



Cleaning up Del Norte

— Page 9



Equine Strangles

— Page 10



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**SLV Today**

ASU

**Trustees will conduct meeting on June 15**

**ALAMOSA** — The Adams State University Board of Trustees will meet from 8:30 a.m. until 5 p.m. Monday, June 15, via Zoom. Members of the public can listen to the public proceedings through Zoom +1 253 215 8782 US Meeting ID: 968 3225 6634 Password 383578.

**REC directors to serve another four years**

**MONTE VISTA** — SLV Rural Electric Cooperative's unopposed incumbents K. Cole Wakasugi, Costilla County (district 2) and Scott Wolfe, Alamosa County (district 4) will both serve another four-year term.

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**SLV WEATHER**



Sunny 85 / 47

Sat: Sunny 81 / 50

Sun: Windy 83 / 47

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## Main Street shooter faces charges

By SUSAN GREENE

**SPECIAL TO THE COURIER**  
**ALAMOSA** — The protester who last week shot a driver in downtown Alamosa says he did so to protect his wife.

James Edward Marshall IV, 27, told police that the gunshot victim, Danny Pruitt, 49, hit Marshall's wife, Mariah Lorraine, with his pickup truck at the intersection of Main Street and State Avenue, which the couple and others had blocked June 4 to protest the police killing of George

Floyd in Minneapolis.

"James said he was in fear for his wife's safety of being run over and he fired a shot into the truck," Alamosa Police Detective John Vasquez wrote in a police report.

Vasquez told Marshall that, in reviewing a video of the incident, he did not see Pruitt's truck making contact with Lorraine, 26. Still, the detective reported the video does show Pruitt's truck "inching forward toward protesters," noting they had to "move to both

sides of the truck to avoid being hit."

That's how several protesters at the scene have described the incident, and how events seem to unfold in the video.

Marshall is an early-career criminal defense lawyer whose law office is at the intersection. Accord-

ing to the police report, he told the detective "the video could be wrong."

He claimed to have a permit to carry the concealed Glock 43 .9 mm that the video shows him pulling from his rear waist and with which, as the affidavit indicates, he shot Pruitt in the back of the head

from the passenger side of the truck. Pruitt — whose license plates identify him as a disabled veteran — appears to have stopped in the middle of the intersection when shot, then kept driving his black Dodge Ram 4x4.

■ See MAIN page 3

## Adams State will welcome back students Aug. 24



**ALAMOSA** — Adams State University will welcome students back to campus for the 2020-21 fall semester the week of Aug. 24, and will hold class on Labor Day and forgo a fall break to finish regular classes for undergraduates on Tuesday, Nov. 24, just ahead of Thanksgiving, the University announced Wednesday.

The Safe to Return to Campus plan — developed for students, faculty and staff — will include daily symptom monitoring for COVID-19, quarantine and isolation protocols, social distancing and mask requirements, and enhanced cleaning of all campus spaces.

As part of its planning, the University has identified housing to be used to isolate any residential students who may need to be quarantined. In coordination with local health care providers and the Alamosa County Public Health Department, the quarantine/isolation protocols will continue throughout the semester. The University is developing signage and other communications tools to remind the campus community of health expectations and best practices.

The decision to finish undergraduate classes the week of Thanksgiving

is part of a series of recommendations from Adams State's Safe to Return Task Force, which has been developing plans to prepare for the safe return of students and to resume on-campus courses.

Following the last day of regular classes for undergraduates on Nov. 24, students will break for Thanksgiving, and then take final exams remotely via Adams State's Blackboard online platform from Nov. 30 through Dec. 3.

Online graduate courses will follow the standard semester dates, starting August 24 and ending final exams on December 18.

"We look forward to welcoming our students back to campus in August," said Adams State President Cheryl D. Lovell. "Preparing for their return has been complex and challenging as we establish procedures to ensure the health and safety of the campus as well as the community of Alamosa and the San Luis Valley.

"We recognize our students travel from across Colorado and neighboring states, and in some cases internationally, to attend Adams State.

■ See ASU page 3

## Testing underway at San Luis Care Center

**SAN LUIS VALLEY** — Five new cases for the SLV have been reported since Wednesday, 1 for Alamosa County, 2 for Costilla, and 2 for Rio Grande. The total number of cumulative cases is now 281. Twenty-five total people have been hospitalized, and 196 have completed isolation. There have been 5 fatalities of individuals with COVID-19. Numbers are updated weekdays at [slvemergency.org/slv-covid-19/](http://slvemergency.org/slv-covid-19/).

Wednesday, Alamosa County Public Health announced a COVID-19 outbreak in a Long Term Care Facility, the San Luis Care Center, in Alamosa. Deputy Director at Alamosa Public Health, Jordan Kemp said "an outbreak declaration can bring heightened awareness of the situation to all partners involved in the response by helping to describe the way a disease is impacting a specific sector of the community at a particular point in time."

Residents and staff were tested through partnership of the San Luis Care Center starting on Thursday and testing will continue into Friday. Valley-Wide Health Systems, and Public Health.

CDPHE is supporting the outbreak investigation. In order to protect our vulnerable older populations, it is important to prevent transmitting COVID-19 as much as possible. Here are some ways you can help protect our older adults:

- If you are sick, or if you have been exposed to a COVID-19 positive individual, stay home and away from others, especially if you work with or around older adults.
- Keep in touch with older relatives or friends by phone rather than visiting in person.
- If you live with an older person, wash your hands frequently, and do not allow visitors.
- When you are out and about around older individuals, wear a cloth mask or face covering.
- If your relative or friend lives at a long term care facility or in assisted living, find out what the facility allows as far as visiting and staying in contact.

It is important to know that there are resources available and supports in place if you have to miss work due to COVID-19. Federal law requires that businesses with

fewer than 500 employees provide sick leave (although some with under 50 employees are exempt). The Colorado Health Emergency Leave with Pay Rules ("Colorado HELP Rules") adds coverage for workers as well. See more here: <https://covid19.colorado.gov/sites/covid19/files/FAQs-CDLE-042720.pdf>

If you wish to pursue testing for COVID-19, please contact your primary care doctor or call one of the numbers below to start the screening process:

- For symptomatic individuals only, call:
  - Rio Grande Hospital 719-657-4990
  - SLVHealth Respiratory Clinic 719-589-2511 ext. 9

For symptomatic and asymptomatic individuals who have had contact with a confirmed COVID-19 positive individual, call:

- Valley Wide Health Systems 719-589-3658 ext. 9 (M-F only)

For general SLV COVID-19 related questions: [slvepr@alamosacounty.org](mailto:slvepr@alamosacounty.org), 719-480-8719

## Curbside pick-up services

**ALAMOSA** — Alamosa Public Library doors remain closed during Safer at Home, but you can get the materials you need by utilizing the library's Curbside Pick-up Service.

It's simple: Place a hold on items you'd like or call the library staff for help in choosing materials. Staff will prepare your materials and call you to make an appointment for curbside pick-up. When

you get to the library during your appointed time, call the library staff and they will bring the items out to a table while you wait in your vehicle. After staff goes back into the building you pick up your materials. Then you're on your way back home to enjoy a good book or movie.

For more information or help see our website page: [alamosalibrary.org/curbside](http://alamosalibrary.org/curbside) or call the library at (719) 589-6592.



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# Record

## CDOT releases key findings from two-year study

### The Cannabis Conversation engaged thousands of Coloradans to learn more about cannabis-impaired driving

**STATEWIDE** — While the Colorado Department of Transportation (CDOT) has worked to eliminate marijuana-impaired driving since recreational legalization in 2014, Colorado has continued to see cannabis-involved traffic crashes and fatalities. In 2018, 13.5 percent of drivers involved in fatal crashes tested positive for cannabis.

To view the full report, visit [https://www.codot.gov/safety/alcohol-and-impaired-driving/druggeddriving/assets/2020/cannabis-conversation-report-report\\_april-2020.pdf](https://www.codot.gov/safety/alcohol-and-impaired-driving/druggeddriving/assets/2020/cannabis-conversation-report-report_april-2020.pdf)

To confront this ongoing challenge, CDOT launched The Cannabis Conversation, a two-year, statewide initiative to engage Coloradans in a meaningful discussion about marijuana-impaired driving and learn more about the public's attitudes, beliefs and behaviors on the topic. The purpose of this first-of-its-kind campaign, which wrapped up in late 2019, was to ultimately help CDOT develop fresh strategies, messages and solutions that would better resonate with cannabis consumers and influence decision making when it

comes to marijuana-impaired driving. CDOT connected with more than 18,000 Coloradans through in-depth surveys, public meetings and focus groups to learn how to best cater messaging, outreach and education based on consumers' perspectives. CDOT gained valuable insights through self-reported behavior from consumers, including the following key takeaways:

**Key Takeaway #1:** People who consumed cannabis more often considered driving under the influence of marijuana to be less dangerous.

Although many users have normalized driving high, most still consider the travel conditions, their alertness, and how recently they consumed cannabis before driving.

**Key Takeaway #2:** Many cannabis users are highly skeptical of the laws, policies and enforcement regarding driving impaired — and want credible, nuanced information.

Respondents expressed a desire for more research on detection methods and guidelines for self-assessment of impairment, dosage-based legal limits, and how long to wait before driving.

Most cannabis users were sensitive to any messages or ads they perceived as overstating the dangers of driving high, stereotyping cannabis users, or that were unrealistic.

**Key Takeaway #3:** The key to reaching some skeptics is to lead with feelings and follow with facts.

Users liked safety campaign materials, like PSA ads, that have an honest tone, a straightforward approach, and feel more like they are being talked to by a friend, not a parent.

"We talked online and in-person to thousands of marijuana users across

Colorado," said Sam Cole, CDOT traffic safety communications manager. "We learned how different groups of people respond to different types of messages — and will use that knowledge to try to influence people to make smart choices. After all, there is no 'typical' marijuana consumer."

An important takeaway was challenging cannabis consumers to rethink the choice to drive under the influence and how it unnecessarily puts others at risk. Those skeptical about the risks associated with cannabis-impaired driving responded to campaigns that invoked feelings counter to their deeply held beliefs that driving after consuming is solely a personal decision.

CDOT is now applying these insights to their campaigns. The agency is currently developing a series of PSAs based on a concept vetted and chosen by the public. CDOT continues to work closely with dispensary companies, a trusted voice for consumers, with in-store educational collateral and budtender training. The state is also making strides in more cooperative and comprehensive data collection.

More states each year legalize recreational and medical cannabis, and CDOT hopes its takeaways from The Cannabis Conversation will help others in transportation, law enforcement, prevention and academia learn how to effectively approach impaired driving education and awareness.

social distancing and other health safety measures to reduce COVID-19 exposure on the worksite. The Colorado Department of Public Health and Environment announced guidelines for construction activities. The public is urged to join the campaign for #DoingMyPartCO by practicing social distancing, wearing face masks, staying at home when possible, and avoiding nonessential travel. With fewer vehicles on the roads, CDOT crews will be able to work more efficiently and safely.

#### WHOLE SYSTEM. WHOLE SAFETY.

In early 2019, CDOT announced its Whole System — Whole Safety initiative to heighten safety awareness. This initiative takes a systematic, statewide approach to safety combining the benefits of CDOT's programs that address driving behaviors, our built environment and the organization's operations. The goal is to improve the safety of Colorado's transportation network by reducing the rate and severity of crashes and improving the safety of all transportation modes. The program has one simple mission—to get everyone home safely.

#### ABOUT CDOT

CDOT has approximately 3,000 employees located at its Denver headquarters and in regional offices throughout Colorado, and manages more than 23,000 lane miles of highway and 3,429 bridges. CDOT also manages grant partnerships with a range of other agencies, including metropolitan planning organizations, local governments and airports. It also administers Bustang, the state-owned and operated interregional express service. Gov. Polis has charged CDOT to further build on the state's intermodal mobility options.

#### COVID-19

Safe transportation infrastructure is essential for emergency first responders and freight drivers as Colorado navigates the COVID-19 pandemic. With that in mind, road maintenance and construction continues on CDOT projects with

## Rio Grande County fires Brown, hires Interim Public Health Director

**By LYNDSIE FERRELL**  
**RIO GRANDE COUNTY-** The Rio Grande Board of County Commissioners and Board of Health decided unanimously, Friday, May 22, to discharge current Public Health Director Emily Brown and hire an interim director to take over the department.

In an interview Monday, May 25, Rio Grande County Commissioner Chairman John Noffsfer explained that the county wants to better serve the community of Rio Grande County by utilizing their resources in a more efficient manner. "We made our decision based on the need to have the public health department run more cooperatively, efficiently and effectively to strengthen our focus on the COVID-19 situation. We need to be provided accurate information and numbers and in order to achieve these objectives, the Public Health Department is being restructured to better address the crisis."

County officials hired Public Health Nurse Paul Wertz as the interim Public Health Director Friday, May 22, and asked that he make his main focus to re-assigning staff to more effectively utilize resources and providing accurate data to the board in a timely fashion. "There are only two nurses in the public health

department. They need to give most of their efforts to COVID-19 testing and contact tracing. Through preliminary discussions, we were able to construct a tentative plan that would free up to eight hours a day for these nurses to efficiently work on active COVID-19 cases, testing and initial contact tracing while leaving other less urgent tasks to the remainder of the staff in the department," said Noffsfer.

"We were recently granted a variance through the State of Colorado. The variance is dependent on trigger points within our county. It is more important now than ever to receive accurate data on COVID-19 cases in the county in order to ensure the safety of our communities. The county has been challenged by conflicting and sometimes unreliable data that makes it difficult to make appropriate and coherent decisions. This restructuring is designed to rectify this problem."

The county will also be working on phase two of their variance plan in the coming days; hoping to stay ahead of the curve and keep the county's economy on the path to reopening. "We have no idea what it will look like at this juncture, we will be speaking with the various agencies

and stakeholders while monitoring other counties throughout the state. It is also possible that in the coming week the Governor will be relaxing restrictions even further than what we already have in place. It is important for our constituents to know that we will adhere to the lesser restrictions as long as other circumstances do not force us to impose further restraints," explained Noffsfer.

Noffsfer, speaking on behalf of the board, stated that the board is continuously working to see that the county is opening in a safe and timely manner. Though there are concerns about other possible restrictions, they will be dealing with the issues at hand. "Until those

other issues, like vaccination or a resurgence of the virus are on our doorstep, we will focus on the challenges we have in our county for now but rest assured that if any other issues arise we will deal with those as well."

The county is working closely with Saguache County to address the current outbreak at the Mountain King Spud Growers potato warehouse which dramatically increased the number of positive COVID-19 cases in Saguache and Rio Grande counties. With the intent of collecting more accurate data through the public health department, officials are optimistic that the county can continue to work on opening up more and more as time goes on.

### Celebration of Life for Jim Gustin

April 18th, 1962 to December 4th, 2019  
The Gustin Family cordially invites family and friends to celebrate your favorite work, hunting and fishing memories you shared with Jim on June 21st, 2020 beginning at noon at the Gustin Getaway.  
We will have a BBQ which was one of Jim's favorite ways to have a get-together. Some beverages will be provided and you are welcome to bring your own.  
If you need directions text 719-849-0418 and they will be texted back to you. Please provide how many people will be in your group.  
Best wishes to all. Hope to see you there.  
Carol, James & Jessica Gustin

## OBITUARIES

### Lucy M. Garcia

**ANTONITO** — San Antonio resident Lucy M. Garcia, 82, passed away June 10, 2020, at the San Luis Valley Regional Medical Center. Lucy was born on November 19, 1937, in Antonito, Colorado, the daughter of Jose B. Vasquez and Anita B. DeHerrera Vasquez. She was a member of the Assembly of God Church in Capulin. Lucy was a devoted and loving wife, mother, grandmother, great-grandmother, great-great-grandmother, sister, aunt, cousin and friend, she enjoyed cooking, sewing and gardening. Her greatest joy in life came from the time she spent with her children and grandchildren.  
She will live on through her husband Alfredo Garcia of San Antonio, CO; daughters Pauline (Ernest) Martinez of San Antonio, CO; Veronica

(Clarence) Barela of Antonito, CO; sons Dean (Felisa) Garcia, Patrick Garcia (Margaret Gutierrez), Mark Garcia, Jessie Garcia all of San Rafael, CO; Angelo Garcia of San Antonio, CO; 19 grandchildren, 18 great-grandchildren, 1 great-great-grandchild; sisters Judy Thompson of Texas, CO; Dorothy (Jorge) Pierda of Las Cruces, NM; Shirley Lopez of Antonito, CO; brothers Manuel (Sally) Vasquez of Guadalupe, CO; Richard Vasquez of Garcia, CO; special friends Gilbert and Della Lucero. She is also survived by numerous nieces, nephews, cousins and friends.

Lucy was preceded in death by her parents, her children Donna Mae Garcia, Toby Garcia, grandson Jonathan Barela, and her siblings Henry Vasquez, Maddie



Rodriguez and Aggie Vasquez.

Viewing and visitation will be held on Saturday, June 13, 2020, from 8 AM to 1 PM at the Romero Funeral Chapel in Antonito, with a Graveside Service to follow at the Ortiz Cemetery. To leave online condolences please visit [romerofuneralhomes.com](http://romerofuneralhomes.com)

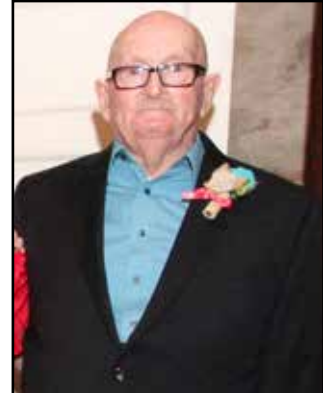
### Harland Franklin Smith Jr.

**SOUTH FORK** — Harland Franklin Smith Jr. was born September thirteenth, 1933, in Springfield Missouri. After a short battle with pneumonia, he died in the early hours of June seventh, 2020, at the age of eighty-six. Harland is to be cremated at Strohmayers Funeral Home, in Monte Vista Colorado. His ashes will be spread at a later date by his son Tony Smith, and family.

Harland joined the Marine Corps in 1950. During that time he served his country as a Sergeant, during the Korean War. He was honorably discharged in 1956.

Harland held Bachelor of Science in Industrial Technology, from California State University, Los Angeles. He also studied art abroad at the Royal College of Art in London England. He then worked for many years as a Fire Protection Engineer for Parsons, and Jet Propulsion Laboratory. During this time, he also worked one year abroad in Puerto La Cruz, Venezuela.

On September seventeenth, 1978, Harland married his beloved wife Shirleen Smith. Together Harland and Shirleen lived many years in California. In 2000, they retired to South Fork, Colorado.



During this time, Harland was able to focus on his life's passions, painting beautiful watercolor and acrylic landscapes, and entertaining his many grandchildren.

Harland is remembered as a doting husband, a caring father, a loving Papa, a brave Marine, and a talented artist.

Harland is preceded in death by his Mother Edith Cleo Pope, his Father Harland Franklin Smith Sr. and his Son, Thomas Smith.

Harland is survived by his three sisters, Carol Smith, Brenda Smith, and Nylene Hicks. His sons; Timothy, Tony, Zack, and Mathew Smith. His three stepchildren; Leslie Zolman, Lynette Wolfe, and Scott Wessell. His eighteen grandchildren, his sixteen great grandchildren, and many nieces and nephews.

We love you Papa. -Trilian Klosiewski (granddaughter).  
Arrangements in care of Strohmayer's Funeral Home.



## PENDING OBITUARIES

### Noah Arlan Hein

**ALAMOSA** — Noah Arlan Hein, 83, passed away Wednesday June 10th, 2020 at his home in Alamosa, CO. The family has chosen cremation. Rogers Family Mortuary is in care of the arrangements. To express condolences, please visit [www.rogersfunerals.com](http://www.rogersfunerals.com)

### Lucy Garcia

**ANTONITO** — Lucy Garcia, 82, passed away June 10, 2020. Arrangements are pending and will be announced through Romero Funeral Home of Alamosa.

School Menu  
Friday  
June 12, 2020

NO SCHOOL  
SCHOOL BUS  
SUMMER VACATION  
To sponsor the School Menu call 589-2553



# Opinion

## Coping with Stress During Coronavirus

The outbreak of coronavirus disease, COVID 2019 may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Find ways you and your family can reduce stress.

Stress during an infectious disease outbreak can include: Fear and worry about your own health and the health of your loved ones.

- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in. People who may respond more strongly to the stress of a crisis include:

Older people and people with chronic diseases who are at higher risk for severe illness from COVID 19. Children and teens. People who are helping with the response to COVID 19, like doctors, other health care providers, and first responders. People who have mental health conditions including problems with substance use.

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

What are some ways to cope with stress? Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting. If you feel yourself getting anxious, take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals. Exercise regularly, get outside and go for a walk around the neighborhood every day. This will make you feel better and lift your spirits. Get plenty of sleep. Avoid alcohol and drugs. Make time to unwind. Try to do some other activities you enjoy. Connect with others. Talk with people you trust about your concerns and how you are feeling.

Know the facts to help reduce stress. Understanding the risk to yourself and people you care about can make an outbreak less stressful. Learn and share the facts about COVID 19 and help stop the spread of rumors. When you share accurate information about COVID 19, you can help make people feel less stressed, make a connection with them, and help stop stigma.

Take care of your mental health. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row. If you do not have a mental healthcare provider, go see your regular doctor to talk about what's going on, and he/she will refer you to someone.

People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms.

People at higher risk for severe illness, such as older adults, and people with underlying health conditions are also at increased risk of stress due to COVID 19. Older adults and people with disabilities are at increased risk for having mental health concerns, such as depression. Mental health problems can present as physical complaints (such as headaches or stomach aches) or cognitive problems (such as having trouble concentrating). Older adults because depression can be mistaken for a normal part of aging.

Support your loved ones. Check in with your loved ones often. Virtual communication can help you and your loved ones feel less lonely and isolated. Consider connecting with loved ones by telephone, email, mailing letters or cards, text messages, video chat, and social media. Take care of your own emotional health. Caring for a loved one can take an emotional toll, especially during an outbreak like COVID 19. Stay home if you are sick. Do not visit family or friends who are at greater risk for severe illness from COVID 19. Use virtual communication to keep in touch to support your loved one and keep them safe.

If you need help or know someone that needs help, call 911. The following help lines are available: The Disaster Distress Helpline at 1-800-985-5990, or text TalkWithUs to 66746. Another helpline is the National Domestic Violence Hotline at 1-800-799.

For more information contact Mary Ellen Fleming at 852-7381 or visit the CSU Extension Office for the San Luis Valley Area at 1899 E. Hwy 160 in Monte Vista. Please feel free to visit our website at: <http://sanluisvalley.colostate.edu> for information about services provided.

Extension programs are available to all without discrimination. Colorado State University Extension, U.S. Department of Agriculture and Colorado Counties cooperating.



Mary Ellen Fleming



## Over 166,000 Coloradans enroll during open enrollment

The numbers are in, and they are good! At the conclusion of our Open Enrollment Period for 2020 coverage, 166,850 Coloradans signed up for a private health insurance plan through Connect for Health Colorado®, our state's non-profit health insurance Marketplace. Seventy-four percent of those customers qualified for financial help to reduce the cost of their monthly premium. Last year, Coloradans received \$721,326,548 in federal tax credits through the Marketplace!

The "By The Numbers" report confirms that Colorado's Marketplaces is stable; and that there is continued demand for comprehensive individual market coverage. The majority of enrollments, 80 percent, were returning consumers. New consumers comprised 20 percent of our enrollments and are an important indicator of our stability. In 2020, the largest increases in enrollments came from rural counties.

Last year, residents saw statewide full-price rates drop 20 percent on average due to the state legislature passing HB19-1168, the Reinsurance Program. The reinsurance program met its goal to provide the most substantial help to the

costliest areas of our state. According to the Colorado Health Institute rates on the western slope, which had the highest premiums in the state, were lowered 30 percent.

- In 2019, Coloradans received \$721,326,548 in financial help offset the cost of their private health insurance.
- In Alamosa County, consumers received \$2,047,926 in financial help in 2019.
- In Conejos County, consumers received \$1,112,559 in financial help in 2019.
- In Costilla County, consumers received \$494,640 in financial help in 2019.
- In Mineral County, consumers received \$314,613 in financial help in 2019.
- In Rio Grande County, consumers received \$1,656,586 in financial help

Colorado	166,850 Enrollments
Montrose County	1,516 Enrollments

For consumers who received financial help:

Average Premium	Average Tax Credit	Average Net Premium
Colorado	\$504.00	\$369.00
Alamosa County	\$589.59	\$487.65
Conejos County	\$586.53	\$478.65
Costilla County	\$681.74	\$574.53
Mineral County	\$488.52	\$384.21
Rio Grande County	\$639.41	\$491.63
Saguache County	\$643.56	\$527.34



Linda Gann

To submit news, email: [news@alamosanews.com](mailto:news@alamosanews.com)  
To submit sports, email: [sjiron@alamosanews.com](mailto: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](mailto:news@alamosanews.com). Letters to staff, not for publication, should be marked "personal."

## LETTERS

### It's About Freedom!

And I will never appease the liberal socialist agenda on the false hope that it will somehow support a conservative policy down the road.

I share the examples above because my Republican primary opponent, Congressman Scott Tipton, has failed on all of the above.

During Mr. Tipton's 10 years in Congress he has shown a consistent instinct to run from core conservative positions.

Scott Tipton voted for a 2,200 page, \$1.4 trillion spending bill filled with waste and debt last fall when our economy was running on all cylinders.

Scott Tipton joined AOC's Squad to co-sponsor a \$250 billion federal bailout of cities like Boulder, Colorado, without constraint on their liberal-spending

ways. Instead of demanding a secure border first, Scott Tipton undermined President Trump's efforts by voting alongside Nancy Pelosi and every other Democrat to hand amnesty to millions of illegal immigrants and spend a billion of our taxpayer dollars to pay for their housing.

Mr. Tipton refused to join fellow Republicans to impeach the head of the IRS when Lois Lerner targeted conservatives during the Obama administration.

For years, Mr. Tipton allowed No Child Left Behind to continue to be funded, even when it had expired. You read that correctly. For years Scott Tipton kept allowing the government to spend millions on a program that ceased to exist. Those unmandated funds were then funneled by the Obama administration through the

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For years, Mr. Tipton allowed No Child Left Behind to continue to be funded, even when it had expired. You read that correctly. For years Scott Tipton kept allowing the government to spend millions on a program that ceased to exist. Those unmandated funds were then funneled by the Obama administration through the

Federal Department of Education to force states to adopt Common Core.

And since 2013, as Colorado coal died, Representative Tipton teamed up with then-Congressman Jared Polis to push federally subsidized wind and solar projects on federal lands. Mr. Tipton has been particularly persistent about such green new deals, despite his failure to garner anywhere close to enough Republicans or Democrats to support it. In 2019, six years after he first started touting this legislation, he was still bragging about reintroducing it. That focus upset a lot of folks including Moffat County Commissioner John Kinkaid who said Tipton was "no help at all" during the Obama Administration's war on coal and has since endorsed me to be the next representative for Colorado's 3rd Congressional District.

As a sober look at the Tipton Record shows a back-burner representative that has failed to live up to his conservative chops that he touted on his Tea Party-inspired campaign trail. If his record lived up to his campaign rhetoric, I wouldn't feel so compelled to run.

As your Representative, I will proudly make the case for our shared conservative values: to stand up to the lunatics on the left, to help craft and send better bills to President Trump and to honor my oath to defend the Constitution of the United States of America.

I'd appreciate the opportunity to show you what that type of leadership can achieve for all of the hard-working, God-fearing wonderful people that call our district and nation home.

Lauren Boebert is from Silt, Colorado and is a Republican Candidate for the U.S. House of Representatives (CO-3). She can be reached at [Lauren@LaurenForColorado.com](mailto:Lauren@LaurenForColorado.com)

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# Religion

## Key to holding a bible is knowing how to open it

For generations, young Christians have learned how to hold and respect their Bibles during competitions known as "sword drills."

The sword image comes from a New Testament affirmation that the "word of God is ... sharper than any two-edged sword."

Drill leaders say, "Attention!" Competitors stand straight, hands at their sides.

"Draw swords!" They raise their Bibles to waist level, hands flat on the front and back covers. The leader challenges participants to find a specific passage or theme in scripture.

"Charge!" Competitors have 20 seconds to complete their task and step forward. For some, four or five seconds will be enough.

The key is knowing how to open the Bible, as well as hold it.

It's safe to say the young Donald Trump didn't take part in many Bible drills while preparing to be confirmed, at age 13 or thereabouts, as a Presbyterian in Queens, New York City. His mother had given him a Revised Standard Version -- embraced by mainline Protestants, shunned by evangelicals -- several years earlier. To this day, evangelicals favor other Bible translations, while liberal Protestants have embraced the more gender-neutral New Revised Standard Version.

President Trump was holding

a Revised Standard Version during his visit to the historic St. John's Episcopal Church, after police and security personnel drove protesters from Lafayette Square, next to the White House.

A reporter asked, "Is that your Bible?"

The president responded, "It's a Bible."

### On Religion



Terry Mattingly

"Trump is a mainline Protestant. That's what is in his bones -- not evangelicalism. It's clear that he's not at home with evangelicals. That's not his culture, unless he's talking about politics," said historian Thomas S. Kidd of Baylor University, author of "Who Is an Evangelical? The History of a Movement in Crisis."

The scene at St. John's Episcopal was "another example of Trump not knowing what was appropriate. ... It was like he was saying, 'I'm going to hold up a Bible, and that means God is on our side.' He's a mainline Protestant acting the way that he thinks an evangelical would act," said Kidd, reached by telephone.

A few core pro-Trump evangelicals hailed his gesture as a symbol of strength and leadership, while liberal Protestants -- such as clergy linked to St. John's -- made it clear they were offended.

"Had the president opened the Bible he was holding, he could have read passages calling on us to love God and

our neighbor, to seek God in the face of strangers and even to love our enemies," noted Bishop Mariann Edgar Budde of the Episcopal Diocese of Washington, writing in The New York Times.

Meanwhile, Whitney T. Kuniholm, senior vice president of the American Bible Society, issued a statement opposing the use of "the Bible as a political symbol, one more prop in a noisy news cycle."

A patriarch of the old Religious Right, the Rev. Pat Robertson, proclaimed on a "700 Club" broadcast: "It seems like now is the time to say, 'I understand your pain, I want to comfort you, I think it's time we love each other.' But the president took a different course. He said, 'I am the president of law and order,' and he issued a heads-up."

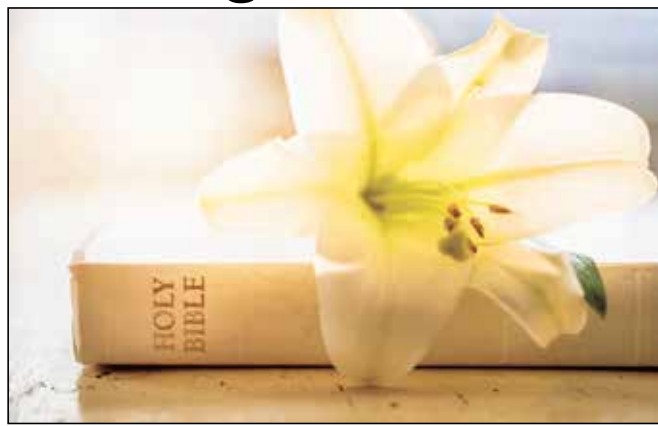
There is nothing new about presidents with Bibles. In recent decades, Jimmy Carter taught Bible classes, George W. Bush testified about his

Bible-based alcohol recovery program and Barack Obama read Psalm 46 at the rite marking the 10th anniversary of 9/11. Bill Clinton waved a Bible -- during a sex scandal -- at camera crews while leaving Hillary Clinton's home church.

Through all of that, and much more, Americans watched evangelist Billy Graham hold a Bible high in one hand while exclaiming, "The Bible says!" To this day, some evangelicals refer to gripping a Bible in that manner, with one cover curled under, as "Billy Grahaming" the Good Book.

"When Graham was holding a Bible in his hand, it was always a symbol of the authority of scripture," said Kidd. "That Bible was always open, and Billy was saying, 'We all know this is the Word of God. Pay attention.' What mattered was what the Bible was saying to us. ... I'm not sure that many Americans can agree, these days, on what the Bible is saying about the issues that divide us."

## Bible Digest



### Friday, June 12, 2020

"That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable to his death;" (Philippians 3:10 AKJV)

We should get to know the Lord better. He will bless us and make us a blessing.

### Saturday, June 13, 2020

"Therefore you shall speak all these words to them; but they will not listen to you: you shall also call to them; but they will not answer you." (Jeremiah 7:27 AKJV)

God's men must continue to speak His Word whether people listen or not.

### Sunday, June 14, 2020

"Rejoice in the Lord always: and again I say, Rejoice." (Philippians 4:4 AKJV)

When we get our joy from Jesus it will last because He never changes.

### Monday, June 15, 2020

"O LORD, though our iniquities testify against us, do you it for your name's sake: for our backslidings are many; we have sinned

against you." (Jeremiah 14:7 AKJV)

We too need to call on the Lord to be merciful to all of us.

### Tuesday, June 16, 2020

"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus." (Philippians 4:6-7 AKJV)

Tell the Lord about it. He can give you peace that the world cannot give.

### Wednesday, June 17, 2020

"Then said the LORD

to me, Though Moses and Samuel stood before me, yet my mind could not be toward this people; cast them out of my sight, and let them go forth." (Jeremiah 15:1 AKJV)

Don't take the grace and patience of the Lord for granted. Don't cross the line.

### Thursday, June 18, 2020

"Finally, brothers, whatever things are true, whatever things are honest, whatever things are lovely, whatever things are of good report; if there be any virtue, and if there be any praise, think on these things." (Philippians 4:8 AKJV)

How is your thinking? Think on the things of God.

## Just Believe... and Live By Faith

Faith in God is an amazing gift. It starts the moment your heart says: *I believe Jesus is God's Son and that He came to rescue me.* That alone is an incredible truth. But I wonder how many Christians decide that's where their faith ends, when the truth is, there's so much more to believe for in this life!

One of the reasons this happens is because many Christians only focus on their weaknesses and mistakes, rather than focusing on who God is and what He's doing in and around them. But John 3:17 (NIV) tells us, "God did not send His Son into the world to condemn the world, but to save the world through him."

Jesus is not only your Savior; He's your advocate. And He wants you to start believing God for much more than a trip to heaven.

### Faith Is the Answer to Every Problem You Face

The Bible says the just shall live by faith (Hebrews 10:38). In other words, faith is an attitude that can become your way of life -- and there is no better way I can think of to live.

Faith replaces fear and worry with peace and joy. It purifies the heart, fills us with the Holy Spirit, brings blessing and hope, receives provision, produces all kinds of positive results, and quenches all the fiery darts of the enemy.

The Bible says that faith is a shield (Ephesians 6:16). So when the enemy starts to fire off darts of fear and insecurity, you can get behind your shield of faith and keep going forward with God.

But here's the thing: A shield won't do you any good unless it's lifted up. You need to raise up your shield by praying, saying, and doing things that line up with God's Word.

exercise your faith to become more like Christ Himself, the way you *think* will change. The things you *say* will change. You will begin to live with greater love and compassion. And it will become very natural for you to encourage others in their faith.

I encourage you to put your faith into action in a practical way. Make a habit of getting up in the morning and thanking God for what He's done in your life. Praise Him for what He's going to do. Release your faith for what you know you need from Him that day. And ask Him to prepare you for whatever challenges may come your way.

**Faith Can Transform You**  
Something I've learned in my relationship with Christ is that you cannot change yourself. It's spending time with God that transforms you. The apostle Paul prayed that the Holy Spirit would reveal Himself to the church in Ephesus in their "innermost being and personality" -- that they would see who God had created them to be through Christ (Ephesians 3:16-17 AMP).

God wants us to be firmly rooted in the love of Christ so we can take authority over our enemy. And He wants us to be so stirred up in His love that we can't help but share it with others. I believe if every Christian were doing this today, it wouldn't take a lot of time for the entire world to hear and believe the good news of the Gospel.

### Faith Leaves a Footprint for Others to Follow

Ultimately, it's not the things we do but our *faith* that pleases God. He wants us to have faith for incredible things. And when we look to the heroes of faith in Hebrews 11, we see how God was able to work in their lives because they believed. Hebrews 11:13 (AMP) says that they were "guided and sustained" by their faith. And their faith still inspires us today.



Moving Up Higher with Joyce Meyer

Noah prepared an ark to save his family. It took many years to build it, and he was mocked every single day because where he lived, it had never rained. The Bible says that by faith, Noah "became heir of the righteousness that is in keeping with faith" (Hebrews 11:7 NIV).

By faith, Abraham prepared to sacrifice his son Isaac, believing that God would raise him from the dead (vv. 17-19).

Rahab was a prostitute but she believed that God could use her in a mighty way. And because of her faith, she and her family were saved (v. 31).  
What will your great story of faith be? First John 5:4 (NIV) says, "Everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith." When you choose to believe in God, amazing things can happen. So boldly ask God to reveal what His promises mean for you, and never stop believing until they are fulfilled!

For more on this topic, order Joyce's four-teaching CD series *Facing Fear and Finding Freedom*. You can also contact us to receive our free magazine, *Enjoying Everyday Life*, by calling (800) 727-9673 or visiting [www.joycemeyer.org](http://www.joycemeyer.org).

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

## CHURCH DIRECTORY

Your Guide To Local Houses of Worship

Church Directory listing various churches and their services. Includes sections for All-Denominational, Community Churches, Apostolic, Baptist, and others. Lists church names, addresses, phone numbers, and service times.

You are loved. Sunday School 9am, Sunday Service 10:15am, 1861 Rd 10 S, ALAMOSA, www.alamosacr.org, 719-589-3493

see you in sunday school! with a graphic of a person with arms raised.





# Comics

## CROSSWORD PUZZLE

- ACROSS**
- 1 Curious
  - 5 Early jazz
  - 8 Noncom
  - 11 Bye!
  - 13 Search engine find
  - 14 Anger
  - 15 Oval nut
  - 16 Hoover's org.
  - 17 Metal for plating
  - 18 Coral ridge
  - 20 Burst forth
  - 22 Dull and ordinary
  - 24 Tire pressure meas.
  - 25 Really big tees
  - 26 Quaff with sushi
  - 28 Propagated
  - 32 Atlas page
  - 33 Rapier's kin
  - 34 Tractor-trailer
  - 35 Cleveland's waters
  - 37 Market
  - 39 Toolshed item
  - 40 Site of a tie
- DOWN**
- 1 Rug texture
  - 2 Sonnet kin
  - 3 Attack command
  - 4 Wish for
  - 5 Enthusiast
  - 6 Moon, in verse
  - 7 Layers

D	I	T	T	O		M	O	O	S	E					
U	N	H	O	O	K		C	A	R	M	E	N			
S	C	A	M	P	I		A	R	E	N	A	S			
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					G	I	B	E	D						
A	U	T	R	I		I	D	E	A	L	S				
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S	A	L	S	A		C	A	N	O	E					
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J	U	N	E	A		R	E	L	A	T	E				
A	L	K	A	L	I		S	P	I	R	I	T			
B	U	S	T	S		A	B	A	S	E					

- 8 In — (as found)
- 9 Good hold
- 10 Pavilion
- 12 Creepy feeling
- 19 Goes by, as time
- 21 Joshes
- 22 Proclaim noisily
- 23 Meat-stock jelly
- 24 Flaking off
- 25 Mutant heroes (hyph.)
- 27 Stem-to-stern timber
- 29 Fix up
- 30 Atlanta campus
- 31 "Carpe —"
- 36 Barely makes ends meet
- 38 Hardy's other half
- 44 Slips sideways
- 46 Jaunty lid
- 47 Hoses down
- 48 Stack
- 49 Small amount
- 50 Undo
- 53 Dairy sound
- 55 Spanish gold
- 56 Grandee's title
- 57 Iris locale

## ALLEY OOP

WHAT DO YOU THINK, EENA? SHOULD WE HELP WONMUG AND HIS FRIENDS?

I DON'T KNOW. ON THE ONE HAND, IF COPIOUS SUCCEEDS IN HIS PLAN, HE'LL CONTROL THE ENTIRE MULTIVERSE.

PLUS, WE COULD USE SOME EXCITEMENT. OUR LIVES HERE ARE SO PERFECT, THEY'RE ALMOST BORING.

ON THE OTHER HAND, UNIVERSE 2 IS SO ANNOYING.

I KNOW! WONMUG'S A KNOW-IT-ALL, AND WHY WON'T THAT CAVEMAN PUT ON A SHIRT?!

## ARLO & JANIS

HERE YOU GO! WHY SHOULD THE LITTLE PESTS HAVE ALL THE FUN?

THANKS, I THINK!

WOW! THIS IS PREMIUM IMPORTED BEER! VERY EXPENSIVE!

THIS IS WHAT YOU BOUGHT TO BAIT GARDEN SLUGS?!

WELL, I FIGURED THEY WOULDN'T DRINK ALL 12 BOTTLES!

OH, I'M NOT CRITICIZING!

## BIG NATE

LOOK, EINSTEIN, ALL WE'RE ASKING YOU TO DO IS WRITE A FEW CHAPTER SUMMARIES!

YEAH, IT'S NOT THAT COMPLICATED!

...BUT I'M NOT GOING TO GET ALL BOGGED DOWN BY A BUNCH OF NAMES, DATES, AND EVENTS!

THAT'S BASICALLY WHAT SOCIAL STUDIES IS, YOU PINHEAD!

NOT TO ME. I LOOK AT THE BIG PICTURE.

## THE BORN LOSER

WE LOST OUR FIRST GAME.

OH, WELL, DON'T WORRY—IT'S A LONG SEASON!

THAT'S WHAT I'M WORRIED ABOUT!

## FOR BETTER OR FOR WORSE

THEY'RE HOLDING HANDS!

THAT DOES IT!—SHE'S TAKING HIM BACK!

HE DOESN'T KNOW HOW LUCKY HE IS!

WHO'S THAT?

SOME PEOPLE I KNOW FROM WORK.

...I THINK THEY'RE TALKING ABOUT US!

REALLY?—HOW CAN YOU TELL?!

## FRANK & ERNEST

THE IDIOM "TO TAKE A BATH" IS UTTERLY NONSENSICAL—THIS FEELS NOTHING LIKE LOSING LOTS OF MONEY IN A BAD INVESTMENT.

## GARFIELD

I THINK LIZ IS ANGRY WITH ME.

OH, JON...

YOU HAVE SUCH LOW SELF-ESTEEM... YOU ALWAYS FEAR THE WORST.

SHE SAID, "I'M ANGRY WITH YOU"

THAT COULD MEAN ANYTHING!

## THE GRIZZWELLS

IF WHAT ARE YOU DOING?

FINISHING MY STAY-AT-HOME REPORT FOR BIOLOGY.

YOU DO REALIZE SCHOOL GOT OUT FOR SUMMER VACATION A WEEK AGO, RIGHT?

AAAAARRRGHHH!!!!

IN TIMES LIKE THESE, IT'S THE SMALL THINGS THAT GIVE US PLEASURE.

## PEANUTS

EVERYTHING I SEE LOOKS LIKE A BASEBALL TO ME...

AND NOW MY HEAD HAS STARTED TO ITCH... I THINK I HAVE A RASH OR SOMETHING...

TURN AROUND... LET ME LOOK..

I THINK YOU'D BETTER SEE YOUR PEDIATRICIAN, CHARLIE BROWN!

## SUDOKU

DIFFICULTY RATING: ★★★★★

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

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

1	2	3	4	5	6	7	8	9	10	
11			12		13			14		
15				16			17			
18				19			20		21	
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43				44			45		46	
47	48	49			50					
51			52	53			54	55	56	57
58			59				60			
61				62			63			

## HERMAN

"I don't know who he is! He was there when I woke up this morning."

## Man asked to practice social distancing grows aggressive

DEAR ABBY: I encountered a frightening man in the hardware store the other day. I was standing at the counter paying for an item when a man behind me came at me, inches from my face, in an aggressive and threatening way. When I asked him if he could please step 6 feet away, he became even more hostile and accused me of asking in the wrong way.

In hindsight, I suppose I should have ignored him. But his words shook me. I didn't speak disrespectfully to him. Although I was alarmed, I was polite. When I said I was just asking for the required space, he said he was showing me how thoughtless I am because I wasn't wearing a mask or gloves. Neither was he, nor were the employees and some other shoppers. When I pointed that out, he countered even more loudly that I was the problem. I just shook my head and left. As I was leaving, he yelled after me that he hoped I got the virus and that he worked in a hospital.

I go for a walk every day for exercise and to shop for necessary groceries. I have experienced people in aisles coming very close to me. I step aside to give space for others. Generally, most people are careful, respectful and even give a thank-you. This man was aggressive for no reason. What should I have done other than just walk quickly away? -- THREATENED IN OAKLAND, CALIF.

DEAR THREATENED: You did the right thing. I seriously doubt the person worked in or even near a hospital, because if he did, he would have taken the proper safety precautions. In these stressful times, people sometimes act out over perceived slights. With someone so angry, aggressive and clearly looking for trouble, the right thing to do was to get away as quickly and safely as possible. The man was lucky the store management didn't eject him.

DEAR ABBY: Several months ago, a friend of mine behaved badly and offended me and another dinner guest. His wife shut him down fairly quickly. The next day, when I tried to explain to him why what he did was inappropriate, he misinterpreted my comments and, because of his low self-esteem, became offended even though he called the police. I immediately apologized



ABIGAIL VAN BUREN

but got no response. Anyone who understands basic psychology will recognize this defensive and deflective self-defense mechanism for what it was.

Abby, these are people I love dearly. Now they no longer speak to me, and I'm at a loss about what to do besides continue to pray for them. Advice? -- MISSING MY DEAREST FRIENDS

DEAR MISSING: Your former friend appears to be both aggressive and hypersensitive. Continue praying, but be careful what you pray for because this person appears to be very high-maintenance. Surely you can fill the emptiness with friends who are easier to get along with and who are willing to talk out difficult situations like adults. If you do, I guarantee your life will be less stressful.

The man was huge, at least double my size. He was clearly going out of his way to threaten me, if not to infect me. I know I should not have responded, but for my own safety, I needed to politely ask him to back away. If I'd had a smartphone, I might have called the police.



# Lifestyle

## Community Cleanup

**DEL NORTE**—On a recent beautiful Saturday morning some residents of the Del Norte community gathered to help beautify and improve their town. They cleaned gutters, planted flowers, weed whacked, and hauled garbage. The crew included the following: Kate Trujillo,

Cassandra and Rick Tichian, Kevin VanDyke, David Garrison, County Commissioner Gene Glover, Stan Johnson and Cassandra Johnson. A welcomed and needed community effort filled with smiles and good will.



Del Norte community members took ownership of their town last weekend taking a literal step in cleaning up the streets. pictured 1. David Garrison, 2. Rick Tichian, 3. Kevin Van Dyke and Cassandra Johnson and 4. Kate Trujillo

## Notice of outfitter (Game Retrieval) opportunities

The U.S. Fish and Wildlife Service is accepting applications for Commercial Special Use Permits to be issued to persons interested in providing harvested elk retrieval services during the 2020-2025 elk hunting seasons on the Alamosa, Baca and Monte Vista National Wildlife Refuges.

Elk hunting on the three refuges (Alamosa, Baca and Monte Vista) of the San Luis Valley National Wildlife Refuge Complex occurs annually in accordance with rules and regulations set forth by Colorado Parks and Wildlife (CPW) and the U.S Fish and Wildlife Service. Successful Hunters are required to retrieve harvested animals by foot, game cart, horseback or bicycle, except in Wilderness Study Areas of the Baca Refuge where bicycles and game carts are not allowed.

Because of the potentially long distances that may be involved in retrieving harvested animals on the refuges, and in an attempt to assist hunters in assuring that all legally harvested elk meat is completely retrieved without loss due to heat and exposure, the U.S. Fish and Wildlife Service will issue Commercial Special Use Permits for up to 5 registered Outfitters (by Colorado Department of Regulatory Agencies, Office of Outfitters Registration) specifically for the purpose of retrieving legally harvested animals. Permits will be issued for a period of 5 years but must be updated and reviewed annually by the issuing Refuge Manager.

Outfitters interested in obtaining a U.S. Fish and Wildlife Service Commercial Special Use Permit solely for the purpose of retrieving legally harvested elk on the Alamosa, Baca, and Monte Vista National Wildlife Refuges should submit a detailed request summarizing the following:

- Proof of current valid registration (in good standing) with Colorado Department of Regulatory Agencies, Office of Outfitter Registration.

- Age (Must be 18 years or older):

- Availability during Colorado Elk Seasons:

- Retrieval Capabilities (i.e., 5 horses, 2 mules etc...)

- Retrieval Charge/rate/estimate:

- Information regarding any Natural Resource or wildlife-related convictions:

- 3 References with contact information

Elk Retrieval Special Use Permit Request Submissions must be received by 4:30 p.m. on Monday, July 27, 2020, either by being mailed to:

Attn: 2020 USFWS Elk Retrieval Special Use Permit Application  
 Baca National Wildlife Refuge  
 P.O. Box 247,  
 Crestone Colorado 81131

or sent electronically to ron\_j\_garcia@fws.gov with subject line "2020 USFWS Elk Retrieval Special Use Permit Application"

For questions or more information, call Ron Garcia, Refuge Manager, and Baca National Wildlife Refuge at (719) 256.5527 ext. 10.

INTERIOR REGION 5  
 Missouri Basin  
 INTERIOR REGION 7  
 Upper Colorado River Basin

Kansas, Montana\*, Nebraska, North Dakota, South Dakota  
 \*PARTIAL  
 Colorado, New Mexico, Utah, Wyoming

INTERIOR REGION 5  
 Missouri Basin  
 INTERIOR REGION 7  
 Upper Colorado River

Basin  
 Kansas, Montana\*, Nebraska, North Dakota, South Dakota  
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 Colorado, New Mexico, Utah, Wyoming

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# Lifestyle

## Reining in the facts on Equine Strangles

Since the first vaccine was invented in 1796, the practice of immunization has transformed how we view infectious diseases, taking many pathogenic invaders from being deadly threats to easily preventable maladies. For humans and animals alike, vaccines are important healthcare tools.

Dr. Leslie Easterwood, a clinical assistant professor at the Texas A&M College of Veterinary Medicine & Biomedical Sciences, says the equine strangles vaccine is one that is of particular importance for horse owners in protecting their animal.

"Strangles is the common term for the bacterial respiratory disease caused by *Streptococcus equi*, subspecies *equi*," Easterwood said. "Strangles infections most commonly present as an upper respiratory infection that primarily involves the lymph nodes in a horse's jaw. Symptoms include high fevers, thick nasal discharge,

depression, and a lack of appetite."

The bacteria that causes strangles in horses may sound familiar to their human owners; a cousin of this bacteria, called *Streptococcus pyogenes*, causes strep throat in people. Though these bacteria are genetically similar and cause upper respiratory symptoms in both species, horses with strangles cannot infect humans, and humans with strep throat cannot infect horses.

"Strangles is spread via respiratory secretions from infected horses," Easterwood said. "It is highly contagious from horse to horse and is pretty common."

Since strangles is easily transmitted between horses, vaccination is an important tool for minimizing the spread of this disease.

"Although the disease rarely results in a fatality, it will make horses sick and can lead to loss of production, decreased performance, and quarantine,

in some circumstances," Easterwood said. "Vaccination does not provide complete protection, as with all vaccinations, but it can help to decrease the chance of contracting the disease in susceptible populations."

Since horses are often kept in groups—grazing together at pasture, sharing pens, or neighbored in stalls—contagious diseases can quickly work their way through a herd. As such, vaccination remains an essential tool for both individual and herd health.

Ultimately, the decision of whether to vaccinate an

animal comes down to the owner, Easterwood says, although there might be situations during which a third party takes interest in a horse's vaccination records.

"There are no governmentally mandated vaccinations in horses," Easterwood said. "Some boarding and breeding facilities will require vaccination to board at their location, but that is not a legal requirement."

Even if no legal requirement enforces the vaccination of horses, owners should still consider consulting with their veterinarian to determine



what care is best for maintaining the health of their animal.

Pet Talk is a service of the College of Veterinary Medicine & Biomedical Sciences, Texas A&M

University. Stories can be viewed on the web at [vetmed.tamu.edu/news/pet-talk](http://vetmed.tamu.edu/news/pet-talk). Suggestions for future topics may be directed to [editor@cvm.tamu.edu](mailto:editor@cvm.tamu.edu).

## RestoraPet's tips for reducing pet anxiety

**GAITHERSBURG, MD** – As states begin to plan their post-pandemic re-openings, many of us will hopefully be returning to work, developing a "new normal", and dealing with the anxiety that comes along with these changes—both in people and pets. RestoraPet, a pet health supplement that restores wellness in older pets experiencing age-related decline, boosts the health and well-being of younger pets and helps pets of all ages deal with anxiety issues, wants to remind pet parents that this will also be a stressful time for their four-legged family members.

The ASPCA reported that pet adoptions and fostering increased during the pandemic. To help these new pet parents as well as the most experienced pet parents, RestoraPet CEO and pet health expert Brian Larsen compiled tips for pet parents looking to ease the transition and reduce separation anxiety felt by their pets.

"Pets everywhere have thoroughly enjoyed the extra time spent with their favorite humans over the past few months," said Larsen. "Just as pet parents everywhere have taken steps to ensure their pet's well-being during quarantine, we must also prepare them for a transition back to normal life."

"Think of this transition as a 'back to school' time, when pets might start to act out as the house goes empty after months of a full house," he added. "Chewing and destroying furniture, cries for attention, and endless crying or barking are just some of the issues that will arise, possibly even more so for the newly adopted pets who have become accustomed to constant human companionship. Preparing furry family members for this transition while we are still at home can help save us time, money and anxiety later on when we are trying to adapt to the new normal."

Larsen's tips for easing the post-pandemic transition:

Disassociate certain cues from your departure – Routine cues associated with your pet being left alone, such as picking up your keys or putting on shoes, can cause your pets to behave anxiously before you even have a chance to leave the house. For this

reason, it is important to disassociate your leaving from these routine tasks. This can be done by exposing your pet to these cues in various orders several times a day—without leaving.

Create positive associations with your departure – Doing something nice or fun for your pet (such as giving them a small, healthy treat) every time you leave the house will help them to associate your leaving with something pleasant, and thereby minimize or offset other distress they might feel.

Practice gradual departures – To ease separation anxiety, start slowly by only leaving your pet alone for a short amount of time at first. The ASPCA recommends planning your absences to be shorter than the time it takes for your pet to become upset. As they become more confident in your intent to return home, you can try leaving them for longer amounts of time. Some dogs also benefit from the use of a "safe" word to reassure them that, although you're leaving now, you will return.

Try a CBD supplement – CBD products include cannabinoids and terpenes that have a multitude of proven wellness benefits, such as reduced anxiety, without producing the "high" that is often associated with hemp products.

Invest in puzzle toys – Special toys such as Kong puzzles with hidden treats inside can be a fun way to distract your pet while you are gone and will keep them from releasing their anxiety through unwanted behaviors, such as chewing furniture, barking or having accidents in the house.

As the world's only full-spectrum hemp supplement with synergistic ingredients, RestoraPet Hemp helps unleash a pet's vitality, fighting discomfort and anxiety while offering proven health benefits from organic, plant-based ingredients, without any psychotropic side effects. RestoraPet Hemp was specially formulated to be given alongside the original RestoraPet formula for maximum efficacy, including improved/regulated appetite, greater pain reduction, lower anxiety, and a calm sense of wellness without sedation.

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