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VOLUME 94, NO. 132

Valley Courier

FRIDAY EDITION | WWW.ALAMOSANEWS.COM

LOCAL NEWS... LOCAL VIEWS

JULY 31, 2020

\$1

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SLV Today

Fire ban lifted

ALAMOSA— With recent, heavy rains, Alamosa County Sheriff Robert Jackson has lifted the Stage One fire ban for the county.

Rio Grande National Forest and the Bureau of Land Management are expected to lessen or lift fire bans on federal lands later this week.

Community Convening

ALAMOSA — SLV Health invites interested parties to participate in a community convening on Wednesday, August 12, 2020, from 1:00 – 2:30 p.m. This meeting provides an opportunity to review the health priorities established during SLVH's 2019 Community Health Needs Assessment. Please call 719-589-1209 or email donna.wehe@slvrmc.org before August 7th for a link to the virtual meeting.



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SLV WEATHER



Mostly Sunny 83/ 47

Sat: Sunny/Clouds 81/ 48

Sun: Afternoon T-Storms 79/ 47

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SkyWest wins EAS race for SLV Regional

By KEITH R. CERNY

Courier Publisher

ALAMOSA – SkyWest Airlines will be the new Essential Air Service (EAS) provider at SLV Regional Airport effective October 1 for the next two years, announced airport manager Will Hickman on Thursday.

SkyWest will provide Alamosa with 12 round trip flights per week to Denver International Airport (DIA) using 50-seat Canadair Regional Jet 200 (CRJ-200) aircraft. The airline will receive an EAS subsidy of \$3,505,574 per year from the U.S. Department of Transportation.

SkyWest will be replacing Boutique Air who has held the EAS contract since Oct. 1, 2018.

Boutique and a third airline, Key Lime Air Corporation, had also applied for the new contract before the SLV

Airport Board in April. SkyWest was recommended to and approved by the county board of commissioners.

The ability to book flights with United Airlines to and from the SLV was cited as well as more liberal baggage policies with recommending SkyWest. Average one-way airfare with SkyWest is projected to be around \$80.

Based in St. George, Utah, SkyWest operates in partnership with Alaska Airlines, American Airlines and Delta Air Lines in addition to United.

According to its EAS proposal for SLV Regional, SkyWest has a fleet of 484 aircraft and has been connecting small communities to the national transportation system for 47 years. Employing over 13,000 aviation professionals, the airline operates about 2,400 daily flights to 258 destinations across North America.



Courtesy photo

Following a decision process it has been decided Alamosa's Essential Air Service will be handled by SkyWest.

SkyWest typically operates with the 50-seat CRJ-200, "a quiet and modern

twinjet that is both safe and fast." All CRJ-200 aircraft are serviced by a flight attendant and each plane features a restroom.

In the airline's proposal to Alamosa, it stated that "SkyWest 50-seat jets provide the best opportunity for passenger growth. Passengers also benefit greatly from seamless connectivity to one of the largest global

airlines in the world."

Hickman recently announced that SLV Regional had more than 10,000 enplanements in 2019, qualifying the airport for \$1 million in funding for improvements through the Federal Aviation Administration (FAA).

■ See SKYWEST- page 3

Lawnmowers passing through the SLV



Courier photo by Stephen Jiron

The Great Grass Race entered Alamosa in the waning sunlight on Thursday evening. Participants seek kindness on journey to east coast.

Participating in the "Great Grass Race"

STAFF REPORT

ALAMOSA— An armada of lawnmower racers entered the San Luis Valley through Antonito on Thursday at a "rocketing" speed of five miles per hour.

Ten men and women are racing to be the first team to travel from Los Angeles to New York on lawnmowers. Four of the five two-person teams arrived in Alamosa on Thursday afternoon, headed to a checkpoint in Fort Garland likely on Friday, while a fifth team chose a different route.

The racers are participants in the "Great Grass Race", a new reality show that began July 10 in Moorpark, Calif. The five teams crossed Arizona and New Mexico on their way to an October completion in New York according to Robert Frank, director of northwest operations.

Frank said the main rule of the race is that contestants are not provided food, money, shelter or gas for their lawnmower. The goal of the show is to demonstrate the good in people. The racers must solely rely on the kindness of strangers to supply them with necessities and cannot accept cash.

"Throughout the past

three weeks of the race, all kinds of good-hearted people have provided them with motel rooms and campsites, food, gas, water, duct tape, tents and more," Frank said.

One racer is from Arvada, Colo. With the others hailing from California, North Carolina, New Jersey, Michigan, Oklahoma and South Dakota.

Twelve episodes of the Great Grass Race are already streaming on watch.menacevision.com. This unique competition idea came from the mind of creator and executive producer Denis Oliver who hails from Bourg-en-Bresse, France.

Alamosa Confirms ninth Coronavirus related fatality

Valley coordinates for COVID response

SAN LUIS VALLEY - The San Luis Valley is in the process of adopting a region-wide approach to assessing and monitoring COVID-19 risk and capacity to handle a potential increase in illness. It is coordinated with State measurements which indicate how to move between phases, whether moving forward with loosening

restrictions or taking a step back if needed.

One of the measurements being used is the positivity rate. This shows if the region is doing enough testing to properly track the pandemic. Currently, the positivity rate is 6.1%. Ideally, it should be under 5%. This means there are individuals in the community who are symptomatic, but not getting tested. The best way to improve this is if more people who have symptoms pursue getting a COVID-19 test.

■ See COVID page 3



Adams State art opening reception has been cancelled

ALAMOSA – The Adams State University Bachelor of Fine Arts exhibit and opening reception for "estorie: Past, Present, and Future," scheduled for August 8, 2020, has been cancelled due to COVID-19 restrictions.

No BBQ Fundraiser

DEL NORTE — Due to COVID-19 gathering restrictions, the Del Norte Fire Department will not be hosting their annual BBQ fundraising event this year. Of the cancellation Del Norte FD stated, "We want to express our appreciation for those that continue to support us. We have had questions about where donations can be sent. Donations can be mailed to Del Norte Volunteer Fire Department, PO Box 327, Del Norte, CO 81132. Thanks again for supporting your local fire protection district."

Conejos Library District

LA JARA — The Institute of Museum and Library Services, in conjunction with the CARES Act Grant Program has awarded the Conejos Library District a \$10,000 grant. It will be used to engage residents and encourage community to continue using the library during the COVID-19 pandemic. Tote bags geared towards adults, teen agers, and young children will be available to our patrons. Each bag contains books, activities, hand sanitizer, and masks. This is a great opportunity for our patrons to stay safely engaged during COVID-19. You may call the LaJara Library to reserve a totebag, our summer hours are Tuesdays and Wednesdays 8:30 AM to 12:00 PM. 719-274-5858.

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Record

OBITUARIES

Marcella A. Dominguez

ALAMOSA— Marcella A. Dominguez, went to her eternal rest on July 28, 2020, at the San Luis Valley Regional Medical Center with her loving family by her side. Marcella was welcomed into the world on March 12, 1952, in Taos, New Mexico, the daughter of Jose P. Sandoval and Emelina Lelia Vigil Sandoval. Marcella loved to keep herself very active in many different jobs, hobbies and lines of work. She was an exceptional and loving wife, mother, grandmother, great-grandmother, great-great-grandmother, aunt, cousin and friend who loved to go fishing, listening to music, cooking, baking and going to casinos. She was a compassionate and caring person who will be dearly missed. Survivors include her loving husband Ad-



olfo Dominguez of Alamosa, CO; sons Ben (Sally) Lucero, Danny Lucero, Salvador Lucero all of Alamosa, CO; 13 grandchildren, 27 great-grandchildren, numerous great-great-grandchildren, sisters Mary (Salomon) Silva, Diane Maestas (Raymond Flores) both of Alamosa, CO; sister-in-law Darlene Sandoval of Las Lunas, NM; broth-

ers Samuel (Darlene) Sandoval, Max (Mary) Sandoval both of Alamosa, CO. She is also survived by numerous nieces, nephews, cousins and friends.

Marcella was preceded in death by her parents Jose and Emelina Sandoval, brothers Leroy Sandoval, Gilbert Sandoval and Juan Sandoval.

Viewing from 9-10 a.m. at Sacred Heart Catholic Church. A Vigil Service with Recitation of the Rosary will be held on Friday, July 31, 2020, at 10:00 AM at Sacred Heart Catholic Church in Alamosa. A Mass of the Resurrection will follow at 10:36 AM. Interment will follow at the Alamosa Cemetery. To leave online condolences please visit romerofuneralhomes.com. Romero Funeral Home of Alamosa has been entrusted with the care of arrangements.

Eric Linden Dyer

DEL NORTE — Eric Linden Dyer, 81, passed away July 25, 2020, in Del Norte, Colorado. Eric was born in Ridgely, West Virginia on May 19, 1939, to Paul H. Dyer and Erma Lynn Lough. He was married to Violet Theresa Schlegel for 26 years. He moved from Oklahoma City to South Fork in 1997. Eric was in the Air Force, where he received a Good Conduct Medal and an Air Force Longevity Service Award. He belonged to both the Elks and JOES (Jumpers Over Eighty Society #156) Organization. He enjoyed sky

diving, fly fishing, skiing, playing Flight Simulator (multiple aircraft) on the computer, and guns (target practice).

Eric is survived by his spouse, Violet Theresa Schlegel, his children Eric James (EJ) Dyer, and Krista Dyer. His grandchildren, Eric Robert Dyer and Tyler Dyer, all of Sterling, VA. Two sisters, Doris Grimm, and nieces, Vicki and Kathi of Harrisonburg, VA, and Donna Conley, niece Candi and nephew RC of Crozet, VA. His wife's sons, Steven, and Kevin. His Shelties, Hanna, and Heidi, who

were like his children. He was preceded in death by his parents.

Eric was well known in the Del Norte area. He was a bit ornery and stubborn at times, but on the flip side, he was quite the joker and always had to have the punchline. He will be missed by all who knew him.

The family has chosen to not have a memorial service at this time due to the pandemic.

Arrangements in care of Strohmayers Funeral Home.

Epifanio "Epi" Jaramillo



FORT GARLAND — Epifanio "Epi" Jaramillo was a lifelong resident of Fort Garland; armed forces veteran; teacher "Mr. Jaramillo"; husband, father, coach, community volunteer and twice elected Costilla County Commissioner. Epi passed away at the age of 93. He was born in Fort Garland to Rudolfo and Terecita Jaramillo and had six siblings; all of whom predeceased him. Epi led a full and remarkable life. He was widely known as a teacher, jokester, storyteller and terrific classic and jitterbug dancer and he loved hunting and fishing and getting together with his many life-long friends.

He is remembered as a phenomenal left-handed baseball pitcher as a student in Fort Garland who then went on to be a 4-year baseball starter and graduate of Adams State College (now University). After college, Epi joined the U.S. Army and served in World War II. He was later reactivated

for the Korean Conflict. When he returned home, he was hired by the Fort Garland School District and later, the Blanca / Fort Garland Consolidated School District. He taught and coached there for many years. One year, as the Junior Varsity

coach, he took his team to the State Playoffs where they won the State Championship. He later taught at the Centennial School District in San Luis from which he retired in the mid-1980s.

Epi's wife, Ruth Lucero Jaramillo passed away in 2013. His Son, Epi "Sonny" Jaramillo, Jr., passed away just over a month ago. He is survived by son, Mark (Irene) and their children, Mark, JJ, Joell (Jasmine) Valles and great-grandchildren, Brandon, Valerie, Nathan and Andrea as well as Sonny's son, Nathaniel DiCamillo (Bailey).

A rosary will be said on Friday, July 30 at 7:00 PM at the Romero Funeral Home in Alamosa. Grave-side services with military honors will occur on Saturday, July 31 at 10:00 AM at the Fort Garland Cemetery. To leave online condolences please visit romerofuneralhomes.com. The care of arrangements has been entrusted to Romero Funeral Home of San Luis.

Reinsurance Keeps Premiums Down for 2021

DENVER - The Colorado Division of Insurance (DOI), part of the Department of Regulatory Agencies (DORA), has released the preliminary premium information for individual (not from an employer) and small group health plans for 2021. Earlier this month, the DOI released preliminary information on the number of companies and plans for 2021. These submitted filings are now available for public comment through Aug. 26.

Find more information about all of the preliminary plans and premiums for 2021 submitted by insurance companies at the DOI's "Health Insurance Plan Filings" website.

"Saving people money on health care has never been more important and I'm proud the reinsurance program will help bring more relief to hardworking people during this challenging time for many individuals and families across our state by keeping premiums down by an average of 17% in the individual insurance market," said Governor Jared Polis. "We keep working to prevent Coloradans from being ripped off on health care costs and I'm excited to have worked with the legislature to extend and build on the success of the bipartisan reinsurance program."

Individual Plans
The reinsurance program will again be in place for 2021 for individual health insurance plans (meaning plans not from an employer), and our team has calculated that for 2021, the program will save Coloradans an average of 17.4% over what the premiums would have been without reinsurance. This will be the second year of the program established by the 2019 legislation, HB19-1168, and approved by the federal government in 2019. Recent legislation (SB20-215) will extend the reinsurance program for an additional five years.

Reinsurance works by paying a portion of high-cost claims, allowing insurance companies to lower the premiums for individual health insurance plans. As the reinsurance program brings health insurance premiums down, the amount of money the federal government spends on Affordable Care Act (ACA) tax credits also goes down. But rather than letting the federal government pocket the

money, the federal government passes that money through to the state to fund the reinsurance program and maintain lower premiums and market stability. For more information, visit the DOI's "Reinsurance Program" webpage.

Based on the information that the insurance companies have submitted, the overall average change in premiums for the individual market will be a 2.2% increase over 2020 premiums. These are the health insurance plans available on Connect for Health Colorado, the state's health exchange made possible by the ACA.

"Our reinsurance program continues to save people money on health care," said Colorado Insurance Commissioner Michael Conway. "While our current situation makes many aspects of our lives uncertain, we continue our work to keep premiums down for Coloradans. The reinsurance program is keeping premiums more affordable, particularly in the higher cost areas in the mountains, Western Slope and Eastern Plains. And over the summer, the DOI team will thoroughly review this information, especially the assumptions around COVID-19 that the insurance companies have built into these premiums."

Keep in mind that the information below on the plans and requested premium changes is only what the insurance companies have requested, not what has been approved for 2021. The Division will spend the rest of summer reviewing this information to make sure that changes in premiums are justified and that the plans comply with state and federal regulations. Final, approved plans and premiums will be made available in early fall.

2021 Individual Preliminary Premium Changes by Insurance Company
2021 Individual Preliminary Premium Changes by Area and Company
Companies expand offerings in Colorado
As noted in the DOI's July 9 release, the same eight companies from 2020 will again offer plans on the individual market, and two of those companies, Rocky Mountain Health Plans and Bright Health, are expanding into new counties in the state. This brings down the number of counties

that only have one on-exchange company selling individual plans from 22 to 10.

For 2021, a total of 16 insurance companies plan to offer 755 individual and small group plans in Colorado.

2021 Preliminary Number of Companies and Plans

Small Group Plans
In the Small Group Market (for employers with 2-100 employees), the overall average change in premiums will be an increase of 5.7% over the 2020 premiums. Again, this information is also preliminary, based on what the companies submitted to the DOI.

2021 Small Group Preliminary Premium Changes by Insurance Company
2021 Small Group Preliminary Premium Changes by Area and Company
View Plans / Submit Comments

The plans and requested premiums from the insurance companies, also called filings, are available on the Division's "Health Insurance Filings" website (click "Search Health Insurance Plan Filings" on that page). Note that these are very technical documents, so be prepared to spend some time on this process. There is a step-by-step video guide (also available as a downloadable print guide) to help you navigate to the filings that interest you, to demonstrate how to find particular information in those filings, and to show you how you can submit comments.

Comments must be received by Aug. 26 to be addressed and incorporated into the DOI's review of this information.

PENDING OBITUARIES

Joe Mora

ALAMOSA — Joe Mora, 93, passed away July 30, 2020. Arrangements are pending and will be announced through Romero Funeral Home of Alamosa.

VALLEY COURIER POLICY ON OBITUARIES

The Valley Courier charges a flat fee of \$30 for each obituary published. Pending arrangements or death notices are run at no charge. Electronic copies preferred.

This charge affects funeral homes, as well as family or other representatives, that directly place obituaries. All paid obituaries are published on our web site, www.alamosanews.com, for no additional fee.

In the event the newspaper errors in publishing an obit, corrections will be made and the obit will be rerun. If the errors are on the part of the submitting party, an additional fee will be assessed.

BIRTHS

Nora Lazuli Line

SALIDA — Nora Lazuli Line was born at Heart of the Rockies Regional Medical Center's Family Birthing Center in Salida on July 27, 2020, at 8:20 p.m. She weighed 6 pounds, 1.5 ounces, and measured 18¾ inches long.

Nora's parents are Benton and Christina Line of Del Norte. Grandparents are Gary and Lori Thompson of Valley City, North Dakota. Great-grandparents are Donna Line of Arvada, and Keith Line of Loveland.

Hiro Dean Velasquez

MONTE VISTA — Hiro Dean Velasquez was born at the San Luis Valley Health in Alamosa on June 28, 2020. Hiro was born to Marianna Menges and Albert Velasquez of Monte Vista and weighed 6 pounds 5 ounces and measured 18 inches. Hiro joins siblings Bailee, Hannah, Daniel and David.

Maternal grandparents are Jerry and Rita Menges of Sanford and Kurt and Tess Tirrell of Alamosa.

Paternal grandparents are Albert B. Velasquez and Debbie Pacheco of Del Norte and Nancy Sanchez of Thornton

ALCOHOLICS ANONYMOUS MEETINGS

VALLEY — The San Luis Valley offers many Alcoholics Anonymous groups.

A.A. members' primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Following are District 3 San Luis Valley AA 12-Step Meetings. The 6th Tradition states that we are not affiliated with any outside organizations, but in the spirit of cooperation, we list these meeting schedules for friends and family. For information, call 719-937-5083.

SUNDAY

5:30 p.m. Sacred Heart Parish Center at 3rd and Edison, Alamosa

7 p.m. Town Hall at 108 W Galena Ave., Crestone

MONDAY
12 p.m. St. Thomas Episcopal Hall at 607 4th St., Alamosa

5 p.m. Women's Meeting at Masonic Hall, 598 Spruce St., Del Norte

7 p.m. Community Church on Main St., Creede

7:30 p.m. Creative Resource Center at 304 Walnut St., La Jara.

TUESDAY
12 p.m. First Christian Church at 1st and

State, Alamosa

8 p.m. Mountain View Presbyterian Church at 2nd and Broadway, Monte Vista

WEDNESDAY
12 p.m. First United Methodist Church at 2005 Mullens, Alamosa

6 p.m. Senior Citizen's Building at 710 Main St., Antonito

6 p.m. Amistad of San Luis at 403 Main St., San Luis

7:15 p.m. RV Park in Blanca


7:30 p.m. Masonic Hall at 598 Spruce, Del Norte.

8 p.m. St. Thomas Episcopal Church at 607 4th St., Alamosa.

School Menu

--- Friday ---
July 31, 2020

NO SCHOOL



SUMMER VACATION

To sponsor the School Menu call 589-2553

Valley News

Steam through the Rockies in your own private rail car!

Social Distancing Makes a Bucket List Dream Trip Attainable

ANTONITO — It's a rail fan's dream come true: your own private rail car being pulled by a steam locomotive through some of the most gorgeous scenery in the nation. Because of COVID-19 safe practices and restrictions, the Cumbres & Toltec Scenic Railroad is making this dream a reality by offering an unprecedented special opportunity to rent your own personal rail car at a fraction of the typical cost. All it takes is to for 10 friends or family to get together and make a group booking for a private car, which is available for the price of 10 regular-priced train tickets. In usual times, a group of 10 would only fill up half a train car, but due to social distancing, now a group of 10 can have the car all

to themselves! It's a rare treat to experience the Cumbres & Toltec Scenic Railroad in the company of only the family and friends you choose.

What's even better, you can add additional passengers to your private rail car for just \$50 each for Coach, \$65 each for Deluxe and \$75 each for Parlor? Please note that no children are allowed in Parlor and no more than 10 additional people are allowed in a group car as maximum capacity is 20.

Your private Cumbres & Toltec railcar will be attached to the full day excursion train that leaves Antonito, Colorado at 10 a.m. The Cumbres & Toltec operates four days a week with departures on Tuesdays, Wednesdays, Fridays and Saturdays. The train steams through the mountains, cuts through tunnels, slices along the lip of Toltec Gorge and curls through Phantom Curve before arriving at Osier

Station with spectacular open views.

The passengers on your private rail car will have their own socially distanced and spaced out table at Osier Station for a delicious lunch included in the ticket price. When the conductor calls "All Aboard," gather your party to re-board your private rail car for the return trip down the mountain, arriving back in Antonito about 4:30 p.m.

Of course, all passengers in your private rail car will also have an opportunity to ride in the open air gondola car or stop at the bar car for snacks or libations.

The offer is based on availability and must be booked in advance. Certain restrictions apply and reservations must be made by calling the Depot at 1-888-286-2737. This offer is not available for online purchase. The Cumbres & Toltec is following all current COVID-19 safety restrictions. All passengers



Courier photo by Stephen Jiron

The view from Cumbres Pass. The Cumbres and Toltec Railroad is filling cars at half capacity combining privacy with social distancing.

will take a temperature test before boarding and wear masks while onboard the train.

To book your private rail car, call the Depot at 1-888-286-2737. For more information on the Cumbres & Toltec Scenic Railroad, visit www.cumbrestoltec.com.

Secretary of State Jena Griswold confirms Colorado's general election will be held on November 3

President Trump does not have authority to move election date

DENVER — Colorado Secretary of State Jena Griswold today reaffirmed that the state's General Election will be held as scheduled on November 3. This comes in response to President Trump's assertion that the election could be moved or delayed due to COVID-19 and unfounded claims related to vote by mail. As explicitly stated in the Constitution of the United States, only Congress has the power to move or change a presidential election date.

"During the Civil War, world wars, and the Great Depression, Americans have been able to exercise their fundamental right to vote. President Trump does not have the authority to move the election date and I will make sure Colorado's election takes place on November 3 as scheduled," said Secretary Griswold. "The President is also wrong on vote by mail. Vote by mail is safe and secure, and ensures that voters can have their voices heard even during a pandemic."

Colorado's vote by mail system is the national model for election security and access. Secretaries of State and other elected officials from both parties have overwhelmingly

supported Colorado's vote by mail method and President Trump's own former Secretary of Homeland Security commended Colorado's election security. Colorado consistently leads the nation in voter turnout with Republicans, Democrats, and Independents all using mail ballots. In fact, in the recent State Primary, Republican voters opted to use mail ballots at a higher rate than Democratic voters by a percentage of 99.4% to 99.2%.

County clerks will begin sending ballots to every registered voter starting on October 9.

For more information on Colorado's elections, please visit <https://www.sos.state.co.us/pubs/elections/FAQs/GeneralInfoFAQ.html>

Active military and veterans get in free to Colorado state parks in August

DENVER — As a thank you to U.S. military members, Colorado Parks and Wildlife offers active duty military, veterans and the National Guard free admission to all state parks for the month of August.

Military members and veterans, resident and non-resident, can pick up a free August Military Pass at any Colorado state park or CPW office by showing proof of service. Passes become available on August 1, 2020.

"We want to honor the brave men and women who currently serve or have served our country by hosting them at our state parks," said Colorado Parks and Wildlife Director Dan Prenzlow. "This is an opportunity for our military and veterans to spend some quality time in nature and connect with the beautiful landscapes and natural wonders they protect."

The free park pass pro-

vides a chance to experience Colorado's state parks and the diverse wildlife and terrain they showcase. All other park fees remain in effect, including camping reservations, boat and off-highway vehicle registrations, and hunting and fishing licenses.

To begin planning a unique Colorado adventure, visit the CPW park finder. State park outdoor recreation activities include:

Water sports- boating, kayaking, paddle boarding and swimming

Wildlife and wildflower viewing, birdwatching and tours with naturalists

Hiking, horseback riding, biking and rock climbing

Stargazing and geocaching

Accessibility programs are available to people with disabilities

CPW also offers military benefits for outdoor activities to active duty military, veterans, and disabled vet-

erans. Programs include free admission to state parks on Veterans Day, year-round free entry to all state parks to residents with Colorado

Disabled Veterans license plates and free small game and fishing combination licenses for qualified disabled veterans.

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COVID

Continued from Page 1

Getting tested if you're sick is a great way to help our community understand more about the pandemic and make better-informed decisions.

To get tested, call:
Rio Grande Hospital
719-657-4990

SLVHealth Respiratory Clinic 719-589-2511 ext. 9

Valley-Wide Health Systems 719-589-3658 ext. 9 (M-F), 719-589-2562 (Sa/Su)

Thursday, Alamosa County Public Health Department received notification of an additional COVID-19 related fatality, a resident of the County who passed away in the hospital. This brings the total number of fatalities for Alamosa County to 9; Thirteen for the Region.

The SLV currently has 15 known active cases.

- Alamosa: 8
- Conejos: 0
- Costilla: 1
- Mineral: 1
- Rio Grande: 5
- Saguache: 0

Our SLV emergency COVID-19 page, slvemergency.org/slv-covid-19, will now feature a summary of numbers for the SLV Region, as well as a count of the active cases per county updated weekdays. It is currently under construction as we make this change. Thank you for your patience.

For general (non-medical) SLV COVID-19 related questions: slvepr@alamo-sacounty.org, 719-480-8719

The Spanish Peaks Arts Council (SPACe) presents

2020 Photography Show

57 photographers from throughout the U.S. comprise this year's outstanding showing of a variety of styles, subjects and techniques, including photos by awards judge, Cynthia Hollings-Morris

Limited Reception Sat. Aug. 1, 5 - 7

ON DISPLAY UNTIL Aug. 29 OPEN: TUES. THURS., FRI. 11-3; SAT. 10-3

Face coverings & social distancing required. Limit 10 persons at once

719 742-3074 - www.SpanishPeaksArts.org
132 W. Ryus, Gallery in the Park, La Veta, Colo.

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SkyWest

Continued from Page 1

SkyWest plans to operate out of Alamosa as United Express and indicated it will invest \$20,000 annually to market the air service.

In a letter of support to the transportation department, county commissioners said "these codeshare agreements with other airlines will make it easier and more affordable for travelers to visit the San Luis Valley for business or pleasure using the 50 seat CRJ-200, allowing families and large groups to fly together on the same flight, which was previously never possible."

"On behalf of Alamosa County, we are excited to begin this next chapter of air service with SkyWest Airlines and believe that

the San Luis Valley and surrounding areas will greatly benefit from this service," Hickman said. "I would also like to thank Boutique Air for their partnership and admirable service that they provided to our community over the last 4 years."

The DOT also received several letters from community organizations and individuals strongly supporting SkyWest's proposal, for which Hickman said he is thankful.

"Additionally, thanks goes out to our federal delegates including Senator Gardner, Senator Bennett and Congressman Tipton, who have always been strong advocates of the Essential Air Service program," Hickman said.

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Opinion

Voting Rights and the Coming Election

By ANDREW MOSS

For many people, the thought of this November's general election inspires anything from apprehension to outright dread. Writing in the Atlantic recently, Adam Harris warned of a "voting disaster," as historic forms of voter suppression disproportionately affecting minority voters (precinct closures, long waiting lines, onerous restrictions on vote-by-mail balloting) are now colliding with the immense challenges of conducting the election during a pandemic.

There's plenty of evidence to make Harris's warning credible. There was the utter meltdown of the June 9 primary in Georgia, where hours-long lines and administrative and technical failures pointed to deep-seated problems that remain unresolved. There are continuing inequities across the nation, as voters in different states and localities experience unequal access to a full range of voting options during the pandemic. California, for example, is sending vote-by-mail ballots to every voter for the general election; Texas has fought back lawsuits demanding similar, universal access for its voters.

In addition to these problems, Donald Trump continually seeks to delegitimize voting by mail, characterizing it as a form of cheating. And, if this is not enough, U.S. intelligence officials again warn that other countries — particularly Russia, China, and Iran this time — are doing all they can to interfere in the election.

No wonder that Stacey Abrams, former Georgia gubernatorial candidate and chair of the voting rights organization Fair Fight, speaks not only of voter suppression but also of "voter depression": the sense by many people that their votes won't count, that their voices won't be heard this coming November. With all these forces in play, it isn't an exaggeration to say that this period represents a grave crisis for the nation's democratic institutions and civic culture. The severity of the crisis is no doubt deepened by the administration's unwanted intrusion of federal law officers into Portland and other cities: the image of a nation teetering on the abyss of authoritarian rule.

But disaster doesn't have to be an inevitable outcome.

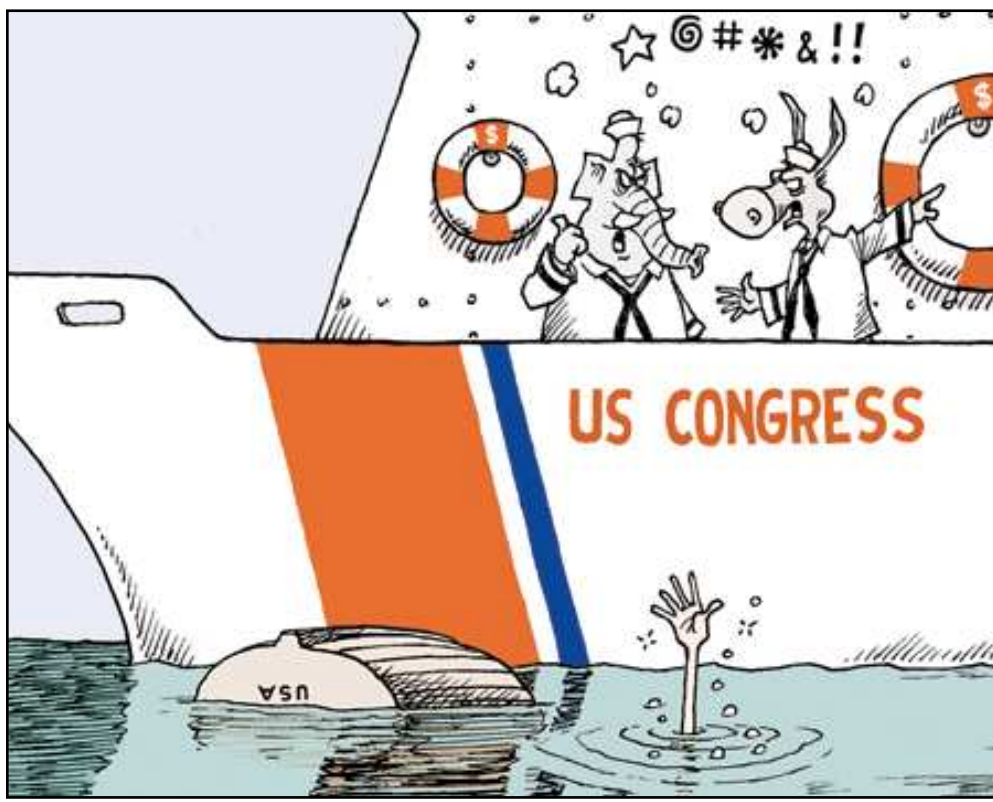
To write off the election is to ignore the efforts of countless activists and citizens who are working ceaselessly to register, educate, and encourage voters. Over the past few weeks, I've listened in on webinars and other online forums to activists, young and old, affiliated with such organizations as Mississippi Votes, the New Georgia Project, the NAACP, and Abrams' Fair Fight. Versed in the racist roots and subtle workings of voter suppression, they enact Representative John Lewis's understanding that, "the vote is the most powerful, nonviolent tool we have in a democratic society."

Some, like Stacey Abrams, are clear that voting itself "won't fix America." But they see voting as an essential way to "connect the dots:" to link protest and advocacy with actual policy change, as the Voting Rights Act of 1965 helped change the political landscape of the nation. And they understand voting as a bridge to yet another political landscape, one that presents new opportunities for substantive work to go forward in countering racism, economic inequality, authoritarianism, and the profound inequities in voting and electoral representation.

But an immense amount of work needs to be done. In addition to grassroots organizing, there must be additional federal funding to help states deal with the demands posed by conducting elections during the pandemic. When Congress passed the Coronavirus Aid, Relief, and Economic Security Act (CARES Act) in March, it allocated \$400 million to support elections. As the pandemic continued to grow in severity and scope, however, that amount came to be seen as woefully inadequate.

Subsequently, the House of Representatives passed the Health and Economic Recovery Omnibus Emergency Solution (HEROES) Act in May, which would allocate an additional \$3.6 billion for election support. Analysts at NYU Law School's Brennan Center for Justice see such funding as going to such essential pandemic-related measures as polling place preparation and modification, expanded early voting, and voter education and "manipulation prevention." As of the writing of this article, no indication of such funding has yet surfaced from the most current House-Senate negotiations on pandemic relief measures.

In reflecting on this moment, I recall a comment that Justice Ruth Bader Ginsburg made in summarizing her dissent from the Roberts Court's 2013 decision that gutted the Voting Rights Act (Shelby County v Holder). Recounting the events leading up to the passage of that act in 1965, Justice Ginsburg invoked the words of Dr. Martin Luther King and added her own: "The arc of the moral universe is long, but it bends toward justice if there is a steadfast commitment to see the task through to completion."



Adventures in the Land of Many Uses

Another Friday evening and, once again, my family and I are faced with what to do for the weekend. We didn't go camping like we do so often, but we are not going to crowded places these days so this presents a prime opportunity to check out our new forest. I looked out my window, checked the maps and weather forecast, made a quick plan and prepared gear for our next adventure.

Saturday morning arrived with clear skies, but I knew we'd get that welcomed afternoon thunderstorm as we do most days each July, so we set out early. We headed up forest road 28 past Rock Creek and Comstock campgrounds, taking note of the wonderful settings we'll surely return to for camping. The area near the boundary with the BLM and the archery range, has recently undergone a hydro-axe thinning project that will benefit wildlife. Pushing further up the road we saw awesome aspen stands that will undoubtedly provide amazing views for the leaf peepers as mother nature paints the landscape with her annual palette of fall colors.

Several side roads with closed gates and the occasional large slash pile indicated recent logging activity in the area. The areas of thinned forest provided open views, promise of prime wildlife habitat and, of course, an economic pulse to our local economy from the valuable

lumber that was extracted on the East Sheep Salvage Timber sale in 2018. I have since learned that numerous cords of firewood have been gathered from the area as well.

Finally arriving at the end of the road, we geared up quickly and set out on a hike on the 702 trail. This trail is obviously

used by numerous OHV's as evidence of tire tracks in the mud was clearly visible. I had seen some great rock formations at the top of the ridge so, shortly after crossing South Rock Creek, we abandoned the trail and headed up a narrow steep meadow where the wet, tall grass reminded us of what was to come later in the day. As we broke out into a more open meadow, we paused to drink water and appreciate the great view. Ok, I'll admit it, I needed a rest too.

Looking across the valley my eye was drawn to a couple of white specks near the opposite ridgeline. Unlikely to be snow in that location, I concluded they were probably Charolais cows when saw the other black spots moving nearby. I learned later that these cows were grazing on the Bennett Spring Allotment that the permittee has had on the Rio Grande National Forest for at least two generations.

It was about then that I realized that we were truly standing on a "Land of Many Uses." Recreation is certainly a

To submit news, email:

news@alamosanews.com

To submit sports, email:

sjiron@alamosanews.com

Letters policy

Letters are welcome and encouraged. All letters submitted for publication in the Valley Courier must be typewritten, signed by the author, and must include a phone number and address where the author can be reached. Letters must not be libelous. The Courier will not run letters that are negative to specific businesses. The Courier's editorial board reserves the right to reject a letter for reasons it believes are appropriate. Letters may be subject to editing to fit available space, or exclusion from the Opinion Page. Please, no poetry. Please send signed letters to P.O. Box 1099, Alamosa, CO 81101 or email them to news@alamosanews.com. Letters to staff, not for publication, should be marked "personal."

Gregg Goodland

Land Water and People

LETTERS

I'm from the government and I'm here to help

My Fellow Citizens,

"The nine most terrifying words in the English language are, I'm from the government and I'm here to help." President Ronald Reagan's quote has come to fruition. For the past 35 years we have taken our skepticism of government and transformed it into complete distrust and slothful apathy. The years of rhetoric from political parties, media, business, and singular interest groups have led us to believe that government is inept. This collective governing of ourselves by imperfect servants is too complicated, too immature, too power hungry, too narcissistic to solve the everyday problems of society. We have come to that day where the problems on the pile seem too high, too many to contemplate how to start to fix.

We have put every social servant in the barrel to take a lashing during this time of vitriol towards our fellow human. We've hated teachers, and the police, the politician, the public health worker, the inspector general... the list goes on. We don't respect experience or expertise. We don't just question authority, we send it hate mail threatening to murder their family. We disregard facts, science, logic and reason when they don't align with our party, our beliefs or our conspiracy theory. We not only distrust government, we have successfully destroyed

the tenets that uphold a government of the people.

Covid 19 has taught me one thing as I look around the world. National governments big and small, well-funded and poor have dealt with this pandemic in many different ways. The ones that have so far come away successful have acted with transparency and investment in their social systems to help their people. Accountability, action, creative problem solving, hard work and honesty are hallmarks of great leadership in times of crisis or peace.

I watched an open session of Rio Grande County Commissioners meeting today, July 27th, and hung my head in shame. Not only have we elected leadership unable or unwilling to implore any of the hallmarks above, but they've pushed out of the county government truly competent people through firing, forced resignation or quitting through sheer frustration. I am waiting... I am waiting to hear someone in leadership at any level; local, state, or national say, "I am wrong. I got it wrong. My bad. I will fix it. Here's how." I assume I will be kept waiting. We are a nation of finger pointers. As citizens, we have failed to elect capable public servants and hold our government to a standard of competence, accountability, and reliability. Rio Grande County is in shambles and we have only ourselves to blame.

Your humble fellow citizen,

Kyler J. Brown

Write them

GOVERNOR

Governor Jared Polis (D), State Capitol Building Room 136, 200 East Colfax, Denver CO 80203; (303) 866-2471; Fax: (303) 866-2003.

STATE HOUSE

Donald Valdez (D), Colorado State Representative, District 62, 200 E Colfax, Room 307, Denver, CO 80203; phone: 303-866-2916; email: Donald.valdez.house@state.co.us

STATE SENATE

Larry Crowder (R), Colorado State Senator, District 35, 200 E Colfax, Denver, CO 80203; phone: 303-866-4875 capitol, 719-850-2459 cell; email: larry.crowder.senate@state.co.us

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Keith R Cerny
Publisher

Valley Courier
(ISSN 1047-1170)

Awarded Colorado Press 2017
First Place, Best Photo Essay
First Place, Best Photo Portfolio
Second Place, Best News Photo
Second Place, Best photo Essay
Second Place Serious Columns

The Valley Courier and Conejos County Courier are published daily, Tuesday through Saturday by Alamosa Newspapers, Inc. 2205 State Ave., Alamosa, Colo. 81101. Periodicals Postage is paid at Alamosa, Colo., Monte Vista, Colo., La Jara, Colo., and Fort Garland, Colo. Phone (719) 589-2553. FAX (719) 589-6573. News Media Corp. Web Site: http://www.newscorporation.com. Postmaster send change of address to P.O. Box 1099.

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Your FIRST Source for Local News

Religion

Cornel West and Robert George keep fighting for tolerance

America is so divided that 50% of "strong liberals" say they would fire business executives who donate money to reelect President Donald Trump.

Then again, 36% of "strong conservatives" would fire executives who donate to Democrat Joe Biden's campaign.

This venom has side effects. Thus, 62% of Americans say they fear discussing their political beliefs with others, according to a national poll by the Cato Institute and the global research firm YouGov. A third of those polled thought their convictions could cost them their jobs.

That's the context for the efforts of Cornel West of Harvard University and Princeton's Robert George to defend tolerant, constructive debates in the public square. West is a Black Baptist liberal and George is a white Catholic conservative.

"We need the honesty and courage not to compromise our beliefs or go silent on them out of a desire to be accepted, or out of fear of being ostracized, excluded or canceled," they wrote in a recent Boston Globe commentary.

"We need the honesty and courage to recognize and acknowledge that there are reasonable people of good will who do not share even some of our deepest, most cherished beliefs. ... We need the honesty and courage to treat decent and honest people with whom we disagree -- even as partners in truth-seeking and fellow citizens ... not as enemies to be destroyed. And we must always respect and protect their human rights and civil liberties."

They closed with an appeal to Trump and Biden, reminding them that "victories can be pyrrhic, destroying the very thing for which the combatants struggle. When that thing is our precious American experiment in ordered liberty and republican democracy, its destruction would be a tragedy beyond all human powers of reckoning."

It's distressing that this essay didn't inspire debates on social media and in the embattled opinion pages of American newspapers, noted Elizabeth Scalia, editor at large of Word on Fire, a Catholic apologetics ministry. After all, West and George are influential thinkers with clout inside the D.C. Beltway, and they spoke out during a hurricane of anger and violence -- literal and verbal -- in American life.

"Apparently, a statement that is not about drawing blood or scoring points for a particular 'side' is not interesting enough -- or perhaps just not 'clickable' enough -- to be given the attention it deserves," wrote Scalia, who is known as "The Anchoress" online.

West and George have been friends for 13 years, dating back to team-teaching Princeton classes covering "great texts" ranging from Plato to St. Augustine, and from John Stewart Mill to Martin Luther King Jr. The bottom line, for both, is that personal integrity matters more than political tribalism and ideology.

"All the pressures are on us to become part of a team, to become part of a tribe, never to criticize our own side, always to go along," said George during an

appearance with West at Baylor University near the end of 2019. "This can be on the right or it can be on the left, it doesn't make a bit of difference. You have the same thing across the political spectrum," he said. "Cornel is on the progressive side. I am on the conservative side. We have both had exactly the same experience of being alienated ... because in conscience we can't go along with this or that or the other thing."

Both men stressed that honest, even blunt, civil discourse is possible if participants truly listen to people on the other side and are committed to seeking truth -- not just power. It's possible to move forward as colleagues, even while disagreeing on life-defining issues.

West said it's sad that, during his travels with George, many people are shocked that they are friends at the level of Christian faith and family life.

"We know that deep, genuine friendships are never reducible to agreement on public policy," said West. Then

again, "one of the things we agree on at a very deep level is how you keep alive the Socratic legacy of Athens and the prophetic legacy of Jerusalem. That's spiritual, that's existential, that's political."

Civility is essential, but it will not be enough, said West.

"We want respect," he said. "You've got to learn how to respect each other, in our deep disagreements."

On Religion



Terry Mattingly

Bible Digest

Friday, July 31, 2020

"For bodily exercise profits little: but godliness is profitable to all things, having promise of the life that now is, and of that which is to come." (1 Timothy 4:8 AKJV)

Don't forget your spiritual workouts of prayer and Bible reading. They will give us the strength that we need.

Saturday, August 1, 2020

"Call to me, and I will answer you, and show you great and mighty things, which you know not." (Jeremiah 33:3 AKJV)

Pray. God is listening and He can help you in ways you could never imagine.

Sunday, August 2, 2020

"But if any provide not for his own, and specially for those of his own house, he has denied the faith, and is worse than an infidel." (1 Timothy 5:8 AKJV)

Work and responsibility are important to those who follow the Lord.

Monday, August 3, 2020

"Know you that the LORD



he is God: it is he that has made us, and not we ourselves; we are his people, and the sheep of his pasture. Enter into his gates with thanksgiving, and into his courts with praise: be thankful to him, and bless his name." (Psalms 100:3-4 AKJV)

Tuesday, August 4, 2020

"When I call to remember the unfeigned faith that is in you, which dwelled first in your grandmother Lois, and your mother Eunice; and I am persuaded that in you also." (2 Timothy 1:5 AKJV)

Are we giving our children and grandchildren a Godly heritage? Think it over.

Wednesday, August 5, 2020

"So teach us to number our days, that we may apply our hearts to wisdom." (Psalms 90:12 AKJV)

Thursday, August 6, 2020

"The Lord give mercy to the house of Onesiphorus; for he oft refreshed me, and was not ashamed of my chain." (2 Timothy 1:16 AKJV)

What a compliment! Let's be a people that refreshes others.

CHURCH DIRECTORY

Your Guide To Local Houses of Worship

<p>All-Denominational Church of the Living God 11611 2nd Avenue, Hooper 719-376-2080</p> <p>Sunday, 10 a.m. - Worship Sunday, 6 p.m. - Book of Acts Study Monday, 7 p.m. - Youth Thursday, 7 p.m. - Bible Study</p> <p>San Luis Valley Christian Center 305 S. Broadway (3rd & Broadway), Monte Vista 719-852-6166</p> <p>Sunday, 10 a.m. - Worship Tuesday, 5:30 p.m. - Bible Study</p> <p>Prayer House Church 4107 Main Street, La Jara Pastor Jamie Flores - 719-256-0007</p> <p>Sunday Morning Service, 10:30 am Wednesday Family Ministry, 6:30 pm Friday Night Bible Study, 7:00 pm</p> <p>Sargent Community Church 6667 N. County Rd. 2 E., Monte Vista (across from Sargent School) Pastor Hugh Harris - 719-852-2980</p> <p>Sunday Worship, 10:30 a.m.</p> <p>Back Row Church - Church Community In the Alamosa Presbyterian Church Building Alamosa www.backrowchurch.com Kim Nipple • 303-532-6942</p> <p>Worship Service - Wednesday Evening at 6:00 pm</p> <p>Apostolic Alamosa Apostolic Church 510 First St., Alamosa</p> <p>Meets Sundays 1-2 p.m. 2-3 p.m. - Lunch 3-5 p.m. - Worship Service</p> <p>Antioch Apostolic Church 710 Main St., Antioch</p> <p>Meets sundays 11-12 p.m. - Sunday School 12-1 p.m. - Worship service</p> <p>Apostolic Pentecostal Church of Champions, Acts 2:38 8056 Hwy 265 South, Alamosa - 719-867-3351 Dan Dawning Pastor, 719-868-7307</p> <p>Sunday, 1:00 p.m. - Service</p> <p>Assembly of God River of Life Church 2622 Clark Avenue, Alamosa</p> <p>Sunday, 10 a.m. - Worship Wednesday, 7 p.m. - Service</p> <p>Center Assembly of God 7th & Miles • P.O. Box 507, Center, CO 81125</p> <p>Sunday School, 9:30 a.m. Sunday Worship, 10:30 a.m. Wednesday Worship, 7:00 p.m.</p> <p>Assembly of God Sons And Daughters Of God Ministry 677 Madison Street, Monte Vista Pastor Leonard Sandoval, 719-849-0212</p> <p>Sunday 10:00 a.m. Service Wednesday 7:00 p.m. Prayer</p> <p>New Life Fellowship 6207 7th St., Del Norte, 81132 719-867-3360</p> <p>Adult Sunday School - 9:00 Services - 10:00</p> <p>Baptist Grace Community Baptist Church 431 Lincoln Ave., Monte Vista Rev. Bill Walsorn, 719-857-1451</p> <p>Worship 9:30, Sunday School 11:00 am Wednesday Bible Study: 6:30 pm</p> <p>Living Water Bible Fellowship 2810 Clark Street, Alamosa 719-868-6351</p> <p>Sunday 9:00 & 10:45 am Worship Services Sunday 11:45 am Children's Ministry (Pre-5th grade) Sunday 1:45 am Teen Bible Study (6th-12th grade) Tuesday 7:00 pm Young Adults/College Group Wednesday 6:30 pm Side-Quizzing (scholarship) Wednesday 8:30 pm Teen Youth Group (6th-12th grade) Wednesday 10:00 pm Adult Bible Study Small Groups meet throughout week, please call for info *Meets available (9/5/20)</p> <p>College Heights Baptist Church Pastor Anthony Bowden 2045 Church Avenue, Alamosa</p> <p>Sunday, 9:45 a.m.-10:45 a.m. - Sunday School Sunday, 11 a.m. - Morning Worship</p> <p>San Luis Valley Baptist Church 630 State Avenue, Alamosa 719-869-6938</p> <p>Pastor R.L. McDonald</p> <p>Wednesday 7 p.m. - Worship Saturday 2 p.m. Sunday, 10 a.m. - Sunday School Sunday, 11 a.m. - Worship Sunday, 6 p.m. - Evening Worship</p> <p>Spanish Ministry - Iglesia Bautista Pentecosta Pastor Sal Garcia, 569-3020</p> <p>Calvary Bible Chapel 7100 Brush Lane, Alamosa</p> <p>Sunday, 9:30 a.m. - Worship Sunday, 10:20 a.m. - Sunday School Sunday, 11 a.m. - Ministry of the Word</p> <p>Small group studies meet during the week.</p> <p>Calvary Blanca Pastor Matthew Leonard - 719-379-3317</p> <p>Sunday, 9:30 a.m. - Bible Study Sunday, 11:00 a.m. - Service Wednesday, 6:30 pm - Community Get to Know You</p> <p>Calvary Baptist Church 2160 Sherman Ave., Monte Vista Sunday, 9:45 a.m. - Bible Study Sunday, 11 a.m. - Worship Tuesday, 6 p.m. - C.L.A.Y. Youth Thursday, 6:30 p.m. - Ladies Bible Study</p> <p>South Fork Baptist Church 0130 Four Seasons Dr (Old Chizum Bldg), South Fork (East side near laundromat & car wash)</p> <p>Sunday School, 9:30am Sunday, 10:30am - Worship</p> <p>For more information - Pastor Paul Moon - 719-496-7702</p> <p>Catholic Sacred Heart Church 715 4th Street, Alamosa</p> <p>Saturday 5:15 p.m. - Mass Saturday, 7:00 p.m. - Spanish Mass Sunday, 8 a.m. - Mass Sunday, 10:30 a.m. - Mass Sunday, 5 p.m. - Mass</p> <p>Catholic Mass Student Union Room 308 - ASC Campus, Alamosa Every Sunday, 9 p.m. - Mass</p> <p>Hooper Church 3rd and Adams, Hooper Sunday, 9 a.m. - Morning Worship</p> <p>Meditation, Krifa Mountain Institute Alamosa - (575)758-8876 United Church of La Jara 522 Walnut, La Jara 719-274-6260</p> <p>Terry Buckman, Pastor Cell Phone: 309-8444 Office Hours: Mon, 9:00 am - 12:00 Sunday, 9:00 am - Contemporary Coffee Fellowship 10:00 am</p> <p>Christian Science Services 400 Ross Avenue, Society Hall, Alamosa Services - Sundays at 10:00 p.m. The second Wednesday of each 4 p.m. Thanksgiving Day 10 a.m.</p> <p>Pioneer United Church in Del Norte, Colorado A Congregation of Evangelical Covenant Order Presbyterians 630 Spruce St. (1.5 blocks south of Hwy. 160) Adult Sunday School - 9:30 a.m. Sunday Coffee Fellowship - 10:30 a.m. Sunday Worship Service - 11:00 a.m. Sunday</p> <p>Church of the South Fork 0116 Larden Dr., South Fork, CO, 81154</p> <p>Sunday are at 9 am - Services School Room. Choir is held on Wednesday at 6pm during the summer months with a final practice at 8:15am on Sunday</p> <p>Christian Bethel Christian Church Pastor Erik Lira</p> <p>Worship Service Sunday 3:00 p.m. Bible Study Wednesday 7:00 p.m. Bilingual Services Monday Free Music Classes Instrumental Classes 7:30 - 8:30 p.m. Voice & Bass Guitar 6:30 - 7:30 p.m.</p> <p>Word of Faith Christian Center 401 Santa Fe, Alamosa</p> <p>Sunday, 10:00 a.m. Wednesday, 6:30 p.m. Friday, 6:00 p.m. M.O.S.H. Youth Night</p> <p>The Peak Community Church 510 San Juan, Alamosa</p> <p>Sundays 6 p.m. - Fellowship Sundays, 7 p.m. - Worship & More</p> <p>Pentecostal Alamosa Pentecostal Church 184 East 2nd St., Alamosa - 719-869-0475 Pastor Carl Sutter</p> <p>Bible Study Wednesday 7:00 p.m. Sunday School Sunday 1:00-1:45 Worship 2:00-3:00</p> <p>Christian Fellowship Church The Door 1300 West 12th St., Alamosa Pastor Marlin Montoya - 719-867-6197</p> <p>Sunday, 11:00 a.m. - Sunday School Sunday, 11:00 a.m. - Worship Sunday, 6:30 p.m. - Victory Service Wednesday, 7:00 p.m. - Revival</p> <p>Christian Independent Alamosa Christian Church 410 McQuerry, Alamosa</p> <p>Sunday, 9:30 a.m. - Sunday School Sunday, 10:30 a.m. - Worship Wednesdays, 7:00 p.m. - Family Night & Youth Group</p> <p>Christian Reformed Alamosa Christian Reformed, 719-869-3493 1861 Rd 10 S., Alamosa Pastor Philip VanderWint</p> <p>Sunday, 9:00 a.m. - Sunday School Sunday, 10:15 a.m. - Worship</p> <p>Churches of Christ Alamosa Church of Christ 408 Victoria Avenue, Alamosa</p> <p>Sunday, 9:30 a.m. - Bible Classes Sunday, 10:30 a.m. - Worship Wednesday, 7 p.m. - Bible Study Healing Hearts, a Bible-based 12 step group meets, every Friday at 7 p.m.</p> <p>South Fork Church of Christ 205 Birch St., South Fork, 719-873-1259 Kevin Bradley Pastor</p> <p>Sunday School, 9:00 a.m. Sunday, 10:30 a.m.</p> <p>Central Church of Christ 200 Franklin Street, Monte Vista, 719-852-3811 David L. Baker Preacher</p> <p>Sunday, 9:30 a.m. - Bible Class Sunday, 10:30 a.m. & 6 p.m. - Worship Wednesday, 7 p.m. - Bible Study</p> <p>San Luis Valley Church of Christ 704 Del Sol, Alamosa, 719-869-2114</p> <p>Sunday Bible Study 9 am Wednesday Bible Study 6 pm</p> <p>Cornerstone Community Church Hwy. 160 Del Norte next to Rio Grande Medical Clinic Pastor Mark 719-657-9107</p> <p>Sunday, 9:30 a.m. free breakfast Sunday, 10:20 a.m. Contemporary Worship & Children Sunday School Wednesday 5:15 p.m. Dinner, music, fellowship, teachings</p> <p>Episcopal Saint Thomas Episcopal Church 607 4th Street, Alamosa</p> <p>Sunday, 9 a.m. - Service</p> <p>Saint Stephen the Martyr 729 3rd Avenue, Monte Vista Sunday, 10 am Service</p> <p>First Christian Church 518 First St. (First & State) Alamosa 588-6805</p> <p>Sunday 9:15 a.m. - Sunday School Sunday, 10:00 a.m. - Church Service Wednesday, 6:30 p.m. - Bible Study</p> <p>Valley Fellowship 240 East 5th Street, Center - 719-754-3804</p> <p>Sunday, 10:30 a.m. - Contemporary Worship, Prayer and Bible Study Bible Studies during the week, call for information.</p> <p>First United Methodist First United Methodist Church 2015 Mullins Ave., Alamosa 719-869-2243</p> <p>"Open Hearts, Open Minds, Open Doors" Morning Worship - Sunday, 10:15 am Children's Church - Sunday, 10:30 am</p>	<p>Community Churches United for Christ Community Church (SBC) "Community Centered Around Love" 7th & Broadway in Blanca 719-379-3317</p> <p>Sunday School 9:30-10:30 Worship Service 11 am</p> <p>Bible Believer's Community Church 11762 E US HWY 160 Alamosa, CO 81101 719, 206-3239</p> <p>Sunday worship 10:30 Wednesday Bible Study 7 pm www.bibbelvchurch.com</p> <p>Presbyterian Alamosa Presbyterian Church 330 San Juan Avenue, Alamosa Sunday, 10:30 a.m. - Traditional Worship</p> <p>Hispanic Pentecostal Iglesia Pentecostal Unida L.A. 307 Tenth St., Alamosa Guadalupe Salazar Pastor 719-867-3545</p> <p>Wed. 7:00 p.m. Service Sat. 7:00 p.m. Youth Service Sun. 10:00 a.m. Sunday School Sun. 5:00 p.m. Worship</p> <p>New Hope Church "The Church on the Hill" 25258 Hwy 160, South Fork, CO, 81154 Interim Pastor Ed Fleming • 719-873-1202 www.newhope1.com</p> <p>Morning Worship - 10:00 am Sunday School for all ages - 9:00 - 9:45</p> <p>Anabaptist Fellowship of Alamosa 330 San Juan Ave., Alamosa, CO 81101 alamosaifellowship@gmail.com</p> <p>Sunday 4:30 PM Worship in the north wing of the Alamosa Presbyterian Church</p> <p>Independent, Fundamental Baptist First Baptist Church of Costilla County 5117 County Rd H, Mesita 719-295-0011 Pastor Paul Jones</p> <p>Sunday 9:45 am - Sunday School Sunday, 10:45 am - Morning Worship Sunday, 12 Noon - Potluck Dinner Sunday, after dinner - Afternoon Worship Thursday, 7:00 pm - Mesita, Bible Study and Prayer meeting Home Bible studies in Costilla County Meeting in different locations</p> <p>DEAF MINISTRY FOR ALL SERVICES Jesus Christ of Latter Day Saints Church of Jesus Christ of Latter Day Saints Alamosa Y S A Ward 300 Richardson Avenue, Alamosa</p> <p>Sunday, 12:30 p.m. - 2:30 p.m. Alamosa Second Ward 527 Weber Drive, Alamosa Sunday, 9:00 a.m. - 12:00 p.m.</p> <p>Alamosa Third Ward 300 Richardson Avenue, Alamosa Sunday, 9:00 a.m. - 12:00 p.m.</p> <p>Alamosa Fourth Ward 527 Weber Drive, Alamosa Sunday, 11:30 a.m. - 2:30 p.m.</p> <p>Sierra Vista Branch (Spanish Language) 300 Richardson Avenue, Alamosa Sunday, 10:15 a.m. - 1:15 p.m.</p> <p>Lutheran St. Peters Lutheran Church & School Church: 1821 Grande Avenue, Monte Vista School: 330 Faraday Street, Monte Vista</p> <p>Sunday, 10:15 a.m. - Services School K-8 Monday-Thursday</p> <p>Trinity Lutheran Church & School 52 El Rio Drive, Alamosa</p> <p>Sunday, 8:45 a.m. - Bible Study Sunday, 10:15 a.m. - Worship</p> <p>"Small Bible Study Groups Throughout the Week" Pre-School through 5th grade Church: 689-4611, School: 589-3271 Conejo Canyon Community Chapel 2062 State Hwy. 17 (between mile posts 21 and 20) Fellowship Sunday, 8:30 a.m. Sunday, 9:00 a.m. - Worship Service</p> <p>Mountain Valley Church 406 State St. 17, Alamosa Pastor Richard Penleton 589-2859 or 589-7662</p> <p>Sunday, 9:30 a.m. - Sunday School Sunday, 10:30 a.m. - Worship Service</p> <p>Presbyterian Church of Monte Vista 702 Second Avenue, Monte Vista (719) 852-2555</p> <p>Sunday, 9:45 a.m. - Sunday School Sunday, 11 a.m. - Sunday Worship</p> <p>Seventh-day Adventist Seventh-day Adventist Church 315 Craft Drive, Alamosa</p> <p>Saturday, 9:30 a.m. - Bible Study Saturday, 11:00 a.m. - Worship</p> <p>United Methodist Mosca United Methodist Church 5385 Barker Street, Mosca 720-254-5564</p> <p>Reverend Hugh Harris Sunday Worship: 6:00 a.m.</p> <p>Unitarian Universalist Unitarian Universalist Fellowship 330 San Juan Ave., Alamosa</p> <p>"North Wing of Alamosa Presbyterian Church" 719-867-5529</p> <p>Service & Youth Programs at 10:30 am Sunday United Presbyterian Church of Antioch P.O. Box 655, Antioch</p> <p>Office Hrs. Tues, 9:00am - 12:00 Sunday 9:45am - Sunday School 10:45am - Service</p> <p>Valley Church of the Nazarene 228 Madison, Monte Vista - 852-8589 Sunday Morning Worship 10:15 a.m. Sunday School Classes 9:00 a.m. Evening Outreach 6 p.m. (575)758-8876 for information for class schedule</p> <p>Church of Scientology 511 Main Street, Suite #12, Alamosa 719-567-5554</p> <p>Monday and Wednesday, 7-10 p.m. - Services</p> <p>Grace Assurance Ministry Church without Religion 9661 CR 4 S., Alamosa, CO Sunday Mornings - 10:30 Randy Brown - 719-588-7004 Eric Wolf - 719-480-3577</p>
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Are Guilt & Shame Stealing Your Joy in Life?

Are you bugged by a guilty conscience...carrying around baggage from a certain mistake or decision that produces feelings of regret or even self-loathing?

We've all said or done things that we wish we could take back. And while it's completely natural to grieve over a bad decision or mistake you have made, it is not God's plan for you to live with it, and condemnation. Jesus came to set you free from that kind of life (see John 3:16-17; Romans 8:1).

As believers in Christ, God forgives our sins completely. Psalm 103:12 says, "As far as the east is from the west, so far does he remove our transgressions from us" (ESV).

That's how amazing God's love is! And when you trust God's promise of forgiveness, any burden of guilt that you have will be lifted from your shoulders.

Breaking the Habit of Guilt

I had a terrible problem with guilt for many years of my life. I grew up in an angry, unstable, abusive atmosphere, which caused me to become a negative, angry, judgmental adult who didn't like myself or anybody else for that matter. As a result, I often behaved in ways that I regretted later, especially in my relationships.

Through the years, guilt became so ingrained in me that I just didn't feel right if I didn't feel wrong. And I carried those negative feelings with me right into the early years of my ministry. For example, whenever I went to God in prayer, I would automatically focus on two things—my problems and my mistakes.

I'll never forget the morning God spoke to my heart and said, "Joyce, are you going to spend time with Me today or are you going to keep focusing on your sins?" At that moment, I realized God wasn't mad at me; He loved me. And He was encouraging me to drop the dead weight of my guilt.

God Does Not Expect Perfection

Many people struggle with guilt because they think God expects more of them than what they can deliver. Some people even think He expects perfection, but that couldn't be further from the truth.

God's Word says in Romans 3:23, "All have sinned and fall short of the glory of God." The Bible also says that "where sin increased, grace abounded all the more" (Romans 5:20). This verse isn't saying you should live a sloppy life and sin as much as you want; it means when you fall short of perfection in any area of your life, you will always have another chance to get back up, brush yourself off and try again with God's help.

What Does God Expect from Us? The apostle Paul explains what God requires of us in Philippians 3:12-14, which says, "Not that I have already obtained [righteousness] or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus."

God simply expects us to grow, and we can't do that if we're stuck in guilt. In Christ, we can forget about what lies behind us—the things we cannot change—and press on, doing our best in the present moment.

One thing that has helped me get over my guilt trips (which I used to take on a daily basis) is realizing they are totally, completely useless, and they didn't help me behave any better. Actually, all they did was make me act worse.

The truth is the only way to make progress is to let go of what lies behind.

Race at Your Own Pace We will never be perfect in this life



and God knows that. He is full of mercy and He doesn't want you to get up each day and worry about what you did yesterday or what you might do wrong today. God wants you to trust His love for you and receive His forgiveness so you can move forward, completely guilt free.

Jesus said, "...Ask, and you will receive, that your joy may be full" (John 16:24).

When you ask God for His forgiveness, don't just stop there. Take a moment and receive His forgiveness. Say out loud, "God, I receive Your forgiveness. Thank You for giving me a fresh start. Because of what You have done for me, I am filled with joy."

You don't have to waste any more time focusing on your mistakes and weaknesses. Spend time with God and learn from His Word. And remember, God loves you and He is always cheering you on to victory.

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

Joyce Meyer is a New York Times bestselling author and founder of Joyce Meyer Ministries, Inc. She has authored more than 100 books, including *BATTLEFIELD OF THE MIND* and *YOUR BATTLES BELONG TO THE LORD* (FaithWords). She hosts the *Enjoying Everyday Life* radio and TV programs, which air on hundreds of stations worldwide. For more information, visit www.joycemeyer.com.

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Back to School

Students struggle to learn in the face of trauma. Colorado school districts' first lesson: how to cope.

Before Alamosa School District, No. Re-11J can begin teaching its students this fall, its leaders, teachers and staff members have a lot of their own learning to do. They need to get to know the students they'll instruct this next school year, understand what might concern them about returning to school and hear from families about what worked for them during remote learning and what didn't. And so leading up to the start of the school year on Aug. 26, the district's teachers will interview students one on one — all 2,300 of them — along with their families.

It's one strategy the southern Colorado school district is rolling out as part of a broader commitment to being mindful of students' social-emotional needs at the beginning of a school year that will feel anything but normal.

That commitment cuts across many of Colorado's school districts as they scramble to figure out how to best educate students in the fall as the coronavirus crisis remains unresolved. Regardless of how classes play out during the 2020-21 school year — whether they're in person, online or conducted through a hybrid approach — district leaders know that they'll have to prioritize the social-emotional wellbeing of their students as much as their academics, if not more.

"If students don't feel safe, can't regulate their emotions, build connections and have a sense of belonging, it's difficult for them to learn and engage in complex, higher order thinking skills and mindsets," said Jamie Murray, Cañon City School District's behavioral health coordinator.

Both Alamosa School District and Cañon City School District have spent much of the summer plotting how to best help students cope with the trauma they've experienced over the past handful of months, joining eight other Colorado districts in the Strategic Reopening Collaborative formed by the Colorado Education Initiative. The nonprofit, which focuses on improving Colorado's public education system and creating greater equity, has been coaching the districts on how to devise reentry plans framed around the social-emotional learning and mental health needs of students, families and staff members and one centered on strong relationships.

But CEI aims to impact far more than 10 districts. The organization has launched a website full of strategies the districts have developed so that other districts across

the state and country can find inspiration when trying to define their own approach to social-emotional health in their school communities.

A separate tool, the Reconnected Learning Hub, is expanding from a focus on health and wellness in schools to reconnecting through relationships. CEI has partnered with Climb Higher Colorado on the online platform, which The Colorado Health Foundation has supported with a grant. Within the platform, educators can share resources and information and form groups.

CEI hopes districts and teachers across the country can use the hub to exchange their ideas and practices related to students' social-emotional learning needs "so that we can all learn together during this tremendously uncertain moment," said Landon Mascareñaz, vice president of community partnerships at CEI.

CEI's focus on social-emotional wellbeing follows a statewide needs assessment it conducted in partnership with the Colorado Department of Education in the spring. The results indicated that more than half of responding districts identified student emotional support as a top priority.

Mascareñaz noted the state of flux many families are living in, with traditional education systems paused or hard for communities to access as schools move to virtual or hybrid learning or are still figuring out if they can open classrooms in person.

"That creates a lot of uncertainty for families and communities and educators," Mascareñaz said.

That uncertainty has amplified stress levels, said Angela Narayan, an assistant professor in the Department of Psychology at the University of Denver. "Uncertainty is really hard for everyone to deal with, and it's particularly hard for kids to deal with because they don't have the reasoning abilities or coping skills that adults have," Narayan said. "Prolonged uncertainty can be a major source of stress for everyone."

Narayan said she can't assume that she knows the range of traumatic exposure children have experienced throughout the pandemic. No one can.

"There are so many different types of stressful events that could have happened to individual children or families or communities or schools," she said, laying out a long list of examples, including children witnessing family members or friends getting infected by COVID-19, losing some-

one they know and being isolated from other family members or close friends.

Some district leaders in Colorado sense that their students also have suffered hardships such as accessing basic needs like food and shelter. Other leaders don't yet have a clear picture of the trauma their students have endured and are in the process of consulting families about life during the pandemic.

"Understanding the extent of what kids have been through" is the first step in providing social-emotional care, Narayan said, adding "if you don't ask what happened, you won't know."

The next step is asking how a child's experience has influenced them, their behavior, emotions, ability to pay attention, friends, sense of self, self-esteem, understanding of how the world works and sense of hopefulness or hopelessness about the future, she said.

Narayan worries for kids who have lived through upsetting circumstances and who haven't been asked about those circumstances or who haven't had a chance to correctly process and understand them.

Neglecting to ask what happened to kids could lead to "more severe consequences for their socio-emotional adjustment," she said, as it opens up the possibility for inaccurate assumptions to be made and doesn't bring to light what kids experienced.

Surveys and check-ins galore

CEI led the 10 districts involved in its collaborative through a rapid-fire design process that Mascareñaz describes as a "design sprint," in which they assembled teams of school leaders and district leaders along with students and families if possible. Each district team designed ideas aligned with four major concepts: connect, assess and prepare, reassure and inspire and address inequities.

Each participating district then had to put action behind its ideas and collect feedback from students and families and, from there, redesigned those ideas to fit its districts needs. They've tried new things, built new concepts, put new materials together, tested their ideas with their community and ultimately created a 90-day reentry plan that took into account social-emotional learning and development, Mascareñaz said.

CEI reached out to a bunch of districts and offered its design sprint for free to the first 10 districts that responded. Along with Alamosa and Cañon City, the districts involved included Boulder Valley School District, Clear Creek

School District RE-1, Colorado Springs District 11, East Grand School District, Fremont School District RE-2, Greeley-Evans School District 6, Holyoke School District RE-1J and Mesa County Valley School District 51.

"Regardless of context, location or size, districts and educators around the state are banding together to reopen with a social-emotional learning lens and a relationship-driven lens," Mascareñaz said.

At least some of the districts are investing a lot of time and energy into seeking input from students, families and staff members. In Alamosa, where families will be able to decide whether they want in-person classes or online instruction, teachers will begin conducting individual family interviews from the second week of August up to the day before school starts. Those interviews will either take place virtually or at an assigned time outside school with appropriate social distancing and health precautions, Assistant Superintendent Marsha Cody said.

The district is taking a parallel approach with its staff, Cody said, as administrators complete interviews with staff members, asking them what worked in the spring, what didn't work, what concerns and questions they have, what their needs entail and what kind of support they could use.

"We can't assume that we know what they need, but from the conversation we can determine what those needs are," Cody said.

Both Alamosa School District and Sheridan School District No. 2 will tackle the social-emotional health of their districts with funding from Caring For Colorado, which gave more than \$100,000 to the two districts toward their re-entry plans.

In Clear Creek School District, leaders are leaning into the school year with a similar mindset, concentrating on building community and relationships no matter how classes unfold. The district, located in the mountains west of Denver and planning on full in-person learning beginning on Aug. 18, has increased its mental health resources for students, bumping up the number of hours students can receive mental health services from Jefferson Center for Mental Health. Superintendent Karen Quanbeck said the district is also reaching out to area counselors and therapists asking if they can develop some half-hour onsite check-in sessions for staff members.

"It's taking care of the

adults who take care of the kids," Quanbeck said.

Cañon City School District is preparing to equip teachers with activities that will help them address students' social-emotional needs in ways that align with trauma-informed care, according to Murray, the district's behavioral health coordinator. Those activities will support teachers in working with their students to understand physical safety, coping mechanisms, emotional identity and safety, and how to build social-emotional connections that are genuine and create a sense of belonging.

The district, which will start classes on Aug. 17 with full day in-person classes for elementary school students, in-person classes for middle school students over a slightly shorter school day, a hybrid model for high schoolers and a full-time online model for any family who wants it, will also circulate a survey to middle and high school students and parents of elementary school kids. That survey will assess students' social-emotional and behavioral health. The district has been administering a similar survey to secondary students for the past two years and is now opening it up to parents of younger children.

"That allows us to provide

students with additional targeted supports based on what they share," Murray said.

The district will send a separate survey out to parents in the first month of school to gauge the impact of the pandemic on their livelihood and their ability to access essentials like food, shelter and medical care.

Cañon City School District will also open up time for teachers to connect individually with students during the first two weeks of school, Murray said, so that kids who aren't comfortable sharing in a group setting can talk to an adult.

CEI has encouraged the district to eye its reopening through the experiences of staff members, students and families.

Murray is "moderately concerned" about her students' social-emotional wellbeing as August nears — a feeling tempered by optimism.

"I feel like once we get kids back to school and we establish routines and we're able to recreate and establish new relationships, that kids will begin to regulate," she said.

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The benefits of a new approach to learning for students

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

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

Schools utilized systems like Google Classroom, Canvas and virtual meeting apps to connect and learn. While in-class lessons provide the socialization and one-on-one interaction that can be vital for students' academic success, there are many different reasons why virtual instruction can be

a key component of learning models as well. When virtual learning is used in conjunction with traditional teaching, students may have a more well-rounded experience. Here are some potential benefits that may unfold as more data is collected.

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

- **No more weather days.** Many school districts include snow or extreme weather days into their calendars, adding on extra days at the end of school year to meet the specified number of educational days. Remote learning can take over in these times and keep school districts from having to pad calendars.

- **Convenience:** The American Academy of Pediatrics recommends that middle and high schools start at 8:30 a.m. or later to provide students the best

chance to get the amount of sleep they need. Still, most adolescents currently start school before 8:30 a.m. Remote learning enables students to complete their assignments when it works best for them. This may help them get more sleep, too.

- **Apps:** Learning apps are a new wave of educational tools that have helped buoy

virtual instruction. Primary school students or those with individual education plans may benefit the most from reinforced app skills that match their learning pace in fun ways.

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

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Lifestyle

New Mexico PRC embraces 100% renewable future for Four Corners

Today, New Mexico Public Regulation Commission (PRC) voted unanimously to replace San Juan Generating Station power with 100% renewable energy when the coal-fired power plant is retired in 2022. This decision will modernize power generation, improve public health, and stabilize the local economy.

The decision will save ratepayers more than \$6 per month, support 1,000 construction jobs, and invest \$1 billion in Four Corners communities – \$447 million in the Consolidated School District and \$430 million in McKinley and Rio Arriba counties. This decision puts the Public Service Company of New Mexico (PNM) in line to achieve the 40% renewable generation goal required by the state's Energy Transition Act a full two years ahead of the 2025 deadline.

"This historic decision will benefit communities and generations in the Four Corners region for years to come," said Robyn Jackson of Diné C.A.R.E. "By unani-

mously agreeing to an all-renewables replacement of coal power with solar and battery storage within affected communities and the Central Consolidated School District, economic relief and renewal is possible. This decision is a solid investment in community health and future economic sustainability."

Experts testified at the PRC hearing on replacement power that a 100% renewable portfolio provides more economic stability and opportunities for job creation by serving as a commercial-scale energy storage hub for Southwestern utilities, based on existing transmission capacity.

"This is an historic decision for the Four Corners community to transition from reliance on fossil fuels," said Mike Eisenfeld of San Juan Citizens Alliance. "This decision also triggers much-needed Energy Transition Act funds to support the local community."

Today's PRC deci-

sion will also stimulate the economy by hiring people for coal mine reclamation, improving property values with the decommissioning of the coal plant, and enhancing business opportunities in the recreation, agritourism, and other sectors.

"With the retirement of San Juan Generating Station and the approval of 100% renewable replacement power, a new door is opening in San Juan County and in New Mexico," said Kyle Tisdell of the Western

Environmental Law Center. "This is about our future, and the opportunities that exist if we can end the addiction to fossil fuels that have been undermining the health of our communities and the livability of our planet. This decision will diversify our economy and end the cycle of boom and bust for these coal-dependent communities. Outdoor recreation, mine reclamation, and solar are the future, and San Juan County can have it all."

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Hunters have a chance to grab a big game license on annual Leftover Day at Colorado Parks and Wildlife



DENVER — Leftover Day is almost here! Hunters mark their calendars for the first Tuesday in August each year to take a shot at any big game hunting licenses remaining after the primary and secondary draws. These remaining licenses are placed on the leftover list, now available on the Colorado Parks and Wildlife website, and become available for purchase on August 4 at 9 a.m., Mountain Time.

Many of the licenses that would have been available in previous years were issued this year through the new secondary draw - which gave all interested hunters a chance to skip the wait on Leftover Day to get their license.

CPW highly suggests hunters purchase their leftover licenses online this year. If you must go into a CPW office or a sales agent location to purchase a license, remember to bring a mask, respect public health orders and all staff

requests. Additionally, hunters who are used to going into a CPW office location should be aware that the licenses now go on sale online, in our offices and at our sales agents all at once. If you're on a computer or mobile device at home, you have the same shot as someone standing in a CPW office. And during this year's pandemic, it's an even better idea to purchase these licenses from the comfort of your own home.

Just head to cpwshop.com and get logged in to your account a little before 9 a.m. on August 4 so you're ready to purchase when the licenses go on sale. You can also call 1-800-244-5613, but know that there may be long wait times.

Over-the-counter unlimited licenses will be available for purchase starting Aug. 6 at 9 a.m. Mountain Time.

More information on the leftover list and over-the-counter licenses is available on the CPW website.

TOWN & COUNTRY
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PRICE MATCH GUARANTEE

20 Craft Drive Alamosa, CO 81101 | 719-587-1800 | TownAndCountryAlamosa.com

CHEVROLET

NEW 2020 CHEVROLET **SPARK LT**

STK#C8597

AUTOMALL PRICE **\$14,695.99**

MSRP **\$17,095**
PER MONTH **\$199**

CHEVROLET

NEW 2020 CHEVROLET **EQUINOX AWD LS**

STK#CT2944

AUTOMALL PRICE **\$23,995.99**

MSRP **\$29,780**
PER MONTH **\$323**

CHEVROLET

NEW 2020 CHEVROLET **TRAVERSE AWD LS**

STK#CT7153

AUTOMALL PRICE **\$32,995.99**

MSRP **\$36,540**
PER MONTH **\$448**

CHEVROLET

NEW 2020 CHEVROLET **BLAZER AWD 2LT**

STK#CT3802

AUTOMALL PRICE **\$32,995.99**

MSRP **\$39,605**
PER MONTH **\$442**

CHEVROLET

NEW 2020 CHEVROLET **COLORADO 4X4 Z71 CREW**

STK#CT6953

AUTOMALL PRICE **\$34,495.99**

MSRP **\$39,535**
PER MONTH **\$462**

CHEVROLET

NEW 2020 CHEVROLET **SILVERADO 1500 CUSTOM 4X4 CREW RST**

STK#CT10409

AUTOMALL PRICE **\$43,995.99**

MSRP **\$51,355**
PER MONTH **\$588**

BUICK

NEW 2020 BUICK **ENCLAVE ESSENCE AWD**

STK#B4605

AUTOMALL PRICE **\$41,835.99**

MSRP **\$49,035**
PER MONTH **\$559**

CHEVROLET

NEW 2020 CHEVROLET **SIERRA 1500 AT4 CREW**

STK#GM0739

AUTOMALL PRICE **\$51,995.99**

MSRP **\$61,585**
PER MONTH **\$695**

GMC
WE ARE PROFESSIONAL GRADE

NEW 2020 GMC **SIERRA 1500**

STK#GM0739

AUTOMALL PRICE **\$51,995.99**

MSRP **\$61,585**
PER MONTH **\$695**

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Must be financed through GM Financial and have conquest vehicle. Customer may need to qualify for GM Loyalty to be eligible. On all GM offers price, includes conquest incentive. All prices exclude tax, tags, and title. Prices include delivery and handling fee of \$1058.99. Price includes trade in of a 1999 or newer incentive. Payments are with 10% down or trade equity at 3.9% for 75 months with 10% down. Includes all available factory rebates. See dealer for complete details. Artwork for illustration purposes only. All offers valid on stock units only. Offers expire on 7/31/2020.

Classified Marketplace

FREE!

Sell your household items for FREE. Total value of item must be \$200 or less. FREE ads include 20 words or less and run 5 times.



SERVING: ALAMOSA • RIO GRANDE • CONEJOS • COSTILLA • SAGUACHE • MINERAL COUNTIES

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.

SECTION I ADVERTISEMENT FOR BIDS TOWN OF SOUTH FORK

P.O. Box 369 South Fork, CO 81154 Separate sealed BIDS for the construction of Town of South Fork Brown Park Supply Well will be received by the Town of South Fork at mailing address of P.O. Box 369, South Fork, Colorado 81154 until 2:00 P.M. (local time) August 5th, 2020, and then opened at the South Fork Community Building, 0254 US Hwy 149, South Fork, CO and read aloud.

The City of Alamosa is requesting bid proposals for new construction of a 30'x60' storage building and loading dock located at the Alamosa Recycling Center. Bids will be received until July 31, 2020.

221 HELP WANTED

SAGUACHE COUNTY, COLORADO, is seeking to fill the position of Public Health Director. The position requires a master's degree in a public health discipline; a nurse candidate shall be licensed to practice in Colorado within six months of hire; OR, similar experience to a nurse with exemplary history and at least two years of administrative experience in public health, and willing to seek additional public health education and experience within five years of hire.

221 HELP WANTED

DEL NORTE ELEMENTARY School is seeking an energetic, caring candidate to serve as a PARA-EDUCATOR. Applicants must have a high school diploma. Please submit your application to Amy Duda, DNES Principal at 950 French Street, Del Norte, CO 81132; aduda@del-norte.k12.co.us; or call at 719-657-4030.

SOUTH CONEJOS SCHOOL District is currently seeking a part-time media teacher/librarian. Applicant must possess or qualify for a state teaching license OR have an issued state substitute license or qualify for one.

COMMUNITY OUTREACH ORGANIZER job opening in Antonito. Please visit https://antonitotogether.org/?page_id=344 for more information.

MOUNTAIN VALLEY SCHOOL District is accepting applications for a Facilities Director. Under the direction of the superintendent, the director will perform all duties and responsibilities involved with the overall management and safe operation of the school district facilities, grounds, maintenance, and custodial department; and other related work as required.

221 HELP WANTED

DEL NORTE JR/SR High School is looking for an energetic and experienced candidate to serve as our 7 - 12 Art Teacher for the 2020/2021 school year. Applicants must have a bachelor's degree or higher and possess or be able to obtain a Colorado Teaching License with a Visual Art endorsement.

THE ALAMOSA SCHOOL District is accepting applications for the following position at Ortega Middle School: English Teacher. Must possess a Colorado Teachers License. Applications are available online at <https://dist.alamosa.k12.co.us>.

1. High school graduate or equivalent. 2. Strong management (people, financial and project) skills. 3. Working knowledge of heating, electrical, plumbing, construction and safety. 4. Such other qualifications as the Board may find appropriate and acceptable.

221 HELP WANTED

ALAMOSA COUNTY SEEKING Part-time Veterans Assistant Grant-Office Assistant. Job description, and application found [\(8/14\)](http://www.alamosacounty.org)

ADAMS STATE UNIVERSITY seeks applicants for an Administrative Assistant II position in the Student Union and Housing Department.

THE CITY OF Alamosa is accepting applications for a full-time Public Works Administrative Assistant \$14.42 - \$15.15 per hour DOQ. This position will perform moderately complex general clerical/secretarial work characterized by some repetitive and routine tasks for management and professional staff.

MOUNTAIN RIVER CREDIT Union is seeking full-time and part-time applicants for Tellers for its Alamosa branch.

MONTE VISTA SCHOOL District is accepting applications for an Elementary Paraprofessional. This is a full-time position. For a complete list of desired qualifications and experience, visit the district web site.

221 HELP WANTED

THE DEL NORTE Jr/Sr High School is accepting applications for a full-time Physical Education Teacher. The position would include Junior High PE classes and High School Strength and Conditioning class.

DEL NORTE ELEMENTARY School is seeking an energetic, caring candidate to serve as a PARA-EDUCATOR. Applicants must have a high school diploma.

MONTE VISTA SCHOOL District is accepting applications for an Elementary Paraprofessional. This is a full-time position.

221 HELP WANTED

EXECUTIVE DIRECTOR FOR the San Luis Valley Area Health Education Center. See www.slvcareer.org for position details and instructions.

LOOKING FOR A career opportunity and being a part of your local community? 1st Southwest Bank is hiring a Deposit Services Specialist, offering a strong benefit package & career growth opportunities.

LOCAL PORTABLE BUILDING dealer looking for dealers in Alamosa. Good income potential. No buy in required.

THE SLV IMMIGRANT Resource Center is accepting applications for a full-time Immigrant Advocate position.

RIVER VALLEY INN Nursing Home in Del Norte, CO is accepting applications for the Housekeeping Department. If you would like to join our amazing team, please come in or call for more information.

221 HELP WANTED

THE ALAMOSA SCHOOL District is accepting applications at Alamosa High School, Ortega Middle School and Alamosa Elementary 3-5 for the following positions: Building Night Janitors. Applications are available online at <https://www.alamosa.k12.co.us>.

ALAMOSA COUNTY EMPLOYMENT Opportunities, Job Descriptions, and Applications are available on the County's website [\(9/2\)](http://www.alamosacounty.org)

ALAMOSA COUNTY SEEKING Veterans Service Officer. Job description, required qualifications, and application found at [\(8/19\)](http://www.alamosacounty.org)

SANFORD SCHOOL DISTRICT is accepting applications for a Junior High Football coach. Applications can be downloaded at www.sanfordschools.org.

SANFORD SCHOOL DISTRICT is accepting applications for a High School Volleyball coach. Applications can be downloaded at www.sanfordschools.org.

099 ANNOUNCEMENTS

TOWN OF MANASSA is accepting sealed bids for a 2012 Dodge Charger-police interceptor & 2-1000 gal storage tanks 1 diesel and 1 gasoline. Please submit bids at the Town Hall in Manassa or mail to PO Box 130 Manassa, Co 81141.

112 - BUSINESS OPPORTUNITIES

1 STYLIST SALON Alamosa CO good space, rep., retail. Equip & inventory w/purchase. Right person clients stay. 719-580-4307(8/1)

163 LOST & FOUND

\$100 REWARD! HAVE you seen Odie?? 19 year old Chihuahua, yellowish tan color. No collar. Last seen 11th & Bell in Alamosa. Call 719-937-8077 or 719-588-2162. (8/8)

LOST YELLOW AND white male tabby cat. Lost on Brush Lane vicinity east of Alamosa. Has a red reflective stretch collar and is very friendly. If you have seen this cat or has showed up at your house please call 719-580-4842 he is much loved and missed.(8/5)

LOST A PAIR of men's black work boots on W. Hwy 160 on way to a fire call. 4/2 approx. 4:30pm west of Budweiser before Del Viento Road. If found please call 719-580-0398.(TFN)

221 HELP WANTED

SAN LUIS VALLEY Rural Electric Cooperative, 3625 US Hwy 160 W, Monte Vista, CO has an opening for a full-time warehouseman working Mon-Thurs 6:30 a.m. to 5:00 p.m. Duties include: Reading work orders to determine what materials are necessary for construction projects and pulling material. Loading and unloading materials for proper storage. Transferring materials to and from storage to designated area.

SARGENT SCHOOL DISTRICT is accepting applications for a high school assistant boys basketball coach. Applications can be downloaded at <http://www.sargent.k12.co.us>. EOE.(8/15)

\$30,000+
Immediate opening in multi-media sales. Experience appreciated.
Send resume to: KCerny@alamosanews.com
Valley Courier

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• Backhoe
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• Tree Trimming & Much More!
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Classifieds

221 HELP WANTED

POTATO HARVEST TRUCK driver wanted. Experience necessary. Pay according to experience. Call 719-850-2137. (8/19)

THE DEL NORTE Jr/ SR High School is accepting applications for a full-time Physical Education Teacher. The position would include Junior High PE classes and High School Strength and Conditioning class. To apply please visit dncsd.org to download the application and submit completed applications to Aaron Horrocks at ahorrocks@horrocks.co or call 719-657-4040 ext 1001 for more information. (8/7)

THE CITY OF Alamosa is seeking a Temporary Site Manager for Homeless Isolation/Quarantine Housing \$2,400 bi-weekly and a \$3,000 bonus for completing the duration of the temporary position. For a full job description and to apply visit the cityofalamosa.org. Protected by EOE laws. Open until filled. (8/5)

SANGRE DE CRISTO School District is seeking an assistant HS Football coach for the 2020/2021 season. Applications may be downloaded from sdc.schooldesk.net. For more information contact Dave Curtis at 719-378-2321 or 719-588-8185. (8/5)

CONSTRUCTION HELPERS NEEDED. Full / Part time. Must be reliable and dependable. Call Ztec Construction 719-992-1396. (8/5)

HIRING AUTO AND diesel mechanics. Email edgarenterpriseinc@gmail.com for application or pick up at Everything Auto and Diesel, 701 Spruce, La Jara. (8/4)

SALES POSITION AVAILABLE. Must have own transportation. Call Ztec Construction 719-992-1396. (8/1)

HIRING JOURNEY-MAN ELECTRICIAN full time year round work. Call Mike 719-588-4142. (8/12)

221 HELP WANTED

SANFORD SCHOOL IS looking for a para-professional to work with elementary students during the 2020-2021 School Year. An associate's degree or two years of college courses preferred. Applications can be downloaded from www.sanfordschools.org. Position opened until filled. Sanford School is an EOE & E.(7/31)

RIO GRANDE COUNTY is seeking a Dispatch/Detention Officer. High School Diploma or GED, or one to three months related experience and/or training or equivalent combination of education and experience. Interaction with inmates required. Must be 21 years of age, pass background investigation and 5 panel drug test, including testing for marijuana required. Inmate interaction required. \$14.57/per hour. Pick up and submit applications to Human Resources 925 6th Street, Room 200, Del Norte, CO 81132. Applications also available online at www.riograndecounty.org. (8/12)

THE SAGUACHE COUNTY Land Use Office is accepting applications for a full time Saguache County Code Enforcement Officer. Applicants must have a valid Colorado Divers License, must pass a criminal background check as well as a pre-employment drug test. Applications will be accepted until filled. Applications and job descriptions may be found on www.saguachecounty.net or may be emailed to you, please contact April Quintana at 719-655-2231. Saguache County is an equal opportunity employer. (8/7)

NEED A SECOND-IN-COME? child support? Car Repairs? Taxes Due? Earn up to \$800/month delivering the Valley Courier. Contact Keith at 589-2553. (2/26-TFN)

221 HELP WANTED

RETAIL MANAGER: LOOKING for a job with a Mission? Join Western National Parks Association at the FT. Park Store Retail Manager at Great Sand Dunes National Park & Reserve. Find out more about this adventurous opportunity by visiting www.wnpa.org/jobs. Equal Opportunity Employer: disability/veteran and other protected classes. (8/7)

FARM HELP NEEDED. \$20/hr. Must have experience with hay equipment. Call 719-588-0207(TFN-6/27)

307 APPLIANCES FOR SALE LG Washing Machine & Electric Dryer both front load \$300. 719-588-4658. (8/4)

324 - FEED & SEED NATIVE GRASS HAY for sale. Small bales, horse hay quality. Certified USDA. Call Ed 719-852-3069. (8/18)

HORSE AND COW hay: grass, grass/alfalfa, alfalfa. 3x3 and 4x4 bales, various quality and pricing. 719-850-8917 (7-13-TFN)

341 - GARAGE SALES LARGE GARAGE SALE! Fri. 8/31 - Sat. 8/1 from 8am-1pm. 8451 County Rd 8 South Alamosa. Rustic Armoire, gas stove, bar stools, beds, desks, clothes & many other miscellaneous items. Everything must go! (8/1)

113 RIVERWOOD DR., Alamosa. 7/31 & 8/1. Baby Boy clothes, jewelry, toys, 27" TV, dresser, metal storage bench, childrens books, metal army trunk, teachers classroom supplies, curtains, blinds, microwave, much more. Masks required. (8/1)

LARGE GARAGE SALE. Many items-Fri. 7/31 and Sat. 8/1 from 8am-1pm. 714 Duke Dr., Alamosa. (8/1)

341 - GARAGE SALES

HUGE GARAGE AND BAKE SALE at 518 First Street. Corner of First and State. First Christian Church on Friday July 31 from 4-7pm and Saturday August 1 from 8-12. Toys, furniture, tools, dishes, baby items, and much, much more!! Questions contact 719-580-6072. (8/1)

350 - FARM EQUIPMENT POTATO STORAGE RENT or buy 26,000 cwt capacity in Center. Good. \$49,900 / OBO buy or \$16,900 rent 588-2425. (8/29)

351 LIVESTOCK SALE REGISTERED BLACK Angus Bulls and semen sales Brink Livestock Services admin@brinklivestock.net www.brinklivestock.net 88-641-3750/719-480-3932. (8/19)

HERITAGE BREED TURKEY POULTS - Burbon Reds from free range parents. \$20 for 1 - \$15 each additional 7 for \$100. Going fast. Ready to butcher at 28 weeks (toms average 30 lbs, hens 15 lbs.) Straight run only. 719-850-2832. (TFN-E)

PIGS FOR SALE \$1.00 lb. live weight. 570-395-0184 (TFN)

360 - MISCELLANEOUS FOR SALE SPANISH ROOF TILES. Ezload large lot. 720-201-3857. (7/13)

ZACH'S EUROPEAN MOUNTS. Professional work, low prices. 719-580-0398. (TFN)

369 - PETS & SUPPLIES FREE TO GOOD home. Female mix pup. Needs running room without chickens. TEXT 719-580-6930 if interested. (TFN)

LOOKING FOR A Heeler/Australian Cross puppy!! Call 575-644-0965. (7/31)

369 - PETS & SUPPLIES

FREE KITTENS TO good home. Call 719-250-7597. (8/5)

ALL DOGS ADOPTED FROM THE VALLEY HUMANE LEAGUE HAVE TO BE SPAYED OR NEUTERED BEFORE GOING TO THEIR NEW HOME. (TFN)

OOPS! GOT PUPPIES who need a home? San Luis Valley Animal Welfare Society is a nonprofit animal rescue dedicated to stopping the euthanasia of healthy adoptable pets. Having pets altered is the number one way to stop pet overpopulation. If your pet has had puppies contact us. We will take the puppies into our rescue and spay the mama dog for free after the puppies are weaned. If needed we will also provide dog food & gas money to get the dogs to us to help in this situation. Spay/neuter is one of the greatest gifts you can provide your pet, your family and your community. We have found good responsible homes for over 8,000 animals. Contact 719-587-9663 (WOOF); email: woof@slvaws.org. (TFN)

NEED CATS FOR mousers? Want to adopt kittens? Help trap/neuter/release efforts? Donate food/litter/supplies? Low cost spay/neuter clinic for cats. http://www.catsaliveslv.com 719-298-7028. (TFN)

FREE TO GOOD home. Adults and kittens. NO MOUSERS OR BARN CATS. Spay/neuter clinics coming to Alamosa in near future. Call Donna K 719-589-5952 or 719-580-9078. (TFN)

387 - WANTED TO BUY

LOOKING FOR A 2 or 3 bedroom Mobile Home 1981 or higher for \$15,000 or under. Call or text 719-580-9525 (TFN-E)

409 FARM & RANCH LAND PASTURE FOR RENT. 46 acres. Stock well. 4 miles east of Alamosa. Call 913-626-8573. (8/5)

415 - HOMES FOR SALE

FOR SALE BY Owner! 3 bedroom, 1 bathroom. 98 El Rio. Call 719-589-6921. (8/19)

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\$365,000 - Awesome home near Adams State University. 5 bedrooms and 3 bathrooms make plenty of room in this large home with multiple living spaces. Work from home and walk to school. Very well maintained home with updates throughout. Huge walk-in closet and extra storage in master suite with 5-piece bathroom. 2 bedrooms downstairs. Attached 3-car garage. Homes like this do not come on the market often! Check out the 3D virtual tour and schedule your private showing today! 69 El Rio Drive, Alamosa. MLS # 772659

\$267,500 - Great 4 bedroom, 2 bath country home on 5 acres with a 40' x 60' shop. Fenced garden, greenhouse, horse setup, domestic well, and 360-degree views! Inside there is a nice downstairs master bedroom, updated kitchen, and laundry. Excellent natural light! Check out the 3D virtual tour online and schedule your private showing today! 4924 County Road 9 S, Alamosa. MLS # 772658

\$225,000 - 4 Bedroom, 2 bath home on over 2 acres! Large attached 28' x 36' garage/shop. Well-maintained home has many possibilities including the ability to operate a business with the newly constructed exterior office. Work from home or just enjoy living minutes from town. 6021 Highway 160, Alamosa. MLS # 772657

\$179,000 - Affordable retreat in Conejos Canyon! This rustic 2 bedroom cabin on 1 full acre can easily sleep up to 8 people. Many of the components have been replaced recently including a new roof, new wood stove insert, new floor coverings, new plumbing, new electrical and more! The property is about 50 yards from world-class fishing on the Conejos River. Check out the 3D interior virtual tour and several 360 degree outside shots! Call today for your private showing. 361 Conejos Acres, Antonito. MLS # 769112

420 - LOTS & ACREAGE

FOR SALE: 80 acres land 2.5 miles w. of San Acacio, surveyed. Call Al 719-588-2930. (7/31)

FOR SALE: SURVEYED 25 acres, Sangre De Cristo Ranch near Mountain Home Lake, creek runs through property, well & electric, good hunting & fishing. Call Al 719-588-2930. (7/31)

507 - BOATS & MARINE EQUIP.

18FT MISTY HARBOR Pontoon boat. Mercury classic 50 outboard with trailer and extras. \$4000. Call 719-671-0923. (8/1)

525 GUNS

ZACH'S EUROPEAN MOUNTS. Professional work, low prices. 719-580-0398. (TFN)

601 APARTMENTS FOR RENT

1 BEDROOM WITH washer/dryer. Across from ASU. Call 719-251-3597. (7/31)

TWO BEDROOM APARTMENT for rent \$800 includes utilities. Call Glenna 719-580-3720. (7/31)

LOOKING FOR AN APARTMENT OR HOME FOR RENT? We have the best ones! Call Eclipse Property Management at 719-581-RENT or visit our website at RentEclipse.com. (TFN-6/27)

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For all your rental needs please call 719-589-5744 or stop by 823 Main St. Alamosa, CO 81101
www.alamosarentals.com

601 APARTMENTS FOR RENT

RENT 1 BEDROOM Apt Alamosa some utilities included 800-641-3750 / 719-480-3932. (8/19)

611 - HOMES FOR RENT

2 BEDROOM, 1 bath on the river \$600 month plus deposit. Beautiful views. Call 719-672-3146. (8/18)

206 BONNEY FOR rent. \$1,000 per month, \$1,000 deposit, 3 bedrooms, 1 bath. Available August 1st, 1yr lease. Call 719-480-3777. (8/11)

LOOKING FOR AN APARTMENT OR HOME FOR RENT? We have the best ones! Call Eclipse Property Management at 719-581-RENT or visit our website at RentEclipse.com. (TFN-6/27)

736 - ATVS & MOTORCYCLES

2003 HD ULTRA Classic Electra Glide 100th Anniversary Edition. 35k.miles \$12,000 OBO. 719-206-0292. (9/11)

2005 HD SPORTSTER 1200. Custom bars, LED Signals, side pipes, bags, seat. 10k.miles. Very clean. \$6,500 OBO 719-206-0292. (9/11)

737 RVS

1998 FORD V-10 Jamboree VT 31ft Slide out. Everything works good condition. Class-C \$20,000. 719-852-2291. (9/1)

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Comics

CROSSWORD PUZZLE

ACROSS

1 Angelic instrument

5 Water barrier

8 Mattress extra

11 Commuter's home

13 Flamenco shout

14 Bartender's rocks

15 Kind of detector

16 Bowling piece

18 Band instrument

20 Like melons

21 Not our

23 Lowrider

24 Worthless coin

25 Roulette color

27 Yen

31 Coffee brewer

32 Peril at sea

33 Fictional governess

34 This, in Havana

36 Hold, as an opinion

38 Trusted friend

39 Nurse's portion

40 Catch a glimpse

41 Cease

42 Pentagon VIP

44 Use Artgum

46 Reliable

49 Needing rain

50 Gully maker

52 Turn aside

56 Jungfrau

57 Snipped

58 Place for lunch

59 Strong soap

60 Railroad track part

61 Jacob's son

DOWN

1 Dress bottom

2 Lumberjack tool (Var.)

3 Muddy track

4 Keep yakking



5 Lady of Spain

6 Ring champ

7 High-IQ group

8 Plumbing need

9 Lemony

10 Gainsay

12 Bleach

17 Frightening

19 Expand

21 Trunk

22 Goes after game

23 Plant with tendrils

24 Went to court

26 Dots in the Seine

28 Does steno work

29 Davit

30 Cuddled

35 Auspices

37 Innumerable

43 Monarch's decree

45 Tylenol rival

46 Animal that barks

47 Paris hub

48 Long, easy stride

49 Poker pot starter

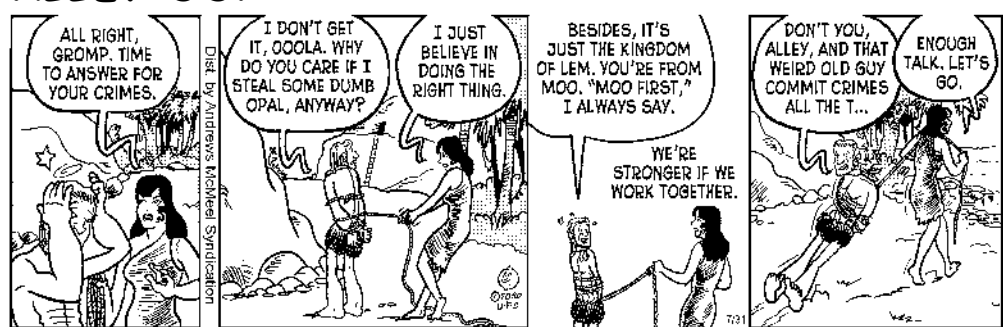
51 Yes, in Cherbourg

53 Flight dir.

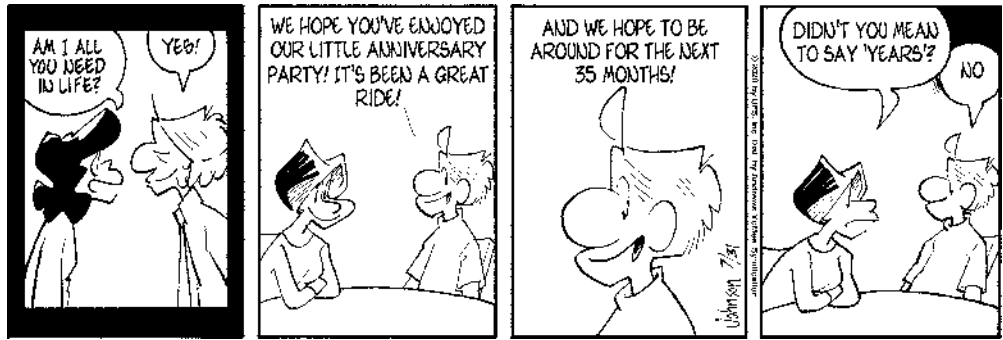
54 Race the engine

55 Prefix for dent

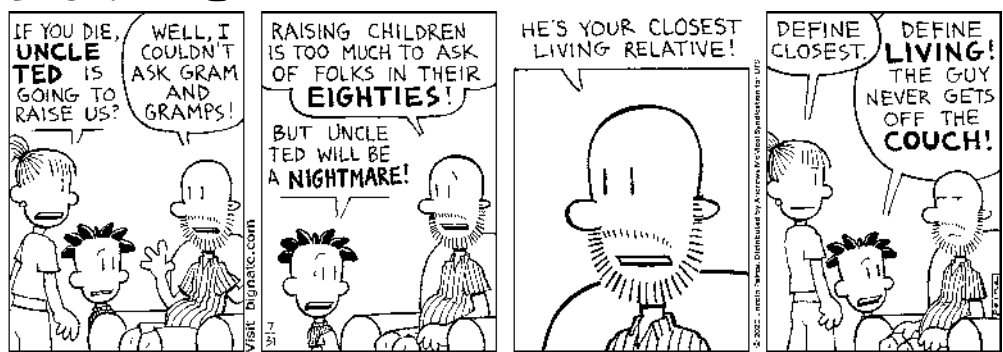
ALLEY OOP



ARLO & JANIS



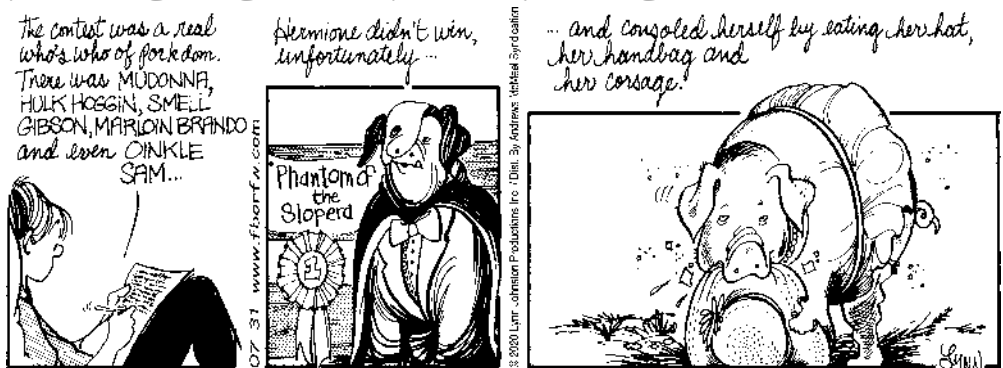
BIG NATE



THE BORN LOSER



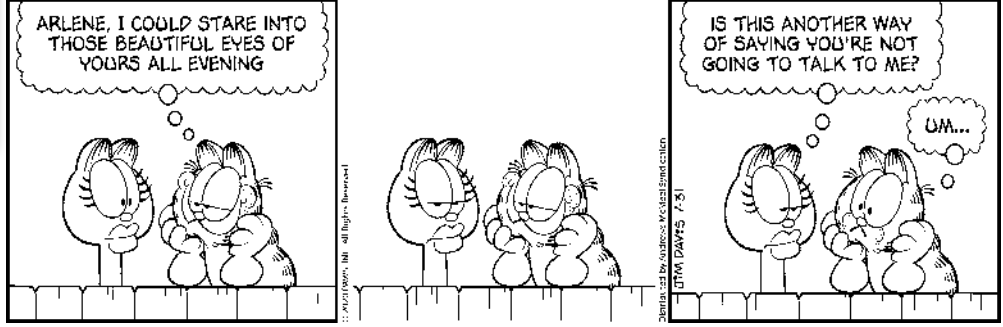
FOR BETTER OR FOR WORSE



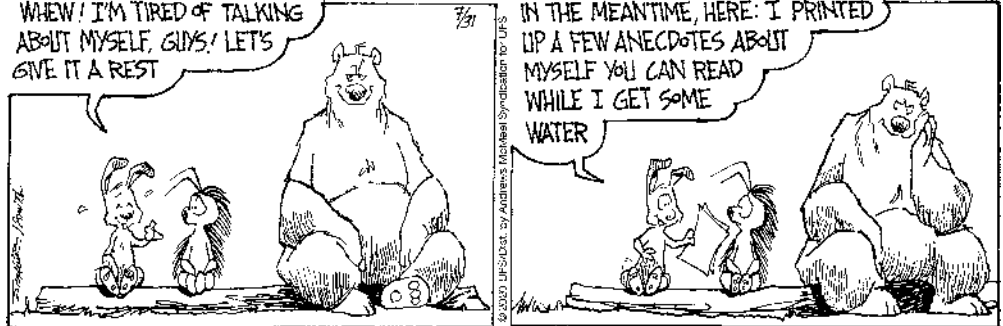
FRANK & ERNEST



GARFIELD



THE GRIZZWELLS

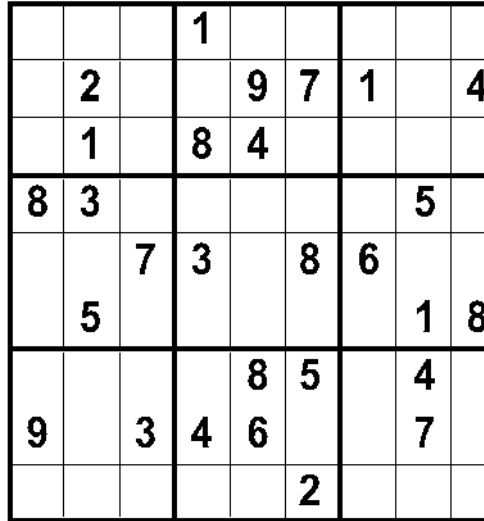


PEANUTS

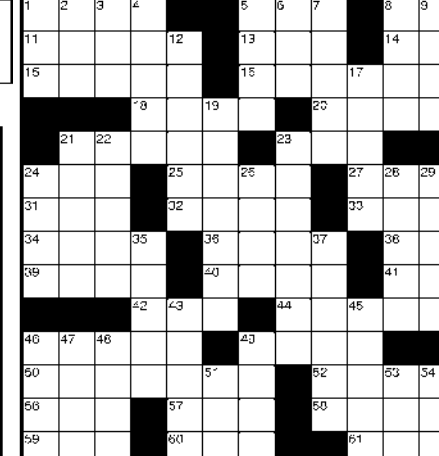


SUDOKU

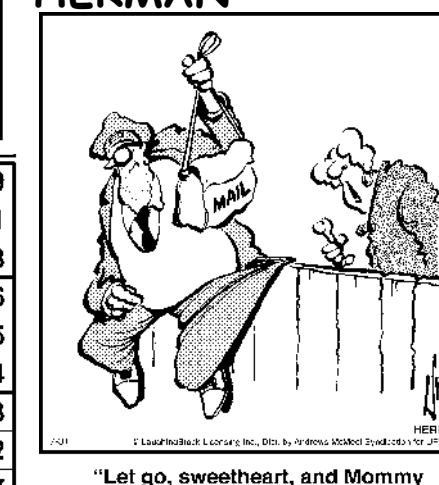
DIFFICULTY RATING: ★★★★★



HOW TO PLAY:
Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.



HERMAN



"Let go, sweetheart, and Mommy will give you this bone."

Words intended to comfort only trigger man's grief

DEAR ABBY: My wife died unexpectedly two years ago, after 18 years of a happy marriage and two kids. While we are doing as well as can be expected, one thing seems to set my grief off. It's when someone refers to my life as my "new normal."

I'm not sure I can put my finger on why this phrase bothers me so much, but if I had to guess, it's because I suspect people are using it to hint that it's time I moved on. Why is it that people who would be deeply offended if I attempted to tell them what to do with their life, seem to think it's acceptable to imply that I have grieved enough?

As I look at my life, I know it is forever changed, and it will never be "normal" again. It will be what it is, but I will have lost forever the love of my life and the mother of my children. Right now, I am trying my best to keep them healthy, working to keep a roof over their heads and dealing with my own grief. (We are all seeing our own counselors.) I have zero time and energy to invest in anything or anyone else.

Am I just holding onto the past? Are these people thoughtlessly saying something hurtful, or is it something completely different? -- ANNOYED IN ARKANSAS

DEAR ANNOYED: People often are at a loss

about what to say to someone who has lost a parent, a spouse or a child. While they may be well-meaning, what comes out of their mouths can be hurtful rather than comforting.

Something I have learned from experience, as well as from my readers, is that EVERYONE GRIEVES DIFFERENTLY. It's an individual process. Do not assume you know what these people are implying when they make that statement. "New normal" is a catchphrase that's popular now. It is used to describe conditions as the quarantines are being lifted or re-imposed. They may not realize how emotionally loaded that term can be. When it happens again, don't be confrontational, but do tell them how it made you feel.

DEAR ABBY: What's the correct way to break up with someone who lives with you? A friend of mine wants to break up with his girlfriend, who lives in his home along with her adult son and teenage daughter. His concern is she has no place to go. She refuses to work a steady job, so he pays all the bills and supplies her with a vehicle and spending money.

She wants desperately to get married. After two or three years of living with her, he knows he won't marry her. He says she's a nice person, but she's a



ABIGAIL VAN BUREN

terrible housekeeper and has no ambition. My friend is a financial planner and works three to four side jobs, etc. He doesn't have a clue how to end this, but he wants to. How should he dissolve this live-in relationship? -- ASKING FOR A FRIEND

DEAR ASKING: Your "friend" needs to summon up the courage to tell this lady he isn't in love with her, doesn't plan to marry her and he wants her to move. When he gives her the unhappy news, he should also give her a date by which he expects her and her "children" to be out of there. Advise him that if he's smart, he should first discuss this with his attorney and, possibly, offer her enough money for a deposit on a place of her (or their) own. He'll be glad he did.