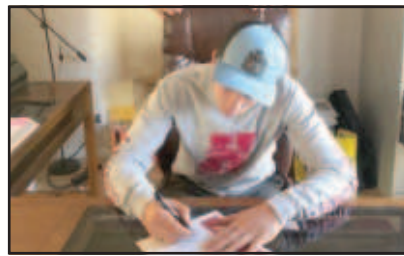




In remembrance of...

— Page 7



Christensen to Hastings College for basketball

— Page 9



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VOLUME 94, NO. 84

LOCAL NEWS... LOCAL VIEWS

MAY 6, 2020

\$1

Imagine Your Ad Here!

SLV Today Kindergarten

ANTONITO — South Conejos School District will have preschool and kindergarten registration on May 20th from 8:00 am to 12:00 pm at 13099 County RD G in Antonito. Guardians are asked to bring immunization records and a birth certificate for their child. For more information call 719-376-7001.

SDC BOE

MOSCA — The Sangre de Cristo School Board of Education regular monthly meeting will be on Tuesday May 12th, 2020 in the school library at 8751 Lane 7 North, Mosca CO with an Executive Session from 6:00 to 6:30 p.m. and an Open Session starting at 6:30 p.m. Copies of agendas are posted at school site, website, the Hooper and Mosca Post Offices, and the Mosca Pit Stop. Meetings are open to the public.

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Red Flag Warning

Sunny/Windy 80/37

Thurs: Sunny/Windy 78/31

Fri: Mostly Sunny 72/30

INSIDE Record Page 2 Valley News Page 3 Opinion Page 4 Lifestyle Pages 5, 7, 8 and 10 Comics Page 6 Sports Page 9 Public Notice Page 11 Classified Page 12



A group effort to flatten the curve

SLV Emergency daily health report SAN LUIS VALLEY

— The next few weeks of the Safer at Home phase will be critical to determine if we can sustain a manageable level of social interaction while keeping our local rate of COVID-19 cases low.

We need your help. Your actions during this time will determine the future of our economy as well as the health of our most vulnerable populations. Every single person is key.

Personal responsibility is a large piece of Safer-at-Home. All individuals are encouraged to stay at home as much as possible, wash your hands frequently, wear a mask in public. If you are age 65 or older, or if you have an underlying health

condition, it is even more critical for you to continue to stay at home for your own protection. If you are fortunate enough to be healthy, be considerate of others and the risk you may pose to them if you turn out to be a carrier of the virus without even knowing it. That's where face coverings come in. Covering your mouth and nose while you are out in public for essential activities protects those around you.

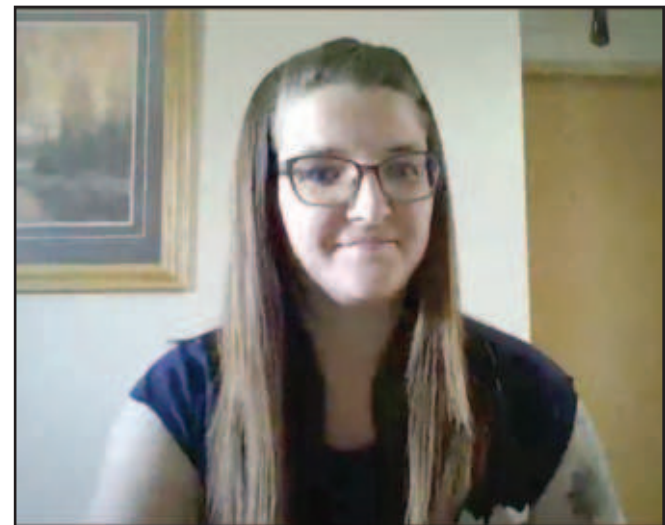
To honor Mental Health Awareness, San Luis Valley Behavioral Health Group and others are offering free resources throughout the month of May. Today they featured a video describing EFT - Emotional Freedom Technique - or "Tapping" to help neutralize general anxiety. Check out their

Facebook page <https://www.facebook.com/slvbh/> for more resources, or call (719) 589-3671.

We would also like to take a moment to acknowledge Teacher Appreciation Week (May 4-8). Our school teachers are critical to a healthy community in their support to our youngest population. Colorado is trending #ThankaTeacherCO. See this link for more information: <http://www.cde.state.co.us/communications/resourcesforparents>.

If you are experiencing COVID symptoms, contact one of the nurse call-lines listed below.

- Rio Grande Hospital: 719-657-4990
- SLV Health: 719-589-2511 ext. 9
- Valley-Wide Health Systems: 719-589-3658 ext. 9



Courtesy photo

Ashley Ottmer discusses Emotional Freedom Technique (EFT) during her live video featured on SLV Behavior Health Group's Facebook page.

April's cutest baby told



Courtesy photo

Mila Rose Arel

ALAMOSA — Seven-month-old Mila Rose Arel is the April winner of the "Cutest Baby Contest" sponsored by San Luis Valley Health and the Valley Courier.

She is the daughter of Shaun and Sierra Arelano of Alamosa and has

three siblings; Cameron, Lilianna and Deon, and was born on Oct. 8, 2019. Her grandparents are Anthony and Sang on Arellano.

Forty baby pictures were entered in the April online contest and 356 votes were cast with Mila Rose receiving 39 votes as the winner.

City to discuss homeless site

ALAMOSA — Discussion on a temporary site for homeless persons is among the items on the Alamosa City Council agenda tonight at 7 p.m. The council will meet via Zoom video and details on joining the meeting can be found at <https://cityofalamosa.org>.

Anyone wishing to make public comment should submit a comment card prior to the start of the

meeting. The form is also available on the same website.

The council will also conduct first and second readings of three ordinances and authorizing \$5,000 in sponsorships to four entities in varying amounts. Approval of four proclamations is also on the agenda.

The full agenda may be found on the city's website.

ALAMOSA CITY COUNCIL



Please excuse our dust



Courier photo by Meg Colwell

The north parking lot at Blanca Vista Park has been the sight of construction since Thursday, April 30. The new additions will consist of fishing piers and fish habitat improvements on the pond. The project is funded by Colorado Parks and Wildlife through their "Fishing is Fun" program.

Rael announces candidacy for Costilla County

SAN LUIS — Lawrence Rael penned a letter to the Costilla constituency regarding his candidacy for the position of County Commissioner District 1.

I, Lawrence (Ted) Rael, am announcing my candidacy as one of several persons as a democratic candidate for Costilla County Commissioner District 1.

I have been a lifelong of Costilla County having grown up on a farm owned by my father in the Mesita area. My parents John and Bertha Rael raised a family of 10, six boys and four girls, all of which graduated from high school and attended schools of higher learning. My father was a county commissioner in this county three terms and was recognized as a man of high honor. I attended high school in San Luis and graduated from Centennial High School in 1965. I attended Adams State College in the fall of 1967, then joined the US Navy and served four years as an electrician and electronics repairman. After this military stint, I returned to Adams State College and attained a degree in 1974 in second-



Courier photo

Lawrence Rael

ary education but never got around to teaching because I was offered a job in Truck Enforcement with the Colorado Department of Revenue and worked there for 31 years, Twenty-one of which I was the supervisor. After retiring, I worked several other jobs until I finally decided to try my hand at teaching to put my degree to use. I have worked in the Alamosa School District for 5 years. Now due to the COVID-19 situation, I feel that getting into county government is where I need to be in order to help

the local economy return to normalcy.

In the past, I have served on the Fort Garland Water Board for six years and served on the Sierra Grande School board for seven years.

To the constituency I say, I am totally honest and sincere, absolutely capable and willing to work with others and communicate with all. I will not make decisions unless they are for the good of the majority. Your vote will be greatly appreciated.

Sincerely, Lawrence (Ted) Rael

40,000 Unique Visitors Per Month Shouldn't you be advertising on: www.alamosanews.com

Record

OBITUARIES

Chuck DeHerrera



LA JARA — This is the story of Chuck DeHerrera. Chuck was a deep-hearted person. Dad or “da.da.da.” as his youngest would call him, “Uncle Chuck” known by his favorite little niece and nephews, was a kind-hearted man with a child-like outlook for adventure and life.

Chuck’s story started on September 7, 1978, the oldest child to Charles and Debbie DeHerrera. Chuck and younger brother Dave were born in Leadville Colorado. Chuck felt like a protector for Dave. He wanted to do all he could for him. When Chuck was still small the family moved to southern Colorado into the San Luis Valley. This is where Chuck would spend his childhood, grow up, make many lifelong friends, and go to school and college. Chuck attended high school at Centauri and graduated in 1996. He was a great athlete. He was known for how fast he could run and still tried as an older adult to relive his athletic glory days. After high school, he went on to attend Adam’s State (University) and graduated in 2000.

Following his college graduation, Chuck went on to do many entrepreneurial businesses and jobs. He worked for Verizon as a regional manager and upon leaving that job he met his later to be wife, Leane Drysdale. In July 2008 they married in South Fork, Colorado. Later that summer Chuck left to join the police academy in La Junta, Colorado. After graduating from the Police Academy, he got a job as a police officer in Antonito Colorado. He had a lot of pride in being a police officer and the service he provided. He wanted to make a difference. His

personality and ambition were captivating, and you could easily get caught up in his thoughts. A couple of years down the road Chuck and Leane moved to Farmington, New Mexico. In 2015 his biggest pride and joy was born, “McKenna”. These two were inseparable. They were so much alike and both had a great imagination. He was very proud of his daughter admired how smart she is and her empathy towards all. In 2018 his little man “Mateo” was born. Chuck was proud to see Mateo throw a ball. Mateo would light up when his dad was near and would hug him for long periods of time.

Chuck was thoughtful, he was funny, and he was very devoted as a dad. Chuck was also unique when it came to his sense of fashion, and he was passionate about his family and his country. He loved the saying “May your aim be steady, and your heart be true”. He was a great shooter and enjoyed going out to shoot and show others gun safety. He loved to read up on and see new types of guns and even enjoyed the older models. He loved the mountains and the outdoors. Especially La

Plata Canyon, where many disastrous camping trips happened due to rain. But he loved it and always made it memorable with fun and lots of laughs.

Chuck leaves behind to cherish his loving memory, his children, McKenna and Mateo DeHerrera, wife Leane DeHerrera, parents Charles DeHerrera,

Debbie DeHerrera, brother David (Megan) DeHerrera, brother-in-law Neal (Meghan) Drysdale, sister-in-law Jami (Dusty) Duran, DJ Duran, Jayden Duran, Harper Duran, and Caden Drysdale. There are also numerous supportive aunts, uncles, cousins and friends that will also miss Chuck.

Chuck is preceded into death with by his grandfather Pete DeHerrera, uncle Michael DeHerrera, God-mother/Aunt Janet DeHerrera, Aunt Deb, Mother in law Karen Drysdale, Father in law Edward Drysdale.

Services will be held at a later date when safer for all to attend.

Mary S. Olivas



SAN LUIS — Mary S. Olivas, 90, went to her eternal rest on May 3, 2020, with her loving family by her side. Mary was born on April 28, 1930, in San Luis, Colorado, the daughter of Jose DeHerrera and Avelina Overstreet DeHerrera. Mary became well known in the community from her role as a cook with the Centennial School District. Mary was a devoted and loving wife, mother, grandmother, great-grandmother, sister, aunt, cousin and friend who enjoyed volunteering her spare time helping anyone she could, cooking, traveling, reading, knitting, and designing flower arrangements. She loved the time she was able to spend with her family and friends.

Mary will live on through her daughter

Suzi Olivas of San Luis, CO; Josie Garcia of Colorado Springs, CO; son Frank Olivas of Homelake, CO; 7 grandchildren, numerous great and great-great-grandchildren, step-sisters Ruth Perez of San Luis, CO; Betty Mares of Colorado Springs, CO; Agatha Medina of El Rito, CO; brother Fred (Louise)

DeHerrera of Colorado Springs, CO; brother-in-law Walter Gallegos of San Luis, CO. She is also survived by numerous nieces, nephews, cousins and friends.

Mary was preceded in death by her parents Jose and Avelina DeHerrera, husband Alonzo Olivas, grandsons Damion and Toby Morine, Granddaughter Thalia Valdez-Garcia, brothers Maclovio, Adonaise, Henry, Gilbert, Alarico, Pete and Pedro DeHerrera, half-sister Elsie Gallegos, Olivia Espinoza, half-brothers Alfonso and Billy DeHerrera.

A Private Mass will be held at a later date. To leave online condolences please visit romerofuneralhomes.com. The care of arrangements have been entrusted to Romero Funeral Home of San Luis.

Stephanie B. Yund



DEL NORTE — Stephanie B. Yund, 72, of Del Norte, passed away March 23, 2020 after a long battle against lung cancer. Stephanie was born in Warren, Ohio on August 10, 1947 and grew up in the neighboring community of Kinsman. She earned a Bachelor’s degree in psychology from Otterbein College located in Westerville, Ohio and a Master’s in counseling from the University of New Mexico in Albuquerque, New Mexico.

Stephanie was a loving mother, devoted wife, and dedicated middle-school math teacher. Her teaching career, which spanned nearly 50 years, began in Ohio before she relocated to Albuquerque for a brief time and then eventually settled in Del Norte, Colorado. During her time in New Mexico, Stephanie met her husband Bob (Robert A.

Yund) and they married in 1976. After retiring from the public school system, Stephanie and Bob continued their love of education by teaching for Adams State in Alamosa, Colorado both on campus and online. Stephanie especially enjoyed baking and traveling; she also treasured memories of hot air ballooning with lifelong friends.

Stephanie’s absence

will be felt not only by family, but by her former students and other members of the Del Norte community. Stephanie was preceded in death by her parents, George (Gray) and Helen Brandon, and Bob, her husband of 42 years. She is survived by her brothers Eric of Poway, California and Christopher of El Paso, Texas, sister Denise (Pelowitz) of Los Alamos, New Mexico, daughters Michelle (Serface) of Monte Vista, Colorado and Cara of Del Norte, Colorado, five grandchildren, three great-grandchildren, and numerous nieces and nephews. In lieu of flowers, the family wishes that monetary donations be sent in Stephanie’s memory to the Rio Grande Hospital in Del Norte (310 County Road 14, Del Norte, Colorado 81132).

Wilber “Woody” Watson

DEL NORTE — Wilber “Woody” Watson, 68, died on May 1, 2020, in Colorado Springs, CO. He was born in Gunnison, CO, to Carly (Ross) and Woodrow Watson on December 3, 1951.

Wilber enjoyed horse riding, cattle, the mountains, working with

leather. He worked all farm auctions and the auctions at the sale barn, and he was a heavy equipment operator. He belonged to the Cattleman’s Association.

Wilber is survived by his wife, Ann Watson, three sisters, and several nieces and nephews. He

is preceded in death by his parents, one brother and one sister.

A graveside service will be held at the Del Norte Cemetery, on Saturday, May 9, 2020, at 11 a.m.

Arrangements in care of Strohmayr’s Funeral Home.

PENDING OBITUARIES

Alyssa Malouff

ALAMOSA — Alyssa Malouff, 33, passed away in Colorado Springs on April 27th, 2020. Services will be announced later in the obituary.

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.

ALAMOSA POLICE REPORT

04/24/2020-05/01/2020

Louis Robert Fair, 35, Alamosa, Shoplifting

Paul Mankin, 62, Alamosa; Owner Operated an Uninsured Motor Vehicle On a Public Roadway, Driving While Denied, Failed To Display Valid Registration, Failed To Obey Traffic Control Light Signal

Matthew Martinez, 28, Del Norte, Trespassing, Shoplifting

David Hanke, 26, Alamosa; Failure To Abate

Floyd Halliburton, 42, Alamosa; Criminal Mischief

Jerry Shanley, 65, Red River, NM; Limitations On/Unsafe Backing

Juan Samora, 32, Monte Vista; Shoplifting

Vince Salazar, 46, Alamosa; Shoplifting Juvenile, 17; Disorderly Conduct/Disturbing The Peace, Resisting or Obstructing an Officer, Obstructing a Peace Officer Firefighter Emergency Medical Services Provider Rescue Specialist or Volunteer

Alicia Weber, 36, Alamosa; Neglected or Dependent Child

Amanda Martinez, 27, Alamosa; Child Abuse, Reckless Endangerment

Shirley Tafoya, 41, Alamosa; DUI-Alcohol, DUI Per Se, Reckless Driving

David Keys, 31, Alamosa; Domestic Violence, Obstructing Telephone Service, False Imprisonment, Felony Menacing, Second Degree Assault, Violation of Protection Order

Joseph Kofman, 34, Alamosa; Second Degree Assault on a Peace Officer, Criminal Mischief, Obstructing a Peace Officer, Resisting Arrest

Kenneth Stanley, 28, Alamosa; Domestic Violence, Assault In the Third Degree

Brodrick Geiser, 34, Alamosa; Unlawful Possession Of a Controlled Substance Schedule I & II

Matthew Martinez, 30, Del Norte; Forgery, Theft From Banking Institution

San Luis Valley Crimestoppers

If you have information about an unreported or unsolved crime in the San Luis Valley, Crimestoppers pays for information that leads to the arrest of criminal offenders. Citizens may report crimes anonymously and remain eligible for rewards.

Call San Luis Valley Crimestoppers at 589-4111.

ALCOHOLICS ANONYMOUS MEETINGS

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

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

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

SUNDAY

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

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

MONDAY

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

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

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

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

TUESDAY

12 p.m. First Christian Church at 1st and State, Alamosa

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

WEDNESDAY

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

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

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

7:15 p.m. RV Park in Blanca

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

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

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.

7:30 p.m. Ables/Disables, Baptist Church at 751 Lincoln St., Monte Vista

School Menu - Wednesday - May 6, 2020

NO SCHOOL



COVID-19

To sponsor the School Menu call 589-2553

Valley News

Court hearing for Anthony (Tony) Dominguez, 34

By MEG COLWELL
Courier Reporter

ALAMOSA—Anthony “Tony” Dominguez, 34, had his third court appearance this morning; this time, in front of Chief Judge, Michael A. Gonzales. Tuesday, at 2:30 p.m., Dominguez had a status hearing. The investigation is continuing, though COVID-19 is posing problems to the council—particularly regarding the difficulties of meeting with

one another or utilizing public offices. DA, Jason Bachlet, is expected to stay on the case until its conclusion. Going forward, the parties decided to set a motion hearing for June 4, at 2 p.m. Dominguez and two others—Antonio Cisneros of Antonito and Martin Hernandez Orozco of Albuquerque—were arrested and charged with multiple felonies and misdemeanors; on Saturday, November 16.

That night, around midnight, the Alamosa Police Department (APD) were dispatched on the report of a stabbing. At the corner of 13th and Edison Ave., Caleb McNeeley, 28, and Esmaralda Acosta, 20, were found with injuries they described as being inflicted by a machete. The pair were hospitalized. The three suspects were said to have assaulted the pair in a nearby

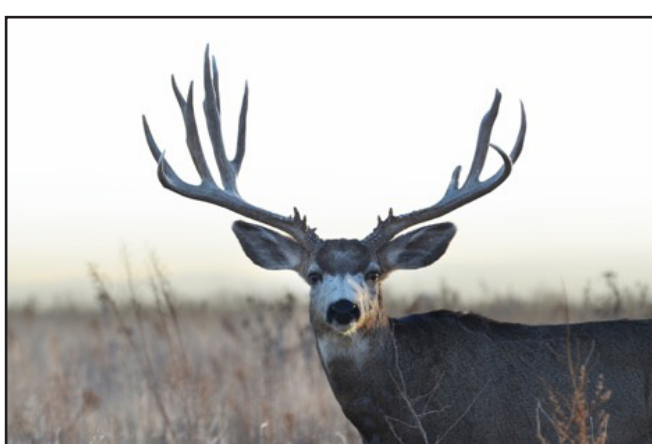
abandoned home, before leaving in a white pickup truck. Using this information, the APD located and arrested the three suspects. Dominguez was charged with three felonies: first-degree burglary, first-degree assault and menacing; along with misdemeanor counts of third-degree assault and reckless endangerment. On April 4, Dominguez pleaded not guilty in front of a Judge.

Big Game Winter Range and Migration Corridor report released

A new status report on Colorado’s big game winter range and migration corridors has been released that will inform future efforts to protect this invaluable natural resource.

DENVER – After months of hard work by Colorado Parks and Wildlife and the engagement of more than 40 conservation partners, a new status report on Colorado’s big game winter range and migration corridors has been released that will inform future efforts to protect this invaluable natural resource. On August 21, 2019, Governor Jared Polis directed both CPW and the Colorado Department of Transportation (CDOT) to work cooperatively to

conserve Colorado’s valuable big game resources through executive order D 2019 011: Conserving Colorado’s Big Game Winter Range and Migration Corridors. This executive order directed CPW to compile a big game status report to guide both agencies, as well as its partners, to collectively improve the conservation of big game winter range and migration corridors. “This report provides a strong foundation as we turn our attention to crafting a strategy for conserving and restoring seasonal wildlife habitat and migration corridors across the state,” said Dan Gibbs, Executive Director, Colorado Department of Natural Resources. “Colorado Parks and Wildlife’s detailed assessment illustrates the challenges our big game herds face in areas where development, environmental, recreation, and other pressures



are evident, but it also points to opportunities for reducing habitat fragmentation and sustaining our big game populations down the road.” This recently completed report is now available on CPW’s website. The report contains the current state of knowledge concerning Colorado’s big game herds and the challenges they face. It features CPW’s compilation of the best-available science on our state’s big

game populations, including population status and trends, monitoring and inventory methods, seasonal habitats and migration corridors, and conservation threats and actions. The report also outlines current research and data gaps associated with Colorado’s big game winter range and migration corridors. CPW’s report concludes with recommendations on a path forward to conserve these valuable

habitats and populations. “The Big Game Winter Range and Migration Corridor Report is a testament to the great work CPW does in managing our state’s big game herds,” said CPW Director Dan Prenzlow. “This document will provide information for all CPW personnel, other government agencies, outside stakeholders, and all of Colorado as we continue to manage Colorado’s big game herds and ensure their long-term viability in this great state.” CPW Forest Habitat Coordinator Casey Cooley played an instrumental role in coordinating with multiple CPW departments and more than 40 conservation partners to create this report. “Our deer and elk herds are an important part of Colorado’s outdoor identity; because of the amount of work CPW puts in conserving wild-

life, we have really high-quality herds—in fact, we manage the largest elk herds in North America. We are committed to protecting these animals by maintaining habitat connectivity and making sure we’re removing migration barriers that may currently exist,” Cooley said. “The report highlights CPW’s long-term goals: habitat protection and winter range restoration. This report is a tool that will help us move forward in conserving big game and their habitats.” This report illustrates the current state of Colorado’s big game herds, their habitat and the challenges they face, and lays the groundwork for future policy, regulatory and legislative recommendations to ensure the ongoing conservation of seasonal big game habitat and migration corridors.

Hot meals can heal

By MEG COLWELL
Courier Reporter, AmeriCorps volunteer

ALAMOSA — As many know, La Puente has been working hard to continue providing free, daily community meals for those who have no other access to food. Thanks to the generous support of donors, volunteers and community partners; La Puente has been able to do so. From the Boyd Learning Garden, at the corner of 11th St. and Boyd, volunteers are able to serve two sack meals a day. Lunch is served at noon and dinner at 6 p.m. While this effort is already meeting

an urgent need, La Puente staff have been working to do more. The sack meals consist of ready-to-eat items clients can easily consume – as many do not have access to microwaves, ovens, etc. There is an entrée item, a drink, and one or two side items. La Puente’s Valley Garden Initiative (VEGI) staff work to make those side items fresh vegetables and fruits. While a wonderful effort, La Puente has been working to make at least one of those meals a hot one. Staff and volunteers understand clients are often struggling in their day-to-day. These

struggles have only worsened since COVID. La Puente knows a hot meal can soothe the soul, offer a little bit of comfort – especially during these trying times. Thanks to new community partnerships, we are able to make that happen! Alamosa Voices, in partnership with SLV Area Health Education Center (SLVAHEC), are going to be sponsoring hot meals, twice a week. On Mondays and Saturdays, Ef’s Food Truck will be serving hot meals to the community. La Puente gives a huge thanks to Alamosa Voices, SLVAHEC, and the city; for making this happen! The city issued

the permits at no charge. La Puente only plans to continue expanding these community partnerships. In fact, the organization has just received a grant from the SLV Response Fund, meant to be invested back into the local economy. Going forward, La Puente will organize efforts to purchase these hot meals from local businesses. Thanks to everyone who has contributed so far! We could not operate without your generous support. We are always in need of volunteer support. If interested, call (719) 745-7554 to learn more.

County plans to request state variance on ‘Safer-at-Home’

By KEITH R. CERNY
Courier Publisher

ALAMOSA — As Colorado attempts to slowly reopen under Governor Jared Polis’ “Safer-at-Home” order based on the COVID-19 pandemic,

Alamosa County Commissioners are preparing to submit a variance to the state requesting more leniency which could allow more businesses to open. In a press conference Tuesday afternoon with the Valley Courier, Commissioner Chairman Michael Yohn said the variance request will directly address the reopening of restaurants, bars and health clubs in Alamosa County. He believes the San Luis Valley can contribute their fairly low cases of confirmed COVID-19 virus to its sparse population and large geographic area. Commissioner Darius Allen mentioned the val-

ley’s 8,000 square miles of space and its estimated 48,000 population during a special commissioners meeting on Monday. Allen said some language concerning places of worship as well as campgrounds and RV parks

strong together,” Dennis said. “Our community has always been and will continue to be great at rallying around those in need.” Yohn said the commissioners, County Attorney Jason Kelly and Della Cox-Vieira, director of Alamosa Public Health, and her staff are working together on the variance and plan to submit it to the Colorado Department of Public Health and Environment (CDPHE). He added that it may take several days to get a response because many of the state’s 64 counties are probably planning to do the same thing.

include a COVID-19 suppression plan approved by the appropriate local public health authority, all hospitals within the county (unless no hospitals are located in the county) and a majority of county commissioners (or other county-level governing body). CDPHE shall review and approve a county-specific COVID-19 suppression plan that meets the department’s public health standards. CDPHE shall not provide COVID-19 preparedness grant funding to any county that implements measures that are less restrictive than the standards contained in state orders without first obtaining approval from CDPHE.

available.” Commissioner Helen Sigmund reminded the commission that May is Mental Health Awareness Month and the county is well aware of the stressful situation the virus has caused with social distancing and quarantines at home. “We are all in this together,” she said, “we need to keep hope and faith and connect with family and friends virtually if possible.” Sigmund added her appreciation to the community for continuing to patronize local restaurants with curbside and delivery options. Allen noted that the commission has been meeting nearly daily as

“Our goal is to get back to normal,”
 - Darius Allen
 Alamosa County District 1
 Commissioner

could also be included in the variance. Yohn also announced that the county annex, home to the clerk, treasurer, assessor and other county offices will be reopening Thursday with strict guidelines involving social distancing, wearing masks, etc. Protective screens were to be installed today to separate county staff from citizens needing their services. (See separate story.) All three commissioners and County Administrator Gigi Dennis reiterated Tuesday that the Alamosa community is resilient and will unite and emerge successfully. “We will continue to be

The San Luis Valley Commissioners met Friday and discussed filing a variance as a group but decided that each county’s needs should be addressed individually. According to the CDPHE website, to obtain a variance from the state’s orders, counties must: • Submit a written application to CDPHE certifying that the county has low case counts and/or can document 14 consecutive days of decline in COVID-19 cases reported in the county. • The application must

feet and markers will be placed on the floor in the entry and hallways. Chairman Michael Yohn said, “We miss the public! Many of our employees have been working from home and we miss seeing them as well.” Alamosa County Public Health has been busy managing the Governor’s “Safer-at-Home” order and actively preparing the county and community to “Safely Open.”

Responding to a question about a possible COVID “outbreak” in Alamosa County over this past weekend, Dennis said 12 probable cases were tested and placed under isolation and quarantine until test results are returned. Yohn noted that local testing results will be critical to successfully achieving a variance from the state and “that data is just not quite

needs arise. “We know how important it is for us to stay on top of this,” he said, “but we’re dealing with a moving target. We want to take this seriously and have put some county projects on hold,” with tax and other revenue sources in question. “Our goal is to get back to normal,” Allen said. Yohn said the commissioners are appreciative of residents who continue to take proper precautions. “No one likes restrictions,” he said. “We want to maintain the businesses we have here,” Yohn said. “They’ve supported us and we need to continue supporting them.”

County offices slated to reopen Thursday

ALAMOSA – The Alamosa County Commissioners announced Tuesday that the county will be open for public business Thursday, May 7 for regular working hours 8:00 a.m. to 4:30 p.m. The Clerk and Recorder, Assessor, Treasurer, Land Use, Human Services, Public Health are making modifications to the office/counter areas so employees and customers feel safe. At the County Annex, where the Clerk, Assessor, Treasurer, Land

Use, and Veterans Office is located there is a box outside of the building where people may drop payments or other county related material in place of coming inside the facility. The Sheriff’s Office will be open for video visits with inmates and other services on Monday, May 11. All offices are requiring that people have some sort of a mask over their face and nose. Hand sanitizing equipment is readily available in the buildings. The public is asked to maintain social distancing of 6

feet and markers will be placed on the floor in the entry and hallways. Chairman Michael Yohn said, “We miss the public! Many of our employees have been working from home and we miss seeing them as well.” Alamosa County Public Health has been busy managing the Governor’s “Safer-at-Home” order and actively preparing the county and community to “Safely Open.”

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Opinion

Amarah's Corner

Growing up with an Addict for a Father.
Part 1:

“For the epidemic of influenza, a hurricane, earthquake, or tornado, the worst is quickly over; treatment and recovery efforts can begin. In contrast, the chronic disaster that results from Adverse Childhood Experience (ACE) is insidious and constantly rolling out from generation to generation.”
~ Doctor Robert F. Anda and Doctor David Brown, the Adverse Childhood Experiences (ACE) Study.

Sometimes I wonder how I survived my childhood.

That’s not an attempt at humor; I am the child of an addict.

I can tell you, it’s nothing like the movies. There was nothing poetic or noble about my father’s numerous addictions. When he was high (or low, depending upon the drug that day) he didn’t turn into a brilliant philosopher.

I can safely say I have rejected virtually every life-lesson he taught me when I was a child.

Now, the lessons he taught me about his behaviors, unfortunately, is a different story.

When I consider how well I learned those lessons, I should say I sometimes wonder how I have survived my adulthood.

Hurricane Dad
I don’t think there is an illicit drug or way

to get high/low that my father didn’t try at least once. If he could smoke it, drink it, snort it, pop it, or shoot it, my dad was all-in. As my sponsor used to say, my father was an “equal opportunity addict.”

It was absolutely impossible to predict my father’s mood swings, because not only did they depend on if he was using, they depended on what he was using- speed, weed, booze, or pills. When I became an oh-so-clever teenager, my younger brother and I would call him, “Hurricane Dad,” because he was a force of nature that left destruction in his wake.

I Was So Lonely
If you haven’t lived through it, you couldn’t possibly understand how isolated a child with an addict parent can feel.

I was ashamed of how poor we were. Our electricity was turned off all the time. I wore shoes until they were falling apart and filthy. I never got to play sports, because we couldn’t afford the fees and the uniforms.

It was very hard for me to make friends. I never invited anyone to my house, for obvious reasons. On the extremely rare occasions when I was invited to someone’s house, and allowed to go, I always felt completely out of place. To top it all off, it seems like we were constantly being kicked out, or as my dad would say “moving.” It’s hard to make good friends when you never stay in one place too long.

Invisible and Invincible
Living with him, I learned how to be stoic and stealthy very early-on. When dad was on one of his rampages, I learned how to be practically invisible, because if he noticed me, he could work himself into a rage over my slightest imperfection. I was always too mouthy...too lazy... too unappreciative... and then, he could REALLY get going.

As bad as it was, if I ever let him know how much something hurt me or got to me, he always got worse. If I tried to explain, or if I asked why, or worse yet, if I cried, things got really bad. If my father saw that something hurt me, he zeroed in right there - jammed the knife in and twisted it. I found out early-on that if I could just stand there, impassably, and act like he wasn’t getting to me, he would often lose interest and move on to the next thing, or pass out, which was fine by me.

Breaking Away
My father never had any sort of epiphany while I was growing up. He was an addict when I was a young child, and he was still using and abusing when I graduated high school.

Yes, I graduated. My home life was always too crazy for me to be any sort of academic whiz, but I got-by. Sometimes, school and books were my only refuge. I guess enough of it stuck with me to keep my grades passable. I found out later that I was lucky in one respect. I learned that children in my situation are four-times-more-likely to become substance abusers. That was never me. Thankfully, on both an unconscious-and-conscious level I rejected both alcohol and drugs.

I graduated high school, joined the military, and ran as far away as I could run. Sins of the Past
I did not escape completely unscathed, though. I was still the angry-on-the-inside/quiet-and-emotions-on-the-outside emotional train wreck from my childhood. I didn’t know how to relate to others in a normal, healthy way. I was either too cold, too angry, too distant, or some horrible combination of all the above.

Retrieved from <https://www.northpointrecovery.com/blog/growing-up-with-an-addict-for-a-father/>
Part-2 next week.
Remember, Jesus loves you and Jesus is Lord!

Amarah's Corner



'Kids Like Me'



To submit news, email: news@alamosanews.com
To submit sports, email: sjiron@alamosanews.com

Letters policy

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

Honoring History

The Spanish language of the area’s first colonialists remains the dominant language in the area. Remarkably, the geographic isolation of the San Luis Valley has ensured that the pure Castilian Spanish of Spain’s royal court is still spoken in certain remote villages of the Sangre de Cristo region. More common, however, is a Spanish dialect that reveals the slow mixing of culture over time as Castilian and Mexican Spanish and, in some cases, English have all blended.

In a 2011 interview, renowned children’s book author Emerita Romero-Anderson bemoans the loss of that 17th century Spanish in the San Luis Valley.

Listening to a resident speak the tongue native to the San Luis area, it sounds much like traditional Castilian, according to Juan A. Sandoval II, a retired Spanish language librarian at the University of Texas-El Paso.

However, the Barcelonian lisp is mostly gone and native tribal words have found their place in the dialect. So have some English words, but they have taken on a distinct Spanish pronunciation.

Romero-Anderson says many traditional words go back to the 14th, 15th, 16th century. Overall, it’s a very unique language, however, and experts have spent years studying it.

Using Sandoval as an example, many universities have entire departments dedicated to the idiom.

The Valley’s timeline starts in 1500 when the Spaniards started arriving here and in Mexico. There, they encountered people such as the Mayans and Aztecs and interbred with them, adding elements of those languages into their own.

Still, the romance language of Spain prevailed.

Today, young Hispanos, unable to speak the language of their forefathers, are working to revive it, and they linger at educators’ desks seeking answers to their questions. “Que lastima (what a shame),” he says. “They are losing their heritage.”

We have just passed through a time of heritage for this part of the nation.

Once again, El Cinco de Mayo has come and gone.

Once highly celebrated, it’s a whisper in the winds of time.

What does it mean for us?

Late in 1861, a well-armed French fleet attacked Veracruz, landing a large French force and driving President Ignacio Juárez and his government into retreat. Moving on from Veracruz toward Mexico City, the French army encountered heavy resistance from the Mexicans close to Puebla, at the Mexican forts of Loreto and Guadalupe. The

French army of 8,000 attacked the poorly equipped Mexican army of 4,000. On May 5, 1862, the Mexicans decisively defeated the French army. The victory represented a significant morale boost to the Mexican army and the Mexican people at large and helped establish a sense of national unity and patriotism.

For the San Luis Valley, The Battle of Puebla was significant for several reasons. First, although considerably outnumbered, the Mexicans defeated a better-equipped French army. “This battle was significant in that the 4,000 Mexican soldiers were greatly outnumbered by the well-equipped French army of 8,000 that had not been defeated for almost 50 years. Historian Justo Sierra wrote in his Political Evolution of the Mexican People that, had Mexico not defeated the French in Puebla on May 5, 1862, France would have gone to the aid of the Confederate States of America in the American Civil War, and the San Luis Valley’s destiny could have been different.

Back in the 1970s, students at Adams State researched, rehearsed and devoted several days to El Cinco de Mayo. It was carefully explained that Mexican Independence was honored on the 16th of September, but this part of the country emphasized May 5 for its significance.

COVID-19 has put a damper on this year’s celebration, but it still commands respect. History should not be ignored.

Native Writes



Sylvia Lobato

LETTERS

A cautionary tale

Dear San Luis Valley Community Members,

Please do NOT let this happen to you or a loved one. Recently our CEO, Konnie Martin, shared a tragic story of a young man who delayed care for his diabetes, which led to his death. The young man was living in Denver and was frightened to go to a clinic or hospital for care because he was afraid of getting the coronavirus there. Recently an elderly woman from Alamosa broke her hip and delayed getting care in our Emergency Department for four days. Please do not delay your healthcare for fear of contracting the virus in our facilities. We are here to care for you, to treat you, to help you heal. If you are experiencing any sort of emergency, do not delay care. We keep COVID patients separate from other sick patients as well as putting in place extra deep cleaning procedures.

In order to “flatten the curve” and prevent the spread of the COVID-19 to healthcare workers and other patients, we ask that if you are experiencing symptoms such as fever, shortness of breath, and coughing, that you call a nurse triage line ahead of time before entering our facilities. We have established a phone line (719-589-2511 Press 9) along with a respiratory clinic so that we can wear the appropriate personal protective equipment and keep our staff safe as we triage your illness. Our clinics and surgery departments are re-opened and staff is

safely here to care for you needs, whether by telehealth or in person.

- It is crucial that patients receive evaluation for symptoms such as chest pain, abdominal pain, severe headaches, and difficulty speaking or stroke symptoms. Life threatening conditions such as heart attacks, strokes, appendicitis or large wounds – need timely evaluation and treatment. It can be the difference between life and death.

- Hospitals are safe, clean and ready to care for patients.

- If you would have gone to the ER for a life threatening condition before COVID-19, you should go now.

- Signs of heart attack
- Shortness of breath
- Sweating
- Chest pain
- Signs of stroke – FAST
- Facial droop
- Arm weakness
- Speech difficulties
- Time to call 9-1-1

- Signs of an abdominal emergency (such as appendicitis or a ruptured aortic aneurysm)

- Severe pain
- Vomiting
- Fevers

Call 9-1-1 if you have a life threatening condition. If your condition is not life threatening, contact your primary care physician or visit an urgent care

location.

Sincerely,
Eric Ball, MD, Director of the SLV Health Regional Medical Center Emergency Department

Chris Killer, MD, Director of the SLV Health Conejos County Hospital Emergency Department

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>

U.S. SENATE

Michael Bennet (D) SLV Regional Office, 609 Main Street, Suite 110, Alamosa 81101; Phone: 587-0096; Fax: 587-0098
Washington office — 458 Russell Senate Office Building, Washington DC 20510; DC Phone: 202-224-5852; bennet.senate.gov

Cory Gardner (R), Regional Office, 503 N Main Street, Ste, 426, Pueblo, 719-543-1324, fax: 202-228-7174; Washington office: 354 Russell Senate Office Building Washington DC 20510; 202-224-5941

Pro-life petition

Letter to the Editor,
Are you aware of a petition circulated earlier this year called DueDateTooLate? Officially it’s Ballot Initiative 120, and many of us around Colorado gathered signatures earlier this year and sent them to the Colorado Secretary of State.

With enough signatures, this question will be on the November 2020 ballot - “that a woman in Colorado cannot have an abortion past 22 weeks’ gestation, unless her health is at risk.” This Pro-Life issue is vitally important - all citizens in Colorado should get to decide.

Did you know that back in 1967, Colorado was the first State to “lift restrictions on abortion?” Now “Colorado is a destination state for late-term abortions.” Those quotes are from Deacon Geoff Bennett in a Winter 2019 article, Help Save The Lives of Hundreds of Babies, yet few Coloradans realize this. Deacon Bennett ends his

article, “Let’s keep Colorado a destination location for vacations - not abortions.”

About DueDateTooLate, we got enough signatures earlier so now the State must allow us more time to gather more signatures. But we can’t go back out until the Shut Down ends - probably May 15th.

I have many friends in the San Luis Valley, yet none has seen this petition. The Valley deserves to be heard on this issue. If you are Pro-Life and want to help us finish strong, please call me at 970-425-2536 and leave a message - I’ll bring a petition there for you to sign or perhaps someone reading this wants to “carry” a petition - it is not hard. Just ask your neighbors or church friends to sign. Please call me if you wish to talk.

This is for the babies!

Sincerely,
Janie Glenn.
Sterling

Lifestyle

Hart honored for 35 years of service to Adams State

ALAMOSA — Adams State University recognized faculty and staff accomplishments through zoom on Wednesday, April 29. Marian Hart received recognition for 35 years of service, she retired this past year. Benita Brink, Ph.D. chair and professor of biology; Lynae King, associate professor of English; Rena Kirkland, Ph.D. associate professor of psychology; and Leslie Macklin, assistant professor of art, received Exemplary Performance Awards.

Other recognitions included faculty who received promotions: Courtney Allen, Ph.D. associate professor of counselor education; Meredith Anderson, Ph.D. associate professor of mathematics; Neil Rigsbee, Ph.D., associate professor of counselor education; Matthew Valverde, D.M.A. associate professor of music; Chris Adams, Ph.D. professor of chemistry; James Doyle, D.M.A. professor of music; Elizabeth Hensley, Ph.D. professor of business; and Cheri Meder, Ph.D. professor of counselor education.

Tenure was awarded to: Allen, Andeson, Rigsbee, Colleen Schaffner, Ph.D. professor and chair of psychology; Valverde, and Kent Buchanan, Ph.D. vice president of academic affairs.

Rob Benson, Ph.D. professor of geosciences; Pat Robbins, Ph.D. professor and chair of business; and Grace Young, Ph.D. professor and chair of sociology; were granted emeritus status.

Faculty and staff honored for Years of Service include: 35 years: Marian Hart, retired administrative assistant; 30 years: Maria Valdez, accounting technician II; 25 years: Jeffrey Horton, structural trades III; Patricia Martinez, administrative assistant; 20 years: Stephanie Lewis, assistant director of auxiliary services/Student Union Building; Richard Loosbrock, Ph.D. professor and chair of HAPSS department; Cameron Miller, manger network and system administrator; Christina Miller, Ph.D. professor and chair of chemistry, computer science and mathematics department; Patrick Roybal, IT professional; Danielle Smith, student loan counselor and default prevention manager; Jennifer Yund, budget director; Angelica

Valdez, executive director of TRIO and Upward Bound; 15 years: Stephen Aldrich, Ph.D. professor of mathematics; Tracy Doyle, professor of music; David Hargis, assistant director of career services; Andrew Herrera, custodian; Catherine Lucero, assistant director of financial aid; Toni Martinez, administrative assistant; Lindy Mortensen, head volleyball coach; Kevin Ruybal, grounds and nursery III; Matthew Schildt, professor of music; Kristin Young-Jaramillo, purchasing agent;

Other honorees: 10 years: Carlos Archuleta, custodian; Tawney Becker, grant specialist; Leslie Boutillette, counselor education co-coordinator; Wayne Brown, IT professional; Kristy Duran, Ph.D. professor of biology; Kara Espinoza, administrative assistant III; Melissa Freeman, Ph.D. PPOHA grant project director; Ernesto Lopez, grounds and nursery; Melissa Moeller, counselor education academic advisor and enrollment coordinator; Mark Pittman, assistant director of housing; Leonard Sandoval, equipment mechanic III; Anna Torello, Title V conexiones co-activity director; Elaine Wenta, administrative assistant; Lisa Wilson, academic records coordinator; Mohamed Zaro, assistant professor of finance; 5 years: Courtney Allen, Ph.D. associate professor of counselor education; Meredith Anderson, Ph.D. associate professor of mathematics; Joshua Blankenship, head football coach; Jeremiah Burkhart, structural trades; Carlos Castillo, mechanical trades; Kristina Cook, administrative assistant III; Erika Derouin, Adams State police chief; Jerah Dickson, program assistant; Jeffrey Gallegos, administrative assistant II; George Garrett, custodian; Gary Glindmeyer quality assurance specialist; Ryan Goldsworthy, enterprise app system programmer; Amanda Graham, admissions counselor; Ana Guevara, director of Title IX and EOE; Simona Guillen, accounting technician III; Christina Harrell, counselor education teaching assistant; Janessa Henninger, assistant professor of counselor education; Jarad Johnston, AITC technology

specialist; Lynnea King, assistant professor of English; Matthew Martinez, correspondence education program director; Charise Mixa, administrative assistant II; Brian Puccerella, assistant director of co-curricular engagement and recreation; Neil Rigsbee, Ph.D., associate professor of counselor education; Ken Schell, custodian II; Marc Semrau, enterprise app system programmer; Angela Winter, D.M.A. assistant professor of music.



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Well it's that time again

ALAMOSA — Alamosa County and the Northwest Weed District would like to inform you that they will be starting the Noxious Weed Control Season mid-May 2020. They will start out the year spot spraying and mowing on county right-of-ways. They have teamed up with the State of Colorado to do multiple bio-control releases around Alamosa County in early to mid-May. If you are interested in allowing your property to be used for the release of bio-control species please contact us for more information. This year, all organic farmers, organic pastures, beekeepers, and chemically sensitive citizens are asked to register to be on the "NOSPRAY" list on the following website <https://fieldwatch.com/>. Regardless of whether you have registered with the county before, you must now register every year and

post signage along your property boundaries. Being on the "NO SPRAY" list obligates the property owner to control noxious weeds on their property. There are "No Spray" signs available for purchase on our website at alamosacounty.org. WE WILL SPRAY all right-of-ways that have not registered AND posted "NO SPRAY" signs... Alamosa County Code Enforcement will be issuing notices to property owners on the "NO SPRAY" list who do not control noxious weeds along county right-of-ways adjacent to their properties. For questions please contact the Alamosa County Noxious Weed program at: 8999 Independence Way Ste 100 Alamosa, CO 81101 bmaestas@alamosacounty.org Office: (719)-589-3812 Cell Phone: (719)-480-9923

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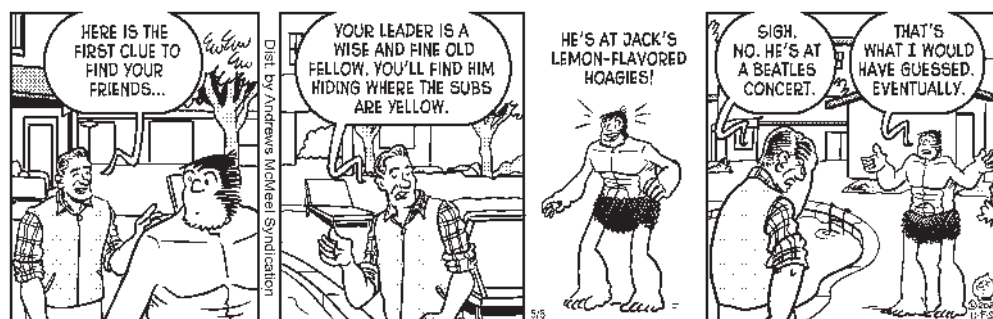
Comics

CROSSWORD PUZZLE

- ACROSS**
- 1 Cozy dwelling
 - 5 A mummy may have one
 - 10 Conviction
 - 12 Din
 - 13 Naval force
 - 14 Cowboy's seat
 - 15 Latitude
 - 16 "Hey, —!"
 - 18 Exploit
 - 19 Mixture parts
 - 21 Certain corn chip
 - 25 Blanks
 - 29 Sticks around
 - 30 Earth
 - 32 Account entries
 - 33 — tube
 - 34 Tomato jellies
 - 37 Down and out
 - 38 Lamp-plug part
 - 40 Solidify
 - 43 "Shogun" apparel
 - 44 Wrongful act
- DOWN**
- 1 Rome's fiddler
 - 2 Brat in "Blondie"
 - 3 Where Anna taught
 - 4 Danson or Turner
 - 5 Financial whiz
 - 6 Karachi language
 - 7 Drapery supports
 - 8 Discount event
 - 9 Sooner than anon
 - 10 Candy shape
 - 11 Dunaway of films
 - 12 Seize power
 - 17 W. Hemisphere grp.
 - 19 Loose talk
 - 20 Carpentry job
 - 21 "Most Wanted" org.
 - 22 Moreno or Rudner
 - 23 Date in March
 - 24 Office sub.
 - 26 Volcano shape
 - 27 Sea eagle
 - 28 Musher's vehicle
 - 31 Help with the dishes
 - 35 Close companion
 - 36 Express grief
 - 39 Playful bites
 - 40 Window part
 - 41 Grammy winner — James
 - 42 Grass
 - 44 Soybean food
 - 45 Baker's must
 - 46 Bank (on)
 - 47 Get a taste of
 - 48 Pouch
 - 49 Funny Charlotte —
 - 51 Baby's seat



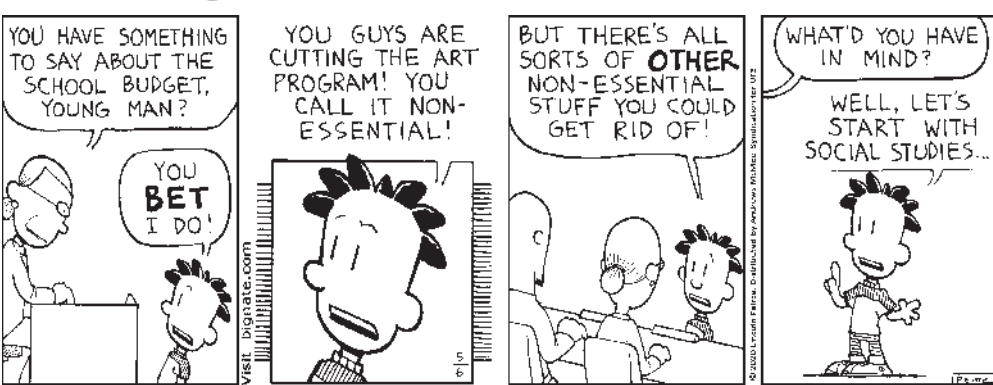
ALLEY OOP



ARLO & JANIS



BIG NATE



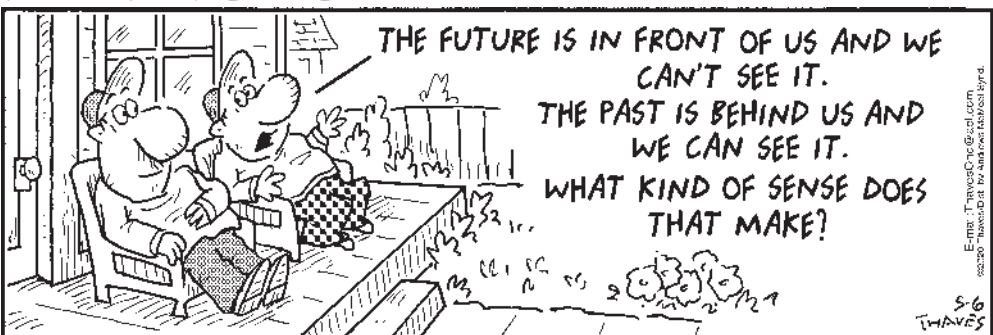
THE BORN LOSER



FOR BETTER OR FOR WORSE



FRANK & ERNEST



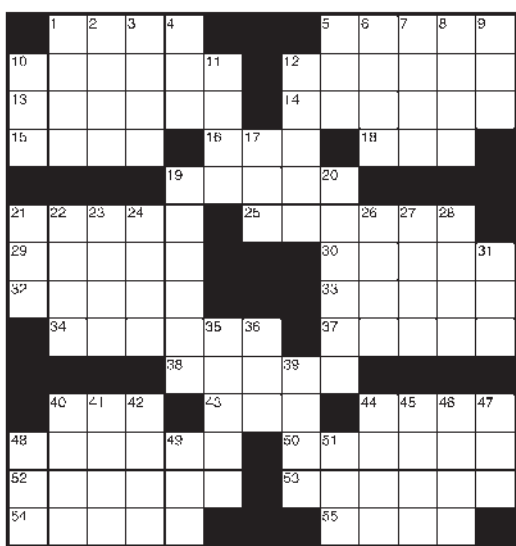
GARFIELD



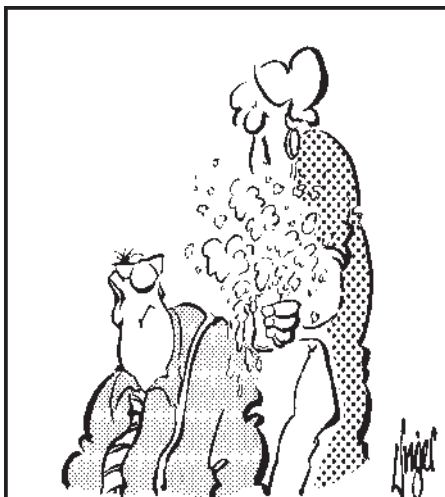
THE GRIZZWELLS



PEANUTS



HERMAN



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.

" L S J G F U X C F Y H L I S F K X U V R N I C
 J X F H H U V K I U X M U G F X V U O U Y F
 O J Y . V J C S F V C S J Y C S F J Z Z M J N I F
 U X C S U N I J Y K I U X Z F U Z M F . " — R N K D

TODAY'S CLUE: W. Stambaugh

Previous Solution: "No matter how good you get, you can always get better, and that's the exciting part." — Tiger Woods

Reconnecting with son's dad makes recent divorcee giddy

DEAR ABBY: I just divorced my husband. We were together for 13 years. The last three weren't great. After my divorce -- which was grueling -- I reconnected with my son's father, and we are in love. Our romance was doomed before it started back then. Our son is now 18, and we are in our 40s.

invited to and attended our daughter's wedding. The last nephew is being married next year. All of his cousins are invited, with the exception of my daughter. Why? Even though she is the same age as the rest of his cousins, he says he doesn't know her that well.



ABIGAIL VAN BUREN

Today, our situation is very different. We are both doing well financially and individually. We are blissfully happy and don't rehash the past. I feel like we were interrupted when we were young. Am I crazy for feeling he is THE ONE? I really want it to work. -- IN LOVE IN NEVADA

Should my wife and I attend his wedding? If we do, I will insist he invite my daughter as well. Kindly provide your opinion. -- EXCLUDED IN CONNECTICUT

DEAR IN LOVE: You aren't crazy, but you are recently divorced and didn't mention how long you have been "reconnected" with your son's father. I urge you to put the brakes on and take the time to get to know each other again. I also think you SHOULD rehash the past because unless the problems of years ago are resolved, they may be repeated. Time will tell if he is, indeed, "The One," and fortunately, you both have plenty of it. I wish you a happy ending.

DEAR EXCLUDED: Excluding your daughter so glaringly guarantees that your nephew and his wife will never get to know her. However, you cannot, and should not, attempt to control your nephew's guest list by threatening not to attend if your daughter isn't invited. If you would feel uncomfortable accepting the invitation under these circumstances, send your regrets on the RSVP card. If you are asked why you won't be coming, feel free to express yourself then.

things three times so he could focus on his family. But he keeps coming back to me and begging me to wait, give him time and not abandon him. I feel so guilty for the things I want from him because of his wife's condition.

I don't know what to do. I want to be with him. But I don't want to cause his family to struggle more on top of everything else. Please help. -- DIFFICULT SITUATION

DEAR ABBY: I have been in a relationship for almost a year. We connected in a way I have never felt before, and I tried to stay away from him. He's married, and his wife was diagnosed with cancer last year. I have tried to end

DEAR SITUATION: If you are sincere about not wanting to cause this man's family more pain, STEP AWAY NOW. His wife should be the focus of his attention. If this relationship is the real thing, it can be restarted when he is free from the responsibility he assumed when he promised "until death do us part."

Lifestyle

Memorial procession for firefighter Chris Miyaki

SOUTH FORK — On May 2, 2020, members of South Fork Fire Rescue, the community of South Fork and surrounding agencies gathered for a memorial procession in memory of Firefighter Chris Miyaki. The procession left from South Fork Fire Rescue, to Church Creek Circle. At the end of Church Creek Circle, the officers of South Fork Fire Rescue made a presentation, in appreciation of his

service to the South Fork Community, to the family of Firefighter Miyaki which included a shadow box with a photo of Firefighter Miyaki at a recent training event, his badge, and ribbons. A flag was presented to Firefighter Miyaki's mother, Linda Miyaki by 2nd Lieutenant T. Hathorn and the last call for South Fork Fire 335 was aired following the presentation. Upon completion of the last call, the memorial proces-

sion returned to Highway 160, and the other agencies who participated returned to their home agencies. We would like to express our gratitude for the support we've received from the community and the agencies who have sent their condolences and participated in today's memorial procession. Donations to Chris Miyaki's family can be mailed to P.O. Box 579, South Fork, CO 81154 or dropped off at the station.



Courtesy photos

Photos of the procession and presentation to the family.

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Lifestyle

Many schools offering safe alternatives to commemorate Class of 2020

CDE offers graduation ceremony guidance during COVID-19

DENVER – The Colorado Department of Education, working with the Colorado Department of Public Health and Environment, today released guidance for communities considering how to honor their graduating high school seniors during the coronavirus pandemic.

“I understand how incredibly disappointing it is to students, teachers and families to miss out on milestones like graduation ceremonies,” said Colorado Education Commissioner Katy Anthes. “Unfortunately, traditional graduation ceremonies will not be safe for some time, but thanks to the creativity and ingenuity of our teachers, parents and school leaders, we are seeing some really thoughtful and meaningful alternative celebrations around the state.”

Graduation ceremony guidelines

Colorado Gov. Jared Polis’ Safer at Home Public Health Order 20-28 mandates specific restrictions for public events, like graduation ceremonies.

Communities and schools should work closely with their local public health agency on plans for graduation ceremonies that work for their local community while keeping everyone safe.

Gatherings larger than 10 people are not permitted.

Vulnerable people at high risk of severe illness from COVID-19 and sick people must remain at home.

All participants should be screened for fever and symptoms before entering the gathering.

All participants, including graduates, administrators, guests or family members, must always remain at least six feet apart.

Six-foot sections should be marked on the floor. Use small flags, tape, balloons, etc. to indicate the distance.

To comply with the six-foot spacing, handshaking and hugs should not occur.

If chairs are provided, they must be disinfected before and after use by school staff using proper protocol.

All participants must always wear cloth face coverings.

Ceremonies must be held outside; inside ceremonies cannot occur.

Diplomas, awards, medals, programs, etc. must not be handed out.

Sharing or exchanging materials of any kind poses an increased risk for transmission/spread of COVID-19 and must not occur. (Throwing graduation caps, “sign-in” practices, gifts, flowers, etc.)

Ideas for alternative graduation ceremonies

CDE understands the importance of human connections, especially during these stressful times, and that honoring graduates with families and community members adds meaning. Below are some ideas that may be feasible depending on your local context. All events must comply with state and local public health orders.

Districts are hosting virtual graduation ceremonies, in which the

staff films speeches, dedications and other festivities and students add videos.

Video recordings of a live ceremony involving fewer than 10 graduates could be broadcast on local public access television, local radio or streamed for families on Facebook Live or YouTube.

Small communities are planning “Car Parades” with support from the local health department and police.

Drive-in graduations could be held at drive-in movie theaters, where families and graduates stay in cars for the ceremonies.

Very small communities with only a few graduates may be able to hold ceremonies on football fields or other outdoor locations. Outdoor ceremonies could feature graduates walking on a stage with their families watching in their cars and listening to the event via local radio.

Some districts are delaying their ceremonies. However, postponing ceremonies could be challenging because of the evolving nature of CO-

VID-19. Because circumstances may not change much over the next few months, it could lead to additional disappointment if mass gathering restrictions are still in place.

Don’t forget about emotional support

Even if the ceremony will not be the same, it is still important to recognize the accomplishment, said Colorado state nurse consultant Sarah Blumenthal.

“Take this time to create your own family’s ceremony,” she said. “Commemorate the great achievement of your graduate and mark this important step in his or her journey.”

For those struggling with the loss of time-honored traditions or are having any emotional or psychological difficulty during this trying time, the Colorado Crisis Services has 24/7 support: 1-844-TALK (8255) or Text “TALK” to 38255.

More information about graduation ceremony guidelines can be found here: <http://www.cde.state.co.us/communications/guidancegraduationceremonies>.

SLV bikers answer the call to brighten residents day

CAPULIN— What do you do when local nursing homes go on lockdown? Purchase greeting cards for the residents. Rio Grande Inn Inc. and Monte Vista Estates nursing home have had to go on lockdown for the safety of their residents during this COVID virus, which has left many of the residents feeling alone and scared. Local

SLV bikers purchased greeting cards, wrote a nice note and sent them to the two nursing homes for all residents. “Our hope is to brighten their day and show them that we are thinking of them during this pandemic” said Julie Gomez-Nu-anes, local biker.

Nursing facilities throughout the country are on lockdown and

many welcome greeting cards or art work from community members and students. Please join the fun and send cards to a nursing home near you; they will appreciate it. Special thanks to Brenda Rousey, April Dominquez, Lisa Romero, Alicia Deacon, Angela Velasquez, Kit Hunter, Tara Bolt, and Jami Duran.



kids' corner

HEALTH FACT:

THIS PIECE OF SAFETY EQUIPMENT IS OFTEN REQUIRED WHEN VISITING A CONSTRUCTION SITE OR ANY PLACE WHERE RENOVATIONS ARE BEING MADE.

ANSWER: HARD HAT

How they SAY that in...

ENGLISH: Building
SPANISH: Edificio
ITALIAN: Edificio
FRENCH: Édifice
GERMAN: Gebäude



Building Word Find

Find the hidden words in the puzzle.

BLUEPRINT BUILDING CONSTRUCTION DEADLINE	DEMOLISH MATERIALS NAILS PLANS	SAFETY SITE WOOD WORK
F	F	W
P	F	B
Y	R	H
G	J	S
Q	I	M
J	S	O
Y	C	B
C	B	C
E	Q	L
B	S	A
I	W	G
L	V	J
Q	E	C
O	N	S
T	R	U
C	T	R
I	O	N
O	N	I
A	R	A
U	E	E
S	W	Y
T	M	I
L	T	L
B	P	O
R	L	O
K	O	L
S	R	P
R	A	Z
F	I	R
J	D	G
N	I	D
L	I	U
B	A	A
K	A	Q
N	Y	T
E	F	A
S	I	L
N	E	T
D	E	M
O	L	I
S	H	U
S	D	B
T	T	L
S	G	F
K	W	O
O	D	S
U	F	U
W	U	E
J	U	E
R	W	

Get Scrambled

Unscramble the words to determine the phrase.

BOJ TSEI

Answer: Job site

THIS DAY IN... HISTORY

- 1809: MARY KIES BECOMES THE FIRST WOMAN TO BE GRANTED A U.S. PATENT. THE PATENT GRANTED KIES THE RIGHTS TO A WEAVING TECHNIQUE.
- 1891: CARNEGIE HALL, THEN CALLED THE MUSIC HALL, OPENS IN NEW YORK CITY.
- 1925: JOHN SCOPES IS ARRESTED IN TENNESSEE FOR TEACHING EVOLUTION.

New word

CONSTRUCT

to build

Did you know?

ADHERING TO SAFETY GUIDELINES WHILE USING HEAVY MACHINERY OR DOING CONSTRUCTION WORK CAN HELP REDUCE INJURIES.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: CONSTRUCTION EQUIPMENT

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Sports

Christensen signs letter of intent to Hastings University



Courtesy photos

Sangre de Cristo senior Cole Christensen signed his letter of intent to Hasting College in Hastings, Nebraska to play basketball. Christensen was a spark plug for the Thunderbirds having collected 1,231 points over the course of his high school career in addition to being an integral part of the T-Birds going to the post season the last three years. The Sangre de Cristo senior will be furthering his education in the field of Business Administration. The Hastings College Broncos play in the Great Plains Athletic Conference (GPAC) within the National Association of Intercollegiate Athletics (NAIA). The Broncos will look to bounce back from last season where they posted a 16-16 record.



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Lifestyle

Spring produce season starts with asparagus



BROOMFIELD — When tiny green asparagus tips start peeking through the ground, the spring produce season has officially started in Colorado. When buying asparagus, choose odorless stalks with dry, tight tips, and avoid limp or wilted stalks. Asparagus is fat free, sodium free, a good source of vitamin C, high in folate, and a good source of vitamin A. Look for Colorado asparagus at your local farmers' market or grocery store.

Farmers' markets will be opening across the state in May and June, but they may look a little different this year. Some markets are implementing online ordering platforms to allow for ordering ahead and curbside pickup. Find a list of markets and tips on what to expect this season at www.coloradoproud.org.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Simple Grilled Asparagus

Chef Jason K. Morse, C.E.C., 5280 Culinary, LLC and Ace Hardware Grill Expert

- 1 bunch (about 12oz.) fresh asparagus
- 2 Tbsp. olive oil
- Seasoning blend, to taste
- 2 Tbsp. honey
- 1 lemon, cut into wedges

Rinse and air dry asparagus and trim off woody ends. Place into a mixing bowl or aluminum disposable pan then lightly coat with oil and season to taste with seasoning blend. Mix well to ensure asparagus are fully coated with the seasoning and oil and let sit for 10-15

minutes.

Heat grill to 550-600°F. Add the grilling pan and heat for 5 minutes before adding the asparagus. Lightly toss the asparagus again to coat once more then place the asparagus onto a perforated grill pan in a shallow layer and close the lid. (Chef's tip: don't over fill the grill pan or they will steam instead of grill.)

Cook for 3 minutes and turn/toss the asparagus once to get more grill flavor on all sides, then cook for another 3 minutes. Open the lid and lightly baste with melted honey and allow to glaze for 1 minute. Remove pan using a towel and tongs. Finish with a squeeze of fresh lemon. Goes great with smoked kabobs, steaks, chicken or pork chops.

Enjoy with a glass of Colorado wine such as NSFV White from Carlson Vineyards in Palisade, Colorado. This wine is part of the 2019 Colorado Governor's Cup Collection, which includes wines that best represent Colorado's wine industry as selected by a panel of national and Colorado wine professionals.

Visit www.coloradoproud.org for a complete list of recipes.

Allergies or COVID-19?

As winter gave way to spring, nature did not give any signs in relation to what the people of the world were going through. As trees and flowers bloomed just like they do every spring, the people accustomed to witnessing the awe-inspiring transformation on display each spring were experiencing a transformation of their own.

Social distancing measures enacted during the COVID-19 outbreak in late-winter 2020 forced many people to stay home, only venturing outside to run routine errands like buying groceries or filling prescriptions. People were urged to stay home to help prevent the COVID-19 virus from spreading, and those recommendations included people exhibiting mild symptoms of illness.

As spring hit its stride and pollen counts climbed, many people wondered if certain symptoms they were experiencing were byproducts of seasonal allergies or the COVID-19 virus. The Centers for Disease Control and Prevention note that it's easy to mistake common allergy symptoms for COVID-19, and that's especially so given the level of concern many people have about the novel coronavirus that has already claimed thousands of victims across the globe.

But it's important that people recognize the symptoms of allergies and COVID-19 are different. The following are some symptoms of allergies and some of COVID-19, courtesy of the CDC and the Mayo Clinic.

- Allergy symptoms
- Itchy eyes
- Stuffy nose
- Sneezing

Doctors advise people who are exhibiting potential allergy symptoms to pay attention to their

body temperatures. People with allergies very rarely experience fever, so the absence of fever, even if other symptoms of allergies are present, might indicate that a person is suffering from allergies and not COVID-19. In addition, allergy symptoms tend to be mild and recur year after year around the same time, such as when plants bloom in spring and summer. So if symptoms that are currently present are the same ones a person confronts every year, then he or she is likely suffering from allergies and not COVID-19. People can err on the side of caution by discussing their symptoms and history with their physicians.

- Coronavirus symptoms
- Shortness of breath
- Fever
- Cough

Some asthma sufferers experience shortness of breath as a result of allergies, so people with asthma should consider that before assuming they have COVID-19. Discussing shortness of breath with a physician can help asthma sufferers gain more clarity on their condition.

While symptoms of allergies and COVID-19 are different, the CDC notes that people suffering from the flu may experience the same symptoms experienced by people with the coronavirus. Symptoms such as fever, fatigue, body aches, and cough can affect both flu and COVID-19 sufferers, so people experiencing these symptoms should contact their physicians.

It's easy to mistake common allergy symptoms as indicative of the presence of the COVID-19 virus. But the symptoms of each condition are quite different. Learn more at www.cdc.gov. TF206008

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Submit a high quality, scannable baby photo and senior photo of your favorite graduating senior, a message with up to 15 words and a \$20 placement fee to the Valley Courier office at: 2205 State Ave. or mail to P.O. Box 1099, Alamosa, CO 81101. Emailed photos* can be sent to lsveum@alamosanews.com. Please call 589-2553 to arrange payment.

Deadline is 5:00 pm on Friday, May 15

This special feature will be published on Saturday, May 23, 2020.

Photos may be picked up at the Valley Courier office after the May 23 publication date or we can mail back to you in a self-addressed stamped envelope.

* Make sure emailed photos are at least 200dpi.

ENTRY FORM

GRADUATE'S FIRST/LAST NAME _____

15-WORD MESSAGE (PLEASE PRINT CLEARLY): _____

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NAME _____

PHONE _____ EMAIL _____

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