assault causing bodily injury with a deadly weapon, false imprisonment
 - Eloy Sierra, 30, contempt of court
 - Victor Najera, 37, second-degree assault, violation of a protection order, and domestic violence
 - Justin Gonzalez, 28, failure to appear

stranded motorists, and helped with traffic accidents (some requiring ambulances).

Sheriff Dan Warwick said they conduct "welfare checks" when concerned parties call to ask for someone to check on another county resident. Sheriff Warwick and deputies also look out for residents during routine town patrols and calls to homes for civil disputes, animal problems and noise complaints.

The Sheriff's Office assisted other agencies, and personnel helped with training exercises in Center. Other calls to dispatch ranged from criminal mischief, suspicious activity, trespassing, harassment, disorderly conduct, "paperservice" (for example, eviction notices), and a "controlled burn." In Moffat, Crestone, Villa Grove and Saguache, stolen vehicles, abandoned vehicles and traffic violations required attention.

The Saguache County Sheriff's Office fielded more than 70 calls during the week. In addition to handling a deceased person and a missing person, office personnel performed search and rescue operations, assisted

GET FIRED UP for Winter

Community Committed
Agriculturally Driven

MVC

(719) 852-5181
www.mvcoop.com
1901 E Hwy 160 • Monte Vista

Sept. 14 - Oct. 10, 2020

STOVE SALE!

Wood Stoves

	Reg. Price	SALE	SAVINGS!
Princess Ultra	\$3116	\$2648 ⁶⁰	\$467 ⁴⁰
King Ultra	\$3629	\$3084 ⁶⁵	\$544 ³⁵
Ashford 30	\$2990	\$2541 ⁵⁰	\$448 ⁵⁰
King Parlor	\$3360	\$2856	\$504
Princess Parlor	\$2930	\$2490 ⁵⁰	\$439 ⁵⁰
Sirocco 30	\$2828	\$2403 ⁸⁰	\$424 ²⁰

Pellet Stoves

	Reg. Price	SALE	SAVINGS!
Castile	\$3230	\$2908 ⁸⁰	\$321 ²⁰
Classic Bay	\$2720	\$2448	\$272
Santa Fe 24	\$2488	\$2239 ²⁰	\$248 ⁸⁰

Direct Vent Gas

	Reg. Price	SALE	SAVINGS!
Hudson Bay	\$2776	\$2498 ⁴⁰	\$277 ⁶⁰
Bayfield	\$2915	\$2623 ⁵⁰	\$291 ⁵⁰
Havelock	\$3395	\$3055 ⁵⁰	\$339 ⁵⁰

South Fork approves electric vehicle charging station

Silver Thread Byway will be first scenic EV passage in Colorado

By LYNSIE FERRELL

SOUTH FORK- As part of an effort that was established through the State of Colorado, the Town of South Fork could be joining the neighboring community of Creede and other rural Colorado towns to install a new electrical vehicle charging station if they are approved for a grant to help with costs associated with the project.

The state plan for electric vehicle (EV) charging stations highlighted the need for EVs throughout several corridors across the state including the Silver Thread Scenic Byway and Wolf Creek Pass, making South Fork a prime location for a station. "In response to this plan and increasing traveler demand, the Town Administration requests approval to proceed with installation of a Level 2 electric vehicle car charging station, which is not only strategic in placement for motorists, but will establish the Silver Thread Byway as a first scenic EV passage in Colorado."

According to Finance Manager Mary Grace Garcia who headed the project, the South Fork Town Board adopted a resolution Tuesday, Sept. 22, approving the remaining costs after the approval of the grant. The grant is for \$9,000 and the town will be responsible for the remaining cost of \$8,500 which will be included in the 2021 budget.

Garcia held a presentation for the board to explain why a charging station would be appropriate for the town and how it could be beneficial to the area. Garcia stated that the installation of the charging station would offer the opportunity for the town to welcome additional travelers that may not have come to the area due to the lack of EV availability and in turn bring new people to the area for commerce.

The unit will be a CT4021 Dual Port Commercial Charging



Station that allows customers to use smartphone applications and electronic funds transfers to pay for the service. The unit does 25 miles per hour charge with easy to use interface technology.

The town hopes to hear whether or not they will be approved for the grant by the beginning of October and to have the unit installed and ready for use by November of this year.



Find us on Facebook at <https://www.facebook.com/ValleyPublishing>

A VOTE FOR CARLOS LOPEZ IS A VOTE FOR EXPERIENCE!

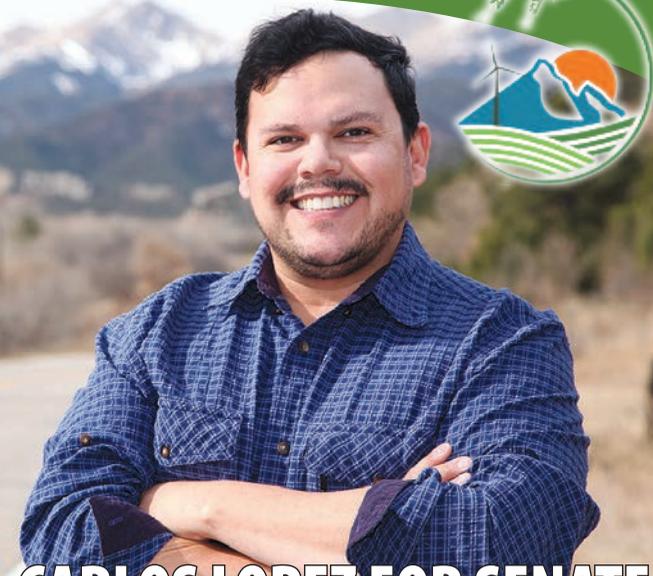
As a city council member, Carlos has worked with a diverse city council in Trinidad to pivot a community headed towards economic despair in a direction of financial growth and opportunity. Trinidad has been able to come together and unify for growth as opposed to just getting by.

Carlos founded and sits as the Chair of a nonprofit, after school program demonstrating his commitment to future generations.

Carlos has been a leader advocating or opposing legislation that affected municipalities while on the Colorado Municipal League's Executive Board, a board he was elected to by other elected officials.

Carlos is a leader amongst leaders. Don't we want that voice for southern Colorado at the Capital?

If you're not happy being neglected in southern Colorado for another four years... make the choice for a leader with a proven history of getting things done!



CARLOS LOPEZ FOR SENATE

PRESERVING OUR WAY OF LIFE WHILE PREPARING FOR THE FUTURE

DISTRICT #35

Carloslopezforcolorado.com

Vote Carlos R. Lopez this November for a proven fighter for southern Colorado.

Carlos Lopez

416 State St. • Trinidad, CO 81082
carloslopezforcolorado@gmail.com

- [Lopez4Colorado](#)
- [Lopez4Colorado](#)
- [Lopez4Colorado](#)

Paid for by THE COMMITTEE TO ELECT CARLOS R. LOPEZ

NOTICE OF ELECTION RIO GRANDE COUNTY

TUESDAY, NOVEMBER 3, 2020 TO THE ELECTORS OF RIO GRANDE COUNTY

NOTICE IS HEREBY GIVEN that a General Election will be held by Mail Ballot on Tuesday, the 3rd of November, 2020 between the hours of 7:00 a.m. and 7:00 p.m. If you are a registered voter, you will receive a ballot at your mailing address beginning October 12th. Mail Ballots may be dropped off at the Rio Grande County Clerk's Office, 965 Sixth Street, Del Norte, Colorado, Monday through Friday from 8:00 a.m. to 4:00 p.m. Ballots may also be dropped off on Saturday Oct 24th & Oct 31st from 8:00 a.m. to 12:00 p.m. and 7:00 a.m. to 7:00 p.m. on Election Day, November 3rd. A 24-Hour Drop Box is available on the west side of the building at 965 Sixth Street, Del Norte. Ballots can also be mailed using the envelope enclosed with the ballot. Ballots must be received at the County Clerk's Office by 7:00 P.M. on November 3rd. The Postmark does not count as being received.

Your ballot will contain only the Races or Issues on which you are eligible to vote.

IN TESTIMONY WHEREOF, I have hereunto set my hand and seal of the office of the County Clerk and Recorder this 21st day of September 2020.



Cindy Hill
Rio Grande County Clerk and Recorder

GOT CLUTTER? CLEAN UP WITH THE CLASSIFIEDS.

You'll find yourself with MONEY IN YOUR POCKET AND ROOM IN YOUR GARAGE WHEN YOU SELL YOUR STUFF IN THE **SLV LIFESTYLES CLASSIFIEDS.**

Advertise in our **SPECIAL GARAGE SALE SECTION** of **SLV Lifestyles** for **ONLY \$12 per week** (15 words or less - 35¢ per word over 15)

Call Today! 719-852-3531

MOUNTAIN VALLEY SCHOOL PRINCIPAL'S CORNER No. 1

By KATHY HILL

Welcome Back to School! That certainly has a different meaning for this 2020-2021 school year. I have been going back to school as an educator for 35 years now, and this has been the most complicated and disorienting time I have ever experienced. Our entire nation is in such an unusual place as we have all had to change the way we do things and reinvent the "usual" and comfortable ways we are accustomed to. I have tried to look at it as an opportunity to grow, learn and stretch my creativity, and I have full confidence that our entire team of educators at MVS will do wonderful things for our children and families. Our school year was to begin on Aug. 17, but as you know the board of education voted to start our year with online classes to protect our children and our community. All students were issued a district Chromebook and internet connections were provided through Ciello, our service provider. The teachers have done an amazing job in all areas as well as making connections with students and building vital relationships. Online classes have been productive, but the best place for kids to learn in the classroom with a great teacher! During this time of being remote the staff has worked to learn cleaning and disinfecting techniques, taken training for standard precautions, and

have been updating CPR and first aid cards. We have been able to get classrooms COVID ready so that we can minimize the possibility of contracting or spreading the coronavirus. All of us at MVS have been working to make remote learning as stress-free as possible with good routines and many different ways for kids to learn and grow. We are excited that our students returned in a hybrid model on Monday, Sept. 21. Half of the students will return for two days a week and then spend two days working online. This will create cohorts which again will hopefully eliminate the possibility for the virus to be spread among our students and staff. We are preparing our campus with detailed disinfecting and reminders for everyone of the "Big Three"- Wear a mask! Wash your hands! Physically distance! We are confident that the routines we have put into place will protect everyone at MVS. Some important changes are in place to keep us safe. Families are asked to screen their children at home before school and keep any child who exhibits illness at home. All bus riders



will be screened before entering the bus and anyone who enters the MVS facility will have their temperature taken and asked to sign in. We are limiting visitors to the building, and unfortunately at this time, parents will not be able to walk children to their classes or pick them up inside the building. Teachers will work to develop systems to meet parents outside. Breakfast and lunch will be served in the classrooms, as recommended by state health departments, with opportunities for kids to eat outside as much as possible. All who are in the building will be required to wear a face covering, but everyone will be encouraged to take many "mask breaks" outside. Physical activity and learning in outdoor spaces will be a priority! The teaching staff will be working hard to create a productive and comfortable place for kids to learn and not be distracted by masks and distancing rules. I know that every teacher and staff member will provide lots of love and care for kids as that is always our focus at MVS! Stay tuned as we continue our school year! I'll keep you updated on happenings and changes as we work diligently to bring some "normalcy" to the 2020 school year!

SUCIDE

Continued from Page 1A

the world being brought into our lives by national and social media and the effects of normal living can all add up to become unbearable which may spawn a personal crisis. Additionally, we are quickly approaching the holidays. This is a time when we historically see a rise in suicide attempts. I am very concerned of how mental wellness will be affected by current events combined with the holiday season and wish to raise awareness." **Warning signs** Some of the following warning signs are apparent but others are often overlooked until an attempt is made, Meek cautions. Please review these carefully.

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings
- Suddenly giving away treasured possessions or unexpected talks on who should be given possessions in case of death

Risk factors Warning signs are those "clues" to look for. Combining Warning Signs with Risk Factors should raise concerns over the mental wellbeing of a person.

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- Alcohol and other substance use disorders
- Hopelessness

- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt(s)
- Family history of suicide
- Job or financial loss
- Loss of relationship(s)
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- Stigma associated with asking for help
- Lack of healthcare, especially mental health and substance abuse treatment
- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- Exposure to others who have died by suicide (in real life or via the media and Internet)

If you encounter someone who is in a mental health crisis or is contemplating suicide, listen openly and honestly. Refer these people to those in the

mental health field who can help which includes our local medical centers, hospitals, the San Luis Valley Behavior Health Services and those additional numbers below.

Resources

- Colorado Crisis Line: 1-844-493-8255 or text TALK to 38255
- National Suicide Hotline 1-800-273-8255 or you can online chat at https://www.google.com/search?q=national+suicide+hotline&rlz=1C1GCEU_enUS901US901&oq=national+suicide+hotline&aqs=chrome..69i57j0l7.5615j0j7&sourceid=chrome&ie=UTF-8

The National Suicide Hotline has additional categories of resources to include but are not limited to Coping During Unrest, Emotional Wellbeing during COVID 19, Youth, Disaster Survivors, Native Americans, Veterans, Loss Survivors, LGBTQ+, Attempt Survivors and they have special "Ayuda En Espanol" for those who speak primarily Spanish. Please look through the online website for many resources.

Help is only a Phone Call Away

COVID-19 Mental Health Support Line
719.589.3671

If you are stressed, anxious, lonely, depressed, angry, or all of the above, you are not alone. We are in this together, and caring mental health professionals are available if you need to talk.

Virtual Therapy & Psychiatry
slvbhg.org/covid-19

Behavioral Health therapy and psychiatry have never been easier to start. ALL SLVBHG locations are open for business virtually, providing services to the convenience of your social distancing space by video consultations or over the phone. Call now to schedule an appointment: 719.589.3671

Mobile Health Unit
slvbhg.org/mobile

Visit our website for an updated schedule of where the mobile unit will be. The Mobile Health Unit specializes in Medication-Assisted Treatment (MAT) for substance use disorders.

SAN LUIS VALLEY Behavioral Health Group
Dedicated to Hope, Healing and Recovery

Approved Medicaid Provider | 24 hour hotline: 719.589.3671 | slvbhg.org

SAN LUIS VALLEY PRECAST
SEPTIC TANKS AND SUPPLIES
719 • 852 • 6915

Local Septic Tank Manufacturer
Large Inventory of Plumbing & Septic System Supplies

Hassle free installation instantly approved in Colorado
Watertight low profile anti float design
Concrete lasts for decades,
requires less maintenance

215 N. Washington St. • Monte Vista

NPCA National Precast Association Member

Let's Talk Trash

No contracts, no hidden fees

- Residential Service (96 gallon rolling containers)
- Commercial Containers (1YD-6YD Dumpsters)
- Roll-Off "Construction Site" Dumpsters (20YD-30YD)
- Curbside, single-stream recycling available

Services available for residents and commercial pick-up in and around Creede, South Fork, Del Norte and Monte Vista

For a full list of recyclable items see www.mdswasteandrecycle.com/services/recycling-services/

Call (719)658-3060
www.mdswasteandrecycle.com

PROFESSIONAL SERVICES

communities that care

Prevention Science + Digital Tools + Support = Successful Kids

Get Involved in the Future of Your Community

FOR QUESTIONS OR TO GET INVOLVED CALL 719-655-2533

Kay's Bookkeeping Services

& The Monte Vista Cemetery Association Office have moved!

Come see us at our new address:
995 N. Hwy 285 • Monte Vista
(next to Valley Lumber)

Kay's: (719) 852-5638

Monte Vista Cemetery: (719) 852-5196 or
www.montevistacemeteryassociation.com

Foreign actors and cybercriminals likely to spread disinformation regarding election results

The Federal Bureau of Investigation (FBI) and the Cybersecurity and Infrastructure Security Agency (CISA) are issuing this announcement to raise awareness of the potential threat posed by attempts to spread disinformation regarding the results of the 2020 elections. Foreign actors and cybercriminals could create new websites, change existing websites, and create or share corresponding social media content to spread false information in an attempt to discredit the electoral process and undermine confidence in U.S. democratic institutions.

State and local officials typically require several days to weeks to certify elections' final results in order to ensure every legally cast vote is accurately counted. The increased use of mail-in ballots due to COVID-19 protocols could leave officials with incomplete results on election night. Foreign actors and cybercriminals could exploit the time required to certify and announce

elections' results by disseminating disinformation that includes reports of voter suppression, cyberattacks targeting election infrastructure, voter or ballot fraud, and other problems intended to convince the public of the elections' illegitimacy.

The FBI and CISA urge the American public to critically evaluate the sources of the information they consume and to seek out reliable and verified information from trusted sources, such as state and local election officials. The public should also be aware that if foreign actors or cyber criminals were able to successfully change an election-related website, the underlying data and internal systems would remain uncompromised.

RECOMMENDATIONS
Seek out information from trustworthy sources, such as state and local election officials; verify who produced the content; and consider their intent.
Verify through multiple

reliable sources any reports about problems in voting or election results and consider searching for other reliable sources before sharing such information via social media or other avenues.

For information about final election results, rely on state and local government election officials.

Report potential election crimes—such as disinformation about the manner, time or place of voting—to the FBI.

If appropriate, make use of in-platform tools offered by social media companies for reporting suspicious posts that appear to be spreading false or inconsistent information about election-related problems or results.

The FBI is responsible for investigating malign foreign influence operations and malicious cyber activity targeting election infrastructure and other U.S. democratic institutions. CISA is responsible for protecting the nation's critical infrastructure from physical and cyber threats. The FBI and CISA provide services and information to uphold the security, integrity and resiliency of the U.S. electoral processes.

9/28/2020 Internet Crime Complaint Center (IC3) Foreign Actors and Cybercriminals Likely to Spread Disinformation Regarding 2020 Election Res. <https://www.ic3.gov/media/2020/200922.aspx> 2/2

VICTIM REPORTING AND ADDITIONAL INFORMATION:

The FBI encourages victims to report information concerning suspicious or criminal activity to their local field office (www.fbi.gov/contact-us/field-offices).

For additional assistance and best practices, and common terms, please visit the following websites:

- Protected Voices: www.fbi.gov/investigate/counterintelligence/foreign-influence/protected-voices
- Election Crimes and Security: www.fbi.gov/scams-and-safety/common-scams-and-crimes/election-crimes-and-security

Cattlemen's Association and property rights owners offer grim view of proposed Colorado Oil and Gas Conservation Commission setback rule

COLORADO –Colorado Cattlemen's Association Executive Vice President Terry Fankhauser and impacted Colorado land and mineral rights owners voiced strong objections to the Colorado Oil and Gas Conservation Commission's proposed 2,000-foot setback rule.

"A 2,000-foot setback would contradict both measured scientific analyses and the will of Colorado voters, who just two years ago strongly rejected a similar ballot initiative," said Fankhauser. "Moreover, such an arbitrary decision would result in economic devastation for tens of thousands of private property and mineral owners whose livelihoods depend on revenues generated from energy production."

Fankhauser was joined at a virtual media briefing by Weld County rancher Susie Magnuson; Hesperus rancher, past CCA president and COGCC chairman Tom Compton; and Mead mineral rights owner Joe Wigginton. The participants shared their perspective on the unique relationship between Colorado's agriculture and energy sectors, before examining the dire cultural and economic consequences of a 2,000-foot setback on communities and families across the state.

"Governor Polis told Coloradans that the oil and gas wars were over, but the very commission he appointed appears to have other ideas," said Magnuson. "Colorado's agricultural and



COLORADO CATTLEMEN'S ASSOCIATION

Advancing the Legacy

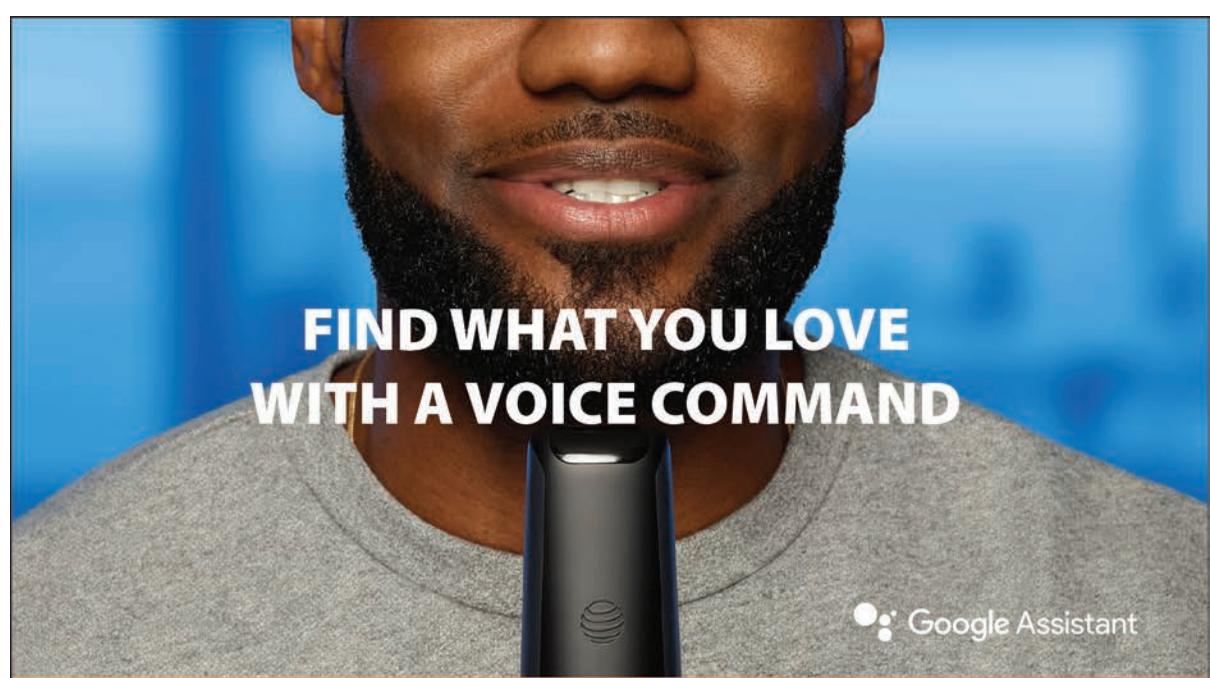
energy industries are foundational to the state's cultural and economic identity and are largely dependent on one another. An attack on one is an attack on both, so we implore the COGCC to examine the unintended consequences that its proposal would generate."

"In my time as COGCC chairman, we gave full consideration to the impacts our decisions could have," said Compton. "The newly appointed commission has failed to so much as estimate the economic impacts of a 2,000-foot setback, but those of us who would face such a prohibition head-on know that it would spell an end to our way of life. Our perspective can help the commission come to a reasonable decision, if only we'd be consulted."

For Wigginton, the matter is personal. "My mineral rights help to pay for the medical bills of my daughter, who is battling a long-term illness. The COGCC's proposal

would strip away those rights from future Coloradans, leaving families and communities to fend for themselves. A 2,000-foot setback isn't just scientifically misguided; it's morally indefensible. We hope that the unelected officials making these decisions for tens of thousands of Coloradans will reconsider."

Colorado Cattlemen's Association's (CCA) mission is to serve as the state's premier cattlemen's association that serves as the principal voice and advocate for Colorado beef production. CCA accomplishes this through its vision of "advancing the legacy" of beef production for our members by ensuring a dynamic and profitable industry that provides growth and opportunity for future generations. CCA's commitment lies within these core competencies: government affairs, issues management, communication and outreach, and member services and benefits.



INTRODUCING AT&T tv

Get the first 3 months of HBO, CINEMAX, SHOWTIME, STARZ, EPIX included at no extra cost.

With ENTERTAINMENT through ULTIMATE Pkgs. Services auto-renew after 3 mos. at then prevailing rate (currently \$54/mo.), unless you call to change or cancel. Req.'s you to select offer.

PACKAGES STARTING FROM \$39.99 MO. For 12 mos. plus taxes & Regional Sports Fee when bundled.

W/24-mo. agmt & other qualifying AT&T svc. (incl. \$39.99/mo. + taxes and fees). TV rates higher in 2nd year.* Regional Sports Fee up to \$8.49/mo. is extra & applies.

1 Req.'s separate subscription/login for HBO, Netflix and Pandora.

AT&T TV: Requires high speed internet. Recommended minimum internet 25 plan (min 8 Mbps per stream for optimal viewing). Limit 3 concurrent AT&T streams. See at.com/tv for details. *\$19.95 ACTIVATION, EARLY TERMINATION FEE (\$15/MO. FOR TV) FOR EACH MONTH REMAINING ON AGMT. EQUIPMENT NON-RETURN & ADD'L FEES APPLY. Price incl. ENTERTAINMENT AT&T TV Pkg., 1 AT&T TV device & after \$10/mo. bundle discount on TV for up to 12 mos. Pay \$49.99/mo. + taxes until discount starts w/in 3 mos. New residential customers only, excluding DIRECTV and U-verse TV customers. Req.'s apply.

Deadlines for weekly newspapers

- Lifestyles news...Thursday, 5 p.m. for the next week
- News for all paid papers...Monday, noon
- Classified ads...Thursday, 5 p.m. for the next week
- Legal advertising...Thursday, 5 p.m. for the next week
- Display advertising...Thursday, 5 p.m. for the next week

PUBLIC NOTICES

Saguache County is currently accepting proposals for the Saguache County 2020 Fiscal Year audit. The ideal firm or individual will have extensive knowledge and experience related to conducting governmental audits in accordance with generally accepted accounting and auditing standards, and preparing financial statements that conform to all state, federal and industry guidelines.

All interested parties should submit a letter of interest and a proposal for services by November 6, 2020 at 3:00 PM to: Saguache County Administration office. For additional information contact Saguache County Administration at 719-655-2231 or wmaez@saguachecounty-co.gov.

CALL your AT&T Dealer Today!

iv Support Holdings LLC

1-855-828-2729

AT&T: Requires high speed internet. Recommended minimum internet 25 plan (min 8 Mbps per stream for optimal viewing). Limit 3 concurrent AT&T streams. ENTERTAINMENT 1-YR AT&T TV PACKAGE W/ OTHER SERVS. Ends 6/27/20. Available only in the U.S. (excludes Puerto Rico and U.S.V.I.). 1st & 2nd year Pricing: \$39.99 for first 12 mos. only. After 12 mos. or loss of eligibility, then prevailing rate applies (currently \$54/mo.), unless cancelled or changed prior to end of the promo period. \$10/mo. bundle discount: Internet, Reg. new term. \$39.99/mo. plus taxes and \$10/mo. equip. fee) or existing svcs. Excludes DSL. Wireless: Consumers only. Sold separately. Reg. new term. \$50/mo. after discount or existing AT&T postpaid svcs. on elig. plan (incl. Lifetime) on a smartphone, phone or AT&T Wireless Internet device (incl. voice-only AT&T Wireless Internet). Both svcs. Eligible svcs. must be installed/activated w/in 30 days of TV activation and svcs. addresses must match to receive bill credit starting in 1-3 bill cycles. First time credit will include all credits earned since meeting offer requirements. Must maintain both qualifying svcs. to continue credits. No credits in 2nd year for bundled services. Includes: ENTERTAINMENT TV Pkg. & one (1) AT&T TV device. AT&T devices avail for \$120 each or on installment. Additional Fees & Taxes: Price excludes other svcs. fees & charges. Regional Sports Fee of up to \$8.49/mo. (which is extra & applies to CHOICE and higher Pkgs.). Different offers may apply for eligible multi-line/cable customers. AT&T TV: Subject to AT&T TV terms and conditions. Avail. in the U.S. only (excludes Puerto Rico and U.S. Virgin Islands). AT&T TV service will continue monthly at the prevailing rate charged to your payment method on file, unless you cancel, subject to any early termination fees. If you cancel in the first 14 days of order, you must return the included AT&T TV device within 14 days of order to avoid \$100 non-refund fee. Additional devices purchased on installment agreement subject to additional terms and conditions. See cancellation policy at at.com/help/cancellation-policy for more details. Once you've cancelled, you can access AT&T TV through the remaining monthly period. No refunds or credits for any partial-month periods or unwatched content. Compatible device req'd. Residential customers only. Pricing, channels, features, and terms subject to change & may be modified or discontinued at any time without notice. Some offers may not be available through all channels and in select areas. Regional Sports & Local Channels: Not available to select areas. Channels vary by package & billing region. Device may need to be in billing region in order to view. GENERAL: Limit 3 concurrent streams per account. Programming subject to blackout restrictions. Taxes may apply. See your Order Confirmation email and at.com/legal/at-tv.html for more details. GENERAL WIRELESS: Subj. to Wireless Customer Agmt (at.com/wvca). Credit approval req'd. Deposit/Down Payment: May apply. Charges/restrictions: Taxes, Reg. Cost, Recovery Charge (Up to \$150), other fees and charges, usage, speed, coverage & other restrictions apply per line. See at.com/limitations for details on fees & charges. International and domestic off-net data may be at 2x speeds. AT&T service is subject to AT&T network management policies, see at.com/disasterinfo for details. Offers may not be combined with other promotional offers on the same services and may be modified or discontinued at any time without notice. Other conditions apply to all offers. HBO, Cinemax and related channels and service marks are the property of Home Box Office, Inc. SHOWTIME and related channels and service marks are the property of Showtime Networks LLC. Wait start.com for available times. SHOWTIME is a registered trademark of Showtime Networks LLC. All Rights Reserved. EPIX is a registered trademark of EPIX Entertainment LLC. ©2020 AT&T Intellectual Property. AT&T and the Globe logo are registered trademarks and service marks of AT&T Intellectual Property. All other marks are the property of their respective owners.



Wolf Creek abandoned vehicle continues to remain unsolved

BY LYNSIE FERRELL
MINERAL COUNTY- Since the beginning of August, Mineral County Sheriff's Department has been following leads pertaining to an abandoned vehicle that was left and purposely covered on Wolf Creek Pass. According to Mineral County Sheriff Fred Hosselkus they are starting to get additional information from sources, but it is by no means enough to solve the case.
 In midafternoon on Saturday, Aug. 8, Mineral County Sheriff's Department received a call about a

hidden and abandoned vehicle near the West Fork Trail on Wolf Creek Pass. After responding to the call, deputies found a vehicle that had been covered by logs, limbs, debris and dirt. Upon inspection of the vehicle a driver's license of the owner was found and it was determined that the vehicle belonged to Gabriel Max Baldonado. Law enforcement officials attempted to contact the owner at an address listed in New Mexico. Deputies were not able to make contact with the individual and are seeking public input for the case.
 "We are getting calls saying that

this person has been seen in the area and is possibly hitchhiking. We have received at least three calls stating that the person has been seen from the New Mexico state line and along Highway 550. As far as we have been able to determine, he is alive but has made no attempt to recover the vehicle and we have no idea why the vehicle was buried like it was."
 The Mineral County Sheriff is continuing the investigation and continues to ask the public for information. Please contact the Mineral County Sheriff Department at 719-658-2600.

YOUR NIGHT SKY

Magnificent Mars



BY DARLENE DANKO
 This is a great month for observing Mars. Oct. 6, Mars will become closest to us until 2035. It was actually a little closer in July 2018, but it was so low in the sky that it was difficult to observe. Now it's at an altitude of at least 55 degrees, so its 30 degrees higher than it was two years ago. It will begin by appearing with the moon tomorrow. But the moon will soon rise later allowing us to view Mars by itself.
 Mars will even outshine Jupiter and become the brightest planet in our sky. Opposition is when a planet is directly across from the Sun in our sky, making the planet very bright. The best opposition is when the planet is higher in the sky, which Mars is now. So, Mars will rise at sunset, travel across the sky, and set at sunrise.
 Planets are always brightest to observe when sunlight falls on it from behind us, to really light it up. Another reason Mars will look so bright is because it lies in one of the darkest places of our sky. It will be in the East and SE where all the fainter constellations are.
 This time Mars South Pole is visible on its east side giving us spectacular views of its Southern Hemisphere.

Since the Sun is shining on that part of Mars, much of its frozen Carbon Dioxide has vaporized into its atmosphere, allowing us to see more of the planet.
 Something interesting about Mars is that it rotates once every 24.6 hours as opposed to Earth's 24 hours. So, if you observe it every night, you will notice that planetary objects slide a little eastward every night. It takes 41 days for objects to return to their original location.
 Mars does have dust storms which break out when summer arrives. So, we may see clouds when we observe the planet. For a while astronomers thought there were water filled Martian seas. But now they've realized that there is no water. So there's no liquid water or vegetation on Mars, just lots of sand and dust.
 Best viewing is when it reaches its highest point in the sky an hour before and after midnight. Obviously, a telescope will allow you to observe a lot of details, but binoculars will also give you good viewing. I can't wait to observe Mars! So have fun!

ENGLERT LeafGuard
 is the permanent, clog-free gutter solution!
 *Guaranteed not to clog for as long as you own your home, or we will clean your gutters for free

719-493-9644

Call Today for Your **FREE Estimate!**

\$99 INSTALLATION*
\$99 PER MONTH **\$99 DOWN**
PLUS
RECEIVE A \$25 LOWE'S GIFT CARD
 WITH FREE IN-HOME ESTIMATE!

*Does not include cost of material. Expires 9/30/20. **To be eligible for this promotion, the participant's estimated job cost must be at least \$700. The advertised payment of \$99 a month is an estimate only, and assumes that third-party financing is available for new customers at an estimated 8.99% annual percentage rate for 132 months. Promotion available to qualified buyers on approved credit with 3% down payment. Not all buyers will qualify. Higher annual percentage rates apply for buyers with lower credit ratings. LeafGuard is neither a lender nor a lender. Financing is provided by third-party lenders affiliated with LeafGuard, under terms and conditions arranged directly between the customer and such lender, all of which are subject to credit requirements and satisfactory completion of finance documents. Any finance terms, advertised estimates only. LeafGuard does not assist with, counsel or negotiate financing other than providing customers an introduction to lenders interested in financing its customers. Expires 9/30/20. †All participants who attend an estimated 40-60 minute in-home product consultation will receive a \$25 gift card, retail value is \$25. Offer sponsored by LeafGuard Holdings, Inc. Limit one per household. Company procures, sells, and installs seamless gutter protection. This offer is valid for homeowners over 18 years of age, if married or involved with a life partner, both collaborating partners must attend and complete presentation together. Participants must have a photo ID, be able to understand English, and be legally able to enter into a contract. The following persons are not eligible for this offer: employees of Company or affiliated companies or entities, their immediate family members, previous participants in a Company in-home consultation within the past 12 months, and all current and former Company customers. Gift may not be extended, transferred, or substituted except that Company may substitute a gift of equal or greater value if it deems it necessary. Gift card will be mailed to the participant via first class United States Mail or emailed within 21 days of receipt of the promotion form. Not valid in conjunction with any other promotion or discount of any kind. Offer not sponsored or promoted by Lowe's and is subject to change without notice prior to expiration. Expires 9/30/20.

One solution for oxygen at home, away, and for travel

Introducing the INOGEN ONE
 It's oxygen therapy on your terms

No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can **go virtually anywhere — even on most airlines.** Inogen accepts Medicare and many private insurances!

Reclaim Your Freedom And Independence NOW!

Call Inogen Today To Request Your FREE Info Kit

1-719-490-4844

© 2020 Inogen, Inc. All rights reserved. MKT-P0108

f Find us on Facebook at
<https://www.facebook.com/ValleyPublishing>

Lifestyles

Serving the entire San Luis Valley

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

BOXHOLDER LOCAL-RURAL CAR-RT SORT STANDARD MAIL RATE U.S. Postage PAID Permit No. 70 Alamosa, CO 81101



Photos by John Rawinski

A Hermit Thrush feeds along a roadway

Lose the crowds this fall in and around South Fork and Creede



Summer snowstorm devastating to migratory songbirds

BY JOHN RAWINSKI, AUTHOR AND FIELD ORNITHOLOGIST
San Luis Valley Birder's Network

SAN LUIS VALLEY - While the late summer snowstorm was a welcome event for our water supplies, it was also a devastating storm for migrating songbirds. *Please see BIRDS on Page 2*



A weakened and hungry Wilson's Warbler searches for any food it might find.

Visit South Fork during Colorfest. Access our glorious backcountry for an unrivaled Fall Colors Tour! Bring a car, ATV, OHV, jeep or bike from mid-September to mid-October.

Geological Wonders & Waterfalls Experience the power of place while exploring Wheeler Geologic Area. Fall is a great time of year to visit North Clear Creek Falls, the most photographed waterfall in Colorado!

True Mountain Golf: South Fork's 18-hole championship golf course offers the ultimate mountain golf experience.

It's tough to beat fall fly fishing on the Gold Medal Waters of the Rio Grande. The river boasts the longest stretch of these waters in the entire state: nearly 20 miles. There's also an abundance of creeks, lakes, and reservoirs complete with tons of wildlife.

Silver Thread Scenic Byway Follow as it weaves in and out of towns filled with remarkable stories pulled from a rich history, alluring outdoor adventures, and stunning scenery.



Just a Dog

You were just a dog. But a good dog.

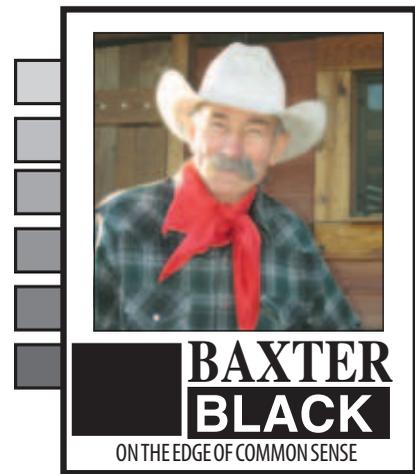
Right from the start. Your loyalty was never in question. And what you didn't know, you didn't know because I never took the time to teach you.

When you were young I was harder on you. I expected you to understand the basics... and you learned them. A "bad dog" was like a whip on your back.

But when uncontrollable instinct got you in trouble, I didn't hold it against you. I doctored you up, changed your bed and remembered that reason gets left behind in the heat of passion, be it skunks, gyps or cloven hooves.

You were patient with the young, pups or kids. They pulled your hair, barked around you in circles and rode on your back. I never had to worry. They were safe with you.

You suffered the indignities of veterinary examinations, injections, probings and over



BAXTER BLACK

ON THE EDGE OF COMMON SENSE

night incarcerations, refusing always to lift your leg under anyone's roof.

You posed for pictures, rode on loads like an acrobat and endured spring clippings yet

never lost your sense of dignity.

A fierce guardian of your territory, you did your best to protect us. I knew better than to shout you down at two in the morning. I always figured you were barking for a purpose.

Old age was not unkind to you. Despite the hearing loss, cataracts and stiff joints, you carried on. Sure, I had to help you get in the pickup, but you were part of the crew. I noticed you ate less, slept late and turned gray but you never lost your enthusiasm for being part of our outfit.

People debate if dogs have a Heaven. I'm not sure that matters. What is Heaven to a dog? Enough to eat, something to chase, shade in the summer, someone to scratch your ears and pay you a little attention now and then.

All I know is you added to our life. Com-

panion, listener, guardian and connection to a part of nature we tend to overlook because we're too busy worrying about the minutia of life.

You reminded us to appreciate a sunny day, a bone to chew and a kind word. You'll be missed around here.

You were just a dog. But you'll be in my Heaven. Rest in peace, old friend.

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

Safe Routes to School project on-track in Center

By PATRICK SHEA

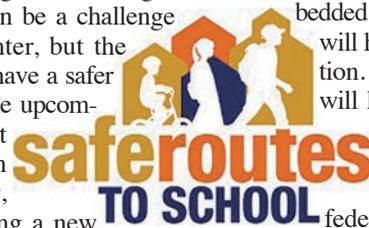
Center — Crossing Colorado Highway 112 on foot can be a challenge for students in Center, but the young Vikings will have a safer route to school in the upcoming months. The first phase of construction begins in October, ultimately connecting a new sidewalk and bridge.

According to Center Consolidated Schools Superintendent Carrie Zimmerman, the project has been in development for years. District staff members crafted the Safe Routes to School plan and guided it to fruition. Center town officials and commissioners from Rio Grande and Saguache counties combined efforts to leverage local and federal funding.

To start, crews will connect a sidewalk from the east part of the property to the highway south of campus. Bridge construction over the ditch will require



Center school students will have an easier path to campus soon, thanks to construction starting in October with Safe Routes to School funding.



more time to complete. For crossing Highway 112, a crosswalk with embedded flashers in the asphalt will highlight the intersection. In the end, students will have a safer route to and from school next year.

In 2005, the first federal funding for Safe Routes to School sparked projects that are currently active across all 50 states. More than 14,000 schools have leveraged the program to improve safety for students while boosting infrastructure in communities. The Saguache Town Board, for example, is currently considering projects that merge Safe Routes to School funding with the ScSeed Street Scaping program. This approach beautifies the town while boosting safety for students.

In 2012, Congress merged multiple active transportation programs to create the Transportation Alternatives Program (TAP) for children walking or riding bikes to school. For old-timers who claim they struggled uphill on foot in the snow every day, “active transportation” is a chuckle-worthy “alternative.” In 2015, TAP funding received five years of authorization (and may or may not be renewed this year). The sidewalk and bridge project in Center, however, is well underway with funding secured.

The route to school might be a walk through Center for some, but the current Open Enrollment period means more students can become Vikings from a distance. Until Oct. 9, students outside the Center Consolidated Schools district can enroll in the school. They can choose on-site or online options.

Also, Zimmerman said current Center students can switch learning options

during the Open Enrollment window. On-site students can change to online

learning, and online learners can return to the building as well.

WOLF CREEK
THE MOST SNOW IN COLORADO®

SEASON PASS OPTIONS - Due to COVID-19, sales will NOT be in-person at the ski area

Loyalty Renewal Pass - 10% off at time of purchase

Peak Advantage - No Blackout Dates

SuperSaver - 48 Blackout Dates
• Nov. 27-28; Dec. 5, 12-13, 18-31;
Jan. 1-3, 9-10, 16-17, 23, 30-31;
Feb. 6-7, 13-14, 20-21, 27; Mar. 7-18

Sat, Sept. 26
thru
Sun, Oct. 4, 2020

Hours: 8:30 a.m. to 4:00 p.m.

ADULT PASSES

Pre-Season Rate/Regular Rate
Peak Advantage \$963/1,203
SuperSaver 723/903

CHILD PASSES Ages 6 to 12

Pre-Season Rate/Regular Rate
Peak Advantage \$379/473
SuperSaver 285/356

Ages 5 and younger **TOT PASSES**

Pre-Season Rate/Regular Rate
Peak Advantage \$53/66
SuperSaver 41/50

SENIOR PASSES Ages 65+

Pre-Season Rate/Regular Rate
Peak Advantage \$423/528
SuperSaver 318/397

*Returning Gray Wolf Members Renew Online
*New Members call 970-264-5639 to purchase

Ages 12 to 18 in school **STUDENT PASSES**

Pre-Season Rate/Regular Rate
Peak Advantage \$743/928
SuperSaver 558/697

FAMILY PASSES - All passes must be same type

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

PEAK ADVANTAGE FAMILY PASSES

Pre-Season Rate/Regular Rate
1st in Family \$963/1,203
2nd in Family 743/928
3rd in Family 423/528
4th in Family 347/433
5th in Family 347/433

SUPERSAVER FAMILY PASSES

Pre-Season Rate/Regular Rate
1st in Family \$723/903
2nd in Family 558/697
3rd in Family 318/397
4th in Family 261/326
5th in Family 261/326

No in-person sales at ski area

Pre-Season Prices End October 4, 2020

Online and Phone Purchase Only

WolfCreekSki.com
970-264-5639

Returning Gray Wolf Members Renew Online
*New Members call 970-264-5639 to purchase

BIRDS

Continued from Page 1

birds. The storm resulted in possibly thousands of bird deaths in the San Luis Valley alone. This comes at a time when songbirds are already facing serious declines globally - down 3 billion birds since 1970.

The timing of the storm was especially unfortunate for migrating songbirds. Migrating birds expend tremendous energy during migration and rely on the autumn abundance of seeds, flowers and insects to restore energy. However, the 14 plus inches of snow the Valley received effectively cut off the food supply for these birds and left them wet, weakened, hungry and cold. Many birds died in the process or were seen to be near death. They were easily approached in their diminished conditions.

Local bird craftsman Tarry Maxson, who carves beautiful wooden bird figures, found six dead birds around his house near Monte Vista. He said if he found that many around his house, he wondered how many died everywhere else.

During the storm, an email message went out to the San Luis Valley Birder's Network, a group of San Luis Valley bird enthusiasts, to help the birds in any way they could, and many responded. At the authors house, clearings were made and ground feeders like sparrows and towhees fed on millet seed. Sage Thrashers, Hermit Thrushes and Robins feasted on mealworms that were provided for them. At least two hummingbirds survived by using the feeder, their only source of sustenance. Sadly, for some birds like swallows who eat small insects, nothing could be done. That fact was later confirmed by a survey done at Monte Vista High School. Science teacher Loree Harvey had her freshmen students do a mortality survey of birds around the Delta Center. They found 33 total birds and the majority were swallows. There were

24 juvenile Violet-green swallows, 5 adult Violet-green swallows, 1 MacGillivray's Warbler, 1 Wilson's Warbler, 1 Pine Siskin and 1 juvenile Barn Swallow. That count is conservative as the janitors are reported to have removed a few more.

Automobiles took a significant toll on the birds as well. Birds were killed along roadsides by vehicular traffic. When storms like this hit, birds are drawn to the only cleared soil where they might find seed and that is along the plowed roadways. Birds that normally spread out in forested or grassy cover, found themselves desperately confined and searching for seeds or insects along those cleared roadways. Unfortunately, when a vehicle approaches, the birds flush and often become casualties. Over a 4 mile stretch along the “Gunbarrel,” the author counted carcasses of 3 American Robins, 3 Vesper Sparrows, 3 Hermit Thrushes, 2 Green-tailed Towhees, 3 Mountain Bluebirds, 1 Western Bluebird, 2 Starlings and 1 Wilson's Warbler. If this is extrapolated to other county and state roads in our Valley, the mortality would have amounted to thousands of birds from highways alone.

There has been a significant bird die-off in New Mexico recently that has scientists unsure as to its cause. This was being documented before the snowstorm. However, scientists are seeking to gather citizen input on the degree of mortality throughout Colorado, New Mexico and other places in this region. If you observed bird mortality, please consider reporting it via the following website. If we all pitch in on this important citizen science effort, researchers will have a more comprehensive assessment of the widespread impact. You can contribute by visiting the website below.

<https://www.inaturalist.org/projects/southwest-avian-mortality-project>

Puzzle Sponsored by MDS Waste & Recycle



**RESIDENTIAL & COMMERCIAL • TRASH REMOVAL
RECYCLING • DUMPSTERS • ROLL-OFFS**
CREEDE • SOUTH FORK • DEL NORTE • MONTE VISTA
(719)658-3060 • www.MDSWASTEANDRECYCLE.COM

SUDOKU

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

Level: Intermediate

Here's How It Works:

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

Solution to last week's puzzle

S	O	U	S	A		S	S	T		L	A	B	S		
O	N	L	A	Y		D	A	C	E		O	B	O	E	
R	C	A	F		S	A	G	A	N		C	I	R	E	
B	E	N	E	F	I	T	E	D		C	A	B	A	L	
			S	O	R	E	S		P	A	L		H	S	
O	H	M		B	E	L		T	A	N	I	S			
S	E	A	M		S	I	M	O	N	I	Z	E	D		
S	A	K	E	S		N	I	T		S	E	A	R	S	
		D	E	L	I	N	E	A	T	E		S	L	A	B
			S	A	R	I	S		E	P	I		S	M	A
P	S		N	E	B		I	N	E	P	T				
S	A	T	E	D		V	E	H	E	M	E	N	C	E	
A	M	A	S		T	A	P	A	S		A	A	H	S	
L	M	A	R	I		O	R	E	M		S	C	R	A	P
M	R	N	A		E	A	R				C	H	A	R	Y



Signalmatic motorcycle traffic light device explained

By **LYNDSIE FERRELL**

SAN LUIS VALLEY- How many times have you pulled up to a traffic light on your cycle and waited forever for a green light? This is a common problem for motorcyclists because most traffic sensors respond only to the larger amount of metal found on cars. You've probably experienced this problem when traffic is light and there are no cars around to activate the traffic light sensors. The owner of Green Acres Hemp, Farm Jim Strang, announced a new product that gives motorcycle riders a green light quicker. Strang explained how the new Signalmatic works, "Early in the 1960s, my father was working for a large city traffic department. His responsibilities were to install new traffic lights and to troubleshoot and repair malfunctioning lights. In 1964, he designed and built an

electronic test simulator to repair traffic controllers more efficiently in the shop. Not all signalized intersections were created equal. They had various types of controllers and different functions at the various intersections.

Here is an explanation of how vehicles are now sensed by modern day electronic light systems. If you have experience or knowledge of metal detectors, you know that if you are looking for coins or metal with a metal detector, it will give you an audio or electronic meter reading when you are near metal. Now think of this metal detector as being in the roadway. This, of course, is much larger than the hand-held detectors people locate coins with, the principle applies. When a car pulls up to the intersection, it is driven through a weak radio wave. When the radio

wave is disturbed by the vehicle, the traffic system is signaled of its presence.

A motorcycle is more difficult for the system to detect since it has much less metal. Many times, it will ignore the presence of a motorcycle. After the inductive traffic loops became more common, my father decided to try solving the problem.

The answer was the VS2000, a vehicle simulator! Predecessor to the Signalmatic unit today. The unit, when mounted on the bottom of the motorcycle, draws a small amount of power from the motorcycle's electrical system. When riding your motorcycle over the traffic loop, the unit creates a weak radio wave that interacts with the signal from the traffic loop. This interaction starts the sequence going so you will get the green light, the same as a car."

SLV unemployment rate decreases .4 percent

By **TREY SPAULDING**

SAN LUIS VALLEY- In August 2020, unemployment rates for the San Luis Valley (SLV), Colorado and the nation continued to decline.

Recently released Colorado unemployment figures from the Colorado Department of Labor and Unemployment (CDLU) for August 2020 indicate that the unemployment rate in the San Luis Valley (SLV) continues to decline and to fare better than the statewide and national unemployment rates.

The average unemployment rate for Colorado dropped from 7.4 percent in July to 6.6 percent in August. Nationwide the unemployment rate dropped from 10.2 percent in July to 8.4 percent in August. In the San Luis Valley among the 21,657 labor force there were 20,305 employed and 1,352 unemployed equaling 6.2 percent unemployed. In July 2020 the SLV unemployment rate was 6.6 percent.

The SLV county with the lowest unemployment rate in August 2020 was Mineral with 3.9 percent unemployment. Conejos County

unemployment dropped from 6.1 percent in July to an August percentage of 4.7 percent. Alamosa County dropped from 6.1 percent to an August number of 5.9 percent. Rio Grande County was unchanged from July to August with 6.8 percent unemployed. Saguache County was also unchanged from July with a 7.5 percent unemployment rate. Costilla County once again had the highest unemployment rate in the SLV with 7.9 percent unemployed which was also unchanged from July.

Help is only a Phone Call Away
COVID-19 Mental Health Support Line
719.589.3671

If you are stressed, anxious, lonely, depressed, angry, or all of the above, you are not alone. We are in this together, and caring mental health professionals are available if you need to talk.

Virtual Therapy & Psychiatry
slvbhg.org/covid-19

Behavioral Health therapy and psychiatry have never been easier to start. ALL SLVBHG locations are open for business virtually, providing services to the convenience of your social distancing space by video consultations or over the phone. Call now to schedule an appointment: 719.589.3671

Mobile Health Unit
slvbhg.org/mobile

Visit our website for an updated schedule of where the mobile unit will be. The Mobile Health Unit specializes in Medication-Assisted Treatment (MAT) for substance use disorders.

SAN LUIS VALLEY Behavioral Health Group
 Dedicated to Hope, Healing and Recovery

Approved Medicaid Provider | 24 hour hotline: 719.589.3671 | slvbhg.org

Southern Colorado Computer Services

157 Adams Street, Monte Vista, CO 81144
 (719) 852-3512 / www.sccsonline.com

Serving the San Luis Valley for over 30 Years
 Dedicated to Customer Service

We stock New & Refurbished PC Computers, Peripherals, Supplies & Parts, Printer Ink & Toner and a Full-Line of Office Supplies. We also provide Copy, Fax & Scan Services.

PC Compatible Computer Sales & Service
Security & Virus Eradication & Protection
Network & System Consulting
Internet Consulting
A+ Certified - Network+ Certified
Certified Community Banking Security Professional

Store Hours: Monday Friday: 11am to 6:30pm
 Saturday: 10:00am to Noon

New Teeth in Just One Day No More Dentures!

No Cost Consultation: Know what's possible for You! Includes preliminary evaluation and CBCT image. \$500 value. Expires: 10/31/2020.



Dr. Thornell helped save my life. I was having constant health problems that were getting worse every day. My diseased teeth and gums were draining me of my energy and it was impossible to stay healthy. After removing all of my bad teeth, Dr. Thornell placed dental implants and I got a new set of teeth in just one day. I am now healthier and feel better than I have in a long time. I also have a great smile. Dr. Thornell you are a life saver! I can't thank you enough.
 ~ B.Gullette

Medicare will help pay: Save Thousands!

Medicare Certified Provider

Convenient payment plans and financing options available.

Credit Cards Accepted: VISA, MasterCard, DISCOVER

Pagosa dental implant Center

William F. Thornell
 DDS, MAGD, DICOI
 35 years implant and oral surgery experience

Medicare Certified Provider

pagosadentalimplantcenter.com

ALAMOSA FARMERS MARKET

Saturdays at the corner of 6th Street & State Avenue

8-8:30 a.m. open for COVID high risk shoppers

8:30 a.m. - 1:30 p.m. open to general public

Masks Required

MT. BLANCA FUDGE COMPANY

Fudge • Ice Cream • Munchies
 Burgers • Hot Dogs • Italian Pasta Salad

\$10 Meal Combo
 Choose a Burger, TWO Hot Dogs, OR 1/2 lb of Pasta Salad, PLUS Drink, Chips, AND Fudge!

BUY 3 GET 1
 Any three \$5 items & get the fourth FREE!
 (Includes Fudge, Ice Cream, Marshmallows, No-Bake Cookies, Burgers, Hot Dogs, and Pasta Salad!)

Monte Vista, CO
 www.mtblancafudge.com

Valley-Wide Classified MARKETPLACE

FREE!

Sell your household items for FREE. Total value of items must be \$50 or less. See details below.



CLASSIFIED INDEX

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

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

ANIMALS
 45 ANIMAL BREEDING
 46 PASTURE FOR RENT
 47 HORSES & CATTLE
 48 PETS & SUPPLIES
 49 ANIMAL CARE
 50 LIVESTOCK
RECREATIONAL
 51 BOATS & EQUIPMENT
 52 CAMPING EQUIPMENT
 53 TRAILERS
 54 SNOWMOBILES/ATV'S
 55 R.V.'S/CAMPERS
FINANCIAL
 56 BUSINESS OPPORTUNITY
 57 INVESTMENTS
TRANSPORTATION
 58 MOTORCYCLES
 59 VEHICLES WANTED
 60 CLASSIC CARS
 61 4X4'S
 62 VANS
 63 TRUCKS
 64 AUTOS FOR SALE
SERVICES
 65 PROFESSIONAL SERVICES
 66 CHILD CARE

RATES

15 Words or less for 4 weeks - 4 publications
\$19.50 + 95¢ each additional word.

Garage Sale Ads: 15 Words or less for 1 week
\$12 + 35¢ each additional word.

Free ads: Lost & Found • Non Commercial items Sold for \$50 or less • Any Item or Animal being given away. (Limited to private party only, 2 ads per person, 4 weeks.)

Convenient ad placement:
 To place your ad in person come to the office at 835 First Ave. in Monte Vista, or call (719) 852-3531. Business hours are Monday through Friday, 8:00 a.m. to 5:00 p.m. You may also fax your classified to (719) 852-3387 or email at montevisitaclass@gmail.com

Check your ad the first day:
 To ensure your ad is correct, check it the first day it appears in the paper. If there is an error in your ad, call us right away so we can correct it. If an error appears in your ad, Valley Publishing will credit you with one additional day of advertising.

Our ad policy: Valley Publishing accepts all classified advertising except that which it deems objectionable to its readers. Credit or replacement ads will not be given for early ad cancellation.

DEADLINE

Thursday 5:00 pm

Call 719-852-3531
 or email: MonteVistaClass@gmail.com

Easy Payment Options

We accept Visa, Master Card, American Express, Discover, Checks, Money Orders & Cash



05 Notices

Fresh Tomatoes & More Produce
 1942 E County Road 11 S MV, Co
 719-849-5252. (10/21)

Elk Country Storage South Fork
 Will sell contents of units 20,21,25,29
 & 44 on Oct.3 (10/7)

WE BUY ANTLERS: 5 miles west of Del Norte on HWY 160. 719-657-0942 (9/23)TFN

07 Help Wanted

Joyful Journey Hot Springs Spa is hiring housekeepers. Seeking dependable and detail-oriented people to ensure the cleanliness of rooms and common spaces. Stop by or email admin@jjhotsprings.com.

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

WANTED: Saguache County Road and Bridge is hiring for Operator I positions. REQUIREMENTS: Applicants must possess a current Class-A CDL license with heavy semi-truck endorsement and a current medical certificate. Applicants should have a high school diploma or GED and six months or more of relevant experience. Prospective employees applying with Saguache

County will be required to submit and pass a pre-employment drug screening and criminal background check. Operator I is a full time position – applicants must be able to operate light and heavy equipment and perform manual labor in the maintenance, repair and minor construction of roads, streets, bridges, signs, markings and related facilities. Applicants must be physically capable of periods of sustained physical exertion and may be required to lift and move up to 75 lbs. to 150 lbs. Applications are available at the Saguache County Road and Bridge Office 305 3rd Street, PO Box 476, Saguache, CO 81149 – 719-655-2554 or on the Saguache County website – www.saguachecounty.net under the Road and Bridge Department tab. Please fill out and submit the Drivers-Application. A complete job description is also available at the Road and Bridge Office. Completed applications can be hand delivered or mailed to Saguache County Road and Bridge – at the address listed above, sent by email to mhashbarger@saguachecounty-co.gov or faxed to: 719-655-2543. APPLICATION DEADLINE: Open until qualified candidates are hired. Saguache County is an Equal Opportunity Employer.

Saguache County Road and Bridge is hiring for a Full Time Utility Person. REQUIREMENTS: Applicants must be 18 years of age and have a valid driver's license.

Prospective employees applying with Saguache County will be required to submit and pass a pre-employment drug screening and criminal background check. Utility Person position – applicants will be performing a wide variety of manual and limited semi-skilled tasks such as building and grounds construction, maintenance and repair work. Works as a flagman on maintenance projects and performs other work as assigned. Must have knowledge of common hand and power tools, shovels, wrenches and radios. Must be able to lift 25 to 50 pounds. Will be required to work in various climate conditions and be able to stand for long periods of time. Work is subject to supervision and inspection by the shop foreman. Applications are available at the Saguache County Road and Bridge Office 305 3rd Street, PO Box 476, Saguache, CO 81149 – 719-655-2554 or on the Saguache County website – www.saguachecounty.net under the Road and Bridge Department tab Completed applications can be hand delivered or mailed to Saguache County Road and Bridge – at the address listed above, sent by email to mhashbarger@saguachecounty-co.gov or faxed to: 719-655-2543. APPLICATION DEADLINE: Open until a qualified candidate is hired. Saguache County is an Equal Opportunity Employer.

10 Apartments for Rent
 Two bedroom, fully furnished

apartment in Monte Vista No Pets No Smoking only serious inquiries 719 588 2840 (9/30)

12 House for Rent
Monte Vista cozy 1-bedroom on Dennis Street by schools \$550/Month, \$550/Deposit. NO Pets. 719-580-5400.(10/14)

15 Wanted to Rent
Del Norte Roommate Wanted: Country Living, 3 bedroom, 1 bath \$550/month \$550/Deposit, no

pets. (719)580-5400 (10/21)

Looking for Rental. Professional Nurse and Retired Veteran relocation with dogs. Call (505)583-2041 (10/14)

17 Real Estate For Sale
PERFECT SMALL FARM: 59 acres with center pivot, new 60X120 steel shop, 2 1/2 shares of Rio Grande Canal, 2000 GPM well, 2 miles from Center. Priced to Sell, Call Bruce at Steffens & Company

Colorado Statewide Classified Advertising Network

To place a 25-word COSCAN Network ad in 91 Colorado newspapers for only \$300, contact your local newspaper or call Colorado Press Association Network at 720-274-7174.

AUCTIONS	WANTED
Auction - Buy Battlement Mesa, CO - 25+ Properties - Vacant Land - Commercial - Development - Hunting - Saturday, October 17 @ 11 A.M. Previews: October 7 & 10 BuyBattlementMesa.com 800-485-8214 United Strategic Client Services, LLC - United Country - Colorado Brokers - 2.5% Buyer's Broker Commission 8% BP. See website for terms	Cash for Mineral Rights Free, no-risk, cash offer. Contact us with the details: Call: 720-988-5617 Write: Minerals, PO BOX 3668, Littleton, CO 80161 Email: opportunity@ecmresourcesinc.com

Colorado Press Network

Buy a 25-word statewide classified line ad in newspapers across the state of Colorado for just \$300 per week. Ask about our frequency discounts!
 Contact this newspaper or call Colorado Press Network, 720-274-7174

DISCLAIMER

Please read your ad on the first day of publication. If there are mistakes notify us **IMMEDIATELY**. We will make changes for errors and adjust your credit **but only if we receive notice on the first day the ad is published.** We limit our liability to you in this way and we do not accept liability for any other damages which may result from an error or omission in an ad. All ad copy must be approved by the newspaper which reserves the right to request changes, reject or properly classify an ad. The advertiser and not the newspaper is responsible for the truthful content of the ad. All classified advertising must be pre-paid.

500 Main Street, Alamosa, CO 81101
(719) 589-5895

Shop Local!

Starter Package

Includes:

- 1 Keypad Panel (English)
- 3 Door/Window Contacts
- 1 Infrared Motion Detector
- 1 Key Ring Remote

\$529⁹⁹
Minimum Install fee of \$105*

Home & Office Security System

Other options also available. Call for details. *Alamosa rate only, please call for outside area details

MOUNTAIN PIZZA & TAPROOM

Rated 5 Stars

"First time visiting, delicious pizzas. Would return. Very nice people, relaxing place with great music."
 -J.W., Google

Fresh Ingredients, BIG on TASTE!

Come meet our New Manager, Angela Welcomes You!
 Easy online ordering at www.mountainpizzataproom.com!

Law Enforcement, Firefighters, EMTs and our Veterans always receive 20% off!

30483 Highway 160, South Fork
11 a.m. to 8 p.m. DAILY
Easy Online To-Go Orders:
MountainPizzaTapRoom.com
Thank you for supporting our employees during this difficult time

Valley Wide Classifieds

Realty, Inc. 719-580-0770. (TFN)

11 circles in Center area with excellent potato ground, excellent wells and water rights, high production, sandy soil, 2 homes, shop, potato storage, first time ever on market and sold as full unit. Call Bruce at Steffens & Company Realty, LLC 719-580-0770. Serious inquires only

125-150 cow/calf ranch 1154 acres with top water rights, production, 1.2 miles of Rio Grande River and 1/2 mile of Conejos River. \$1,750,000. Call Bruce at Steffens & Company Realty, Inc 719-580-0770

Pastureland, 397 acres in north of Monte Vista Airport on County Line Road with good grass and location. Also contains a huge amount of gravel on the property \$525,000.00 call Bruce at Steffens & Company Realty, Inc 719-580-0770.

Park model, South Fork: \$45,000, 1br 1ba, Colorado room, porch, shed, carport. Roger 505 554 0684 (10/14)

21 Mobile Homes

Double-Wide Mobile Home in Del Norte recently remodeled. Setup in park already \$54,000. Call 405-250-4508. (9/30)

23 Lawn and Garden

Sprinkler repair. Done at reasonable rates. Quick Service. Call anytime, weekdays, weekends, evenings. 719-580-0033 or 719-376-2593. (09/30 TFN)

26 Antiques

Large collection original Wallace Westward Ho china, patterns Rodeo and Boots/Saddle. Includes coordinating pieces by Iroquois and Inca Ware. Email valwhitcomb@yahoo.com for information. (9/30)

27 Appliances

Stacked and Regular Washers & Dryers \$100.00-\$800.00 Gas Range \$100.00. Truckbed Toolbox \$250.00, Scooter \$1,350.00 719-588-0573.

33 Building Materials

Affordable Metal Building. New, Never Erected. Future Steel 20'W x 28'L x 13' H. Perfect for garage or workshop includes foundation blueprints, complete instructions-all nuts and bolts needed. Too much building for my small lot. \$5,000.00 Located in Sagauche. Call Steven 303-995-9210.

36 Miscellaneous

Pair of Roller Skates Pristine Skecher's, 6.5 size sport 4 wheelers roller skates \$25.00, Beautiful pair/Women's Red Cowboy Boots Size 8N. Spectacular stitching upper part \$25.00. 719-256-4058. (10-28)

240 Watt Solar Panels Only \$59 Per Watt! Bontragers 9726 S. County Road 3 E Monte Vista Co 81144. (10/01)

Propane Refrigerators Sold Here. Call For Options and Prices. We Also Stock Solar Powered Refrigerators and Freezers. Bontrager's Variety Store, 9726 S. County Road 3E, Monte Vista. (719)852-0500

STEEL STORAGE CONTAINERS - Sales, Rentals & Modifications! Containers are water & rodent proof. 8' wide, 8'-53' in length. Call for more information and pricing. **Healdworks, Inc. - Your Total Storage Solution!** 719-850-0346

SOLAR PANELS! 240 WATT AND SMALLER. We Stock Inverters, Charge Controllers and Batteries

in Brand Names of Outback, Magnum, Rolls, More. We Also Carry Cable and PV Wire. Thank you for Buying Bontrager's Variety Store. 9726 S. CR 3E Monte Vista. 719-852-0500. (TFN) (10/29)

44 Farm Services

POTATO STORAGE rent or buy 26,000 cwt capacity in Center. Good. \$28,800.00 or \$16,900 rent OBO. (719)588-2425 (10/21)

46 Pasture for Rent

Winter Horse Pasture: 125 acres West of Del Norte, Supervised, lush, alfalfa-grass pasture, heated water, \$60/head per month, November thru April. 719-657-0942. (10/29)

48 Pets & Supplies

Beautiful baby canaries! 5 males and 3 females. One orange-brown male, and all the others are orange. They come with food and instructions. \$50-\$60. Some cages are available. Call Darlene 873-9847 (10/28)

7 Week Designer Puppies Very Cute \$250.00 719-849-5252. (10/21)

Pure Breed Male German Shepard all shots and Microshipped puppies \$400 719-849-8078. (9/23)

Baby Pit Bulls Need Good Homes Please Call for price and more info 719-849-1494.(9/30)

50 Livestock

HERITAGE BREED TURKEY - Bourbon Reds from free range parents. \$25 for 1 - \$20 each additional. 10+weeks - ready to butcher at 28 weeks (toms average 30 lbs, hens 15 lbs.) Straight run only. 719-850-2832 (9/30)

59 Vehicles Wanted

CASH ON THE SPOT FOR JUNK CARS & TRUCKS: We pickup, no title ok. 719-937-7935. (TFN2-21)

60 Classic Cars

1985 Chevy El Camino Foose Custom Body -Interior-Engine 350 CJD Automatic Beautiful Car \$12,500 OBO.719-496-1065 (10/01)

1985 Chevy El Camino 350 Engine Automatic Very Clean New Paint, Custom under Hood \$9,500 OBO 719-496-1065. (10/01)

2 Vans

1994 Ford E150 Van Conversion. V8, runs good, fully carpeted, custom lighting, A/C. \$2800. 719-657-9282 (10/14)

63 Trucks

2014 Chevrolet Silverado 2500

Crewcab 4 X 4 Flatbed Truck Very good condition Z71 package with Ranch Hand front bumper \$24 500 719 221 9977. (10/21)

65 Professional Services

Rugged Mountain Taxidermy serving the entire Valley for all your taxidermy needs! Fish, game birds, life-size, shoulder. (719)588-5411 (10/21)

LICENSED PLUMBER does

all types of plumbing repairs and plumbing remodels at reasonable rates. Quick service. Call anytime, available weekends and evenings. 719-580-0033 or 719-376-2593. (09/30)TFN)

THE BLIND GUY window coverings. Free measuring, free estimates. Professional installation. Guaranteed lowest prices. Call Tony, 970-903-1403. (08/01/2020 TFN)

Managed by
Upper Rio Grande Animal Society

Conour
www.slvanimalsshelter.com

If you are interested in adopting, call 852-3366
Open Tues-Sat. • 10 a.m. - 5 p.m. • Closed Sunday & Monday • 2825 Sherman Ave. • Monte Vista

Visit Our Facebook Page

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.

Hello, I'm Valiant. I am a 1.5 year old AmStaff Mix. I get along best with female dogs, I have a tuff time with males. I'm full of energy, and need to exercise lots. I love attention and belly rubs.

I'm Scotty. I'm a 1.5 yr old Chow/Pit mix. I have great potential with other dogs, but haven't spent much time with them. I can have lots of energy at times, and I sometimes try to escape. I love lots of attention and playing with kids.

My name is Rosie. I'm a 4 yr old Pit Bull. I'm cautious of new people but I warm up quickly. I don't get along with other animal's so it's best I'm the only one in the home. I love chewing on bones.

Hi, I'm Phillip. I am a 4 yr old Shepherd. I can be cautious of new people and dogs. I love to be vocal. I tend to have lots of energy and need lots of exercise.

I'm Diva. I'm a 2 year old, female, American Bulldog/Boxer mix. I've got lots of energy and I am very active. I'm very friendly and love all people and kids. I do great with other dogs and cats, but I don't do well with chickens

All breeds & ages of animals are a "best guess" and are not guaranteed to be accurate. Adoption fee includes: neuter/spay, vaccinations, de-worming and micro-chipping.
This ad space donated by Valley Publishing Inc.

Business Showcase

Shop now for the best selection of fall decor! We have placemats, napkins, decorator towels and hot pad sets.

Please wear a mask.

The Holy Moses 658-2848
OPEN 121 N. Main
Daily 10:00 a.m. - 4:30 p.m. Creede

This Week's Feature

THE HOLY MOSES

An enchanting Collection of Cabin Decor, Colorado Pottery, Quilts, Linens & Specialty Foods!

It's Worth The Drive

Daily 10:00 a.m. - 4:30 p.m.
Nick & Vicki Kulyk
121 N. Main • 658-2848 • Creede

CPW launches study to identify unknown disease in mountain goats

COLORADO - Colorado Parks and Wildlife biologist Lance Carpenter and wildlife pathologist Karen Fox have initiated a study looking into a disease outbreak in mountain goats on the summit of Mount Evans.

The symptom - diarrhea. The cause - not precisely known. The result - a loss of an almost entire age class of kids between 2013 and 2014 and poor recruitment into the population since. The outbreak was not observed between 2014-18 like it was in 2013, but it appeared once again in 2019.

"Last October, we found seven kids with diarrhea and we removed one of those kids and took them to our health lab in Fort Collins for necropsy," Carpenter said.

"Through necropsy examinations, we have found a mix of bacteria and parasites, none of which single-handedly explain the severe losses in the herd," Fox said. "We are hoping to identify what specific pathogens, and what combinations of pathogens, are present before, during and after an outbreak of diarrhea."

To further investigate the roles of various pathogens, Carpenter started collecting fecal samples on July 23 to send to CPW's health lab for testing. It is an intensive effort that will run to November, requiring samples to be collected five to six days a week from both nannies (adult females) and their young (kids), with and without diarrhea.

"The whole idea is to try to figure out what is going on, be able to treat it and get that recruitment back up," Carpenter said. "Hopefully, after October we'll have enough data and samples to determine what is causing this. If we don't, we'll continue next year."

In 2015, Carpenter put 20 satellite collars out on nannies to look at habitat use by the mountain goats. During that study, if the mountain goats showed signs of diarrhea we could have used the location data to backtrack where those goats were to see if anything changed land-use wise that may have caused this diarrhea in the kids. However, during the study, there were very few kids that showed any signs of diarrhea.

"We can also take a closer look at certain types of bacteria such as E. coli, to determine if specific strains may be associated with diarrhea," Fox said. "Hopefully, the results from this project will help us interpret the relative importance of each organism, giving us targets for treatment or management of the disease. However, if the results indicate that the pathogens we are finding are not associated with diarrhea, we can use the samples to look for uncommon or previously unrecognized pathogens."

One pathogen that CPW is exploring as a cause for the diarrhea is E. coli. This bacteria can be found in healthy animals and people, although certain strains can be harmful, especially if exposure is at a high level. Heightened levels of E. coli are present in the environment at Mount Evans due to the heavy human traffic and the recreaters going to the bathroom all over the wilderness area.

Carpenter is marking the individual nannies and kids - either with paintballs, or the nannies already identified with satellite collars - to track them and their scat samples over time. It is important to the study to be able to trace the samples associated with the individual animal.

In 2013, the diarrhea was first observed in late August/early September. Last year (2019), the diarrhea was first observed in early October. The theory is as time goes on, they will see normal feces switching to diarrhea.

"As it starts to switch to diarrhea, hopefully we'll be able to analyze and isolate what is actually causing this disease outbreak," Carpenter said.

The diarrhea is deadly to the kids. It causes dehydration and damages the wall of the intestines. Bacteria can then enter the blood and spread to other organs.

Carpenter and Fox are working with a sense of urgency and trying to get a grasp on the disease before it spreads to other mountain goats across the state.

"We've seen a couple goats that have the same symptoms as our goats here on Mount Evans in (data analysis unit) G-4, over in G-15, which is west of

Guanello Pass," Carpenter said. "It seems like it started here and is kind of moving westward."

Monitoring will also be important to ensure that the bighorn sheep sharing the same habitat do not exhibit these symptoms. Thus far that has not been detected.

"Whatever is causing this may be

mountain goat specific, which is good in the sense that we do not want to see this in our bighorn sheep" Carpenter said.

"If we saw this in our bighorn sheep, we would have a really big problem on our hands."



SAN LUIS VALLEY SERVICE DIRECTORY

Turner's Building
Remodel • Repair • Roofing
New Construction
Serving the entire San Luis Valley
719-274-0226

SLV Garden Center, LLC
The Sawyer Brothers
719-852 GROW (4769) • 1669 N Hwy 285 • Monte Vista
(north of Dos Rio Restaurant)
Five Years Strong and Still Going!
The Valley's Premier, Full-Spectrum CBD Store!
Tinctures, Creams, Salves, Capsules, Pet Products
and much more! Best selection in the SLV!
Specializing in customer service
WINTER HOURS — Monday-Friday 9:30-4:30

ROOFING BUILDINGS
Metal Roofing Panels & Trims • Garages, Horse Barns, Hay Sheds
Complete Building packages • 26/29 Gauge, 20 Colors, Numerous Profiles
Let us find your contractor! • Free Estimates/Quick Turnaround
Your Local Metal Roofing Manufacturer!
SKYLINE METAL
(719)852-0113 M-F 7 a.m.-5 p.m.

Your Great Outdoors Specializing in Vinyl Fencing
Wood, Barbed Wire and All Types of Residential & Commercial Fencing
Serving the SLV-Free Estimates
Good Fences Make Good Neighbors!*
(719) 849-1568
*We make no guarantees of your neighbor quality, just high quality fences.

Kremer Builders Kremer Contracting-Professional Home Builders and Construction Services
OFFERING FALL SPECIALS ON
Wildfire Mitigation
Foundations • Driveways • Fencing
Excavating and Retaining Walls
Contact James @ 303 946 7253

Let's Talk Trash

No contracts, no hidden fees

- Residential Service (96 gallon rolling containers)
- Commercial Containers (1YD-6YD Dumpsters)
- Roll-Off "Construction Site" Dumpsters (20YD-30YD)
- Curbside, single-stream recycling available

Services available for residents and commercial pick-up in and around Creede, South Fork, Del Norte and Monte Vista



For a full list of recyclable items see www.mds-wasteandrecycle.com/services/recycling-services/

Call (719)658-3060

www.mds-wasteandrecycle.com

ZTEC Construction
5" - 6" SEAMLESS RAIN GUTTERS
Pole Buildings • Garages **719-992-1396**
FREE ESTIMATES **Leave message if no answer**

A&M WINDOWS & DOORS L.L.C.
~VINYL WINDOWS~
NEW CONSTRUCTION OR REPLACEMENT
CUSTOM MADE TO YOUR SIZE.
MANUFACTURED RIGHT HERE IN THE VALLEY
ALL TYPES OF DOORS & DOOR HARDWARE AVAILABLE
(719) 589-9952

Mystik LUBRICANTS
PREMIUM OILS & GREASES
DIAMOND OIL CO. LLC
Agricultural • Industrial • Oilfield
Commercial • Automotive • Irrigation
Peter Koehn (719) 250-5143 Myron Koehn (970) 209-1142
DIVERSE INVENTORY!

IS YOUR EQUIPMENT READY FOR SUMMER?
efco YAMAHA TROY-BILT
HONDA Power Equipment
Great Selection of Blades, Belts, Parts and more! Prices competitive with big box stores!
County Line Small Engine Repair
719-589-6466 • 4521 E. County Rd. 12 S. • La Jara

Quality Spray Foam Insulation LLC
Let us fill your needs with **SPRAY FOAM** insulation!
Alvin • (719) 849-5233
Fax (719) 852-4040
7268 S. County Road 4 E • Monte Vista

Harvest 2020

Colorado Farm Bureau and Colorado businesses urge Vote No on Proposition 114

COLORADO - Joining the growing chorus of individuals, counties, and organizations concerned about forced wolf introduction in Colorado, a number of the state's leading chambers of commerce and business associations have voted to officially oppose Proposition 114 and join Colorado Farm Bureau in asking voters to Rethink Wolves in November.

Proposition 114 is the ballot measure that would introduce wolves into western Colorado. Dozens of organizations and 39 county governments from across Colorado are already opposed to this measure. Citing the negative economic consequences of forced wolf introduction, the following organizations have joined Colorado Farm Bureau and Coloradans Protecting Wildlife in opposing this reckless initiative.

- Action 22 (southern Colorado)
- Club 20 (western Colorado)
- Denver Metro Chamber of Commerce
- Denver Metro Commercial Association of Realtors
- Grand Junction Chamber of Commerce
- Pro 15 (northeastern Colorado)

In opposing Proposition 114, Denver Metro Chamber President and CEO Kelly Brough said, "The State of Colorado has a \$1.6 billion deficit that it had to close this year already and doesn't have the financial resources to manage the proactive reintroduction of wolves and what is required of Proposition 114. Further, wolves are naturally returning to our state with evidence of wolves found in northwestern Colorado. We encourage voters to support our ranchers and our economy by voting 'no' on Proposition 114."

One industry that will suffer if Proposition 114 is successful is Colorado's outdoor recreation industry. As an apex predator, wolves will drastically reduce elk and deer herds that are already suffering in many parts of the state, leading to decreased hunting and wildlife viewing. According to Christian Reece, Executive Director of Club 20, "Hunting, fishing and wildlife watching generate more than \$3 billion in economic activity to Colorado every year. Our Western Slope economies can't afford to take the chance of introducing a species with zero study on the potential economic impacts. Voters shouldn't gamble with Colorado's economy and environment."

Colorado has a proud tradition of collaboratively solving complex statewide issues. Wolves should be no different. Katie Kruger, CEO of the Den-



ver Metro Commercial Association of Realtors said, "We invest in policies that reinforce the Colorado Way, or proposals that are drafted through the hard work of gaining diverse input and reviewing critical data from a variety of industries." She sees Proposition 114 as a shortcut around the Colorado Way, resulting in "a proposal with unintended consequences."

One reason Pro 15 opposes the ballot measure is that Colorado Parks and Wildlife, the experts on wolves in Colorado, have studied wolf introduction extensively and have decided against reintroduction four times. "This initiative sets a dangerous precedent by turning the management of wildlife over to the shifting winds of politics. We shouldn't risk the health of our wildlife and our economy by politicizing science. Vote NO on 114," said Cathy Schull, Executive Director of Pro 15.

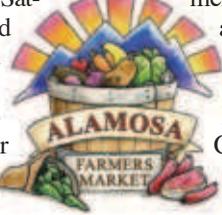
Additionally, these business organizations are worried about state and local government budgets and the cost of implementing Proposition 114. Ear-

lier this year, lawmakers were forced to cut the state budget by \$3.3 billion, including cuts to education and transportation. Local governments across Colorado are also facing severe budget shortfalls. Diane Schwenke, President and CEO of the Grand Junction Chamber of Commerce summarizes the issue well. "State and local budgets have been slashed due to COVID-19, impacting schools and other essential services. Western Colorado has suffered from a record-breaking fire season. We must focus on strengthening our economy, not making things even worse by introducing wolves," said Schwenke.

As these organizations make clear, Proposition 114 will have serious economic ramifications and unintended consequences that will negatively impact all Coloradans. Colorado's business community joins with 39 Colorado counties and Coloradans Protecting Wildlife to encourage voters to VOTE NO ON PROPOSITION 114.

Alamosa Farmers Market update

ALAMOSA—The Alamosa Farmers' Market welcomes locals and visitors to downtown Alamosa, Saturdays at the corner of 6th and State for our 2020 Market season. We are enforcing social distancing protocol so please wear a mask and enter at our State Street Entrance.



Our vendors and customers have been doing a great job at wearing their masks and we encourage everyone to keep it up! Customers have been attempting to enter the market through our perimeter fencing and we ask that you please remember that the market has one entry and point this season: the alleyway off of State Avenue. Please consider limiting the number of members of your household coming to the market and be prepared to be efficient with your shop-

ping time. From 8 a.m. to 8:30 a.m., we welcome all immune compromised members of the community to attend. From 8:30 a.m. to 1:30 p.m. we welcome the rest of our customers to attend. Due to limitations related to COVID-19 related vendor spacing, vendors will be selling regional farm fresh food products, other food stuffs and hygiene items. Fresh, roasted chilies are now part of what is available at the market on Saturdays. The Market accepts cash, debit and credit cards, SNAP, P-EBT and Double Up Food Bucks. Find out more about Double Up Food Bucks at the market table. Please bring bills smaller than \$20 for the convenience of the vendors. All vendors must be pre-registered to set up a booth; no unan-

nounced vendors will be admitted. For more information see www.alamosafarmersmarket.org or the Farmers' Market tent on Saturdays.

The Alamosa Farmers' Market is located in historic downtown Alamosa Saturdays through Oct. 10, 2020. alamosafarmersmarket.org

SOIL Sangre de Cristo offers farmers zero-interest loans

SAN LUIS VALLEY - SOIL Sangre de Cristo, the new peer-to-peer community-agriculture lending club, is accepting applications for its first round of zero-interest farm loans. The application deadline is Oct. 15, 2020, and the application is available at soilsangredecristo.org. Funds will be awarded by the SOIL Sangre de Cristo membership Nov. 12, 2020

Local farmers and food producers who are members of SOIL are eligible to apply for loan amounts \$500 to \$5,000, with flexible repayment plans of one to five years. Loan-application finalists will pitch their proposals live at the virtual Nov. 12 meeting.

Farmers and food producers can join SOIL for \$25 annually. General memberships start at \$250 per person and include a vote on loan distributions. The mission of SOIL Sangre de Cristo is to unite the communities of South Central Colorado through direct support for local farmers, ranchers and food producers, improving food security and resiliency for all residents.

SOIL Sangre de Cristo's member-funded zero-interest lending model is based on the Slow Money Principles developed by author and activist Woody Tasch. In Colorado, SOIL-affiliated groups are creating more resilient food systems in the communities around Boulder, Durango and Carbondale, with more than \$700,000 in loans for crucial items such as tractors, worker housing and irrigation.

Agriculture Consulting Services
Certified Crop Advisor

Protect Your Potato Crop with

StorOX
Broad Spectrum Bactericide/Fungicide

DP Ag Services
719-852-0824 or 850-1679
Don & Pat Henderson

JV Smith
COMPANIES

Skyview southern Colorado SKYLINE POTATO COLORADO
Cooling Co. FARMS

719-754-2681 • 55 Torres St. • Center

Buying Feed Barley,
Wheat and Oats
Winter Triticale, Wheat & Rye Seed
Best Twine Prices in the Valley!

Eric Kimberling & Brett Hemmerling
2485 East Rd. 4 North • Monte Vista
719-852-4088

Justin Pepper - President
(719) 850-0126 Cell

LENCO WEST, Inc.
121 N. Broadway
Monte Vista, CO 81144
(719) 852-0299

LENCO GRIMME
SPUDNIK
NEW HOUSE
Greentronics
Agparts
Black Ace
Broekema
Kryptane
Noffsinger
Lemken
Hydraulic Systems

* Committed to Quality & Service

WATER...

It's the Life Blood of Our Valley

With our current decline in the water supply, it is everyone's responsibility to conserve & use it wisely!

Rio Grande Water Conservation District
589-6301

8805 Independence Way • Alamosa

PEPPER EQUIPMENT CORP.

Full Lines of Produce Packaging Equipment,
Custom Equipment Sales, Installation, Service

We provide the highest quality equipment for the produce industry, giving our customers an excellent value in return for their investment.

719.852.4092 • pepperequipmentco.com
0931 N. Hwy 285 • Monte Vista

Have a Safe Harvest

Commercial Application Available

For your input needs

- Fertilizer
- Chemicals
- Custom Application
- Equipment

We have provided Variable rate Fertilizer application since 1997. Come in and find out how our service can meet your needs. We are open as often as you need us. Stop by, the coffee is always on.

Stone's Farm Supply, Inc.
On the corner of 3rd & Torres
719-754-3453

Alamosa County

Contact the REALTORS® of Central Colorado or Pagosa Springs Area Association of REALTORS® for more detailed local statistics or to find a REALTOR® in the area.

Single Family	August			Year to Date		
	2019	2020	Percent Change from Previous Year	Thru 08-2019	Thru 08-2020	Percent Change from Previous Year
New Listings	17	16	- 5.9%	99	123	+ 24.2%
Sold Listings	11	21	+ 90.9%	74	94	+ 27.0%
Median Sales Price*	\$212,500	\$207,000	- 2.6%	\$209,250	\$214,000	+ 2.3%
Average Sales Price*	\$250,818	\$211,914	- 15.5%	\$225,884	\$222,613	- 1.4%
Percent of List Price Received*	95.2%	96.4%	+ 1.3%	97.7%	97.7%	0.0%
Days on Market Until Sale	56	82	+ 46.4%	95	81	- 14.7%
Inventory of Homes for Sale	42	43	+ 2.4%	--	--	--
Months Supply of Inventory	4.0	3.8	- 5.0%	--	--	--

* Does not account for seller concessions and/or down payment assistance. | Activity for one month can sometimes look extreme due to small sample size.

Rio Grande County

Contact the REALTORS® of Central Colorado or Pagosa Springs Area Association of REALTORS® for more detailed local statistics or to find a REALTOR® in the area.

Single Family	August			Year to Date		
	2019	2020	Percent Change from Previous Year	Thru 08-2019	Thru 08-2020	Percent Change from Previous Year
New Listings	27	27	0.0%	182	144	- 20.9%
Sold Listings	14	18	+ 28.6%	84	97	+ 15.5%
Median Sales Price*	\$167,500	\$258,750	+ 54.5%	\$182,500	\$212,500	+ 16.4%
Average Sales Price*	\$187,993	\$347,756	+ 85.0%	\$198,801	\$270,354	+ 36.0%
Percent of List Price Received*	93.7%	95.6%	+ 2.0%	95.0%	94.8%	- 0.2%
Days on Market Until Sale	164	209	+ 27.4%	159	157	- 1.3%
Inventory of Homes for Sale	137	79	- 42.3%	--	--	--
Months Supply of Inventory	13.8	5.8	- 58.0%	--	--	--

* Does not account for seller concessions and/or down payment assistance. | Activity for one month can sometimes look extreme due to small sample size.

Mineral County

Contact the REALTORS® of Central Colorado or Pagosa Springs Area Association of REALTORS® for more detailed local statistics or to find a REALTOR® in the area.

Single Family	August			Year to Date		
	2019	2020	Percent Change from Previous Year	Thru 08-2019	Thru 08-2020	Percent Change from Previous Year
New Listings	6	9	+ 50.0%	51	38	- 25.5%
Sold Listings	1	2	+ 100.0%	15	14	- 6.7%
Median Sales Price*	\$220,000	\$412,500	+ 87.5%	\$249,000	\$325,000	+ 30.5%
Average Sales Price*	\$220,000	\$412,500	+ 87.5%	\$256,180	\$337,857	+ 31.9%
Percent of List Price Received*	97.8%	95.0%	- 2.9%	95.1%	92.0%	- 3.3%
Days on Market Until Sale	50	77	+ 54.0%	209	185	- 11.5%
Inventory of Homes for Sale	57	25	- 56.1%	--	--	--
Months Supply of Inventory	28.5	8.3	- 70.9%	--	--	--

* Does not account for seller concessions and/or down payment assistance. | Activity for one month can sometimes look extreme due to small sample size.

Saguache County

Contact the REALTORS® of Central Colorado, Pagosa Springs Area Association of REALTORS® or Gunnison Country Association of REALTORS® for more detailed local statistics or to find a REALTOR® in the area.

Single Family	August			Year to Date		
	2019	2020	Percent Change from Previous Year	Thru 08-2019	Thru 08-2020	Percent Change from Previous Year
New Listings	15	18	+ 20.0%	104	101	- 2.9%
Sold Listings	7	8	+ 14.3%	59	69	+ 16.9%
Median Sales Price*	\$198,000	\$235,250	+ 18.8%	\$193,000	\$226,000	+ 17.1%
Average Sales Price*	\$235,700	\$282,188	+ 19.7%	\$197,151	\$258,178	+ 31.0%
Percent of List Price Received*	96.0%	97.3%	+ 1.4%	94.9%	96.2%	+ 1.4%
Days on Market Until Sale	38	103	+ 171.1%	96	143	+ 49.0%
Inventory of Homes for Sale	85	57	- 32.9%	--	--	--
Months Supply of Inventory	11.6	6.7	- 42.2%	--	--	--

* Does not account for seller concessions and/or down payment assistance. | Activity for one month can sometimes look extreme due to small sample size.

San Luis Valley Area Real Estate

SOLD

New Listing! Charming Family Home, Priced to Sell!
 4 bedroom • 2 bath • 1,850 sq. ft. • \$215,000
 Comfortable family home with large balcony to enjoy your mountain views! Nice kitchen, stone fireplace, wood-burning stove and beautiful bathrooms! MLS #758665
Bernadette Gingras • Steffens & CO. Realty
 (719)850-1993 • bernadette@steffenscorealty.com

SOLD

Price Just Reduced!!
 • 1 bedroom • 1 bathroom • \$74,900
 Adorable Park Model home in the River's Edge Mountain View RV Resort! Everything is included, all it needs is you! All furniture, appliances and pots and pans come with this cozy home that includes an enclosed sun room, storage shed and work bench! MLS#760432
 57 Dennette Lane • South Fork
Bernadette Gingras Steffens & CO. Realty
 (719)850-1993 • bernadette@steffenscorealty.com

REAL ESTATE AUCTION

INCOME PRODUCING OFFICE BUILDING
 1803 W. Hwy. 160, Monte Vista, CO 81144



- Fully occupied & leased by the Rio Grande National Forest Service
- 17,869 sq. ft.
- 80,000' of land w/ Hwy. 160 frontage
- 50+ dedicated parking spaces
- Building & property are well maintained

WWW.BID160.COM

SCHURSUCCESS GROUP
 REAL ESTATE • AUCTIONS
 FINANCIAL • ASSET APPRAISAL

Richard D. Schur, CAI, BAS, CNEA, MPPA
 Owner, Employing Broker, Master & Champion Auctioneer
 Rich@SchurSuccessGroup.com
 or (719) 667-1000 or (719) 230-6230

SOLD

New Listing! Golf Course Living at its finest!
 3 bedroom • 2.5 bath • 2,097 sq. ft. • \$379,000
 Stunning views in all directions with huge windows, luxurious master suite, rock propane fireplace, high-end Jenn Air appliances, custom cabinetry, large stone patio for entertaining, 2-car garage and so much more! Rio Grande Club Membership and Home Furnishings negotiable. MLS #767109
 6827 Snead Ln • South Fork
Bernadette Gingras • Steffens & CO. Realty
 (719)850-1993 • bernadette@steffenscorealty.com

SOLD

Everything you could want from mountain living!
 4 bedrooms • 4.5 baths • 4,504 sq. ft.
 • 6 acres • \$888,000
 Custom-built home in River Island Ranch with a built in theater, 5 car heated garage and 2 car separate garage, screened-in porch, safe room, wet bar and much more! The yard has a sprinkler system and a fire pit, perfect for entertaining! POA includes access to fishing on the Rio Grande, road maintenance and snow removal. MLS #765728
 104 Explorer Way • South Fork
Bernadette Gingras Steffens & CO. Realty
 (719)850-1993
 bernadette@steffenscorealty.com

Fantastic Home on 40 Acres with Water!



5 bedroom • 2.5 bath • 3,216 sq. ft. • \$630,000
 Remodeled in 2016, the home has large, double-pane windows to enjoy the views, quartz counter tops, new stainless steel appliances, a private master suite with amazing features and so many more unique details. Heated 3-car attached garage plus addtl. detached garage/tack room. Established hay-meadow with surface water rights and 1.5 shares of Rio Grande Piedra ditch.
 MLS# 769101
Porter Realty, 503 Main St. Alamosa
 (719)589-5897 • mp@porterrealty.com

PRICE REDUCED!

Beautiful Home on 35 Acres SW of Monte Vista!

4 bedroom • 3 bath • 2,492 sq. ft. • \$377,500
 Recently-built spacious home ready for your family! Enjoy 360 degree mountain views on an 1,800 sq. ft. deck 3-car garage and many more amenities!
 515 Mountain View Blvd. • Monte Vista
 MLS# 766729
Porter Realty, 503 Main St. Alamosa
 (719)589-5897 • mp@porterrealty.com

Thinking of Selling Your Home? If so, I can help! Residential/Commercial/Ranch Call 719-850-1993



We work hard for you!

Call Bernadette today!

Steffens & Company Realty, INC
 719-850-1993
 Bernadette Gingras, Broker Associate
 30635 US Hwy 160 • South Fork
 www.bernadettegingrasrealestate.com

Contact Chelsea or Trey for advertising information today!
719-852-3531 or MonteVistaAds@gmail.com



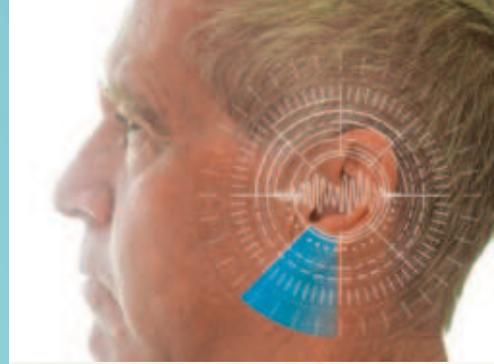
Health

on the **Rio 2020**

Grande

*A Guide to
Health
Services
in the
San Luis
Valley*

COMMUNITY.
TOGETHER.
STRONG.



COVID-19
PREVENTION
& **INFORMATION**

Valley Publishing
719-852-3531
835 First Ave. • Monte Vista



Quality Healthcare to Keep You Active

The Orthopedic and Chiropractic Clinics at San Luis Valley Health offer a wide array of services, including:

- *Joint Preservation Procedures*
- *Knee – Hip – Shoulder Replacements*
- *Non-surgical treatment options for arthritis*
- *Treatments for sports injuries*
- *Chiropractic and acupuncture services*
- *Treatment for traumatic injuries to bones, such as fractures and dislocations*

**Treatment not guaranteed to improve your golf game*

719-589-8091
SanLuisValleyHealth.org

 **San Luis Valley
HEALTH**
*Your Trusted
Partner in Health*

Colorado Department of Public Health and Environment addresses back to school anxiety during COVID-19

COLORADO - The Colorado Department of Public Health and Environment (CDPHE) provides tips to manage back to school anxiety. Acknowledging and talking about fears and concerns as well as taking practical steps throughout the year can go a long way during this time of COVID-19.

“The beginning of a new school year, even during normal times, can bring anticipation, excitement, and anxiety for the whole household. This school year promises to intensify all of these feelings, especially the anxiety,” says Lynn Garst, Pediatric Disaster Coordinator, CDPHE. “Parents naturally want to protect their children from as much stress, anxiety, and fear as possible. However, children can become even more anxious when they are kept in the dark.”

The following actions can help alleviate a child’s anxiety and fear throughout the year:

1. Prior to starting the conversation, assess personal concerns and anxieties and be prepared to share those with the child.
2. Let the child know what to expect with the start of school, as well as the rest of the year.
3. Talk about what the family and the school are doing to keep everyone safe.
4. Ask what questions the child has.
 - o It is OK to not know the answer. This is a great opportunity to work together to find out.
5. Ask the child what concerns they have.
6. Acknowledge fears and concerns.
 - o Let the child know that these feelings are OK. Many kids are feeling that way right now.
7. Assure the child that the family will get through this together.
8. Ask what would help the child feel better.
0. Try to instill a sense that the child “can do” things to protect themselves.
 - o While things can’t go back to normal right now, families can work together to make things better.
0. Give the child choices where choices are possible.
 - o Choices help overcome a sense of helplessness.
 - o Limit the choices to two options for younger chil-



- dren and up to three options for older children.
0. Mask wearing can be difficult and stressful for many children. Go over the right way to wear a mask -- covering both the mouth and the nose.
 - o If possible, let the child choose from several types of masks to find the one that fits most comfortably.
 - o Access resources for helping the child wear a mask.
0. Work together to develop a daily schedule and routine for both school and non-school times.
 - o Stick to it as much as possible.
 - o Knowing what comes next can comfort children of all ages.
0. Try to create a workspace that is specifically dedicated to schoolwork.
 - o It is just as important for children to leave school behind as it is for adults to leave work behind at the end of the day. This is much more difficult when school

and home are in the same place. Creating a special workspace can help separate school from the rest of the day.

- o If one cannot create a separate workspace, store schoolwork in a separate location at the end of each school day.

0. If school is online for at least part of the school week, have the child design a workspace that is comfortable with limited distractions.

- o Allow the child to include a comfort item such as a favorite stuffed animal for younger children.

Continue to stay up to date by visiting covid19.colorado.gov.

New EMR to Improve Services at SLV Health

By KONNIE MARTIN, CEO, SLV HEALTH

It’s Go-Live time at SLV Health! Over a year ago, SLV Health made the decision to seek a new Electronic Medical Records (EMR) system. With careful consideration of our needs and our options, we chose MEDITECH as our technology partner for the future. After months of planning, building, and training, our Go-Live day is October 1, 2020!

Under the Direction of Brian Heersink, IT Director at San Luis Valley Health, we also chose Engage, experts at MEDITECH implementation, as our partners. Leaders throughout SLV Health have worked tirelessly to prepare for this day, dedicating time, staff, and expertise to build the best system for our future.

This new system will bring incredible opportunities to improve the quality and safety of delivering care for our patients. With a fully integrated system, health caregivers will be able to see the entire record in one place. It will be more time-efficient, create less duplication, and put state of the art tools and information right at the point of care.

Our community will benefit from this long-term investment in the hospital’s infrastructure as it facilitates our dedication to improving healthcare delivery. We will have increased capacity to compile system-wide information used in population health, improve the ability to address key community-health issues, and offer real-time data that can support large-scale initiatives.

The date of October 1, 2020 did not waiver, even as the spread of the coronavirus pandemic affected our staff, family, community, and patient care delivery. Through the diligence of talented employees, often juggling multiple roles, the system has been built to suit the needs of the staff, providers, and patients at SLV Health. I extend a special thank you to each team member who made this new EMR possible.

With the help of our partners at MEDITECH and Engage, our team we will step forward in this new journey. We understand the challenge and are excited about the future. A special thank you for your patience and understanding as this transition occurs.

Meeting All Your Home Health Needs

We Are More Than your local home health store. Stop in today and let us help you find what you’re looking for.



We carry everything from

- First Aid Supplies
- Patient Mobility Aids • Home Safety Equipment
- Wound Care • Orthopedic Supplies
- Respiratory Supplies

ROCKY MOUNTAIN **Much More!**
Home Health Supplies



www.rmhomehealthsupplies.com

719-589-9417
616 Main St. • Alamosa
719-539-2396
511 E. Rainbow Blvd • Salida

Come In and See Us

Colorado teens report an alarming increase in use of ultra-potent marijuana

COLORADO - Six years after adult-use marijuana commercialization began in Colorado, teens report an alarming increase in their use of ultra-potent pot products in the form of dabs and vapes, according to official state data.

More than half of high school students who use marijuana reported that they dab marijuana to get high. Among students who reported using marijuana in the past 30 days, 52 percent said they dabbled it, up from 34.4 percent just two years ago— a 50 percent increase, according to the new bi-annual Healthy Kids Colorado Survey results, based on surveys of over 53,000 middle and high school students statewide last year.

“Dabbing” is a method of inhaling highly concentrated THC (commonly referred to as hash oil, wax or shatter) using a blow torch-heated delivery system commonly referred to as a dab rig. THC is the main high-inducing chemical in marijuana. (To download high-quality, free-to-publish photos of marijuana concentrates bought in Colorado, go to THCphotos.org.)

The survey results also show a 69 percent increase in students vaping marijuana in two years. Among high school students who used marijuana in the past 30 days, 34.3 percent reported vaping it, up from 20.3 percent in 2017.

Denver, the epicenter of commercialization in the state, likewise experienced dramatic increases. High school dabbing increased over 80 percent in two years and vaping increased almost 50 percent.

Colorado has no limits on marijuana potency and has seen levels of THC steadily rise in commercial products. Some concentrates, which make up an increasingly large share of the market, can exceed 90 percent THC. Those potency increases have been documented in a state funded study.

At the request of the Colorado General Assembly, the Colorado department of public health and Environment just completed a comprehensive analysis of the health effects of marijuana potency that acknowledged that almost 93 percent of products sold in Colorado are greater than 15 percent THC.

In the early 1990s, the average THC content in confiscated marijuana samples was less than 4 percent. Marijuana potency has accelerated in the past decade as marijuana commercialization expanded.

Rachel O’Bryan, one of Smart Colorado’s co-founders and an expert in the field of marijuana commercialization and the impacts on kids, said, “It’s no surprise that kids are switching to easily concealed ultra-potent pot when they are bombarded with images and marketing for these high-THC products that have proliferated since legalization. This is not the much milder marijuana of their parents’ generation.”

Peer-reviewed scientific studies show that marijuana harms developing brains yet researchers haven’t been able to fully explore the effects of these new ultra-potent products. A recent study found a significant association between using marijuana concentrates



and progressing to more frequent use among adolescents. The study found that the rate of persistence of use and progression of use is greater with concentrated THC than with other marijuana products.

When nationwide high school use of e-cigarettes soared by 78 percent in a single year and 26 percent of Colorado students, twice the national average, reported current e-cigarette use, then-Gov. John Hickenlooper and public health officials sounded the alarm, laws to ban flavored nicotine vaping liquid were passed and states, including Colorado, sued the e-cigarette

manufacturer Juul for illegally marketing to children.

O’Bryan said she hopes these latest figures will finally shock the state into action.

“Commercialized marijuana in Colorado, and the way our state has chosen to leave the industry largely unregulated, is setting our children up for future addiction,” she said. “I hope this news is a wake-up call to policymakers that a serious discussion and immediate action on rampant pot potency is needed. Our children have only one chance to grow up and we as a community are failing them.”

Southern Colorado counties lead state in opioid deaths

SAN LUIS VALLEY - Opioid overdoses are up in large numbers throughout the state. There were 567 reported overdose cases in Colorado through May 31 (US Attorney’s Office, 2020). This compares to 430 cases in 2018 and 414 cases in 2019.

This is affecting us locally as Saguache, Rio Grande, Las Animas, Otero and Prowers counties have recently led the state in overdose deaths (Colorado Municipalities, 2019). These overdoses are attributed to opioids such as pain pills, heroin and fentanyl.

The following information will help those who are close to substance abusers determine whether they are suffering from just being high or if they are actually showing signs of an overdose.

Recognizing opioid overdose

Sometimes it can be difficult to tell if a person is just very high or experiencing an overdose. The following will present some information on how to tell the difference. If you’re having a hard time telling the difference, it is best to treat the situation like an overdose – it could save someone’s life.

If someone is really high and using downers like heroin, fentanyl or pills:

- Pupils will contract and appear small
- Muscles are slack and droopy
- They might “nod out”
- Scratch a lot due to itchy skin
- Speech may be slurred
- They might be out of it, but they will respond to outside stimulus like loud noise or a light shake from a concerned friend.

If you are worried that someone is getting too high, it is important that you don’t leave them alone. If the person is still conscious, walk them around, keep them awake and monitor their breathing.

- The following are signs of an overdose:
- Loss of consciousness
 - Unresponsive to outside stimulus
 - Awake, but unable to talk
 - Breathing is very slow and shallow, erratic or has stopped

- For lighter skinned people, the skin tone turns bluish purple, for darker skinned people, it turns grayish or ashen.
- Choking sounds, or a snore-like gurgling noise (sometimes called the “death rattle”)
- Vomiting
- Body is very limp
- Face is very pale or clammy
- Fingernails and lips turn blue or purplish black



• Pulse (heartbeat) is slow, erratic or not there at all

If you think someone is having an overdose, please call 911 as soon as possible.



Dr. Brian Roberts, D.D.S.

852-5432

403 Dunham St.
Monte Vista

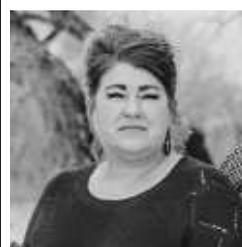


Changes are coming to Medicare plans in 2021!

Does your health plan need a check-up?

Open Enrollment starts Oct. 15th!





Give me a call to evaluate your Medicare Supplement Plan or Medicare Prescription Drug Plan! I also offer Dental and Vision Plans for all age groups! Get the most coverage for the best price!

Stacy Curtis, Benefits Advisor (719) 580-0039

Valley-Wide Ride expands to Monte Vista

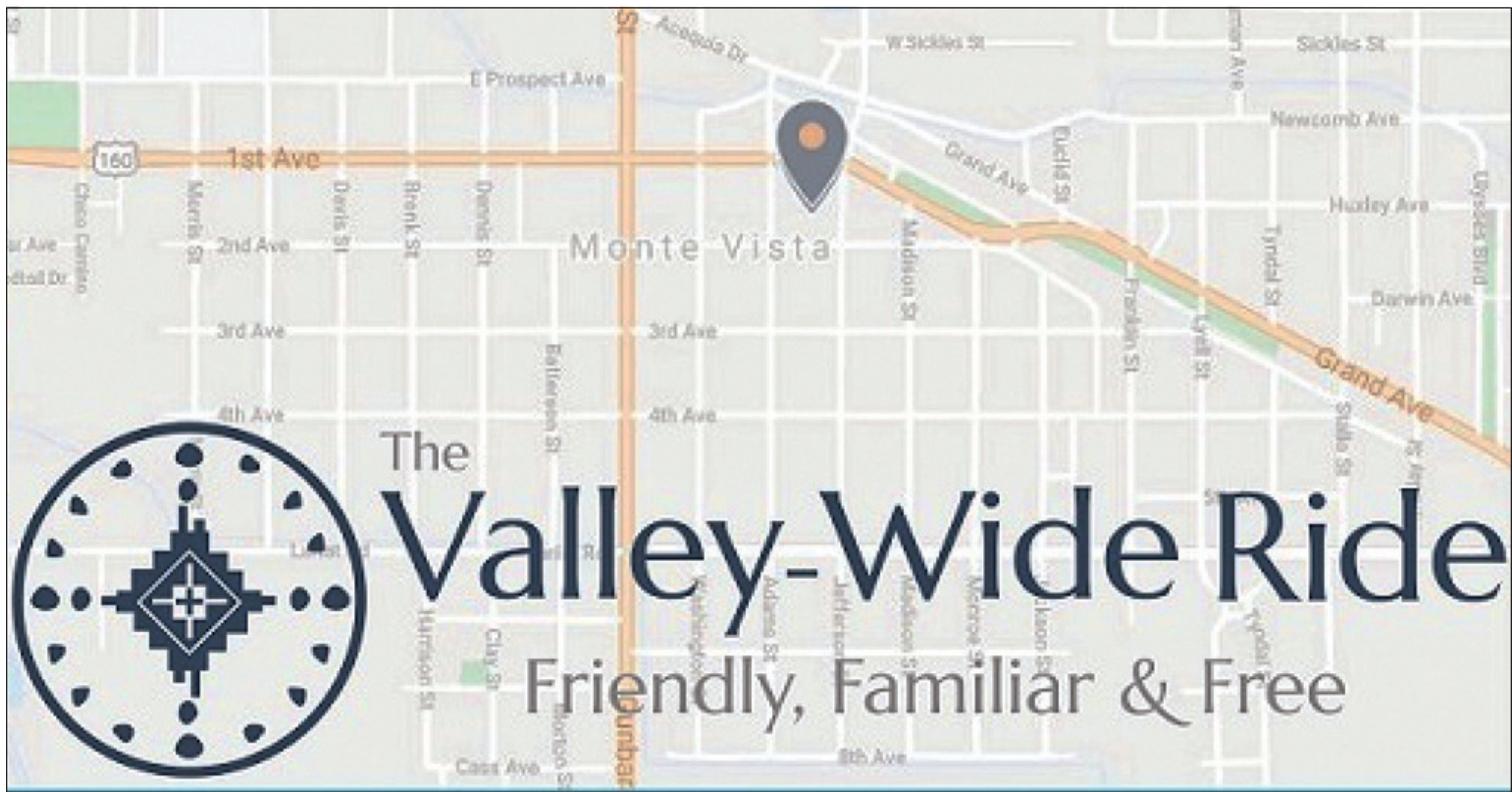
SAN LUIS VALLEY— Valley-Wide Health Systems announces the launch of its new transportation program. The Valley-Wide Ride is a free transportation program for wellness and health related activities.

The program is currently available in Alamosa, and began in the Buena Vista area Monday, Sept. 14. Expansion plans include Cañon City, and in the Valley Wide Health Systems Arkansas Valley locations. Rides are available to anyone in the Alamosa and Monte Vista areas, and you don't have to be a Valley-Wide patient to use the Ride. Passengers must be 18 years or older to ride alone, and minors must be accompanied by a parent or legal guardian.

Reservations are required to secure a ride and should be made at least 24 hours in advance of the pick-up time, but Valley-Wide will try to accommodate some same-day reservations. Patient visits to healthcare appointments will take precedence over all other ride types.

Ride pickups and drop-offs are available Monday – Friday, 7 a.m. – 7 p.m. Reservations can be made by calling 1-833-350-1113 and the reservation line is open Monday – Friday, 7 a.m. – 5p.m. Because the Valley-Wide Ride is free, services are limited to “health and well-being” trips such as:

- Medical/Dental/Behavioral Health appointments
- Convenient Care/Hospital visits of non-emergent nature
- Prescription pick up
- Social Services (Anything related to Department of Human Services)
- Employment Services/Workforce Centers
- Courthouse/Legal Services
- Grocery Stores
- Libraries
- Gyms
- Laundromats



Valley-Wide is able to create this service

due to a \$50,000 Community Facilities Grant for patient transportation assistance. With this grant money, they purchased four sedans and hired four full-time drivers.

Valley-Wide has implemented strict disinfection protocols for the service. Each time the

driver drops off a passenger, the interior of the car is completely wiped down with sanitizing wipes that are to kill off bacteria and viruses, including the COVID-19 Coronavirus. All drivers and passengers are required to wear a mask while inside the car.

Advisory issued following increase in domestic violence reports

CENTER — After witnessing a rise in domestic violence cases in Center, Center Police Chief Dale Meek has issued an advisory to help those affected by this crime to recognize signs of abuse and respond accordingly.

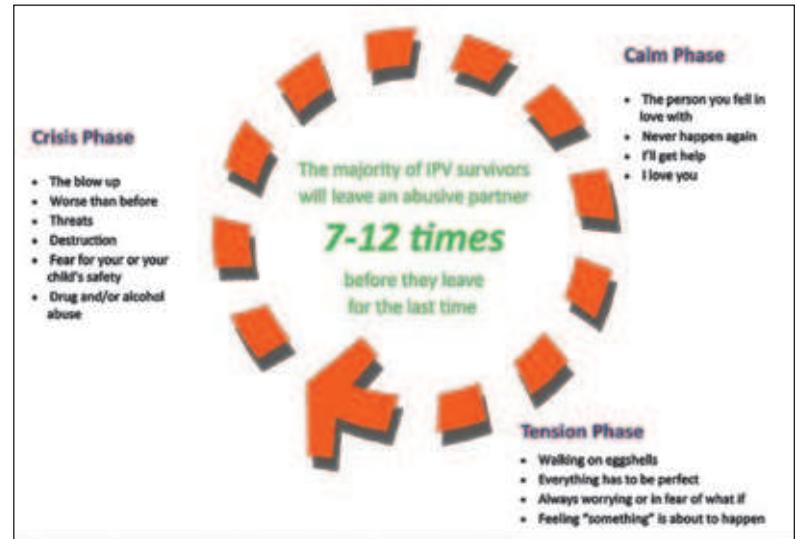
“All seven arrests made in Center at the end of August were domestic violence related which is concerning as the leader for public safety,” Meek explained.

“I want to take a moment to define domestic violence, present some indicators of violence in the household and provide some resources for those who need help but may not, for various reasons, notify law enforcement.”

Colorado State Statute defines domestic violence under CRS 18-6-800.3 as an act or threatened act of violence upon a person with whom the actor is or has been involved in an intimate relationship. “Domestic violence” also includes any other crime against a person, or against property, including an animal, or any municipal ordinance violation against a person, or against property, including an animal, when used as a method of coercion, control, punishment, intimidation, or revenge directed against a person with whom the actor is or has been involved in an intimate relationship.

To be labeled as a domestic violence incident, an intimate relationship must currently or have previously existed. “Intimate relationship” means a relationship between spouses, former spouses, past or present unmarried couples, or persons who are both the parents of the same child regardless of whether the persons have been married or have lived together at any time.

Two main issues will be noted in a domestic violence relationship. The first is a cycle of violence. The cycle of violence includes a tension building phase where words or actions promote an atmosphere characterized by tension building between those in the relationship. A crisis phase or violent act will occur which is the direct culmination of tension. Following the crisis phase or violent act will



be a honeymoon phase in which will resemble the normal functioning family. Below is a chart providing a visual demonstration of what the cycle of violence looks like:

The next issue that is concerning is the need for control in a domestic violence relationship. Control allows for the perpetrator of violence to continue the ongoing violent encounters. Control is imperative to maintain the relationship and prevent the victim party from leaving or reaching out to others who may help.

There are many reasons why people will abuse their intimate partners. These are:

- Anger management issues
- Jealousy
- Low self-esteem
- Feeling inferior
- Cultural beliefs they have the right to control their partner
- Personality disorder or psychological disorder
- Learned behavior from growing up in a family where domestic violence was accepted
- Alcohol and drugs, as an impaired individual may be less likely to control violent impulses

It is important to report domestic violence as the conditions can grow worse over time and lead to significant injury or death. Please contact law enforcement if you believe a domestic violence incident is occurring. Also, if you know someone who is experiencing violence in their life, but they will not report the violence refer them to some of the resources below.

- <https://www.colorado.gov/pacific/cdhs/domestic-violence>
- <https://www.slvttucasa.net/>
- <https://www.thehotline.org/>

La Jara Pharmacy

Serving Our Community for Over 40 years!
412 Main Street • La Jara • (719)274-5109

• Prescriptions & Medical Supplies	• Unique Variety of Gifts of All Sizes for All Ages
• Natural Herbs & Essential Oils	• Locally-made foods, including coffee and pies!
• Homeopathic Remedies	• Soda, Candy, Snacks and More!
• Cosmetics	

Like us on Facebook @LaJaraPharmaceuticalCenter,Inc.

Don't have time for pain? Recovering from surgery?




The experienced rehab teams at the San Luis Care Center and Evergreen Nursing Home focus on what is best for the patient! We offer comprehensive and customized rehab programs and short-term or long-term care!

- 24-hour Skilled Nursing Care
- Alzheimer's & Dementia Care

Stay Strong, Move Forward, Hurry Home



**Evergreen
Nursing Home**
1991 Carroll St. • Alamosa
(719) 589-4951

**San Luis
Care Center**
240 Craft Dr. • Alamosa
(719)589-9081

RGH emphasizes the importance of regular health care during pandemic

By CHelsea McNERNEY-MARTINEZ
MONTE VISTA- Rio Grande Hospital's (RGH) providers and staff are going above and beyond to ensure the safety of all of their patients during the COVID-19 crisis. After hearing some patients are so concerned about COVID-19 they are not coming for regular visits, RGH wants the community to know the importance of receiving regular care for chronic conditions and annual wellness exams, and the many ways RGH and their skilled providers are taking extra precautions to ensure safety while providing the personalized and comprehensive quality of care patients have come to expect from RGH.

Dr. Barton Giessel, M.D., and Jackie Bennett, Family Nurse Practitioner, both specialize in Family Medicine and see patients at RGH's Monte Vista Medical Clinic. The Monte Vista Medical Clinic screens patients as they come in the front door, asking them a series of questions to determine if they are symptomatic for COVID-19 and taking patients temperatures before they enter the facility. Giessel explained he believes the front desk and nursing staff are doing a great job with this triaging process, which is designed to steer potentially symptomatic patients to Rio Grande Hospital in Del Norte, as they are better equipped to handle these patients and determine testing and treatment from that point. "By design, through phone screening, the triage at the door and telemedicine, we have been pretty successful. Our goal is to resume normal operations here, treating patients for acute conditions and chronic disease management, and that is going well."

Bennett added "We want everyone to have care, it just looks a little different because we have masks, partitions at the front desk, we're practicing social distancing throughout the clinic and all of our staff are practicing exceptional hygiene" and taking extra measures to keep surfaces sanitary as well. "Patients can

feel increasingly confident, especially when they see all the plans in motion," Giessel added.

Both providers explained that it is very rare for them to see patients with symptoms of COVID-19, even with the overlap with symptoms of allergies or other viral ailments. They explained they are focused primarily on treating chronic diseases like sleep apnea, high blood pressure and others, along with providing immunizations, screenings and acute visits for things like lacerations or joint injections. Bennett added "We provide well-child, well-woman and well-person exam. People come here because they feel like family. The patient-provider relationship is very important to us, and it's really a bonus part of our work as well." Giessel agreed, adding "Having someone help you navigate the healthcare process, including medication and treatment planning, is important to the providers here and the patients." "Primary care really has arms around the whole healthcare picture," Bennett added, "We get to see babies and octogenarians in the same day, the same hour sometimes." "One of the things patients appreciate about us is we don't use computers in the room unless absolutely necessary, we look people in the eye and interact with them directly," Giessel added.

Both providers stated they are welcoming new patients and if patients are concerned about COVID they should feel confident in visiting RGH facilities and should absolutely not put off care for their planned or other routine visits, as maintaining regular care for these conditions is vital. Both providers are regularly following scientific articles within their profession to get the latest information about not only COVID-19 but exploring new science and information about other conditions as well. They emphasized the importance of staying educated on the conditions that affect patients every day, in many different ways, and although addressing COVID-19 is important,



Jackie Bennett, FNP



Photos by Chelsea McNERNEY-MARTINEZ
Dr. Barton Giessel, M.D.

patients can feel confident that RGH providers are focused on providing the best care possible for all of the conditions that affect the community at large and individual patients. Bennett explained she is attending a virtual American Association of Nurse Practitioners conference which is looking at new information on managing depression, anxiety, COPD and diabetes, for example, and Giessel is also attending a virtual conference on a variety of topics primary care physicians will see.

Giessel has lived in Colorado for two years, after spending 20 years in Family Medicine in North Texas. He grew up in South Texas but enjoys all of the outdoor recreation opportunities found in Colorado, including hiking and skiing. He has four children and four grandchildren.

Bennett is originally from the Pacific Northwest but has lived in the area for almost

20 years. For several years before becoming a Nurse Practitioner she volunteered at the 9Health Fair, overseeing and providing up to 500 blood draws each time. She enjoys outdoor recreation as well including mountain biking but also enjoys reading and knitting indoors as well. She often listens to audio books together with her mother, but her mother will sometimes get ahead of her and has to avoid spoiling the book. She lives in Del Norte with her husband; her child and grandchild live in Washington State.

The Monte Vista Medical Clinic can be reached directly at (719) 852-8827. If you are still unsure about visiting a provider in person, RGH also offers telemedicine, call (719) 657-2418 for more information. For a complete list of RGH's services and providers, see www.riograndehospital.org

Rio Grande County discusses Public Health District with Saguache County

By LYNDsIE FERRELL

RIO GRANDE COUNTY- Rio Grande County Commissioners briefly talked about a possible Public Health District with Saguache County during their meeting held Wednesday, Sept. 2. During the discussion, new Interim Administrator Susan Benton mentioned the possible district with commissioners while updating the board on applicates who have applied for the Rio Grande County Public Health Director position.

Rio Grande County Commissioners have been having conversations with Saguache County Commissioners about forming a Public Health

District similar to the one that was created in Creede several years ago. Benton pointed out that if the county was seriously considering this move that they would also need to confer with Saguache County officials when hiring a new Public Health Director.

It has become common in rural communities in that past several years to form Public Health Districts due to low populations and better benefits that are available to communities with higher populations. Creede is the only Public Health District in the Valley and was formed in 2016. It has proven to be highly beneficial for both Mineral and Hinsdale counties.



Keeping seniors independent at home.

America's Choice in Homecare **Serving the San Luis Valley with excellence for over 6 Years**

- Personal Care • Shopping/errands • Medication Reminders
- Companionship • Respite Care • Meal preparation
- Light Housekeeping • Temp. or Long Term

Proudly assisting our Veterans

Call us today for a free in home assessment 970-264-5991

www.VisitingAngels.com

VisitingAngels
LIVING ASSISTANCE SERVICES

2018 2019 2020

Dr. Ralph Wentz earns board recertification

SALIDA, Colo.—Ralph Wentz, DPM, FACFAS, of Wentz Foot & Ankle Specialists in Salida, has been recertified in foot surgery and reconstructive rearfoot/ankle surgery by the American Board of Foot and Ankle Surgery (ABFAS). ABFAS board certification is the highest standard in foot and ankle surgery. It signifies that surgeons have demonstrated to their peers and to the public that they have the clinical judgment, surgical skills, and ability essential for providing excellent patient care.

The ABFAS requires diplomates to recertify every 10 years. In addition to passing the recertification exam, they must maintain an active, unrestricted podiatric license and active surgical privileges at a hospital or surgical center. They must also complete 200 hours of continuing education credits per 10-year cycle. Dr. Wentz is a fellow of the American College of Foot and Ankle Surgeons and a member of the American Podiatric Medical Association. He sees patients with foot, ankle and leg conditions in his office at 920 Rush Drive,

Salida, and performs surgery at Heart of the Rockies Regional Medical Center. To make an appointment with Dr. Wentz, call (719) 539-6600.



Photo provided by SLV Health

SLV Health and Eagle Air Med are forming a partnership to bring emergency air medical transport to the residents of the San Luis Valley.

When minutes matter

SAN LUIS VALLEY - In an area as large as the San Luis Valley, every second counts when getting patients, the lifesaving care they need. With that in mind, SLV Health announced that the health organization is partnering with Eagle Air Med to bring a new emergency air medical transport service to the San Luis Valley. This will enable medical care to get help where it's needed quickly. For example, arrival to an emergency in La Jara is now only approximately 7 minutes away, and to take someone to Denver will only take 90 minutes.

response time. In addition, the helicopter will work alongside the fixed-wing located at the airport, which can go greater distances while carrying more weight. "We here at SLV Health work each day at being a trusted partner in health for the San Luis Valley," Martin said. "We are excited and honored to partner with Eagle Air Med in bringing a helicopter to our community." For more information about SLV Health, please go online to www.sanluisvalleyhealth.org.

"We know that in some medical emergencies, time can be critical," said Konnie Martin, Chief Executive Officer of San Luis Valley Health. "By having a helicopter here, we can get patients to our facility quickly and when needed, get them to a higher level of care."

The helicopter base, operating out of SLV Regional Medical Center in Alamosa, will offer 24-hour a day, seven days a week services staffed by highly trained pilots, flight nurses and flight paramedics using an Airbus H-125 helicopter.

This helicopter is unique in that it is designed for high elevations, especially found here in the Valley, and even made a training run to the top of Mount Everest, setting a record. Because of that capability, it will also be used to assist in local search and rescue operations, landing in areas of need that ambulances might not be able to get to.

"Our Alamosa fixed-wing team has built strong bonds in the local community and with our valued partners in care," said Vicky Spediacci, Air Chief Operating Officer for Global Medical Response, West Group. "We are thrilled to strengthen those connections and provide additional support to the region through the opening of this base."

The helicopter will be maintained by on-site aviation maintenance technicians and is configured with the latest avionics and safety features. The crew manning the helicopter will live and work out of the San Luis Valley, and partner with the ambulance crew to increase

Foot problems?



Gentle, expert treatment for:

- Foot and Ankle Breaks, Strains and Sprains
- Ingrown Toenails
- Heel Pain/Plantar Fasciitis
- Bunions and Hammertoes
- Sports Injuries
- Foot and Leg Wounds



Ralph Wentz, DPM, FACFAS
Board-certified foot and ankle surgeon

920 Rush Dr., Salida, CO 81201
(719) 539-6600
Wentzfootandankle.com



No referral needed with most insurance.

We'll help you get back on your feet!

Lets Get Real...

Why would I move in to Assisted Living?

- Moving in is taking control and keeping your independence.
- Waiting for a fall or an illness is being out of control and losing your independence.



THE BRIDGE
AT ALAMOSA

INDEPENDENT & ASSISTED LIVING

3407 Carroll St. • Ph. 587-3514

www.AlamosaAssistedLiving.com

Call the Bridge and stay in control. You have more life to live.

Find us on Facebook at
<https://www.facebook.com/ValleyPublishing>

Creede Family Practice emphasizes the importance of regular health care during pandemic

BY CHELSEA McNERNEY-MARTINEZ
CREEDE- Rio Grande Hospital's (RGH) providers and staff are going above and beyond to ensure the safety of all of their patients during the COVID-19 crisis. After hearing some patients are so concerned about COVID-19 they are not coming for regular visits, RGH wants the community to know the importance of receiving regular care for chronic conditions and annual wellness exams, and the many ways RGH and their skilled providers are taking extra precautions to ensure safety while providing the personalized and comprehensive quality of care patients have come to expect from RGH.

Dr. Jennifer Harbert, M.D., Elisa Mullikin, PA-C and the entire Creede Family Practice staff want RGH patients to know they are taking all possible precautions to keep patients and the community safe in the face of COVID-19. The external door to the clinic has clear signs to minimize hands making contact with the door at all and the internal door to the clinic is locked, patients are screened outside with questions about potential symptoms and a temperature check and a limited number of patients are permitted in the waiting/reception areas as well. Creede Family Practice staff members are also taking similar steps to ensure extraordinary hygiene and surface sanitizing practices are being followed. Harbert stated the staff also have their temperatures taken daily as well and pointed out the rooms are cleaned with a disinfectant approved to kill COVID-19 after each patient.

Mullikin also added no patients who are displaying symptoms are allowed in the building, only patients themselves are allowed in exam rooms and all COVID-19 testing is provided through Silver Thread Public Health or at the RGH Emergency Department in Del Norte. The staff is also wearing masks and practicing social distancing as much as their space allows. They have not seen any symptomatic patients in the clinic and have only recommended a few to be screened at the ER. Harbert noted although the outbreak in Mineral County was only nine people that is concentrated for their area and they take the whole process seriously, but she wants patients to know concerns about COVID-19 should not outweigh treatment for other conditions or regular care, "You can feel confident in your safety in coming here."

Harbert and Mullikin see patients for a variety of conditions, including high blood pressure, cholesterol issues, heart disease, COPD, baby visits, preventative care, colds and other seasonal ailments and to treat new issues like abdominal pain, sore throats and more. "People really most like that we know our patients,



Elisa Mullikin, PA-C

we know them by name, we have a history," Harbert stated. "We make this a friendly place to enter and we have a great, friendly staff." Harbert added she also doesn't typically use a computer in the exam room, taking notes and documentation after the appointment.

Mullikin added they strive to be as accommodating as possible to individual patients' preferences, although she does often use a computer with patients for educational purposes, "It helps establish an understanding and helps with explanations [about conditions]."

Harbert wants patients to know about the great overall quality of care they can expect with all RGH facilities. The hospital can provide x-rays, labs, CT scans, MRIs and specialists for a variety of conditions. The clinic staff also works closely with the local EMT service and the Silver Thread Public Health District, who share a building with the clinic. Harbert, who also serves on the Creede School Board, stated she is confident in Silver Thread's ability to work closely with the schools and other important community institutions to keep track of changes and community needs.

Both Harbert and Mullikin also stay on top of weekly medical journals for the latest information on COVID-19 and both are required to get 50 hours annually of continuing education on a variety of family medicine topics. "I find

that requirement really reassuring" Harbert added, stating she enjoys learning new things about the conditions she sees often.

Harbert is originally from Connecticut but has lived in Creede for about 20 years. She worked in the clinic for 10 years then practiced in the RGH ER for eight years, then practiced for about two years doing inpatient treatment at the hospital, but she missed the family practice atmosphere and the relationships built that way with patients and returned to the clinic. Her family has been visiting Creede since she was seven, and she decided she would practice and live in Creede between college and medical school. She has a husband and two sons, and her parents also live half the year in Creede and the winter half in Tucson, Arizona.

Mullikin is a Colorado native who grew up

in Mancos, she stated she has always understood and enjoyed the small town atmosphere. She received her undergrad from Western State College in Gunnison and did a research study at Spine Colorado in Durango, before getting her PA degree in Pennsylvania. She worked in primary care in Alamosa before moving to Creede in April. She enjoys outdoor recreation and visiting her parents in Mancos. She also has a brother who is a military doctor in Hawaii, which she said isn't quite as nice as it sounds.

Creede Family Practice can be reached at (719)658-0929. If you are still unsure about visiting a provider in person, RGH also offers telemedicine, call (719)657-2418 for more information. For a complete list of RGH's services and providers, see www.riogrande-hospital.org



Jennifer Harbert, M.D.

Jack's Market Pharmacy

222 Solar Ave. • Monte Vista, CO 81144
(719) 852-9894 • Fax: (719) 852-9897

HOURS:
Monday - Friday: 9 a.m. - 6 p.m.
Saturday: 9 a.m. - 3 p.m. • Closed Sunday

Bryan Salazar, R.Ph.
PIC/Owner

Your Community Connection

In Print & Online Neighborhood News & Events • Local Editorial Perspectives • Area Homes for Sale or Rent • Full-time & Part-time Local Jobs • New & Pre-owned Cars, Motorcycles, Boats, ATVs, RVs & More • Classified Deals on Furniture, Bikes, Electronics, Sports Equipment & More

Your Community. Your Newspaper.

One-Year Subscription
In Valley \$39
Out-of-Valley \$49

SIGN ME UP OR RENEW SUBSCRIPTION TODAY!

Monte Vista Journal Center Post-Dispatch
 Mineral County Miner South Fork Times
 Del Norte Prospector Conejos County Citizen

Name _____
Address _____
Phone _____

VISA MasterCard Discover NOVUS

Credit Card Number _____ Exp. Date _____

check or money order enclosed

P.O. Box 607 • Monte Vista, CO • 81144
719-852-3531 • email: MonteVistaClass@gmail.com

State health officials recommend radon testing as more Coloradans stay home

COLORADO - The Colorado Department of Public Health and Environment (CDPHE) recommends that Coloradans test their homes for radon as more Coloradans stay home for longer periods of time.

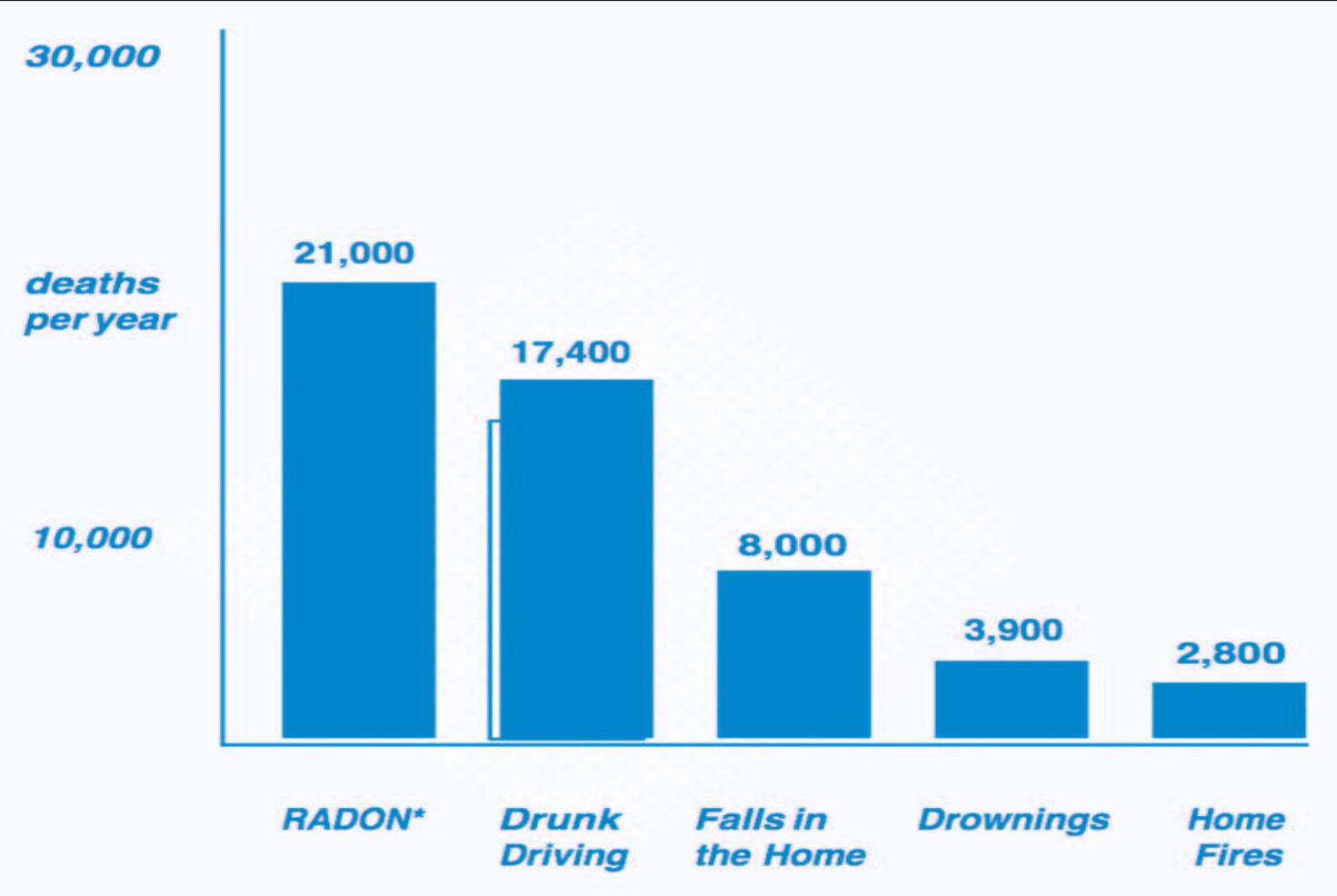
Radon is a cancer-causing, radioactive gas. You can't see radon. And you can't smell it or taste it. But it may be a problem in your home. Radon is estimated to cause many thousands of deaths each year. That's because when you breathe air containing radon, you can get lung cancer. In fact, the Surgeon General has warned that radon is the second leading cause of lung cancer in the United States today. Only smoking causes more lung cancer deaths. If you smoke and your home has high radon levels, your risk of lung cancer is especially high.

Radon is a gas that you cannot see, smell, or taste that comes naturally from the earth. It is radioactive and can easily enter homes and buildings through small openings. In Colorado, about half of homes have radon levels higher than the U.S. Environmental Protection Agency's recommended action level of 4 picocuries per liter of indoor air.

More than 500 lung cancer deaths are attributed to radon each year in Colorado.

"The best way to protect yourself against radon is to test your home. Testing your home for radon is simple and inexpensive," said Chrystine Kelley, radon program manager for the department. "CDPHE also has a low-income radon mitigation assistance program for homeowners that can pay for your radon mitigation system if you qualify."

Anyone with existing radon mitigation systems should retest their homes every few years to make sure the system is working properly. Low-cost test kits are available at www.sosradon.org



**Radon is estimated to cause about 21,000 lung cancer deaths per year, according to EPA's 2003 Assessment of Risks from Radon in Homes (EPA 402-R-03-003). The numbers of deaths from other causes are taken from the Centers for Disease Control and Prevention's 1999-2001 National Center for Injury Prevention and Control Report and 2002 National Safety Council Reports.*

Five questions families should ask as nursing homes reopen for visitors

COLORADO - As COVID-19 restrictions ease in Colorado, nursing homes and other long-term care facilities are preparing to resume visits for families. Visits won't be the same as before the pandemic, at least until the threat of coronavirus has passed. There may be limits on when, where and for how long you can see loved ones, and distancing rules will likely be in place.

"We've been through an unprecedented crisis with the pandemic," said AARP Colorado State Director Bob Murphy. "This was the first time many family members couldn't visit in-person with their loved ones for such a long period of time. Even as restrictions ease, visits will look different for the near future."

If your loved one's nursing home is resuming in-person visits, AARP recommends asking the facility five key questions to prepare:

1. What is the nursing home doing to help make

it safe for visitors to come back? The federal Centers for Medicare & Medicaid Services, which regulates long-term care facilities, provided nursing homes with recommendations about resuming in-person visits, including:

At least 28 days without a new COVID-19 case in the facility.

Declining cases in the surrounding community.

Regular testing for residents.

Adequate supplies of personal protective equipment.

2. What kinds of health checks will be required for visitors? The federal guidelines include:

Checking visitors' temperatures.

Asking visitors about COVID-19 symptoms and their potential exposure.

Observing visitors for symptoms or signs of infection.

3. Are visits restricted by time and place? Keep in mind that:

You may need an appointment for your visit.

Visiting hours may be restricted.

Visits may be time-limited or allowed only in designated areas.

You may be able to set a regular schedule for visiting your loved one.

4. What protective and social-distancing measures are in place, in accordance with federal guidelines? You may need to:

Wear a mask or use hand sanitizer—ask if the facility will provide them.

Stay six feet away from your loved one.

If you want to bring food or gifts, ask the facility about their policies first.

5. Are you doing everything possible to minimize risks to residents?

Don't visit if you feel ill, even if the symptoms are mild, or if you have had close contact with someone with COVID-19 in the previous two weeks.

Keep visits short, and stay outdoors if possible.

Consider a virtual visit by phone or video chat as an alternative to visiting in-person.

"The top priority is keeping residents of nursing homes, assisted living and other long-term care facilities, their family members and staff safe as in-person visits resume," Murphy said.

In addition, AARP is urging CONGRESS to ensure all nursing homes and other long-term care facilities regularly test residents and staff; have and correctly use personal protective equipment (PPE); publicly report COVID-10 cases and deaths daily; and facilitate virtual visits between residents and their families—even after in-person visits resume.

"A video chat with family and friends reduces loneliness for nursing home residents, and the pandemic has reminded us just how important that connection can be," Murphy said.

AARP has more resources available for family members with loved ones living in nursing homes and other long-term care facilities at aarp.org/nursinghomes.

INDEPENDENT & ASSISTED LIVING COMMUNITY

The Legacy

Monthly Rent Includes

- ◆ Private apartments
- ◆ Housekeeping & laundry service
- ◆ Home-like environment
- ◆ Beauty Shop
- ◆ 24-hour access to staff
- ◆ 2 bedroom, 2 bath independent living duplex available
- ◆ Three meals served daily
- ◆ Medication management

(719) 852-5179
 100 CHICO CAMINO • MONTE VISTA, CO
www.hhmsi.com
montevista@hhmsi.com

Treatment Tailored to YOU

Discover more at:
slvbhg.com

Book an appointment:
 (719) 589 - 3671

SAN LUIS VALLEY Behavioral Health Group
 Dedicated to Hope, Healing and Recovery
 A Medicaid Approved Provider

Follow us @SLVBHG

Colorado COVID-19 guidelines

Safer at Home fast facts- Colorado has slowed the spread of COVID-19 through Stay-at-Home and Safer at Home orders, and we must keep it up. The virus is still present in Colorado and can re-surge at any time. Everyone needs to do their part for themselves, their loved ones, and our community. Right now, we are in Level 2: Safer at Home and in the Vast, Great Outdoors. While we are all still safer at home, we are also able to practice greater social distancing in our vast outdoors than in confined indoor spaces. Much of Colorado is now open with restrictions to prevent the spread of COVID-19 and protect those at highest risk for severe illness.

People should be prepared for state and local public health orders to be extended, amended, or changed as needed to protect public health. This means we may move between the different levels during this pandemic:

- People who are 11 years and older are required to wear a covering over their noses and mouths.
- Stay at home as much as possible.
- Practice good hygiene. Wash your hands frequently and don't touch your face.
- Wear a face covering or mask when you leave your home.
- Connect with neighbors and loved ones virtually.

Protect our neighbors - Protect Our Neighbors means that communities that meet certain criteria have less stringent restrictions than under Stay at Home and Safer at Home. Strong local public health and health care systems are the key to reopening the economy. Different communities will be at different phases, based on local conditions and capabilities

As a local public health agency, it's up to you to certify that all 8 of the Protect Our Neighbors metrics are met within your county or region:

- Sufficient hospital bed capacity.
- Sufficient PPE Supply.
- Stable or declining COVID-19 hospitalizations.
- Fewer new cases.
- Sufficient testing capacity.
- Ability to implement case investigation and contact tracing protocol.
- Documented surge-capacity plan for case investigation and contact tracing.
- Documented strategies to offer testing to close contacts.

SYMPTOMS?

COVID-19 SYMPTOMS MAY INCLUDE:

- Fever
- Chills
- Fatigue
- Shortness of breath or difficulty breathing
- Cough
- Muscle or body aches
- Headache
- New loss of taste or smell
- Nausea or vomiting
- Sore throat
- Congestion or runny nose
- Diarrhea

Please consult your medical provider for any other symptoms that are severe or concerning.

MILD SYMPTOMS
Manageable symptoms. Isolate yourself.

WORSENING SYMPTOMS
Continue to isolate yourself. Consider telehealth or nurseline.

SEVERE SYMPTOMS

- Trouble breathing
- Persistent chest pain or pressure
- Confusion
- Inability to wake or stay awake
- Bluish lips or face

CALL 911 TELL DISPATCHER YOUR SYMPTOMS

911 FOR EMERGENCIES

CALL 911 FOR:

- SYMPTOMS OF HEART ATTACK OR STROKE
- DIFFICULTY BREATHING OR CHOKING
- DIFFICULTY SPEAKING, WALKING OR SEEING
- AN ALLERGIC REACTION
- CONFUSION, DIZZINESS OR DISORIENTATION
- SUDDEN, SEVERE PAIN

DO NOT call 911 for:

- Info about COVID-19
- A ride to the doctor's office
- COVID-19 testing
- Mild symptoms

For more information, visit covid19.colorado.gov

COLORADO
Department of Public Health & Environment

Get the facts about dining out and COVID-19

When dining out, patrons trust that restaurant staff has taken all necessary precautions to ensure a safe experience for customers. Restaurants are bound by strict food handling and cleanliness regulations and undergo periodic inspections to make sure they are in compliance. Many restaurants also post their health grades in visible places for patrons to see. Despite the best health practices and ramped-up sanitation in recent months, some individuals may still have concerns about whether COVID-19 can be transmitted through the handling or consumption of restaurant fare.

To set the record straight, the Centers for Disease Control and Prevention, the U.S. Food and Drug Administration and the Government of Canada note that the risk of getting COVID-19 from food handled or consumed from restaurants and takeout meals is believed to be very low. Currently, there is no evidence that food is associated with the spread of the COVID-19 virus. Similarly, the risk of infection from food products, food packaging or bags is also thought to be very low. No cases have been identified where infection originated by handling food-related items or shopping bags.

Should anyone experience gastrointestinal distress after eating food, GI viruses like norovirus and hepatitis A or bacteria like E. coli and salmonella are typically to blame. SARS-CoV-2, which causes COVID-19, is a respiratory virus. It cannot grow on food; it requires a living host like a person or animal to multiply.

The Environmental Protection Agency regulates water treatment plants to ensure that treated water is safe to drink. The COVID-19 virus also has not



been found in drinking water.

While COVID-19 is highly unlikely to be spread from consuming or handling food, it's still essential to prioritize hygiene and follow sanitation practices when going to a restaurant.

- Wash your hands with soap and warm water for at least 20 seconds before and after handling food and food packaging. Wash hands before using your hands to eat handheld foods, like sandwiches or burgers.
- Use common cleaning and disinfection products to wipe down tables and chairs that are shared by the public.
- Consider bringing your own reusable or disposable flatware as an added precaution. Opt for wrapped drinking straws instead of drinking directly from a glass.
- Keep your distance from other people while dining, even outside.
- Follow regulations regarding wearing a non-medical mask or face covering.

There is no evidence that restaurant food can transmit COVID-19. People who want to enjoy a meal at a restaurant can do so with the proper precautions in place. DE20B300

Did you know?

Aging men and women may be tempted to eschew home cooking entirely. After all, there are plenty of convenient frozen or take-out foods available that can be whipped up in a snap. However, there are certain benefits to cooking your own meals. John Moore, DO, an Aetna medical director and senior health specialist, says that cooking can be good for helping to stave off cognitive decline. Dr. Moore notes that, when

cooking, the mind is put to use following a recipe and learning new skills and tasks. Furthermore, cooking for oneself can boost seniors' self-confidence, reassuring them that they can handle an important daily task without having to rely on their family for meals. As long as it is deemed safe (i.e., no sign of cognitive decline or forgetfulness), seniors should be encouraged to continue cooking. DE20B412

Medical • Dental • Behavioral Health • Physical Therapy

Quality Care for Your Whole Family!

Make an Appointment Today!

1-833-350-1113

Valley Wide Health Systems, Inc.

VWHS.ORG



ADVERTISERS' Directory



ACUPUNCTURE

San Luis Valley Health
Stuart Avenue Clinic
Alamosa589-8122
..... **Inside Front Cover**

CHIROPRACTIC

San Luis Valley Health
Monte Vista Community
Clinic
Monte Vista.....852-9400
Stuart Avenue Clinic
Alamosa589-3000
..... **Inside Front Cover**

CLINICS

Rio Grande Hospital Clinics
Creede.....658-0929
Del Norte657-2418
Monte Vista.....852-8827
South Fork.....873-5494
..... **Back Cover**
San Luis Valley Health
Antonito Clinic.....376-2308
La Jara Clinic.....274-5000
Monte Vista Clinic.852-9400
RMC Clinic589-3000
Stuart Ave Clinic...589-3000
..... **Inside Front Cover**
Valley-Wide Clinics
Alamosa Family Medical
Alamosa.....589-3658
Cesar E. Chavez Family
Medical Center
Center.....754-2778
Convenient Care
Community Clinic
Alamosa.....589-2562
Edward M. Kennedy
Health Clinic
Monte Vista852-2512
Guadalupe Health Center
Antonito376-5426
Moffat Family
Health Center
Moffat.....256-4025
San Luis Health Center
San Luis.....672-3352

Sierra Blanca Medical Center
Alamosa.....589-3658
..... **Page 10**

DENTAL

Roberts, Brian
Monte Vista.....852-5432
..... **Page 4**
Valley-Wide Health
Systems - Dental
Alamosa Dental Clinic
Alamosa.....589-9691
Center Dental Clinic
Center.....754-3584
Edward M. Kennedy
Dental Clinic
Monte Vista852-4533
Ernesto Pacheco
Dental Clinic
San Luis.....672-3502
La Jara Dental Clinic
La Jara.....274-8948
..... **Page 10**

HEARING

San Luis Valley Health
Alamosa589-8025
..... **Inside Front Cover**

HOME HEALTH/ SUPPLIES

Rocky Mountain Home
Health Supplies
Alamosa719-589-9417
Salida719-539-2396
..... **Page 3**
Visiting Angels
970-264-5991
..... **Page 6**

HOSPITALS

Conejos County Hospital
La Jara.....274-5121
..... **Inside Front Cover**
Rio Grande Hospital
Del Norte657-2510
..... **Back Cover**

San Luis Valley Regional
Medical Center
Alamosa589-2511
..... **Inside Front Cover**

MEDICARE BENEFITS ADVISORS

Stacy Curtis
SLV (719)580-0039
..... **Page 4**

MENTAL HEALTH

San Luis Valley Behavioral
Health Group
Alamosa, Antonito, Center,
Del Norte, La Jara, Monte
Vista, San Luis, South Fork,
Mobile Clinic..... (719)
589-3671
..... **Page 9**
San Luis Valley Health-
Behavioral Health Dept.
..... (719) 589-8008
..... **Inside Front Cover**

NURSING HOMES/ ASSISTED LIVING

The Bridge
Alamosa587-3514
..... **Page 7**
Evergreen Nursing Home
Alamosa (719)589-4951
..... **Page 5**
The Legacy
Monte Vista.....852-5179
..... **Page 9**
San Luis Care Center
Alamosa (719)589-9081
..... **Page 5**

PHARMACIES

Jack's Market Pharmacy
Monte Vista852-9894
..... **Page 8**

La Jara Pharmacy
La Jara (719)274-5109
..... **Page 5**

Monte Vista Medical Clinic
Pharmacy
Monte Vista628-0533
..... **Back Cover**
Valley-Wide Health Systems
- Pharmacy
Alamosa589-3633
..... **Page 10**

PHYSICAL THERAPY

Rio Grande Hospital
Del Norte657-4140
Monte Vista.....628-0118
..... **Back Cover**
San Luis Valley Health
Alamosa589-8100
La Jara.....274-6025
Monte Vista852-5144
..... **Inside Front Cover**
VWHS Rehabilitation
Alamosa589-5149
Antonito.....376-5426
Monte Vista.....852-7081
San Luis.....672-3352
..... **Page 10**

PODIATRY

San Luis Valley Health
Alamosa589-8091
..... **Inside Front Cover**
Wentz Foot & Ankle
Specialists
Salida (719)539-6600
..... **Page 7**

TELEHEALTH

Rio Grande Hospital
Del Norte
(719)657-2418
..... **Back Cover**

WOUND CARE

Rio Grande Hospital, Del Norte
..... (719)657-3277
..... **Back Cover**



RIO GRANDE HOSPITAL

With our updated Emergency Room, Wound Care, and New Cardiac Rehabilitation, we can better serve you with our cutting-edge technology.

WE ARE MORE THAN AN EMERGENCY DEPARTMENT.

WE ARE A LIFELINE FOR YOUR COMMUNITY.

OUR SERVICES

Rio Grande Hospital

310 County Road 14
Del Norte, CO 81132
T-719-657-2510
F-719-657-2511

www.riograndehospital.org

CT CALCIUM SCAN now available for \$100 - Identifies possible coronary artery disease. 719-657-4151

UPCOMING EVENT

SAVE THE DATE for our annual **KEEPING THE DREAM ALIVE** on **August 14, 2021**

FOR **SPONSORSHIP OPPORTUNITIES**
OR TO MAKE A DONATION
PLEASE CALL
719-657-3266



Physical Therapy

Del Norte
719-657-4140
Monte Vista
719-628-0118

Imaging & Radiology

719-657-4151

Laboratory Services

719-657-4135

COLONOSCOPY

screenings save lives. Schedule yours today. Get your referral from your primary doctor.

Cardiopulmonary Rehabilitation

719-657-4140

Visit our website for other specialty services

Clinics & Pharmacy Needs

Creede
719-658-0929
Del Norte
719-657-2418
South Fork
719-873-5494
Monte Vista
719-852-8827
Monte Vista Pharmacy
719-628-0533

(PHARMACY OPEN 6 DAYS A WEEK)
FOR YOUR PHARMACY NEEDS IN OTHER AREAS, CALL OUR PHARMACY AND PICK UP MOST PRESCRIPTIONS AT ONE OF OUR CLINICS

Wound Care & Hyperbaric Oxygen Therapy

719-657-3277

If you do not have health insurance, you may qualify for financial assistance. We have a program to assist uninsured, low-income patients with payment of medical bills.