



Elks Lodge donates to Cancer relief

— Page 7



Adams State earns All-Americans

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LOCAL NEWS... LOCAL VIEWS

JUNE 24, 2020

\$1

Imagine Your Ad Here!

SLV Today

COVID Closures

MONTE VISTA — The Monte Vista Historical Society and the Transportation Museum will remain closed during 2020 due to COVID-19. We regret this, but the safety of our volunteers and others is our foremost concern.

Alamosa BOCC Regular Meeting

ALAMOSA — Wednesday morning the Alamosa Board of County Commissioners will be having their regular meeting. Listeners may join in Zoom Meeting ID #270-314-6874 or call in 253-215-8782 or 669-900-6833 and use Meeting ID# 270-314-6874. Accessibility may be limited due to network capacity.

The meeting is June 24th at 8:30 a.m.

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SLV WEATHER

Afternoon clouds 86 / 45
Thur: Partly Cloudy 84 / 43
Fri: Partly Cloudy 84 / 44

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Community resources and housing development corporations

Building A Strong Alamosa Community Takes All Of Us!

ALAMOSA — Six local families are building their dream homes in Alamosa, CO with the help of the Community Resources and Housing Development Corporation (CRHDC) Self-Help housing development team. At the celebration, Bob Richards with 96.5 The Fox provided a live remote broadcast for two hours interviewing homeowners, volunteers, and staff. CRHDC provided breakfast burritos from Calvillo's restaurant and door prizes were awarded to those present.

The USDA RD Mutual Self-Help program provides grants to help housing organizations carry out housing construction projects in rural areas. These organizations supervise groups of very-low- and low-income individuals and families as they construct their own homes. The group members provide most of the construction labor on each other's homes and get technical assistance from the organization overseeing the project. Ramona Archuleta CRHDC Field Coordinator said "Learning how to build a house is the first step to building a neighborhood and empowering a community."

NeighborWorks Week is a showcase of how local communities benefit and celebrate pride in being part of a NeighborWorks America network. "The Mutual



Courtesy photos Briana Bustos Self-Help Homeowner and father Brian Bustos.

Self-Help housing program benefits residents and businesses in our community. We hire local contractors for some parts of the construction and we purchase our construction material and supplies from local businesses. Housing programs like this is a win-win for our community" according to Ty Coleman Director of Corporate Relations and Lending Solutions.

CRHDC is taking applications and forming groups for the next Self-Help building cycle. Over the next two years CRHDC will be building new homes in Alamosa, Monte Vista, and San Luis. Please call 719-589-1680 or stop by our office and begin your dream of homeownership.



Community Resources and Housing Development Corporation (CRHDC) staff Janet Lucero, Rachel Chacon, and Ramona Archuleta

Stem students create and donate intubation hood to SLV Health



Photo courtesy of SLV Health. From Left, Roberta Bean, Chief Nursing Officer, SLVH RMC, Kent Allison, Technology & Engineering Teacher, Mountain Vista High School, & Cody Adelman, RN, SLVH RMC Emergency Department

ALAMOSA — San Luis Valley Health Regional Medical Center benefitted last week from a very unique donation. Through a collaborative project, they received a protective intubation hood that was designed and manufactured by some Denver area high school STEM students and teachers.

From the website SafeIntubationBox.org, it is explained how these boxes are designed to protect medical personnel from exposure to aerosolized COVID-19

during intubations. Intubation is a procedure of inserting a tube through the mouth and then into the airway. This process is done so that a patient can be placed on a ventilator to assist with breathing during anesthesia, sedation, or severe illness.

The group of technology and engineering teachers collaborated with students and other partners and used CAD design technology, 3D printing, laser engraving, and a CNC machine.

United States Army on June 30, 1945, with many honors and medals which included; an Excellent Marksmanship Medal, a Bronze Star, a Good Conduct Medal, the European-African-Middle Eastern Campaign Medal, the WWII Victory Medal and an Honorable Service Lapel Button.

Pete was also recognized in the community for being an outstanding individual and fighting for our country. He was re-pinned medals by Senator Michael Bennet in May of 2016 that had been stolen in many years prior. He was honored by the Alamosa Kiwanis club 2017 at a veterans appreciation luncheon and was recognized

as the Grand Marshall in the Glory Days Parade in La Jara. Pedro was also recognized with his son Pete Jr. the Centennial Farm Award in August of 2018. In July 2019, Pedro celebrated his 100th birthday with his family & the American Legion who awarded him a certificate of appreciation for his service. Pedro was also represented in the Veteran Parade in Alamosa in November of 2019.

After the war, he returned home to Capulin to be unity with the love of his life Mary Gallegos whom he married on February 11th, 1946.

■ See VIGIL page 3

World War II veteran passes on



Pedro "Pete" Maria Vigil

CAPULIN — Heaven welcomed a loving soul Mr. Pedro (Pete) Maria Vigil Sr. June 15, 2020.

Pete joined our heavenly father 30 days shy of celebrating his 101st birthday. He was surrounded by his loving family at the time of his passing. He most recently resided in the Carmel area.

He was born July 14, 1919, in Capulin, Colorado to Venancio & Raquel Vigil. Pete was the 3rd eldest of their 8 children. He loved spending time with his family, hunting, fishing, gambling, watching the news and the Broncos.

He also enjoyed going out to eat, a chili burger and a slice of pie was a favorite staple.

We were blessed to learn many valuable lessons from Grandpa,



from how to push a vehicle using just tires in between vehicles to making homemade gravy. Grandpa was a very loved and honored man, we thank God for giving all of us so many joyous years with him. Pedro (Pete) was born and raised on the Capulin family farm. Helping his dad with operating 280 acres of hay, grain and peas.

Pete was drafted into the Army on April 18th, 1942. Pedro served in combat areas for 3 years, learning to speak multiple languages while experiencing France, Italy, Africa and Germany during his service.

He was an anti-aircraft artillery automatic weapons crewman in World War II and also served as a vertical pointer and gunner where he maintained guns and kept supplies available for the 473rd Infantry Regiment.

Pedro was discharged from the

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Record

Happy Birthday Mekai



ALAMOSA — Born to Michael & Brittney Abeyta, Makai Michael Abeyta will celebrate his first birthday today. Makai has two sisters — Mickayla and Myla. Maternal grandparents are Mike Perea & Bev Cordova of Alamosa. Paternal grandparents are Ernest & Helen Abeyta of Manassa. Great-grandparents are Joe & MaryAnn Perea, Harold Cordova, Josie Chacon, & Bertha Ortiz. Makai will be spending his special day with his family!

PENDING OBITUARIES

David George Roybal

ANTONITO — David George Roybal, 70, passed away June 22, 2020. Arrangements are pending and will be announced through Romero Funeral Home of Antonito.

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.

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.

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

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.

THURSDAY
12 p.m. First Christian Church at 1st and State, Alamosa
12 p.m. Crestone Baptist Church, County Rd. T, Crestone
7 p.m. Community Church on Main St., Creede
7:30 p.m. Creative Resource Center at 304 Walnut St., La Jara.

FRIDAY
7 p.m. Sacred Heart School at 3rd and Edison, Alamosa.

SATURDAY
5:30 p.m. at 929 State Ave., Alamosa
6 p.m. Senior Citizen's Building at 710 Main St., Antonito.

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

For schedule changes, please contact your group service representative (GSR)

AL-ANON

TUESDAY
8 p.m. 15 Country Club Dr. Monte Vista
WEDNESDAY
5:30 p.m. SLV Behavior Health Group at 8745 CR 9S., Alamosa

THURSDAY
5:30 p.m. First Christian Church at 518 1st St., Alamosa
7 p.m. Crestone Town Hall, downtown Crestone (second and fourth Thursdays)

NARCOTICS ANONYMOUS (Nar-cAnon)

TUESDAY
7 p.m. St. Thomas Episcopal Church, 607 4th St., Alamosa
7:30 p.m. Baca Grande Library at Road T, Crestone

THURSDAY
7 p.m. SDA Church at 313 Craft Drive, Alamosa

SATURDAY
9 a.m. Little Shepherd Episcopal Chapel at Alder St., Crestone
7 p.m. St. Thomas Episcopal Church, 607 4th St., Alamosa

Did you know?

The outbreak of the novel coronavirus COVID-19 left no aspect of life untouched, and education was no exception. The short-term effects of stay-at-home measures were felt immediately by millions of students across the globe. But there will be long-term effects, too, and one of the first such long-term dominoes to fall was the relaxation of SAT requirements for aspiring college students. As stay-at-home measures lasted longer than many people initially anticipated, high school students learned that SAT and SAT subject tests were being canceled. The Princeton Review® noted in late May that the College Board added a new test date for

September after the June tests were canceled. However, many schools have dropped the SAT and ACT requirement for fall 2021 admissions. The University of California, which includes nine different schools in its system, suspended the requirement for students applying for fall 2021 in early April, and many schools followed suit in the ensuing months. As prospective high school seniors prepare for their final year of high school and begin thinking about where they want to apply for college, they should work with their guidance counselors to determine just what is required of them during the admissions process. BS208160

ONGOING VALLEY MEETINGS

ALAMOSA—The San Luis Valley Military Family Support Group meets the fourth Tuesday at 7 p.m. in Alamosa. For more info call Vicki Jones at 852-3123.

ALAMOSA — Sierra Blanca Chapter #43, Order of The Eastern Star, meets on the first and third Mondays, at 7:30 p.m. at the Alamosa Masonic Hall, 512 San Juan Ave. Call Sharon at 589-4320.

ALAMOSA—La Leche League of the San Luis Valley holds its monthly meetings on the fourth Saturday at 11 a.m. at Hospice del Valle, 524 Main St. in Alamosa. Pregnant and nursing women are welcome to attend with their children and babies. Please call 587-3657.

ALAMOSA—The Alamosa Kiwanis Club meets on the second, third and fourth Thursdays at noon at IHOP. Contact: Amanda Wilkinson, 719-589-2564 or email amanda@alamosastatebank.com

ALAMOSA—The Optimist Club of Alamosa meets at Nino's Restaurant in Alamosa the first and third Tuesdays at noon. Contact the club at alamosaoptimistclub@gmail.com or President Dawn Melgares at 719-580-0178. Visitors and new members are welcome.

ALAMOSA—The Alamosa Rotary Club meets every Monday at noon at Juanitos in Alamosa. Contact Dean Swift, 589-3499 or dean@deanswiftseed.com

SOUTH FORK — Kiwanis meets every Thursday at 8 a.m. at the Feelin' Good Coffeehouse in South Fork. Contact: Karen Miller, 719-873-5466 or email mkmiller-mink@aol.com

ALAMOSA — The Alzheimer's Caregiver's Support Group meets on the second Thursday from 11 a.m. to noon. at the Alamosa Public Library, 300 Hunt Ave. Call the Southern Colorado office at 719-544-5720, ext. 304.

ALAMOSA — TOPS (Taking Off Pounds Sensibly) CO 568, Alamosa, a non-profit weight loss organization, meets every Tuesday evening at the College Heights Baptist Church at 2035 Church Avenue in Alamosa. Weigh-in is at 5:30 p.m. with an informative meeting at 6:15. Anyone interested in having weight loss support is welcome to attend a free meeting or call Doris at 589-6396 for more information.

ALAMOSA — Search and Rescue meetings are the fourth Tuesday at the Alamosa County Sheriff Office, 1315 17th St., at 6 p.m. Anyone interested in becoming a volunteer is welcome. Call Suzi at 719-588-9236.

ALAMOSA — The San Luis Valley Photog-

raphy Club meets the first Wednesday at the Alamosa Public Library at 6:30 p.m. Contact Stephen Jensen at 379-0001 or slv-photostephen@gmail.com

ALAMOSA — Families Healing Families is a community-based organization that provides support and resources for families affected by the impact of substance abuse. They meet on the third Thursday at 6:30 p.m. at the Senior Citizens Center at 92 Rio Grande Ave. (on the north end of Cole Park) in Alamosa.

ALAMOSA—Peace Meditation at the Campus Ministry Office, Adam State University, Alamosa, is held on Thursdays at 5:15 p.m. Everyone is invited. Contact Candace Knowlan 805-886-6959.

ALAMOSA — American Legion Auxiliary Unit #113, Alamosa, holds its monthly meeting at 6 p.m. on the second Wednesday at the American Legion Building at 514 Fourth Street, Alamosa. Call Evelyn Espinola at 719-313-1466 or Alice Robinson at 589-0543.

ALAMOSA — Open drop-in meditation for health, stress management and spiritual growth, is held at 10:45 a.m. the second Sunday of the month at St. Thomas Episcopal Parish Hall, 607 Fourth St., Alamosa, with Mountain Institute, A Kriya, Meditation & Lamplighting School. Contact Martin at 575-758-5876 or talentolocal@live.com

ALAMOSA — Youngsters are invited to the Alamosa Public Library Story Room every Friday morning to sing, color, dance, read, enjoy adventures, share with friends and giggle. Babies and toddlers are welcome at 9:30 a.m. and preschoolers at 11 a.m.

ALAMOSA — Free breastfeeding classes are offered in Alamosa at the San Luis Valley Health Education and Conference Center on the second and fourth Mondays of each month from 3-4 p.m.

MONTE VISTA — Valley Fiber Art Guild — VFA is a group for anyone interested in fiber arts: knitting, crocheting, weaving and spinning. We work on our individual projects, sometimes do projects together and learn from each other. We meet the fourth Saturday of every month from 1 p.m. until 4:30 p.m. at 757 County Rd. 29, Monte Vista. Call or email Wanda Couzens-Smith for more information at (719) 852-5000 or wcouzenssmith@gmail.com

ALAMOSA—Alamosa Masonic Lodge meetings are every first and third Thursdays at 7 p.m. (except June, July and August) in the Alamosa Masonic Lodge, Main and San Juan.

ALAMOSA — Alamosa Toastmasters meets on Mondays at noon at The Bridge in Alamosa at 3407 Carroll Street. Participants will find a supportive learn-by-doing environment that allows them to achieve their goals at their own pace. Call (719) 588-5127.

ALAMOSA — The GFWC Woman's Citizenship Club of Alamosa meets on the second Friday at noon from September through May at First United Methodist Church, NW door, 2005 Mullins Ave. For more information, please email: womancitizenshipclub@gmail.com.

ALAMOSA — Made up of community members who write in many different genres, the Sophia Circle meets weekly to provide support for writers and their writing projects in the downstairs conference room at the Colorado Welcome Center at Alamosa, 6th and State on Sundays from 1-3 p.m.. Writers may drop in on any meeting. Bring copies of the work you want to share. Call Holly at 719-588-7066.

CENTER — The Center Kiwanis meets every Monday at 6:30 p.m. in the Kiwanis Hall in Center. Contact Dick Ramstetter at 719-580-3329.

ALAMOSA — Silver Linings, an open and free positivity group, meets Wednesdays at 5:30 p.m. at Nestle Toll House Café in downtown Alamosa.


ALAMOSA — Groups are held for women who have experienced domestic violence every second Tuesday from 5-6 p.m. at the Grizzly Training Center, Alamosa. There will be refreshments and childcare provided.

Contact Jennifer McCoy-Hanna at Tu Casa, Inc. 719-589-2465.

ALAMOSA — Grief support group meets the first Tuesday of every month at the Alamosa 1st United Methodist Church from 5:30-6:30 p.m. Call Liz Hood, 580-3697.

School Menu
— Wednesday —
June 24, 2020

NO SCHOOL



SUMMER VACATION

To sponsor the School Menu call 589-2553

Valley News

Rio Grande County confirms second fatality

SAN LUIS VALLEY — Nine new cases for the SLV have been reported since Monday, 6 from Alamosa County, 2 from Rio Grande, and 1 from Saguache. The total number of cumulative cases is now 380. Twenty-nine total people have been hospitalized, and 260 have completed isolation. A second fatality has been confirmed for Rio Grande County. There have been 7 fatalities of individuals with COVID-19. Numbers are updated weekdays at slvemergency.org/slv-covid-19/.

Supporting local business is important. We encourage everyone to support local businesses in the way that feels comfortable and safe for you. If you have observed a business that has gone above and beyond, we encourage you to nominate them to be recognized at Can Do Colorado: <https://sites.google.com/state.co.us/candocolorado/home>. Can Do Colorado is a site created by the State of Colorado to honor businesses whose practices are making a difference during COVID-19. "Across

Colorado, small businesses have turned 'can't' into 'can do'They're doing their part to keep us safe, and to keep Colorado's economy going. See what you can do!"

Last Friday, Costilla County confirmed an outbreak at Blanca Potato LLC. Costilla County Public Health has supported the Blanca Potato LLC management in implementing infection control measures to contain the disease. So far there have been 3 positive cases. Public Health continues to work closely with the Blanca Potato LLC as they continue to provide safety measures to protect their employees.

Testing has been increasing region-wide. SLV Health, Rio Grande Hospital, and Valley-Wide Health Systems (VWHS) continue to provide ongoing testing. Proactive testing at long term care facilities is occurring with assistance from our local providers and Colorado Department of Public Health and Environment Rapid Response Teams. VWHS has been a critical partner in the testing

component of responses to multiple outbreaks in the Valley. An increase in hospitalizations and patients seeking COVID-related medical care over the past 3 weeks indicates that our recent increase in cases is not due to increased testing alone. It is important to note that not all new cases are related to specific workplace outbreaks. There continues to be widespread transmission of the virus in the larger community.

For questions about testing or for medical advice, 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

SLV Health 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), 719-589-2562

(Sa/Su)

Upcoming testing clinics:

Center, Wednesday, 6/24. 3-4 pm. Please call for an appointment: 719-587-2888.

Antonito, Monday, 6/29. 9-11 am. Please call for an appointment: 719-587-2874.

Saguache, Tuesday, 6/30 has been CANCELLED.

If your community would like to conduct a testing clinic or event, please contact Valley-Wide.

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

This is a difficult time for many people. If you are experiencing a mental health crisis, please don't hesitate to ask for support: SLV Behavioral Health Group: 719-589-3671
24/7 Crisis Hotline: 1 (844) 493-TALK (8255), or text TALK to 38255

Online: www.colorado.gov/ruralmentalhealth, www.slvbhg.org

SLV COVID-19

These cases have been identified by public health agencies as of 4:30 p.m. on June 23, 2020. Unless otherwise noted, all numbers are cumulative. If there are discrepancies between these numbers and those showing on the state's data website, use these local numbers.

380	SLV POSITIVE CASES
New cases: 9 (since 6/22)	
Alamosa County - 177	(+6)
Conejos County - 15	
Costilla County - 18	
Mineral County - 2	
Rio Grande County - 68	(+2)
Saguache County - 100	(+1)

29	HOSPITALIZED
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260	ISOLATION COMPLETED
(+3 since 6/22)	
These are SLV positive cases that have completed their isolation period and have been free of symptoms for more than 72 hours.	

7	DEATHS
(+1 since 6/22)	

Vigil gained strength and confidence at Adams State University

ALAMOSA — R. Andrew Vigil, Walsenburg, Colo., is proud to join his grandmother, Maryann Vigil, as an Adams State University alumnus.

Following in his grandmother's footsteps, who earned a bachelor's and a master's degree at Adams State, Vigil finished his Bachelor of Science in kinesiology this spring and is already working on his master's degree in the same program. "Adams State has a strong community connection, unmatched by any other university of its size."

A track and field athlete competing in shot put and discus throwing events, Vigil graduated Summa Cum Laude, with highest honors, during the Spring 2020 Adams State Virtual Commencement Ceremony on June 6.

Tracey Robinson, Ph.D., professor of kinesiology, and Lukus Klawitter, visiting assistant professor of kinesiology, ensured his success as a student, by inspiring his interest in human performance and constantly challenging him to seek out new knowledge in the field of kinesiology. They also allowed Vigil the freedom and autonomy to choose the way in which he structured class schedules every semester in order to accommodate his athletic and work responsibilities. While earning his de-

gree, Vigil expanded his professional resume. He completed an internship at Two Peaks Fitness, La Veta, Colo., as a gym manager and personal trainer; was an assistant strength and conditioning coach with the Athletic Department; and held a work-study job in the athletics weight room.

Matt Gersick, Athletic Department strength and conditioning coordinator and track and field coach, inspired Vigil's love for the field of strength and conditioning and vastly expanded his scientific knowledge in the realm of human performance. "Without Coach Gersick's guidance and trust in my abilities as a student and young coach throughout the past few years, I would not have gained the amount of practical knowledge in the field that I have thus far."

Adams State, academically, athletically, and socially provided Vigil the platform to mature into a confident, young professional. Vigil believes the small, rural University cultivated opportunities to develop strong relationships, which were instrumental in his academic success and professional development. "For these reasons, and so many more I am beyond thankful, and proud to call myself an alumni of Adams State



Courtesy photo

Andrew Vigil will always pursue his passion in the field of kinesiology.

University."

With the unwavering love and support of his mother, Jerriann Vigil, as well as the help of academic scholarships and work-study, Vigil graduated in four years with almost no student loan debt.

Vigil's future career goals include providing evidence-based physical training programs for both highly competitive athletes as well as public service personnel (firefighters, police, EMT). "I aspire to always contin-

ue learning and chasing my passion to become a strength and conditioning professional and educator in the field of health and human performance throughout my lifetime."

The Office of Public Relations realizes most Adams State University graduates are outstanding and appreciates the selection of a few from academic departments to highlight at the end of each semester. This is the final article in the spring 2020 series.

Last known, Pruitt is stable

STAFF REPORT

ALAMOSA — The last report coming from Colorado Springs was that Texas native, Danny Pruitt was in stable condition. Pruitt suffered a gunshot to the head in Alamosa on June 4th on Main Street in a confrontation that escalated to tragedy.

The report coming from Alamosa's Chief of Police Ken Anderson was that Pruitt was in stable condition in a progressive care unit (PCU). A progressive care unit is typically used as an intermediate between the intensive care unit (ICU) and the regular hospital floor. Anderson also confirmed that Pruitt is not in a coma.

The last medical update from Pruitt's GoFundMe page was from the week-



Courtesy photo

Danny Pruitt

end of the incident, June 7th. The page has surpassed its \$100,000 goal and has reset to \$200,000. As of Tuesday night, the page has garnered \$146,753 in donations.

Vigil

Continued from Page 1

From that unity, they had 4 children.

He became a widower when his wife died at the age of 44 with double pneumonia. Leaving him to raise his 4 children. Ages 16, 15, 14 and 13.

In 1967 His son Pete Jr. married Christina Gallegos who blessed Pedro with 3 grandchildren from their unity. From those grandchildren, he now has 7 great-grandchildren & 1 great-great-grandchild.

He is survived by his children Pete (Virginia Espinoza), Helen, Gilbert, and Veronica. His Grandchildren: Melanie (Gerald Garcia) and Amanda Vigil.

Great-Grandchildren: Mariah Vigil, Michael Martinez, Joshua Sisneros, Gabriel & Kaitlyn Garcia, Monique Salazar and Elisandro Trujillo
And Great-Great grandchild: Xayden Sisneros

He is preceded in death by his parents Venancio and Raquel Vigil, his wife Mary Vigil, all of his siblings: Alfonso, Veronice, Rudy, Elude, Albert, Max and Ben and his grandson Michael Vigil. Cremation was chosen.

A memorial service will be concluded at a later date.

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Opinion

God Bless America...

HOLLYWOOD — God Bless America, and how's everybody?

Bernie Sanders' campaign organizer Shaun King called for all statues of a white Jesus taken down as racist Monday. The other night, a smart-aleck recognized me at a bowling alley and asked me what was Jesus' full name. I dropped my bowling ball on top of his foot, and he got all three right.



Argus Hamilton

The DEA says illegal drug use by young adults is way down from the peak drug use in the late Seventies. In 1977, a year after I moved to L.A., I flew home to OKC for Christmas. I was in the kitchen helping Mom prepare dinner when she noticed I was chopping the onions with my credit card.

California banned state-funded travel to Idaho in a dispute over transgender rights Monday after Idaho enacted a law banning transgenderers from participating in female sports. Gender is a lot like the Twin Towers. There used to be two of them but now it's a REALLY sensitive subject.

American Airlines announced its flights will no longer serve liquor, wine or beer to coach class passengers. Both political parties in Congress weighed in. Democrats say it's the poor who need alcohol the most while Republicans say not to worry, they can drink the complimentary hand sanitizer.

The American Heart Association will hold heart walks to promote heart health. I was onstage in Chicago the only time I ever thought I was having a heart attack when I experienced a shooting pain in my left arm. A doctor examined me and he told me, sure enough, I'd been shot in the left arm.

Los Angeles retail stores reopened Friday with many outlets enjoying big business due to pent up demand, some of it creepy. Novelty sex shops on Hollywood Boulevard reported they are doing a huge business selling blow-up sex dolls. It's more proof that inflation under Trump is out of control.

New York's Museum of Natural History agreed to take down its statue of Teddy Roosevelt. It showed the Rough Rider atop a horse with an Indian and a black man standing on each side of the horse. I don't know who was offended by the statue, at this point it could have been horse lovers.

Winston Churchill's statue in London was smeared with graffiti calling him a Colonialist. It's definitely a trait that crossed the pond. Whenever I hear that Chinese kids are working 84 hours a week to make my running shoes, I always wonder how they'll find the time to make my smartphone.

Pope Francis criticized priests who do not observe full safety measures during the pandemic as adolescents Monday in the wake of President Trump's mask-less rally in Tulsa on Saturday. For many years Pope Francis has known about Trump. His name comes up in confession all the time.

Las Vegas crowds last weekend indicated that people are weary with the government telling us what to do all the time. The nanny state gets a little old. Last week, the National Highway Safety Board nagged people who text while they drive, but we've all done stupid things when we were drunk.



STAHLER, 2020
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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."

Amarah's Corner

Jesus said in Matthew 25:40 KJV, "Whatever you've done unto the least of these (kids or adults), you've done it unto me."

Kids like me are kids and adults of all ages whose parents are, or were, drug addicts and alcoholics, kids who have suffered, or who are suffering, abuse and neglect (trauma) on multiple levels, and kids who are victims of bullying.

This is Cheyenne's Story:

Hello, my name is Cheyenne. I'm 18-years old and currently sitting in Mayes County Jail in the State of Oklahoma. I was 17 when I first got arrested. I'm sitting in here facing life in prison if convicted of first-degree murder.

Being sober is possible! Don't ever tell yourself you can't do something!

I was a heavy drug user since I was 14 and have finally been sober for a year and a half. I helped raise 2 kids who aren't mine before I got arrested.

I even got into 4 gangs at age 15. Gang life is not fun or a joke! I've lost family to it, and a lot of friends.

At 17 I fell madly in love with a 30-year old man named Andrew. I had just got out of an abusive relationship with his high school friend.

Being with Andrew was a fairytale waiting to become a nightmare. On December 31, 2019, we were invited to his friend's birthday party, but he changed plans without telling me.

Me and my ex-girlfriend - my Best Friend, had been going through issues at the time. He didn't even tell me he'd be picking her up too.

Unfortunately, only 2 of us left alive that night. Not only did he kill her in front of me, he raped her before doing so.

He's now putting all the blame on me. Ever since I was young, I've always run with the wrong people. I've been beaten, sexually abused, even bullied. I'd been bullied since K-4 up til my freshman year of high school.

I was placed in a mental institution that year for trying to kill myself. I was at a time in my life where I was losing everyone around me. I was only there for 3 days before I tried to harm myself again. I have cut myself to the point where I have to tattoo over my arm and thighs just to hide the cutting scars. Within the last year and a half I've tried overdosing at least 6 to 7 times.

My relationship with Andrew was strict. I had rules to follow and if I broke any of those rules, he'd punish me sexually. I learned to never say no or disobey.

So, the next time you pick up a needle, or beer, or any drug, remember this: It only takes one person to change everything; it only takes one person to cause you to lose your freedom or your own life. All it takes is one time, one mistake, just being with the wrong person, for you to lose everything.

Life is only what You make of it. You can make it good or You can make it bad. It all depends on You.

And, if anyone is reading this who has been, or who is, being abused physically or mentally, or running the streets or going through a drug or alcohol addiction or even feeling like ending your life, just know that it might seem like you've hit rock bottom but you know what? You can survive. Don't let your past or your problems define you. You define You! Don't give up! You can survive this.

And, if anyone is going through tough situations, feel free to write me. I'd

love to help anyone I can. All it took was one person to save me and I hope I can be that person for someone else. You can write me at this address:

Cheyenne Blalock
Mayes County Jail
34 N. Adair
Pryor, OK 74361

Cheyenne, I am so sorry all of this has happened in your short lifetime. You are definitely a kid like me. Please, stay in touch with me! You can write to me at:

Amarah
Hope for Kids Like Me
P.O. Box 354
Alamosa, CO 81101

This is a poem by Marvin Mays:

THE HOUSE OF STONE

Built on misery and stories of pain, dreams turned into nightmares, along with hopes of fame. Living in glory, lost and gained. Memories of yesterday, fall like rain. Though the faces constantly change, the stories somehow remain the same.

Hopes and dreams passed without thought from the lips of the insane. Survival skills, cheap thrills, street hustle of muscle, extortions and schemes, jailhouse gangsters who stay lean and mean.

Cold, dark hungry and alone, you got to be strong to survive in the house of stone. ~Marvin Mays (from New Jersey)

Remember, Jesus loves you and Jesus is Lord!

Dear Editor and garage sale shoppers of Alamosa,

Sometime between the months of Jan-Mar, a local vandal/thief rammed through the barricaded door to our storage shed. The storage shed is downtown Alamosa on 4th Street between the back of Hunan and the police station. Most of the contents were of no value to anyone other than myself. Sentimental items from my childhood and my children's were dumped out, rummaged through and walked all over.

He sold other items on the SLV Garage Sale site. We also believe that he sold items directly from the shed or close to the area. Some items: oak bar stools, canopies, cedar chest, metal detector, baby items, Atari consoles and tapes, boxes of womens and mens clothes, my uncle's lapidary collection of cabs, tumbled rocks, and much much

more.

My plea to shoppers is for 3 very special items. My Black Leather Athletic Letter Jacket. The letter is "L" and the arm patches are 1970-73. 2 handmade Angel tree toppers that were made by my mother. To me they are beautiful and priceless. The hand stitching and decorations on one are red and green and blue and brown on the other one. I will pay to have these things returned to Porter Realty office on Main Street.

Thanks to everyone who takes time to think about this and thank you to the Alamosa Police for recovering a few items and getting this guy off the streets.

Mary Ann Porter
Alamosa, CO

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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Scott Tipton (R) Regional Office — 719-587-5105; 719-587-5137 (fax); Washington, DC — 326 Cannon HOB, Washington, DC 20515; 202-225-4761; 202-226-9669 (fax); <http://tipton.house.gov>

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Keith R Cerny
Publisher

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Lifestyle

Celebrate national pride

Independence Day celebrations are a highlight of summer for people in both Canada and the United States. Canada Day (July 1) and Independence Day (July 4) give North Americans reason to revisit the great moments that shaped what their countries have become.

Canada Day
Canada Day, also known as Fête du Canada, is the national day of Canada. It is a federal statutory holiday that marks the anniversary of the enactment of the Constitution Act of 1867 — then referred to as the British North America Act, 1867. Originally called Dominion Day, the holiday was renamed Canada Day in 1982, the same year the Canada Act was passed.

2017 will mark the 150th anniversary of Canada's Confederation, and many Canadians already are counting down to that momentous occasion, when Canada Day celebrations are bound to be even more boisterous and heartfelt than usual.

Various locations across Canada host Canada Day celebrations. According to www.canadaday.gc.ca, areas like Parliament Hill, Major's Hill Park and The Canadian Museum of History are just a few places in the capital region of Ottawa to celebrate Canada Day. But Canada Day is celebrated across the country as well. There's no specific guidelines that govern Canada Day celebrations, but the festivities often include parades, concerts,

fireworks, festivals, barbecues, and/or maritime shows.

Independence Day
From the year 1776 to present day, July 4 has been celebrated as the birth of the United States of America. Referred to as the Fourth of July or Independence Day, July 4 has been a federal holiday since 1941. However, the tradition and celebration surrounding it dates back to the 18th century and the American revolution.

On July 4, 1776, the Continental Congress declared that the original thirteen American colonies regarded themselves as a new nation and no longer were a part of the British Empire. Independence from Great Britain was formally proposed on July 2, 1776. However, the formal Declaration of Independence was debated and revised, ultimately earning approval on July 4.

Much like their neighbors to the north, American celebrations include family gatherings, vacations, barbecues, parades, firework displays, and many other festivities. Many Americans prominently display the American flag on July 4, and many more decorate their homes and businesses in red, white and blue. Washington, D.C., New York and Boston host stunning fireworks displays to commemorate Independence Day. Many small towns and cities also host their own Independence Day fireworks displays. TF167246



Tips for planting fall vegetables

Tending to backyard vegetable gardens can fill many hours of enjoyable downtime in the great outdoors. What's more, the bounty produced by such gardens provides healthy, fresh foods to gardeners and their loved ones.

Although spring and summer are widely seen as the peak of gardening season, the mild temperatures of autumn can be a prime time for planting vegetables as well. Certain late-season treats like carrots, kale, spinach, and turnips can thrive in fall gardens. Many different foods are quick crops that can go from seed to table in about six weeks. When sown in early fall, these vegetables will be ready to put on the table for mid-October feasts. Beets, green onions, broccoli, and cabbages can be planted in late summer for fall harvest.

Gardeners who live in hardiness zones eight through 10 (the southern portion of the United States) can plant fall vegetables as late as December. Many of these plants can tolerate light frost, which may even help sweeten the vegetables.

A handful of unique factors need to be taken into consideration when planning fall vegetable gardens.

• The summertime location of the garden may still be adequate, but be sure to choose a location that gets eight full hours of sunlight per day.

• If using an existing garden site, clear out any detritus from summer plants and any weeds that have sprouted. If you are planting a new garden, remove any turf before tilling the soil.


• Amend the soil with sand, compost, manure fertilizer, and any other nutrients needed depending on the types of vegetables you intend to grow.

• While fall vegetables can be grown successfully from seeds, it may be more time-friendly to work from larger transplants, advises the Texas A&M Agrilife Extension.

• Some plants may need a little protection as they grow if temperatures begin to dip. Cover with a blanket, cardboard box or plastic tunnel to insulate.

Remember to water according to the vegetables planted and to keep an eye on readiness for vegetables. Turnips, beets, rutabagas, and carrots can be dug out when the roots are plump and crisp.

Vegetable gardens need not cease when the last days of summer vanish. Fall produce is delicious and can be easily planted and harvested even after the first frost. FH208154




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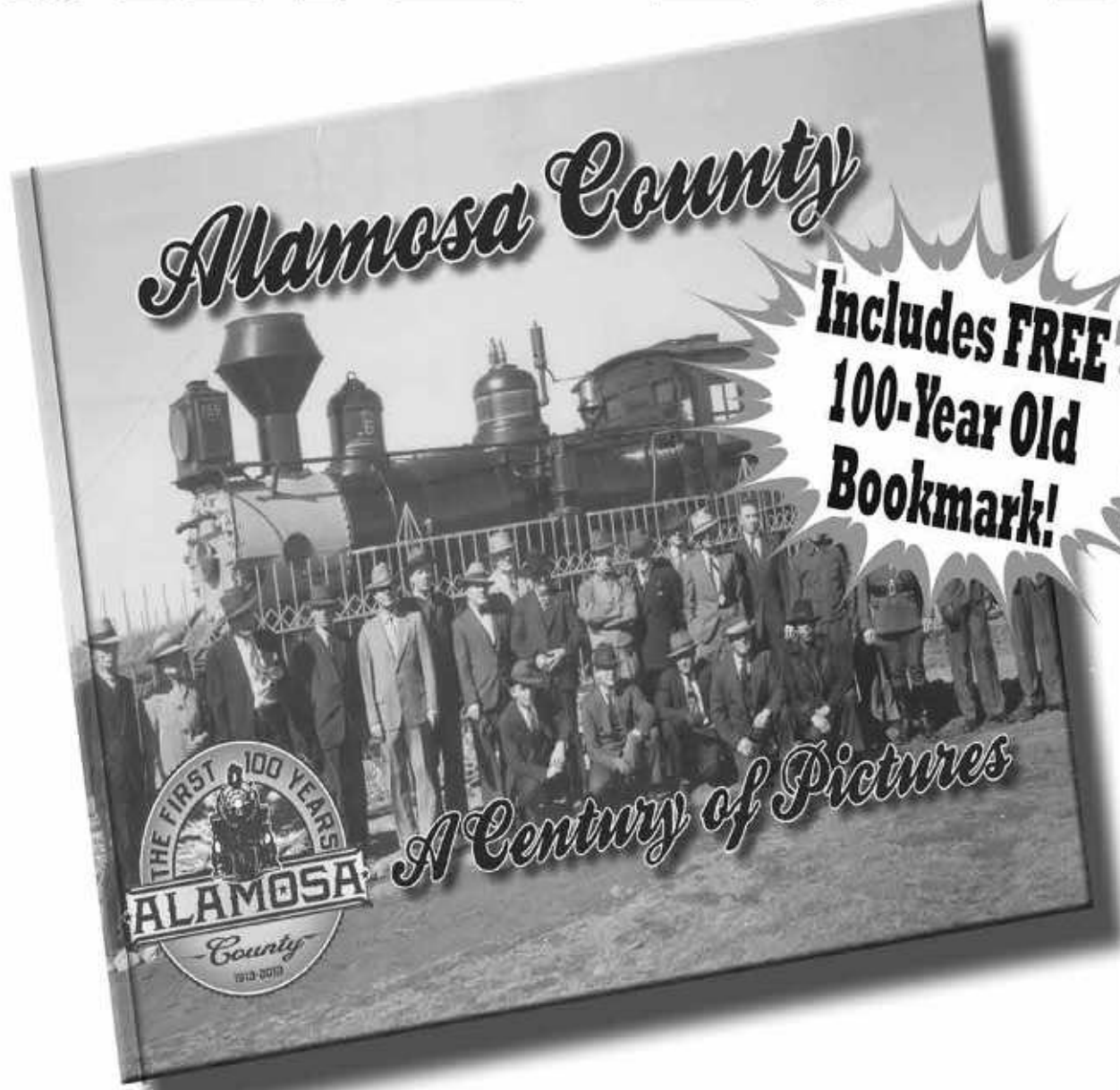


@alonzopayneCO is a criminal justice reformer, advocating for measures to reduce incarceration and stop the criminalization of poverty in Southern Colorado. He has advocated for economic justice measures, including raising the minimum wage and Medicare for All.

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Lifestyle

Class of 2020 survey: half of graduating seniors change plans for after high school due to COVID-19

Changes include delaying start of college, working for money, and switching career plans

DENVER — Roughly half (49%) of Class of 2020 graduating seniors say their plans for after high school have changed as a result of the COVID-19 pandemic, according to a new survey by Junior Achievement (JA) and the PMI Educational Foundation (PMIEF). Of those whose plans have changed, more than a third (36%) say they will now work, nearly as many (32%) expect to delay their start date for college, and almost a fifth (16%) changed the career path they wish to pursue. The survey of 1,000 U.S. teens graduating high school in 2020 was conducted by Wakefield Research for JA and PMIEF in support of new educational initiatives by the two organizations.

Survey findings include:

* Forty percent of graduating seniors say they work. Of those who do, nearly half (49%) say they or their families depend on their income for living expenses.

* Four-in-ten (40%) say COVID-19 affected their plans to pay for college.

* More than a third (35%) who are planning to attend college now say they are less excited to go.

* Of those planning to attend college, their biggest concerns are the impact of COVID-19 on classes and academic quality (58%), dorm life (53%), athletics and school-sponsored events (44%), and dining halls (40%).

"It's not surprising that the Class of 2020 has been reconsidering its plans in light of COVID-19," said Chris Silberman, Director of Communications at Junior Achievement-Rocky Mountain, Inc. "I think what is surprising are the types of life-altering decisions being made now without a clear idea of what the coming weeks and months will bring. That's why it's imperative we get as much information as possible to teens to help them navigate these uncertain times."

To help meet that need, Junior Achievement and the PMI Educational Foundation have teamed together on two educational initiatives to help teens better plan for the future. The first is the JA Economic Resources website to help students and adults become educated consumers of economic in-

formation, featuring resources and information from PMIEF. The second is Project Management 4 All, a new online game that introduces teens to the concepts of project management and planning. A video that showcases project management careers complements the game.

According to the survey, three-in-four respondents (74%) say they would be interested in a career that fits the description of project management. Most respondents (94%) believe that they excel at traits that align with project management, including problem-solving, teamwork, organization, and multi-tasking. Two-thirds (66%) say they would be interested in exploring a career in project management because they would be able to prepare for and work in the profession even in light of the realities of COVID-19's impact on the economy.

"We've witnessed the widespread effects of the pandemic on everyday life, and the situation makes clear the critical contributions of project managers in helping us navigate the unexpected," said Jeannette Barr, Executive Director of PMIEF. "We've relied on their expertise to rapidly construct hospitals, deliver medical equipment, and even revamp grocery supply chains. All of these projects point to the importance of learning project management at an early age. PMIEF and JA know helping youth build these competencies prepares them to pursue the career of their choice, and many may choose to become project managers so they, too, can give back to their community in a meaningful way."

Survey Methodology: The JA COVID Grads Survey was conducted by Wakefield Research (www.wakefieldresearch.com) among 1,000 US Teens Graduating High School in 2020, between May 21st and May 29th, 2020, using an email invitation and an online survey. Quotas have been set to ensure a reliable and accurate representation of the US teen population graduating high school in 2020.

The results of any sample are subject to sampling variation. The magnitude of the variation is measurable and is affected by the number of interviews and the level

of the percentages expressing the results. For the interviews conducted in this particular study, the chances are 95 in 100 that a survey result does not vary, plus or minus, by more than 3.1 percentage points from the result that would be obtained if interviews had been conducted with all persons in the universe represented by the sample.

About Junior Achievement-Rocky Mountain, Inc.

Junior Achievement-Rocky Mountain is part of the world's largest organization dedicated to inspiring and preparing young people to succeed in a global economy. Through a dedicated volunteer network, JA-Rocky Mountain provides programs for students that focus on three key content areas: career readiness, entrepreneurship and financial literacy. JA-Rocky Mountain reached 120,000 students throughout Metro Denver, Northern Colorado and Wyoming during the 2016/17 school year. These programs are free to schools thanks to more than 6,000 volunteers and the generous support of donors. For more information, visit www.JAColorado.org.

About the PMI Educational Foundation

PMI Educational Foundation (PMIEF) is a 501(c)(3) supporting organization of the Project Management Institute (PMI), the world's leading not-for-profit professional membership association for those who consider project, program, or portfolio management their profession. Founded in 1990, PMIEF cultivates long-term relationships with non-profits across the globe to help them integrate project management in their youth programs and to build their own project management capacity. The foundation achieves its mission to "enable youth to realize their potential and transform lives through project management" and its vision for "inspiring youth to achieve their goals, making dreams a reality" by investing in high-quality organizations that exemplify a commitment to preparing young people for 21st-century success and an appreciation for both the societal application and value of project management. Visit PMIEF.org for more information.

Why is Independence Day celebrated on July 4th?

The Continental Congress declared its independence from Great Britain on July 2, 1776. If that date raises an eyebrow, it should. Independence Day in the United States has long been celebrated on July 4th, which would seem to be two days late. But upon closer examination, it seems Americans are not really celebrating their independence two days later than they should be. According to the National Constitution Center, the Continen-

tal Congress approved a resolution declaring its independence from Great Britain on July 2. However, a document still needed to be drafted to explain the decision to the general public. Such a document was already in the works, but it took two days for the men of Congress to agree on a final version. The resulting document, known as the Declaration of Independence, was sent to John Dunlap, an Irish printer who served under George Washington dur-

ing the American Revolutionary War, who subsequently printed roughly 200 broadsides. Still, the Declaration of Independence was not read to the public until July 8, 1776, when Colonel John Nixon did so in Philadelphia on what is now known as Independence Square. It was nearly a month later, on August 2, 1776, when most members of the Continental Congress actually signed the Declaration of Independence in Philadelphia. TF197105

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- 4 Shopping Local saves you money and time!** Travel expenses and personal time make the overall cost of items higher.
- 5 Shopping Local retains our community:** Without the support in the local community, restaurants, shops and services are forced to close.
- 6 Shopping Local retains our distinctiveness:** Local businesses respond quicker to the needs of the customers and stock products to meet the core community's needs.
- 7 Shopping Local encourages community growth.** By choosing to do business locally you help maintain Alamosa's diversity, charm & appeal. Which in turn, attracts new community members.
- 8 Shopping Local invests in community services and city economy.** Your dollars spent in locally-owned businesses have three times the impact on your community as dollars spent outside of Alamosa.
- 9 Local shops value you more:** Local businesses survive by their reputation & repeat business which means you get a higher standard of service.

Lifestyle

Banners of SLV HS athletes donated by the SLV Health Sports Medicine providers



Courtesy photos
ALAMOSA — The SLVH Sports Medicine team would like to acknowledge all SLV High School senior spring sport athletes, and have placed a banner for each in front of the Stuart Avenue Clinic. Drive by and check it out!

Elks are latest example of tight knit community



ALAMOSA — The Alamosa Elks #1297 are helping the community as best they can through the COVID-19 situation. With the Elks National Foundation (ENF) Gratitude (Grant) they were able to donate \$2000 to the SLV Cancer Relief Fund (SLVCRF) on Saturday June 6th. The Alamosa Elks Lodge isn't done however and stated "We are looking forward to applying for other Grant's through the ENF to support to the Veterans clinic (CBOC) and also our local food bank in the next few weeks."

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Lifestyle

Colorado doles out \$5.5 million in tax incentives to attract new company

By **DEREK DRAPLIN**
The Center Square 2 hrs ago

DENVER – A new company is set to receive \$5.5 million in tax incentives to open a second headquarters in Colorado, Gov. Jared Polis' administration announced Tuesday.

Marqeta, a card and payment platform, will receive a \$5.5 million Job Growth Incentive Tax Credit to open a location in the Denver metro area, the governor's office and the Office of Economic Development and International Trade (OEDIT) said in a news release on Tuesday.

The state's Economic Development Commission approved the tax credit on June 18 "to help secure the company's second headquarter."

Polis welcomed the company in a statement and touted Colorado as "a hub for innovation and the entrepreneurial spirit."

Critics of business subsidies, however, question why tax incentives are needed if a state already has a welcoming business environment.

"If Colorado's workforce, quality of life and cost of doing business are so great, then why does the state need to bribe companies with millions of dollars to do business there? The thing is, it really doesn't," said John Mozena, president of the Center for Economic Accountability, which researches business subsidies and tax incentives from a "free market" perspective.

The company "expects to employ over 500 people over the next eight years," including 100 full-time employees in its first year, according to the news release.

The news release also states the average wages will be \$134,472 annually for jobs ranging from "a full suite of corporate functions including management, finance and business development, software engineering, marketing, legal, and operations."

"Colorado is an emerging leader in financial technology because of our high quality of life and talented workforce, and I'm very excited to have a great company like Marqeta make its second home in Colorado," Polis said.

"This is a challenging time for many businesses, and we're excited to see the

creative ways companies are finding to continue growing while protecting their employees and customers," he added.

Michelle Hadwiger, director of Global Business Development for OEDIT, said the company's announcement "signals to the market that Colorado is a prime location for companies seeking a diverse industry base.

"Innovative companies are seeking lower cost markets and we are pleased to see a high profile segment leader like Marqeta join our growing financial technology cluster," she added.

Mozena argues that evidence suggests "companies would make the exact same decisions about where to locate and how many people to hire based on fundamental business factors like workforce and cost of doing business even if they didn't get tax incentives, since the value of those incentives is insignificant compared to something like even a one percent difference in payroll costs.

"But if a business cannot pay \$5 million in taxes simply by saying that a tax credit played a big role in their decision, then of course they're going to do that, and the politicians will happily take credit with voters for 'creating jobs,'" he added.

In the fiscal year that ended in 2019, the state gave out more than \$16 million through the Job Growth Incentive Tax Credit program. It also offered \$55 million for Colorado Enterprise Zone Business Tax Credits, \$16 million for Colorado Enterprise Zone Contribution Tax Credits, and \$8.7 million under the Regional Tourism Act.

That brings the state's tax abatement bill to \$96.3 million.

In fiscal year 2018-19, the state brought in \$919.8 million in total corporate income tax revenue.

That means businesses in Colorado end up paying more because of tax breaks to favored companies, Mozena says.

"Every Colorado business is paying essentially a 10 percent premium on their state taxes to fund special tax breaks for a few favored companies, and business owners who are struggling right now to keep their doors open and their employees working would be justified in asking what they're getting in return," he said.



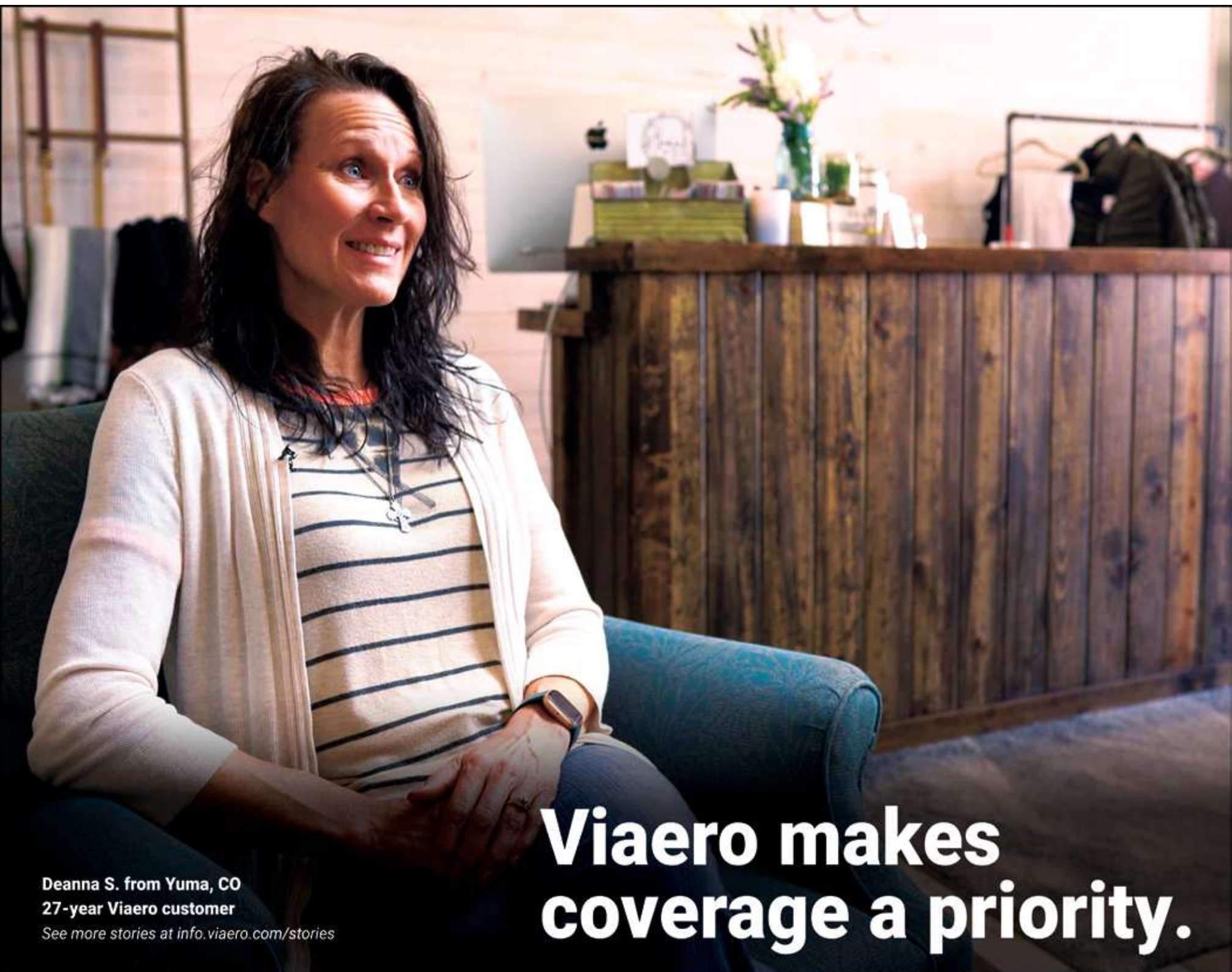
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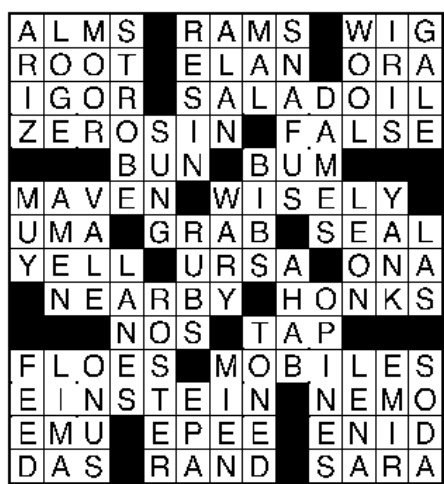
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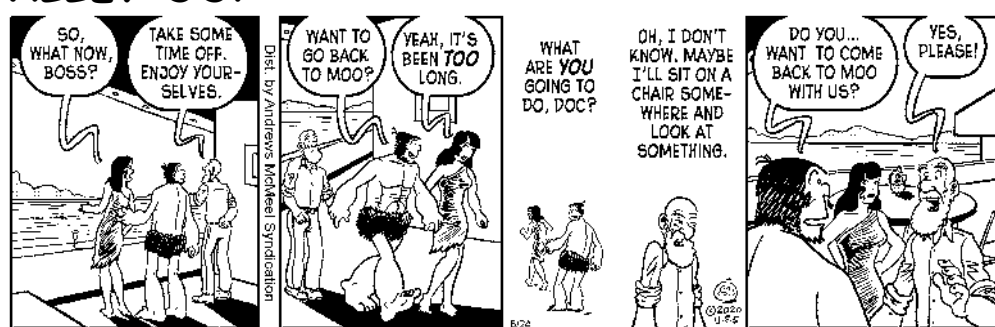
Comics

CROSSWORD PUZZLE

- ACROSS**
- 1 Winter mo.
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 - 7 Kitchen meas.
 - 11 Cigar residue
 - 12 "The Long and Winding —"
 - 14 Earthen pot
 - 15 Fr. holy woman
 - 16 Actress — Archer
 - 17 Vanishing sound
 - 18 Pineapple source
 - 20 Spinach enthusiast
 - 22 Ltd. relative
 - 23 Bauxite or galena
 - 24 Uses a parachute
 - 27 Trust account
 - 30 Building additions
 - 31 Opera solo
 - 32 Offer
 - 34 Citrus cooler
- DOWN**
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 - 6 Shoe color
 - 7 Tall hat
 - 8 — gin fizz
 - 9 Maneuver
 - 10 Under lock and key
 - 13 Insert a coin
 - 19 Runs a fever
 - 21 Fierce whale
 - 24 Prince William's cousin
 - 25 Swit co-star
 - 26 Dots in the Seine
 - 27 Great Lakes port
 - 28 A woodwind
 - 29 Mental acuity
 - 31 Outer ear
 - 33 Morse syllable
 - 35 Je ne sais —
 - 36 Annoys
 - 38 Zipped over the ice
 - 39 Sidekick
 - 41 Of yore
 - 42 Trench
 - 43 All, in combos
 - 44 Location
 - 46 The one here
 - 47 Per capita
 - 48 Winged goddess
 - 51 Pindar forte



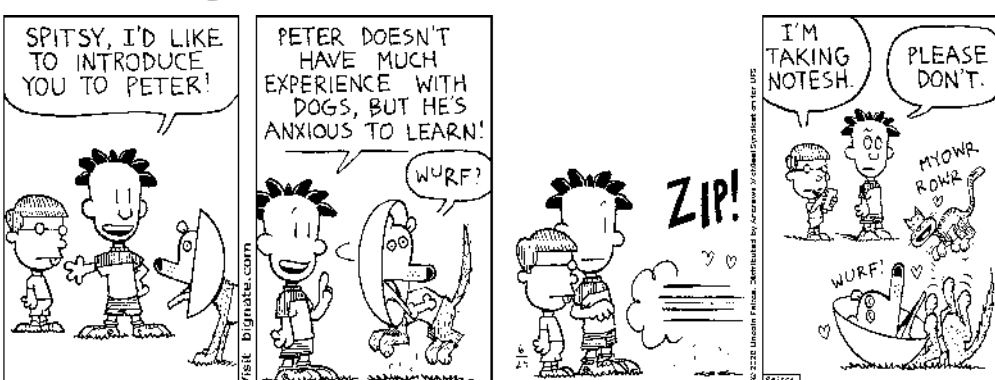
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ARLO & JANIS



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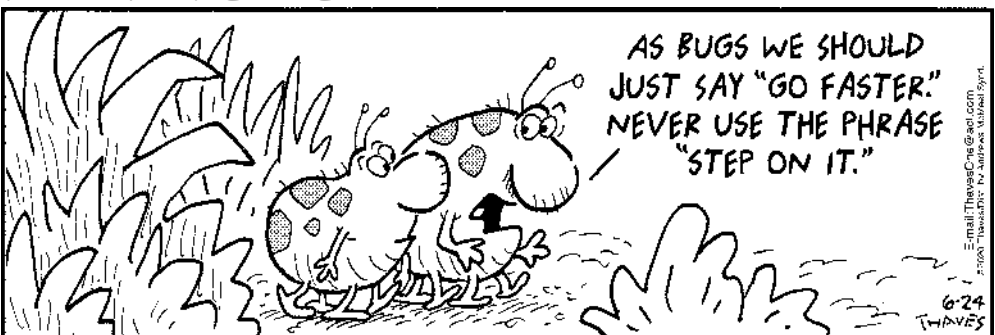
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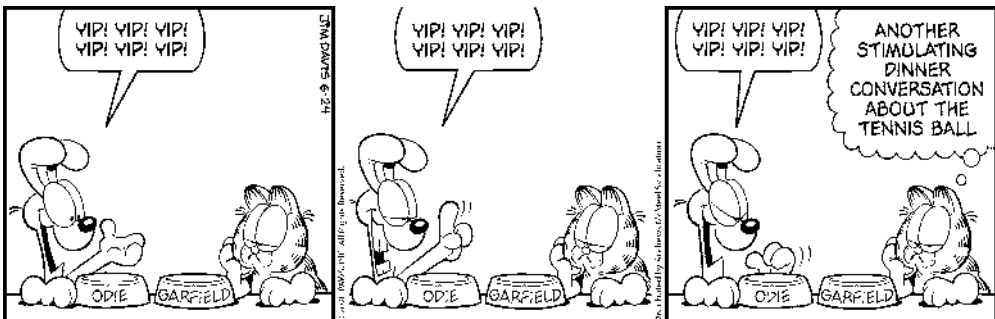
FOR BETTER OR FOR WORSE



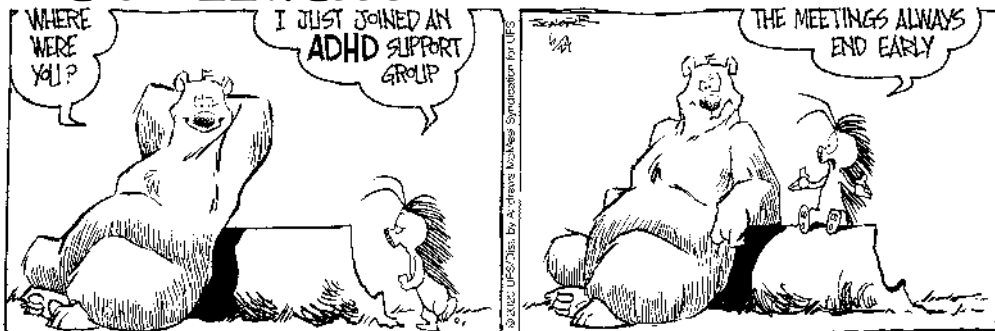
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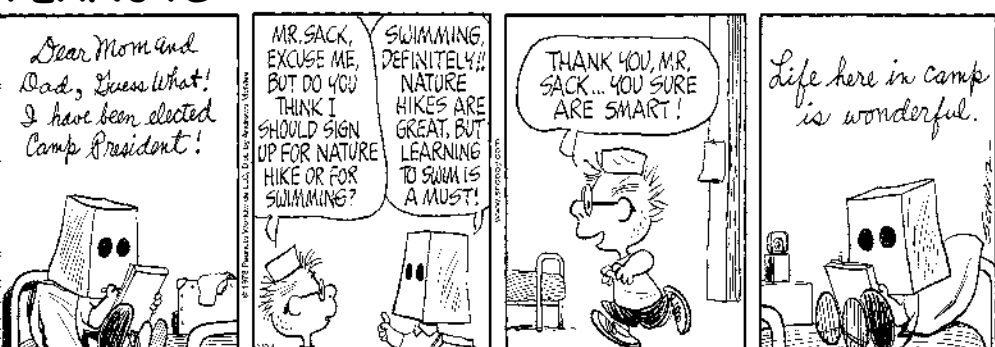
GARFIELD



THE GRIZZWELLS



PEANUTS



HERMAN



"People are beginning to complain about too much violence on cave walls."

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ U P A K R A E U W J M W V E O Z N E A I T I W O A
 V I Z J E U A H A B N C V N W E . ' V Z W C J W M S
 U P A Z J E U W Z D J B U V M U U P W M S W L J R I C
 F A C J W M S ? ” — Z V B O X R L O A B F A B S

TODAY'S CLUE: 0 5lenbe 7

Previous Solution: "My daughter got me a 'World's Best Dad' mug. So we know she's sarcastic." — Bob Odenkirk

Women's attraction to man complicates their friendship

DEAR ABBY: My friend "Lauren" and her husband separated for a few months last summer. During the separation, she had a short fling with my friend "Zack," whom she met at my house. Lauren decided to continue her marriage and, obviously, chose to stop seeing Zack.

A few months ago, Zack came to a party I threw. Lauren wasn't able to make it. Everyone had a few margaritas, and as the night ended, I found myself having sex with Zack for the first time since our friendship began 10 or so years ago. It was so great, and we decided to do it again. I wasn't sure I should tell Lauren, even though she's a married woman, because I was afraid it might upset her.

A week ago, Zack confessed that he may be in love with me, and I feel the same way toward him. I decided to go ahead and tell Lauren, since my relationship with Zack is getting serious. She reacted terribly. She was furious and accused me of "betraying" her and trying to "one-up" her. She said I should have known how she felt about him and that I'm a terrible friend for having sex with him, let alone falling in love. Abby, are her feelings justified? Am I in the wrong? Or are we all still adults? — ACCIDENTALLY IN LOVE

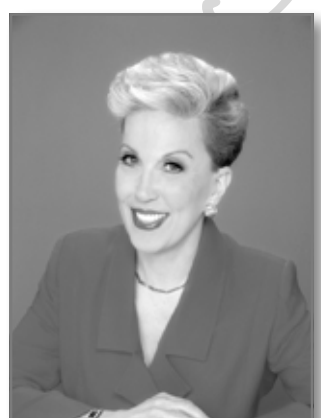
DEAR ACCIDENTALLY IN LOVE: Lauren's friends and classmates

feelings justified? Heck, no! If you and Lauren are still speaking, "remind" her that when she went back to her husband, she relinquished all claims on the man she slept with in the interim. He's entitled to a life and so are you. If I were you, I'd distance myself from this woman. She shouldn't begrudge you for enjoying someone she can't enjoy herself. Shame on her.

DEAR ABBY: I'm a student at an art school, and I'm struggling with anxiety and depression. I have been on lockdown in my hometown due to the COVID-19 pandemic, isolated from my friends and unable to socialize with others. Sometimes when I watch the news I become very anxious, and I wonder if there's a light at the end of these dark times. What should I do? — ANXIETY-RIDDEN IN ATLANTA

DEAR ANXIETY-RIDDEN: Welcome to the club! If you think you have been alone in experiencing these emotions, you couldn't be more wrong. Many people feel just the way you do -- anxious, isolated and depressed.

You can manage negative emotions by getting out of the house and exercising -- alone or with friends or neighbors -- while staying a social distance apart -- and keeping in touch with



ABIGAIL VAN BUREN

using your computer and cellphone. There's no reason you couldn't collaborate with some of them on an art project and create something spectacular using those devices.

Remind yourself that this quarantine is temporary. It isn't going to last forever. Unless you have an underlying health condition or someone in your household does, you can mingle with others wearing a face covering and keeping your distance. From what I have been observing, some relationships have been strengthened as people reach out to comfort and help each other. A surefire way to overcome the blues is to start thinking about what you can do for someone else, even if it's just a phone call to say, "I'm thinking about you. How are you doing?"



Grizzlies notch 22 All Americans for 2020 Indoor Track Season

NEW ORLEANS – All-Americans for the 2020 NCAA Division II Indoor Track & Field season were announced on Tuesday by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA). Normal policies dictate that All-America honors are awarded based on classifications of performance at the NCAA Championships. Due to the cancellation of the NCAA Division II Indoor Track & Field Championships, the Executive

Committee adopted the following criteria: Based on the posted startlist for the national championships announced by the NCAA, the following will be recognized as All-America for the 2020 indoor track & field season: Individual events: ALL student-athletes listed on the startlist for the anticipated event. Relay events: The four student-athletes per anticipated relay who produced the performance that was

declared and accepted into their event. There will not be a distinction of "first-team" or "second-team" to these recognitions. A total of 716 honors were handed out to 117 different institutions on Tuesday. The Grizzlies were one of seven institutions with more than 20 All-Americans, and tied for 5th overall with 22 total. The athletes who earned honors are listed below:

Adams State Men's Indoor Track & Field All-Americans

MEN	All-America	Distance Medley Relay
MEN	All-America	3000 Meters
MEN	All-America	Distance Medley Relay
MEN	All-America	Distance Medley Relay
MEN	All-America	1 Mile
MEN	All-America	3000 Meters
MEN	All-America	Distance Medley Relay
MEN	All-America	400 Meters

Carson Bix	SO	Adams State	RMAC	E
Carson Bix	SO	Adams State	RMAC	E
David Cardenas	FR	Adams State	RMAC	E
Godfrey Chama	JR	Adams State	RMAC	E
Paddy Robb	SR	Adams State	RMAC	E
Isaiah Rodarte	JR	Adams State	RMAC	E
Jonah Vigil	FR	Adams State	RMAC	E
Jonah Vigil	FR	Adams State	RMAC	E

Adams State Women's Indoor Track & Field All-Americans

WOMEN	All-America	5000 Meters
WOMEN	All-America	3000 Meters
WOMEN	All-America	1 Mile
WOMEN	All-America	Distance Medley Relay
WOMEN	All-America	3000 Meters
WOMEN	All-America	5000 Meters
WOMEN	All-America	Distance Medley Relay
WOMEN	All-America	Distance Medley Relay
WOMEN	All-America	3000 Meters
WOMEN	All-America	5000 Meters
WOMEN	All-America	5000 Meters
WOMEN	All-America	Distance Medley Relay
WOMEN	All-America	60 Meter Hurdles
WOMEN	All-America	Long Jump

Kaylee Bogina	SR	Adams State	RMAC	E
Kaylee Bogina	SR	Adams State	RMAC	E
Stephanie Cotter	SO	Adams State	RMAC	E
Stephanie Cotter	SO	Adams State	RMAC	E
HaLeigh Hunter-Galvan	SR	Adams State	RMAC	E
HaLeigh Hunter-Galvan	SR	Adams State	RMAC	E
HaLeigh Hunter-Galvan	SR	Adams State	RMAC	E
Nicole Lawrence	FR	Adams State	RMAC	E
Piper Meuwissen	JR	Adams State	RMAC	E
Piper Meuwissen	JR	Adams State	RMAC	E
Brianna Robles	FR	Adams State	RMAC	E
Jessica Simon	FR	Adams State	RMAC	E
Oweneika Watson	SR	Adams State	RMAC	E
Oweneika Watson	SR	Adams State	RMAC	E



Full article and list can be found here: <http://www.ustfccca.org/2020/05/featured/2020-ncaa-division-ii-indoor-track-field-all-america>

Sportswriters have adapted to other newsroom roles

By **ROB TORNOE**
Digital Publishing

It was March 11 when Andy Larsen realized his job at the Salt Lake Tribune was about to change dramatically.

Larsen was at ground zero of COVID-19's impact on professional sports. As a beat reporter covering the Utah Jazz, Larsen was in the arena during the team's matchup against the Oklahoma City Thunder when the game was quickly canceled before tipoff after center Rudy Gobert tested positive for coronavirus.

Larsen and a handful of other Jazz and Thunder beat reporters from other publications were isolated on the court until the early hours of the next morning, then had to remain in self-quarantine for 14 days. Larsen ultimately tested negative, but he knew that night his role as a journalist was suddenly going to change, and there's no telling when it will ever return to normal.

"I was on CNN with Don Lemon the night of Oklahoma City. I will never be on CNN ever again. That's just the reality of it," Larsen said. Larsen and hundreds of other sports journalists across the country have suddenly been forced to adapt quickly thanks to an indefinite pause in sports forced by the spread of the coronavirus. Those that haven't been furloughed have been forced into news coverage, where innovative organizations have quickly come to realize the value in throwing their sports team onto coverage of the fast-moving pandemic.

The Tribune has two full-time Jazz beat writers, so with games paused, Larsen drew on his background as a math major in college and successfully pivoted to become a data reporter. He focuses his energy these days on filing three coronavirus data columns a week, and despite such a drastic and immediate shift in topics, Larsen isn't lacking for story ideas.

"There's a whole bunch of data on this thing," Larsen said. "You can attack it from the epidemiological point of view or look at all the fancy graphs on whether or not you're flattening the curve... I've basically got a whole list of ideas I check in on every day or so."

In one column, Larsen examined how the R number—basically the number of people someone with coronavirus is likely to infect—was changing in both Utah and across the country, and how it impacts the decision to open up parts of society again. Thanks to the overwhelming interest of stir-crazy people looking for information about getting back to normal, the column was extremely popular, something that has Larsen considering a dual writing role whenever NBA games return to some version of normal. It shouldn't come as a

surprise that sports journalists have been able to quickly adapt to the changing circumstances created by the coronavirus. The diversity of a typical beat writer's portfolio includes hard deadline game stories, breaking news transactions, contemplative analysis and full-fledged feature writing. Add to that hosting the occasional podcast and some hardcore data analysis and you're talking about a wide array of skills that come in handy covering a virus most on Earth have never ever seen or dealt with.

Larsen is far from alone. At the Philadelphia Inquirer, where I work, several sports reporters have been repositioned on various news desks. Longtime columnist Frank Fitzpatrick has been using his focus on history to uncover relevant stories about contagions from the city's past. Columnist Mike Sielski and high school sports reporter Phil Anastasia have filed uplifting coronavirus stories in the UpSide, the Inquirer's "good news" section. Sports editor Gary Miles has the grim task overseeing the mounting number of obituaries resulting from the deadly pandemic.

At the Washington Post, sports features writer Kent Babb has churned out several engaging features, including a former Texas nurse who left his family in Texas to volunteer in New York City, which was overwhelmed by the coronavirus. New York Times sports editor Ben Hoffman now works on At Home, a section aiming to help readers adapt to the new confines of their sheltered lives. Across the Hudson River at NJ.com, 11 sports reporters came together to create a coronavirus resource desk that creates stories, listings and resource guides on everything from where to get tested for COVID-19 to how to get beer and wine delivered in New Jersey.

"It's a reminder that sportswriters aren't lesser journalists. They're specialists," King Kaufman, the senior audio producer for the San Francisco Chronicle, wrote on Twitter. "Any sportswriter could trade jobs with a general assignment news reporter. The reverse isn't true."

While many sports journalists have been turned into full-time coronavirus reporters, countless others are something in-between—still covering their coronavirus-impacted beats while offering news stories on a variety of local developments.

Amie Just still covers the New Orleans Saints for the Advocate, but she's also broadened her beat to report on just about every sport in the city and how they've been impacted by COVID-19. That means digital-only pieces on a smorgasbord of topics, everything from how coronavirus is impacting the largest 10K race in Louisiana to when and how

Saints games will be played this season.

"Right now I'm drawing a lot from my experience at my first job (at the Missoulian in Montana) because I had to be creative not just with my story ideas, but all of the different story angles to one idea or concept," Just said.

She also creates six daily visualizations of coronavirus statistics for NOLA.com's popular numbers page, which among other

things features the death toll in Louisiana and the number of patients on ventilators. Just's favorite feature is a bar chart race she created with Google Flourish that shows the growth of COVID-19 cases in the city's top 15 parishes.


"We've seen a lot of success with this. People come to it every day, and I think it goes to show that not everybody learns by reading," Just said. "We need to

be cognizant of how people consume information. Because sometimes, pictures are better than words."

Most sports reporters are used to working remotely, so that part isn't new to Just. But she typically works out of coffee shops and restaurants (and the occasional wine garden) and admitted finding it difficult to work from home day in and day out, despite the company of her cactus, Herman.

"I like working around town, and getting out and seeing people and just being a part of the community. So that's been the biggest change for me," Just said. "I do feel like my life has been less disrupted than a lot of people because my job is mostly remote, at least in the offseason."

But she added, "Now, ask me the same question if football gets canceled, and then we may have a different conversation."




Saturday, July 11th, 2020 at 10 a.m.
Pictures posted on our website.
<http://www.aandbauctions.com> or email
aandbauctions@gmail.com
18501 County Road 60, Moffat, CO 81143
Directions: From Alamosa head North on HWY 17 for 39 miles. Turn east at Granny's restaurant then north on rd. 60 to site. Watch for signs
FIREARMS WILL BE SOLD AT 10:00 AM SHARP.

COVID—19 Disclaimer:
If you are feeling unwell or are showing any symptoms please stay home. Everyone at this event is attending at their own risk. Face coverings, hand sanitization and social distancing encouraged.

<p style="text-align: center;"><u>Trailer</u></p> <p>2000 Jamco 3 Horse Slant with Living Quarters and Saddle Racks 40 ft Container Open top stock trailer</p>	<p style="text-align: center;"><u>Firearms/ Reloading</u></p> <p>Savage 260 Scoped Marlin 308 Scoped Ruger Ranch Rifle 223 Model 70 270 Carbine Scoped New Frontier Colt .22 3" Smith & Wesson Pro Series 45 Model 70 Winchester 30 06 223 Weatherby Vanguard 1187 Remington 12ga <p style="text-align: center;">AMMO</p> <p>12ga, lots and various 44mag, 7.62x39,38 sp., 40 S&W 357 mag, 45 acp, 223, Lots of cleaned brass for lot of cal. Reloading presses and equipment. DARDAS Cast Bullets lots. 45 223 fmj bullets Many unlisted items</p> </p>	<p style="text-align: center;"><u>Equipment/ Tools</u></p> <p>4020 John Deere w easy on quick change loader/ very nice unit 4020 Fenders and Weights 18.4 X 34 John Deere Duals 10' Brush Hog Ditcher Wood Splitter Post Hole Digger Meadow Drag Broadcast seeder Skill saws Router Air Nailers jacks, hammers of many types, Pry-bars Many sockets , ratchets, wrenches and electrical tools. Boomers , Many many other items</p>
<p style="text-align: center;"><u>Dog Items</u></p> <p>Dog Pens Dog Feeders Double Dog Carrier Commercial Animal Clippers Items too numerous to mention</p>	<p style="text-align: center;"><u>Antiques</u></p> <p>Hoosier cabinet, Sewing cabinet, Skeleton keys Items too numerous to mention</p>	<p style="text-align: center;"><u>Miscellaneous</u></p> <p>2 Custom Chinks chaps 1 Custom Batwing chaps Furniture John Boat 500 Gallon Diesel Stand and Stand Regulation Size Pool Table Grow lights with 1000w ballasts and other related items Feeders Electric Fencing 40ft container, Tents/ stoves New RV furnace Items to numerous to mention.</p>
<p style="text-align: center;"><u>Yard Items</u></p> <p>Riding Lawn Mower Push Lawn Mower Roto Tiller Wagon Running Gear Electric Sprayer Electric Seeder Broadcast Seeder Decorative yard metal Flower pot stands Tike torches Items too numerous to mention</p>	<p style="text-align: center;"><u>Livestock Items</u></p> <p>1 English Saddle 1 Pack Saddle 3 Western Saddles Miscellaneous New Tack Miscellaneous Used Tack Saddle Racks New Scabbards 1 Singer Leather Treadle Patch Machine 1 Singer Treadle Leather Tools Items too numerous to mention</p>	

Auctioneer's Notes: The Adams's are moving and would like to down size. The items up for sale are of good quality and well cared for. For any questions please call Brady (719) 588-2573. This sale also has Many items from the closing of Frontier Pawn shop. Background check and transfer on all firearms required.



Col. Brady Stagner
Auctioneer
(719) 588-2573

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Everything is sold "AS IS WHERE IS" no warranties expressed or implied.
Announcements sale date take precedence over printed material.
Terms: Cash or good check, ID & Hold Numbers required to buy.
Nothing to be removed until paid for, NO EXCEPTIONS!
NOT RESPONSIBLE FOR LOSS OR ACCIDENT!!



Lifestyle

Colorado Attorney General Phil Weiser and AARP ElderWatch caution consumers

AARP ElderWatch Survey Finds Coloradans Could Take More Precautions with their Personal Information

DENVER — Fraud, scams and identity theft can negatively affect Coloradans of all ages and backgrounds at any time. A new survey report, released by AARP ElderWatch, shares data about online behaviors, experiences with scams, instances of identity theft and measures used to avoid fraud by adults (18-plus) in Colorado.

“Protecting Colorado consumers and providing tools and resources with which they can defend themselves from scams and fraud is one of our top priorities,” said Attorney General Phil Weiser. “This survey provides valuable information about scams targeting Coloradans and identifies important steps they can take to avoid falling victim to them.”

The survey, Fraud Experience and Prevention Among Coloradans 18-Plus, explored the behaviors, experiences, potential exposure and feelings about fraud and identity theft of adults in Colorado. Some key findings from the survey include:

- Many Coloradans believe they have been the targets of IRS (68%), Tech Support (61%), and Social Security Administration (51%) imposter scams, with those ages 50 older more likely than younger to say so to each.

- Nearly half (49%) of all Coloradans say they or someone they know has experienced identity theft and half (51%) of them lost money to the incident.

- While most Coloradans are concerned (73% very/somewhat) about becoming a victim of identity theft, most have not taken certain measures that could help prevent identity theft from occurring. About one in four (28%) Coloradans requested their free annual credit report in the last 12 months, less than a quarter (22%) placed a freeze on their credit report and one-third (33%) had placed a fraud alert on their credit report.

“It is clear through these survey results that Coloradans are concerned about their exposure to scams and having their identity compromised, but they are not taking enough proper precautions to reduce their risk,” said Mark Fetterhoff, AARP ElderWatch.

For tips on avoiding fraud and scams visit the Colorado Attorney General’s consumer protection education website: www.stop-fraudcolorado.gov. To report or inquire about a potential scam call the AARP ElderWatch helpline: 1-800-222-4444, option 2.

About the Survey
AARP ElderWatch

Survey: Fraud Experience and Prevention Among Coloradans 18+

In April 2020, AARP engaged Alan Newman Research (ANR) to conduct a quantitative research study among Colorado residents ages 18+ to gauge their vulnerability to and experience with fraud, and their use of

certain preventative measures. ANR completed a total of 1,006 telephone interviews. The sample of 1,006 respondents yields a maximum statistical error of 3.1% at the 95% level of confidence. The survey was launched on April 26, 2020 and closed on May 8, 2020. AARP ElderWatch

AARP ElderWatch is a program with the Colorado Attorney General and AARP; its mission is to ensure that no older adults are left to suffer, alone and in silence, at the hands of those who exploit them. The program fights the financial exploitation of older Coloradans through

education and outreach, data collection and the providing of assistance.

AARP is the nation’s largest nonprofit, non-partisan organization dedicated to empowering Americans 50 and older to choose how they live as they age. With nearly 38

million members and offices in every state, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands, AARP works to strengthen communities and advocate for what matters most to families with a focus on health security, financial stability and personal fulfillment.



Open for Routine Eye Care

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- No Line Patient Check-In
- Temperature Screenings
- Welcome Wellness Check
- Masked Personnel & Patients
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Saturday:
Open 8 AM to 5 PM



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For More Location Info Visit:

www.RockyMountainEyeCenter.com



THIS SEA ANIMAL IS THE LARGEST VERTEBRATE THAT IS NOT A MAMMAL. IT CAN GROW TO BE ANYWHERE FROM 18 TO 33 FEET IN LENGTH.

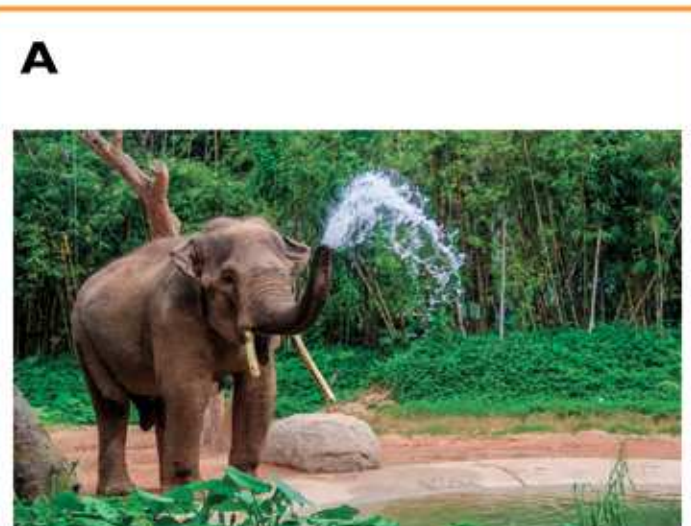
ANSWER: WHALE SHARK

How they SAY that in...

- ENGLISH:** Zoo
- SPANISH:** Zoo
- ITALIAN:** Zoo
- FRENCH:** Zoo
- GERMAN:** Zoo

What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?



Answers: 1. Tusk is shorter 2. Bird in background 3. Two rocks 4. Missing tree branch

THIS DAY IN...



HISTORY

- 1749: HALIFAX, NOVA SCOTIA, IS FOUNDED.
- 1957: ELLEN FAIRCLOUGH IS SWORN IN AS CANADA'S FIRST FEMALE CABINET MINISTER.
- 2006: PLUTO'S NEWLY DISCOVERED MOONS ARE RENAMED NIX AND HYDRA.

New word

AQUARIUM

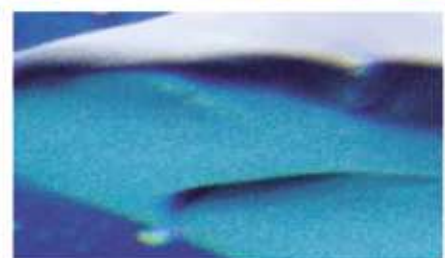
a building open to the public with sea creatures on exhibit

Did you know?

THE OLDEST ZOO IN THE WORLD IS TIERGARTEN SCHÖNBRUNN IN VIENNA, AUSTRIA. IT WAS BUILT ON THE ORDER OF THE HOLY ROMAN EMPEROR, FRANCIS I IN 1752.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: SHARK



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