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LOCAL NEWS... LOCAL VIEWS

APRIL 14, 2020

\$1

Imagine Your Ad Here!

SLV Today SDC School Board meeting

MOSCA — The Sangre de Cristo School Board of Education regular monthly meeting will be on Tuesday April 14th, 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.

Conejos Government Closure

CONEJOS COUNTY — As a result of COVID-19 recommendations, all Conejos County Government offices will be closed on Friday, March 10, 2020.

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Sunny/Windy 47/16

Wed: Partly Cloudy 58/25

Mon: High Wind 63/30

INSIDE

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Tire fire smoke infiltrates Manassa

Believed to have been caused by a controlled burn that went out of control in Monday's incessant wind, residents of the southside of Manassa spent the late afternoon not just sheltering from the virus, but heavy black smoke as well. What was believed to be a large pile of waste tires on the southwest edge of town caught fire and sent smoke billowing over much of the area. Fortunately, the 'Stay at Home' order for toxic air conditions was lifted later that night. Firefighters from Manassa, Romeo, Antonito and the Colorado Division of Fire Prevention and Control had the flames knocked down in a couple of hours. No official word on the cause of the fire was available at press time, although a firefighter on scene said it was caused by a controlled burn.



Courier photo by Keith R. Cerny

SLV Emergency COVID-19 update

SAN LUIS VALLEY — The Easter weekend brought few changes to report, with no changes in the numbers. As the stay at home order continues, it is important to continue practicing social distancing, maintaining a distance of 6 feet or more from others and wearing a cloth mask when you must go out for an essential errand like your weekly grocery trip. If you work in critical infrastructure like agriculture or at the grocery store, practice social distancing to every extent possible and take extra steps to keep yourself safe like wearing a mask. You can use a bandana, a mask sewn at home by you or a friend, or even just cut an old t-shirt. Ways to make your own mask at home can be found at coloradomaskproject.org. Kids over the age of 2 should also be wearing masks if there isn't another option, such as a grocery trip with a single parent. Wearing a cloth mask can help slow the spread of COVID-19, they do not provide 100% safety from transmission. It is important to wash

your hands, follow the stay-at-home orders and adhere to the social distancing guidelines. During this time it is as important as ever to follow the direction of your primary care provider and this includes taking medication as prescribed. There is a practice among some in the community of not taking medication as prescribed in an attempt to "save it" should the pharmacy close. The pharmacies will remain open, not impacting your ability to refill your medication. You can also utilize a mail service to refill medications to reduce the need to go out and these services can be set up so medications are delivered on a regular basis according to your prescription. It is important that you continue to take your medications as prescribed by your healthcare provider. If you need to visit with a healthcare provider, telehealth options may now be available, you can check with your healthcare provider to find out if they are offering this service. This is a stressful time

for everyone, staying home without personal contact with loved ones can be difficult. Take time to video chat with a friend or a group of friends over coffee, or give a family member a call to check-in. Although we are socially distancing, that doesn't mean we shouldn't be visiting and reaching out to others through the many digital resources available. If you are experiencing a mental health crisis, please call 719-589-3671 or call the crisis hotline 1 (844) 493-TALK (8255). After business hours, please call 911 or the crisis hotline 1 (844) 493-TALK (8255) or text TALK to 38255. SLV Emergency has a new Instagram! Follow @SLVEmergency on Instagram, Facebook or Twitter to get the latest news. SLV COVID general questions 719-480-8719 for English, or 719-315-5019 for Spanish. You may also email your questions to slvepr@alamosacounty.org. CO HELP line 1-877-

462-2911 (English and Spanish) for Colorado general information. Colorado updates and guidance: https://covid19.colorado.gov

CDC updates and guidance: https://www.cdc.gov/coronavirus Support local business: https://slvsupportlocal.com/

SLV COVID 19

These cases have been identified by public health agencies as of 5:00 p.m. on April 13, 2020. All numbers are cumulative. If there are discrepancies between these numbers and those showing on the state's data website, use these local numbers.

20 SLV POSITIVE CASES

- Alamosa County - 7, Conejos County - 0, Costilla County - 3, Mineral County - 2, Rio Grande County - 5, Saguache County - 3

8 HOSPITALIZED

13 ISOLATION COMPLETED

These are SLV positive cases that have completed their isolation period and have been free of symptoms for more than 72 hours.

2 DEATHS

Rio Grande National Forest not closed

Only the developed recreations sites have been closed. Campgrounds, picnic areas and areas with restrooms have been closed to help achieve our goals of flattening the COVID-19 curve. Forest officials very much want to encourage folks to completely follow the Governor's order. So if Forest users are not driving great distances to do so, it is OK to access the forest while maintaining physical distancing requirements but never, use an area that is crowded. Although the #RioGrandeNF is not closed to visitors, it wants to encourage anyone considering venturing out in the Forest to recognize social distancing while there and even consider delaying any recreational use. All campgrounds, picnic grounds and toilet facilities on the forest are currently closed to promote and ensure physical distancing.



PROPERTY TAX PAYMENT DUE Due in Full by April 30

OPTIONS DUE TO COVID-19 • Pay 1st Half by April 30th • Pay 2nd Half by June 15th Interest Charges Will be Waived by Governor's Executive Order Call to make payment arrangements, 589-3626 ALAMOSA COUNTY TREASURER

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Record

BIRTHS

Piper K. Atkinson

ALAMOSA — Piper Kate Atkinson was born March 30, 2020, at the San Luis Valley Health Center of Alamosa to Aaron and Katlyn Atkinson of Alamosa. Piper weighed 7 pounds, 14 ounces and measured 20 and one half inches long.

Abigail's brothers and sisters are Kristin and Hudson. Maternal grandparents are Doug and Lynda Bagwell of Manassa. Paternal grandparents are Randy and Carrie Atkinson of Alamosa. Great grandparents are Tom and Barbara Bagwell of Manassa and Floyd Hall of Alamosa.

OBITUARIES

Rowell Starr Dodson, 75

ALAMOSA — Rowell Starr Dodson, 75, passed away at his home on Friday, April 10th, 2020 surrounded by his family. Rowell was born on March 25, 1945, to Carol and Dorothy Dodson in Oregon City, as one of three children. He would later marry Irene Bouslaugh and have five children.

He is survived by his wife, Irene; children: Mae Gallegos, Buzz Starr Sr., Pamela Marr, Patsy Slater



and Linda Fitzgerald; 12 grandchildren, 17 great-grandchildren;

and numerous nieces, nephews, extended family and friends.

Rowell was preceded in death by his parents and two sisters.

The family has chosen cremation and will be announcing services at a later date. Rogers Family Mortuary of Alamosa is in care of the arrangements. To leave online condolences or words of strength for the family, please visit www.rogersfunerals.com.

Susan M. Gallegos, 67

SAGUACHE — Susan M. Gallegos, 67, passed away April 5, 2020, at her home; under Hospice care, with her loving family by her side. Susan came into the world on September 22, 1952, in Lebanon, OR; the daughter of William Ingerson and Peggy Harper Ingerson.

After earning her Bachelor's Degree, she went on to work for the Saguache County Land Use Department. She enjoyed working with members of the community. Susan was a loving wife, mother, grandmother, great-grandmother, sister, aunt, cousin and friend; who enjoyed riding horses, embroidering, cooking, baking and going fishing. Susan absolutely



loved the time she was able to spend with her family, grandchildren and friends.

She will live on through her husband, Leo B. Gallegos of Saguache; mother, Peggy Asher of Cortez; daughters, Megan (Jake) Ingelking of Phoenix, AZ; Mindy Rodrock of Fred-

ericksburg, WV; and son, Jason (Mesha) Ingerson of Phoenix, AZ.

She is also survived by seven grandchildren, two great-grandchildren and sister, Cassandra (Terry) Wheeler of Mancos; aunt, Evelyn Bello of Salem, OR; and many nieces, nephews, cousins and friends.

Susan was preceded in death by her father, William Ingerson; brother, Austin Ingerson and sister, Karen Ingerson.

Cremation was chosen and a Memorial service will be held at a later date. To leave online condolences please visit romerofuneralhomes.com. The care of arrangements has been entrusted to Romero Funeral Home of Monte Vista.

PENDING OBITUARIES

Amos Paul Lucero, 89

LA JARA — Amos Paul Lucero, 89, passed away April 10, 2020. Arrangements are pending and have been entrusted to Romero Valley Funeral Home of Alamosa.

VALLEY COURIER POLICY ON OBITUARIES

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

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.

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.

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

ALAMOSA — Veterans Therapeutic/Support Group meets every Monday from 5-6:30 p.m. at 315 State Ave. Ste 101, Alamosa. Call 588-8885 to register or email d.counselingservices@hotmail.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 mkmillermink@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.

mation.

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 Photography Club meets the first Wednesday at the Alamosa Public Library at 6:30 p.m. Contact Stephen Jensen at 379-0001 or slvphotostephen@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) at 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.

School Menu

Tuesday

April 14, 2020

NO SCHOOL



COVID-19

To sponsor the School Menu call 589-2553



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Valley News

College executives pen letter to Colorado officials

COLORADO — Executives at higher learning facilities all over Colorado took the time out to thank those in office for their leadership and support during the COVID-19 crisis.

Dear Senators Bennet and Gardner and Representatives DeGette, Neguse, Tipton, Buck, Lamborn, Crow and Perlmutter,

We write to express our appreciation for your leadership and support of higher education during these troubling times. We are grateful for your work to address the economic impacts of the coronavirus (COVID-19) pandemic on our institutions, our students, our employees, as well as the local communities we serve. While we represent diverse institutions, we speak with one voice on behalf of Colorado higher education.

The safety and well-being of students, faculty, staff, and local communities is our top priority. We are thankful and GRATEFUL to our Colorado Members for your swift action to provide much-needed support for essential health care ser-

vices; economic relief to states, students and institutions of higher education; and regulatory flexibility for students and borrowers. The Coronavirus Aid, Relief, and

Economic Security (CARES) Act is essential to begin to address the needs on our campuses and in our communities.

Higher education is uniquely positioned to play a critical role in the statewide aid effort, with our talented student body and diverse faculty expertise. In recent weeks, our institutions have offered up our facilities as COVID-19 safe havens, spill over hospitals, and housing, as well as have donated

personal protective equipment or are using 3D printers to create this equipment for the people,

organizations, and agencies on the front lines of this pandemic. Our institutions are committed to

having a positive impact across Colorado by contributing to the COVID-19 response, and partnering

with our federal representatives. Our campuses and institutions have been critical community partners

and have had a huge impact across Colorado by contributing to the COVID-19 response, partnering with our Governor, our state legislators and you (our federal representatives).

We look forward to continuing our strategic partnership and our incredible work together on behalf of

Colorado. We are grateful for your voices in Congress on behalf of not only higher education

institutions but on all areas that serve our beautiful state.

Sincerely,

Angie Paccione, Executive Director, Colorado Department of Higher Education

Tony Frank, President, Colorado State University System

Leah L. Bornstein, President, Aims Community College

Greg Salsbury, President, Western Colorado University

Charles G. Lief, President, Naropa University

Janine Davidson, President, Metropolitan State University of Denver

Stephanie Donner, Executive Director, Emily Griffith Technical College

Father John P. Fitzgibbons, S.J., President, Regis University

Paul Johnson, President, Colorado School of Mines

Jill Tiefenthaler, President, Colorado College

Cheryl D. Lovell, President, Adams State University

Jeremy Haefner, Chancellor, University of Denver

Carrie Besnette Hauser, President, Colorado Mountain College

Tim Foster, President, Colorado Mesa University

Joe Garcia, President, Colorado Community College System

Andy Feinstein, President, University of Northern Colorado

Colleen Walker, Chief Executive Officer, Auraria Higher Education Center

Tom Stritikus, President, Fort Lewis College

Donald W. Sweeting, President, Colorado Christian University

Mark R. Kennedy, President, University of Colorado System

The ideas behind strength-based parenting

Many a parent is familiar with the notion that children do not come with instruction manuals. Since babies are not born with instruction manuals, the best way to raise children is open to interpretation, and interpretations often lead to theories on parenting.

One such theory is strength-based parenting, an approach that focuses on developing and nurturing a child's character. Dr. Lea Waters, a Melbourne, Australia-based psychologist and author, has studied ways to improve interactions between parents and their children for decades. Dr. Waters emphasizes the value of identifying and nurturing children's character strengths, and the value that such efforts can have in regard to promoting children's long-term happiness and achievements.

In an article for Greater Good Magazine, Dr. Waters defined character strengths as those things that are personality-based and internal, including curiosity, courage, humor, and kindness. These character strengths work in conjunction with talents, which may include things like athletic ability, musical skills and problem-solving. Strength-based parenting espouses the importance of cultivating kids' character strengths as much as their talents. Dr. Waters notes that it would be hard to find anyone who made the most of

their talents without also relying on their character strengths. For example, even the most gifted natural athletes need to draw on their work ethic in order to reach their full potential as athletes.

Dr. Waters' research has led her to conclude that children and teenagers whose parents help them to identify and use their character strengths benefit from that assistance in myriad ways. Such children experience more positive emotions and flow, are more persistent, are more confident, and are more satisfied with their lives compared to children whose parents did not help them identify and use their character strengths. Dr. Waters' research, published in 2018, also found that children whose parents took a strength-based approach to parenting earned better grades, were less stressed, more capable of coping with friendship issues, and more capable of coping with homework deadlines than children whose parents did not employ a strength-based approach to parenting.

Parenting is a big responsibility, and parents can explore various approaches to raising happy children to fulfill their responsibilities as parents. One such approach is strength-based parenting, which parents can explore on their own to decide if it's an approach they want to pursue. FP205880

Ditch burning leads to more fires



Courtesy photo

San Luis Valley firefighters continued to battle brush fires over the weekend, most starting when irrigation ditch burning got out of control. An Alamosa Fire Department brush truck is shown on the scene of a fire Saturday afternoon near the intersection of Road 106 and 14 South. The SLV has been under a Red Flag Warning nearly every day recently which includes Stage 1 Fire Restrictions. Farmers and others should be extremely cautious with any outdoor burning.

Local restaurants get creative

By REBECCA COPLEY
SAN LUIS VALLEY — CO-

VID-19 has changed normal operations for many industries.

Almost every business is becoming creative and adapting to help stop the spread of the virus. The restaurant industry has been one of the hardest hit financially. Some recent surveys report that about 82% of hourly employees working in food service are experiencing reduced hours or unpaid leave. Many restaurants have had to lay off their servers and other employees.

However, in spite of the difficulties, many of our local restaurants are still doing their best to adapt and continue to serve their communities. With new restrictions taking place, restaurants have been forced to do strictly takeout and deliveries only.

Rhoda Koehn of Sunflour Café in Monte Vista has been getting creative as they are offering frozen homemade casseroles that you can take home and heat up for your family while you're stuck at home. They also have delicious cinnamon rolls and bread available, and much more, including their daily lunch specials. "We're all kind of looking for a new normal," said Koehn sharing that one of the hardest things she had to do is let go of most of her employees, "I'm just trying to reduce costs where we can and make this work."

"My Brother's Place," which was recently opened in Alamosa just two weeks before the restrictions took affect is still serving up their delicious pizza, sandwiches and more to go. Brothers, and co-owners, Joe Lukondi and Andy Lukondi, are keeping positive attitudes during these hard times even though they too have had to lay off employees. When asked if there was anything they would like the community to know Andy Lukondi answered by saying, "Just the people that have been coming in, and everybody that's been supporting us we want thank them."

Locavores is another restaurant



File photo

SLV Health's Kristy Dunn picks up some barbecue during Woody's and Century Property Management's giveaway on March 26

in Alamosa that has adapted quickly and made innovative changes so they could continue to provide fast, healthy food to their customers. They now offer takeout, delivery (within a five-mile radius), and have online ordering. They have also launched an online grocery service. Owner Wendy Seger said she saw the need in the community for basic grocery items that have been out of stock at local groceries and box stores. After approaching the health department, and working with her wholesale supplier, she received approval and support. Their Fast 'N Fresh Market allows customers to purchase basic groceries and pantry staples online then get them through takeout, curbside pickup or delivery.

"I just as much as anyone am plagued at times with an intense level of fear. Sometimes it is so paralyzing that I want to just close it down and go home to my family. But then I think about all the health care workers in our community. Many of whom have sat in this very dining room laughing and joking with friends. I am reminded how courageous

they are right now. Their courage gives me courage, and so I keep going. I think now more than any other time, each of us needs to dig deep, take inventory of what we can do. What skills and resources we have and be courageous in using them," said Seger.

Woody's Q-Shack teamed up with Century Property Management, and last week served free meals to truck drivers, law enforcement, first responders, medical workers, grocery workers, and anyone else working the front lines keeping everything running during the pandemic. Nino's in Monte Vista served students free meals March 23 as Monte Vista School district's food services didn't begin until the next day.

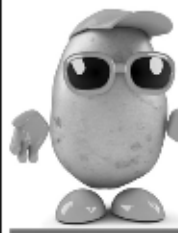
These beautiful acts of kindness and community are what we need in these times. We are in this together, and let's remind our restaurants that we are here for them too. Go get something to-go from your favorite local restaurant. Get a cup of coffee from your favorite coffee shop. We are in this together, and when this ends lets all go out to eat and celebrate together!

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3 ways to respond to the Census

Online – my2020census.gov

If you received an invitation with an ID number, great, use it.

If you don't have an ID number, that's fine. Just follow the instructions to enter your address.

Phone – call 844-330-2020 (en español 844-468-2020)

Mail – If you do not respond online or by phone, you may receive a paper questionnaire. Paper questionnaires will be mailed in early April.

...all without having to meet a census taker



2020census.gov

Lifestyle

Gov. Polis provides update on state response to

DENVER — Gov. Jared Polis provided an update on the state's response to COVID-19 on Monday.

"Colorado's beef industry is a critical part of our state's economy, which is why we continue working closely with the Weld County public health department to ensure the safety of the JBS workers and get the plant open as soon as is safe in order to protect the food supply," said Governor Jared Polis.

"We should all be doing our part and staying home as much as possible, but when we leave the house for essential activities it's critical that we wear a face mask to protect those around us. Coloradans are known for their creative and entrepreneurial spirits, and are always ready to rise to the challenge.

"The Colorado Face Mask Challenge is just one way for Coloradans to add their personal touch and I can't wait to see the designs they submit."

Gov. Polis provided an update on the outbreak at the JBS plant in Greeley. The



COLORADO

Governor Jared Polis

priority in this situation remains protecting workers and the Greeley community at large, as well as getting this critical part of the national food infrastructure back online. JBS closed the facility for a deep cleaning on Friday, March 10, and will be closed for two weeks.

The Department of Public Health and Environment (CDPHE) and Weld County Public Health have been in conversations with JBS to design an aggressive testing and containment strategy, so they can continue their critical work which ranchers and consumers rely on. Gov. Polis has prioritized the Colorado National

Guard to provide logistical support for testing so the plant can safely start up again.

Affected JBS workers should contact the Department of Labor and Employment at coloradoui.gov to be connected with potential benefits or assistance.

On April 3, Governor Polis urged all Coloradans to wear masks to limit the spread of COVID-19 when leaving their homes for critical activities. Today, Gov. Polis encouraged Coloradans to participate in the Colorado Face Mask Design Challenge. Some of the submitted designs will be featured on the Colorado Creative Industries Facebook page, and a select few will be printed on real face masks produced by Colorado companies and will be available for purchase.

Coloradans can submit designs by filling out the submission form and can learn more about the challenge <https://colora->

[docreativeindustries.org/wp-content/uploads/2020/04/mask_contest_guides-1.pdf](https://coloradocreativeindustries.org/wp-content/uploads/2020/04/mask_contest_guides-1.pdf)

The Governor also announced that the state will begin releasing all available race and ethnicity data on reported cases of COVID-19 in the state. The data released currently represents 75% of all reported COVID-19 cases, initial disease reports to public health are often missing information on race and ethnicity.

CDPHE is drafting a public health order to clarify the type of data the department needs from health care entities. The public health order will help the department have a more complete dataset moving forward.

The initial data shows that the percentage of cases is statistically higher for Hispanic/Latino, African Americans, and Native Hawaiian/Pacific Islander Coloradans compared to the overall population distribution.

The administration is also continuing conversations with the hospital association around hospital discharge data and the best way to report patients who have recovered and have been discharged. CDPHE is also working with local public health departments to gather comprehensive and uniform data.

City Market looks to stay safe

ALAMOSA — City Market has implemented many protective and preventive measures to further promote social distancing in our stores, including: introducing capacity limits, limiting the number of customers to 50% of the building's maximum capacity, installing plexiglass partitions and floor decals to promote physical distancing and enhancing daily sanitation practices.

As we continue to navigate this unprecedented event, we are constantly evaluating the practices we have in place to ensure that we are providing a safe working and shopping environment. I am reaching out to provide you with an update regarding additional actions we are taking:

- Extending Operating Hours
- To further promote social distancing

in our stores we will be extending the hours of operation. Effective Monday, April 13, all stores will be open from 6 a.m.-10 p.m. Providing additional shopping hours will help to spread out the flow of traffic in our stores and reduce the number of customers waiting in line when our stores open.

Additionally, with the extension of our hours we will be extending senior hours -- hours intended for senior citizens and at-risk customers -- to 6 a.m.-8 a.m. every Monday, Wednesday and Friday.

Waived Prescription Delivery Fees
City Market Pharmacy is temporarily waiving fees for prescription delivery via mail or courier. To learn more about the options and availability, customers should contact their local pharmacy.

CO beef industry responds to COVID-19

GREELEY — Today, JBS USA announced the temporary closure of the Greeley beef production facility until April 24, 2020, in response to Coronavirus 2019 (COVID-19). JBS took this step in close coordination with the Weld County Department of Public Health and Environment and the Colorado Department of Public Health and Environment.

"While beef producers are committed to providing safe and abundant beef for families throughout Colorado, the nation, and the world, our first concern is ensuring the health and safety of Coloradans in stopping the spread of COVID-19.

"We were saddened to hear of the passing of two workers from the plant and our thoughts are with their families," stated Colorado Cattlemen's Association (CCA) President Steve Wooten of Kim.

The United States Department of Agriculture (USDA) and the Food and Drug Administration (FDA) have repeatedly stated that food products are safe.

Colorado Beef Council (CBC) Chair Sallie Miller of Briggsdale emphasizes:

"The entire beef industry continues to provide consumers with a diversity of products they expect and is dedicated to working together to ensure food safety remains its top priority."

Consumers can be confident that adequate supplies of beef are available in their grocery store of choice. "While consumers have recently experienced some products being sold out in stores, this was a result of a peak in consumer demand and supply chain disruptions," said Mike Veeman, Colorado Livestock Association (CLA) President.

Our organizations are concerned about the business environment surrounding COVID-19, especially that of all beef production sectors from the cow/calf producer to the processing plant. However, we remain resolute in our commitment to do our part to end this pandemic, while providing a safe and nutritious beef eating experience.

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Spring Cleaning

Container gardening tips



Courtesy Photo

For gardeners without sufficient space or for those with mobility issues, container gardening can be an ideal way to grow everything from flowers to vegetables.

Gardening is beneficial in various ways. The AARP states that some of the health perks associated with gardening include improved mood, increased vitamin D levels (which benefits bones and immune system) and reduced risk of dementia. In addition, if gardening efforts include growing herbs, fruits and vegetables, it can be a cost-effective way to eat healthy.

For gardeners without sufficient space or for those with mobility issues, container gardening can be an ideal way to grow everything from flowers to vegetables. Better Homes & Gardens says

most plants are not fussy about the containers in which they grow so long as some of their basic needs are met. This means watering correctly for the type of plant, and ensuring sufficient drainage.

The following are some other ways container gardening efforts can prove successful.

- Watch water. Planet Natural Research Center says plants with thin leaves typically need ample water, and plants with thick leaves need less. Use this as a guideline to gauge water needs.

- Size correctly. Plants should be sized to the container. Consider dwarf varieties of certain plants if

your containers are small.

- Choose the right soil. Fill containers with a commercial potting soil rather than soil from the garden. Garden soil can dry into a solid mass, while commercial mixtures have amendments like peat moss, vermiculite, compost, and other ingredients to help with soil texture and moisture retention.

- Mix it up. When planting containers of flowers and other greenery, Good Housekeeping says to include "a thriller, a spiller and a filler" as a good rule of thumb. The thriller is the focal point, the spiller a trailing plant, and a filler has smaller leaves or flow-

ers to add bulk and color.

- Poke holes. Drainage holes are essential so that soil will not become waterlogged. Holes don't need to be large, but there should be enough of them so that excess water can drain out readily.

- Select the right container material. Container materials may be affected by gardeners' budgets, personal taste and other factors. For those who live in hot climates, selecting a light-colored container can help prevent further soil heat absorption.

Container gardening is a healthy and enjoyable activity that can pay dividends in various ways. TF205960

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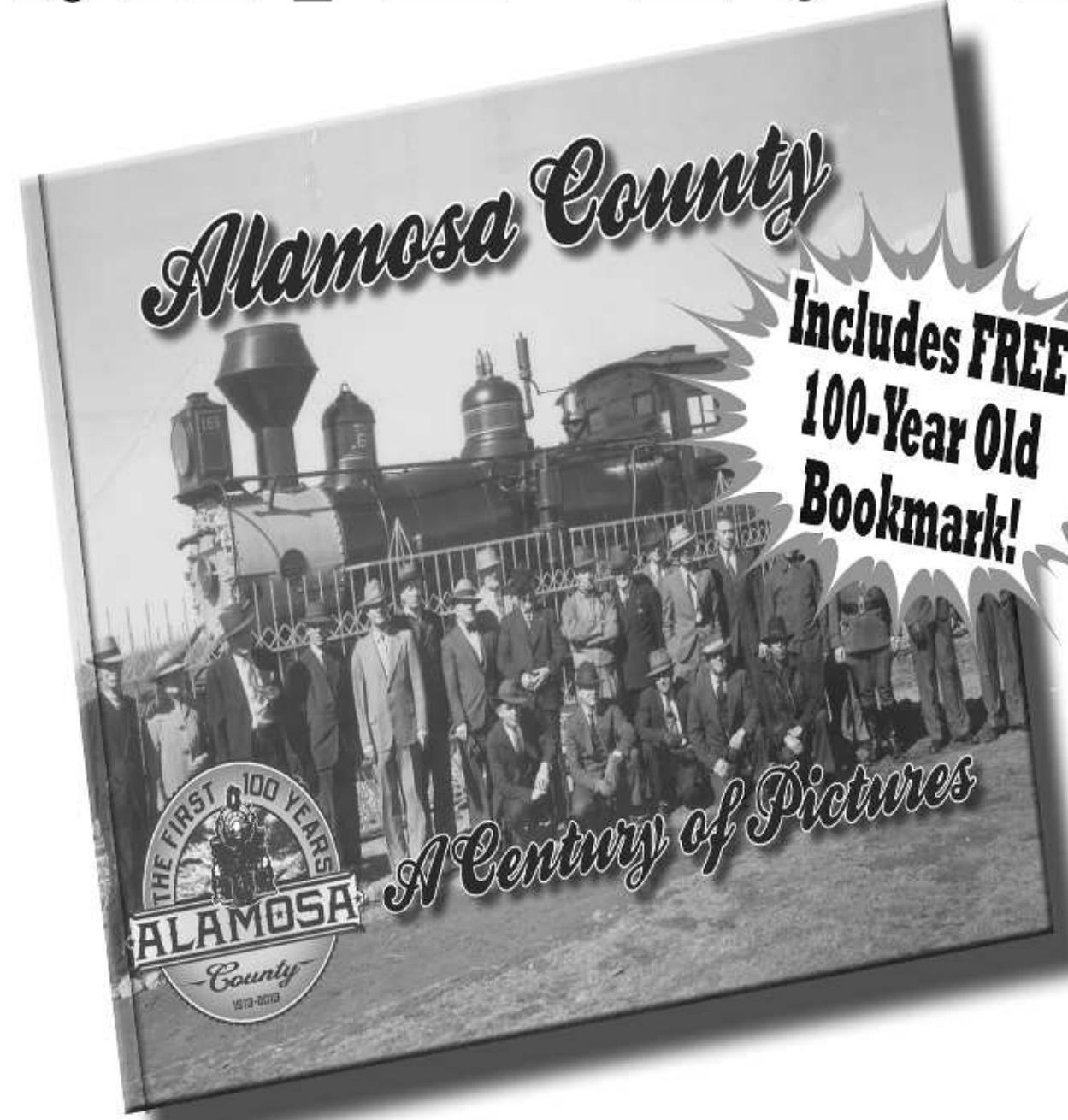
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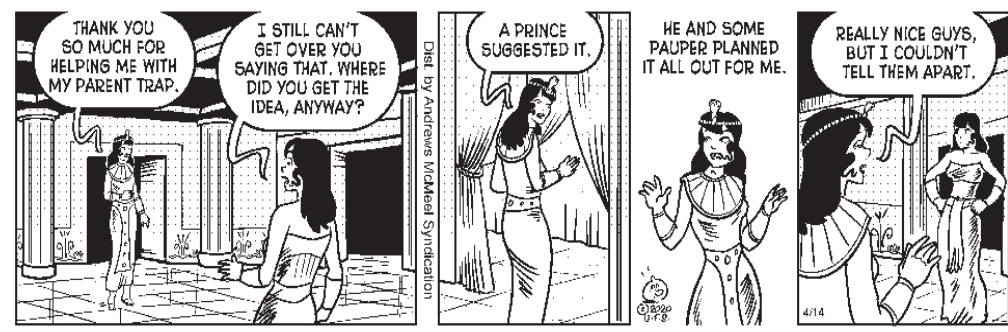
Comics

CROSSWORD PUZZLE

- ACROSS**
- 1 Practice boxing
 - 5 With, to Maurice
 - 9 Had for dinner
 - 12 Show up
 - 13 Husband or wife
 - 14 Glasgow kid
 - 15 Baldwin or Guinness
 - 16 Bananalike fruit
 - 18 Eyeglass
 - 20 Inventor Nikola
 - 21 Notre Dame sight
 - 22 Get the point
 - 23 Simple dessert (hyph.)
 - 26 "Muppet Show" host
 - 29 Sun Devils sch.
 - 30 Watch — step!
 - 32 Large chunk
 - 34 Egyptian goddess
 - 36 Dog's barks
 - 38 Colorful carp
 - 39 Date
 - 41 Rodeo prop
 - 43 Conditions
 - 44 Veto
 - 45 Rowboat
 - 48 Finite
 - 52 Clean
 - 54 Busy European airport
 - 55 Incan treasure
 - 56 Stratagem
 - 57 Masculine
 - 58 Teacup handle
 - 59 Marshal's badge
 - 60 Ran
- DOWN**
- 1 Defraud
 - 2 Game played on horseback
 - 3 Last word
 - 4 Kickback
 - 5 Sufficient
 - 6 Caesar's farewell
 - 7 JFK posting
 - 8 Basketball position
 - 9 "Woe is me!"
 - 10 Mouse appendage
 - 11 Ms. Ferber
 - 17 Crawls (with)
 - 19 Be overly sweet
 - 22 Medieval laborer
 - 23 — alai
 - 24 Latin I verb
 - 25 Nobelist — Alvarez
 - 26 Author — Vonnegut
 - 27 Types
 - 28 Southwest art colony
 - 31 Rowboat's need
 - 33 Personal history
 - 35 UFO genre (hyph.)
 - 37 Lithe
 - 40 Bids
 - 42 Principles
 - 44 More helpful
 - 45 Foot covering
 - 46 Actress — Sedgwick
 - 47 Borodin's "Prince —"
 - 48 Simpson kid
 - 49 Ensnare
 - 50 Vogue rival
 - 51 Recolored
 - 53 Almond



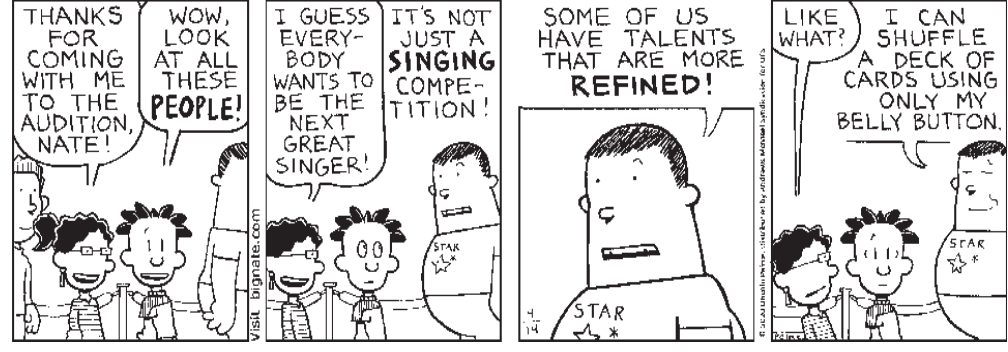
ALLEY OOP



ARLO & JANIS



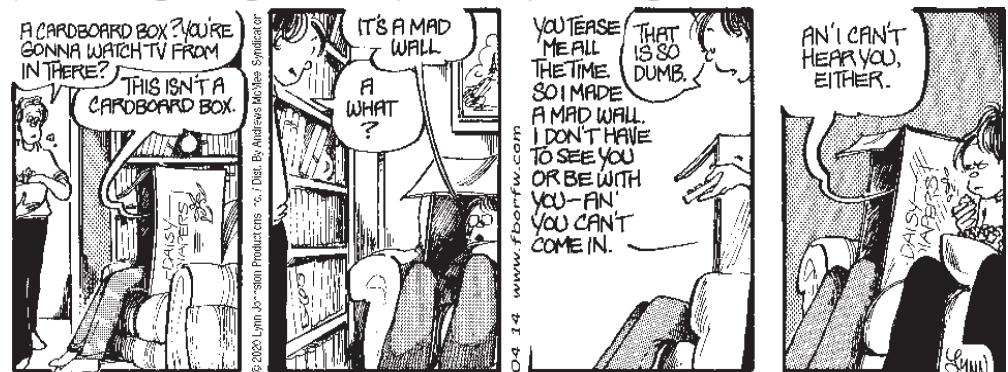
BIG NATE



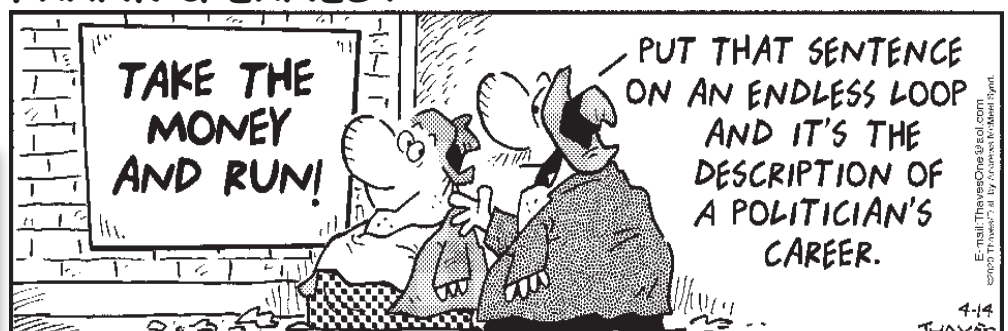
THE BORN LOSER



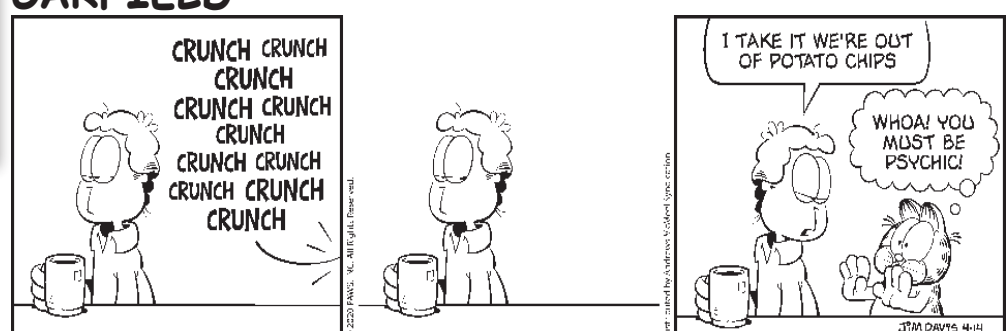
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8							7	6	
	1		4	6				3	2
4	9			8				1	5
5	3			2	9			8	
1	5								8
3		4		7					
				9				5	

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

Mom tires of chauffeuring daughter without a license

DEAR ABBY: My 20-year-old daughter refuses to get her driver's license. She took the learner's permit test four times when she was 16, failed it each time and gave up. She goes to college online and has a job at the local store. Next week she is going to be promoted to assistant manager.

I don't work, but I'm tired of driving her around. We live in a small town that has no public transportation. Every time her father or I mention getting her license, she says, "Don't start" or, "I don't want to talk about it!" She doesn't date, but is very involved in church. She has her own phone, which she pays for, and also pays for gas. She's responsible in every way -- she just REFUSES to drive! HELP! -- TIRED OF BEING A TAXI MOM

DEAR TIRED: Your 20-year-old daughter is a smart cookie. Unlike you, she doesn't have to worry about car payments, insurance premiums or the cost of parking. As long as you agree to chauffeur her around, she isn't going to provide her own transportation. I suggest you encourage her to get a bicycle. And after four years, it's time for her to take the driver's test again.

DEAR ABBY: My husband and I have been of married nine years and recently passed. He will

have two major issues in our marriage:

1. He feels I spend too much money.
2. I think he spends too much time away from home doing things he wants to do.

We have fallen into this cycle of him being away from home, so I spend money, which results in him spending more time away from home. Should we have separate bank accounts? Should I make him cancel some of his weekly activities? -- STRUGGLING IN ST. LOUIS

DEAR STRUGGLING: Separate bank accounts might be a good idea, provided you don't use yours to mask the fact that you're spending more than you should. As to "making" your husband cancel some of his weekly activities, I don't think it would work to your benefit.

A better solution/investment would be for the two of you to talk this out in the office of a licensed marriage and family counselor, because it appears you're spending as a way to punish your husband for his absence, which is not only not constructive but DEstructive. Doing activities outside the home TOGETHER might also be helpful.

DEAR ABBY: My former spouse, the father and I have been of married nine years and recently passed. He will



ABIGAIL VAN BUREN

be cremated. Although he did not remarry, I did. Our youngest daughter has made all the burial arrangements.

My ex and I did not communicate much after the divorce. What is my role as mother? Do I send flowers, greet attendees, as if we were still together? We were married almost 30 years. -- WHAT SHOULD I DO?

DEAR WHAT SHOULD I DO: Your role as the mother is to support your daughters and the rest of the family. If your daughters want you there, be there for them. Greet anyone you know politely and thank them for being there for "the family." If you wish to send flowers, by all means do so. But beyond that, nothing more is required of you.

Lifestyle

Help citizen science effort to monitor light levels during April's International Dark Sky Week

DENVER – Colorado Parks and Wildlife is inviting Colorado residents to participate in International Dark Sky Week April 19 - 26, 2020 by helping to monitor light levels in their area. This year, Dark Sky Week begins Sunday, April 19, and runs through Sunday, April 26, 2020.

CPW's Resource Stewardship Program started the Dark Skies Monitoring citizen science project last year, encouraging Coloradans to measure the quality of the night sky.

"It's important because, at high intensities, light pollution can have a variety of impacts on wildlife, including plants, animals and humans," said Citizen Science Technician Audrey Spencer. "For instance, it can impact the migration patterns of nocturnally migrating birds as well as the hunting behavior of bats."

How to participate

No experience is needed and observations can be made with a smartphone. Volunteers can submit observations through the Globe at Night website or with the Loss of the Night, a free app available for Android and iOS. If cell service is not available, downloadable star charts can be printed in advance and written observations can be submitted online later.

Spencer said observations can take place anytime throughout the year, at least one to two hours after sunset or before sunrise, when the moon is not above the horizon.

Moonrise and moonset forecasting

The site at timeanddate.com/moon provides a table of daily moonrise/set times, moon phase, illumination, and lots of other information (here's

a helpful guide for interpreting the somewhat complicated table: <https://www.timeanddate.com/moon/help>)

Clear Dark Sky (cleardarksky.com/csk)

Provides weather forecasting for astronomical viewing, including predicted cloud cover, temperature, air transparency, etc. The sky darkness line is calculated based on the position of the sun and moon as well as moon phase.

About International Dark Sky Week

Created in 2003 by high-school student Jennifer Barlow, International Dark Sky Week has grown to become a worldwide event and a key component of Global Astronomy Month. Each year it is held in April, from Sunday to Sunday, the week of the new moon – when skies are darkest.



Courtesy Photo

The night sky over Lone Mesa State Park

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- 5 Shopping Local retains our community:** Without the support in the local community, restaurants, shops and services are forced to close.
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Valley Life

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To adopt or reclaim any of these pets, contact Conour Animal Shelter at 852-3366 or 2825 Sherman Ave., Monte Vista, between 10 a.m. and 5 p.m. Tuesday through Saturday. Also, see www.slvanimalshelter.com.



This is Karma, she is a pitbull mix around 2 years old. She is pretty friendly with people, but would probably need to be the only dog in the house. Courtesy Photos



This is Lady, she is a lab mix around 2 years old. She is pretty shy, but she is friendly once she gets to know you. She is a fence climber, so she would need a tall and well fenced-in area.



This is Newt, he is a large mix around 3 years old. He can be a little standoffish at times, but is friendly once he gets to know you. He jumps high, so he would need a tall fenced-in area.



This is Dudley, he is a 2-year-old border collie/pitbull mix. He is a bit shy but super friendly with people and other dogs.



This is Bangles, he is an Australian Cattle Dog, around 3 years old. He is very friendly but likes to bite at heels. We think he was a working dog, so it would be best if he was on a farm/ranch or had a big space to run around.

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