

Shorts



K-9 drug dog T-shirts now on sale in Center

By TERESA L. BENNS

CENTER - The Center Police Department is asking for community support to raise funds to acquire a drug dog for the town by purchasing drug dog T-shirts specially designed and created by local business owners.

Center Police Chief Dale Meek related in a March 26 email the majority of town board members were supportive of this program during budget talks at the end of 2019 with the only objections being the potential cost of the dog.

"We have received terrific support through donations from area businesses," Meek reported. The T-shirts are now available and can be ordered by contacting Sgt. Aaron Fresquez at aaron@centerco.gov. The shirts run \$15 for small/mediums and \$20 for large/ extra-large. Orders also will be taken for any other sizes.

Center Police have already sold about half of the original 100 T-shirts ordered, Meek noted. Sgt. Fresquez will continue selling the shirts and is starting a list of child sizes and XXL or larger for pre-order. Hoodies also may be pre-ordered.

Meek told his email list that Jaime and Desiree with J&D Ultimate Embroidering "created these wonderful T-Shirts and donated a significant sum to their creation — I love the design by Ultimate Embroidery." All the proceeds from the shirts will go to the supplies for the drug dog once the town board approves the dog's purchase, he added.

The next discussion with the council in reference to the narcotic K-9 will be at the April meeting "It is my intent to have all the money necessary to start this program without needing to alter any budgets for the Town/ Police Department," Meek said.

Saguache County schools begin online classes

By TERESA L. BENNS

SAGUACHE COUNTY - Area schools are now engaged in online classes with students and during the novel Corona crisis are rising to the occasion to provide all the additional services students will need to finish out the school year.

Center Schools

In her Center of Focus column, Center Schools superintendent Carrie Zimmerman reported March 30:

This week in Center, we are beginning our new adventure in learning. Teachers and staff have spent the last week preparing for this new alternative approach to instruction and we are ready to hit

the ground running.

Students will be able to connect with teachers on a weekly, if not daily basis. Staff have already reached out to students this past week, to check in on their kids, see how they were doing, and also find out what resources or supports students might need to continue their learning at home. As a district, our personal touch to learning and ensuring that instruction is student centered continues to be the focus.

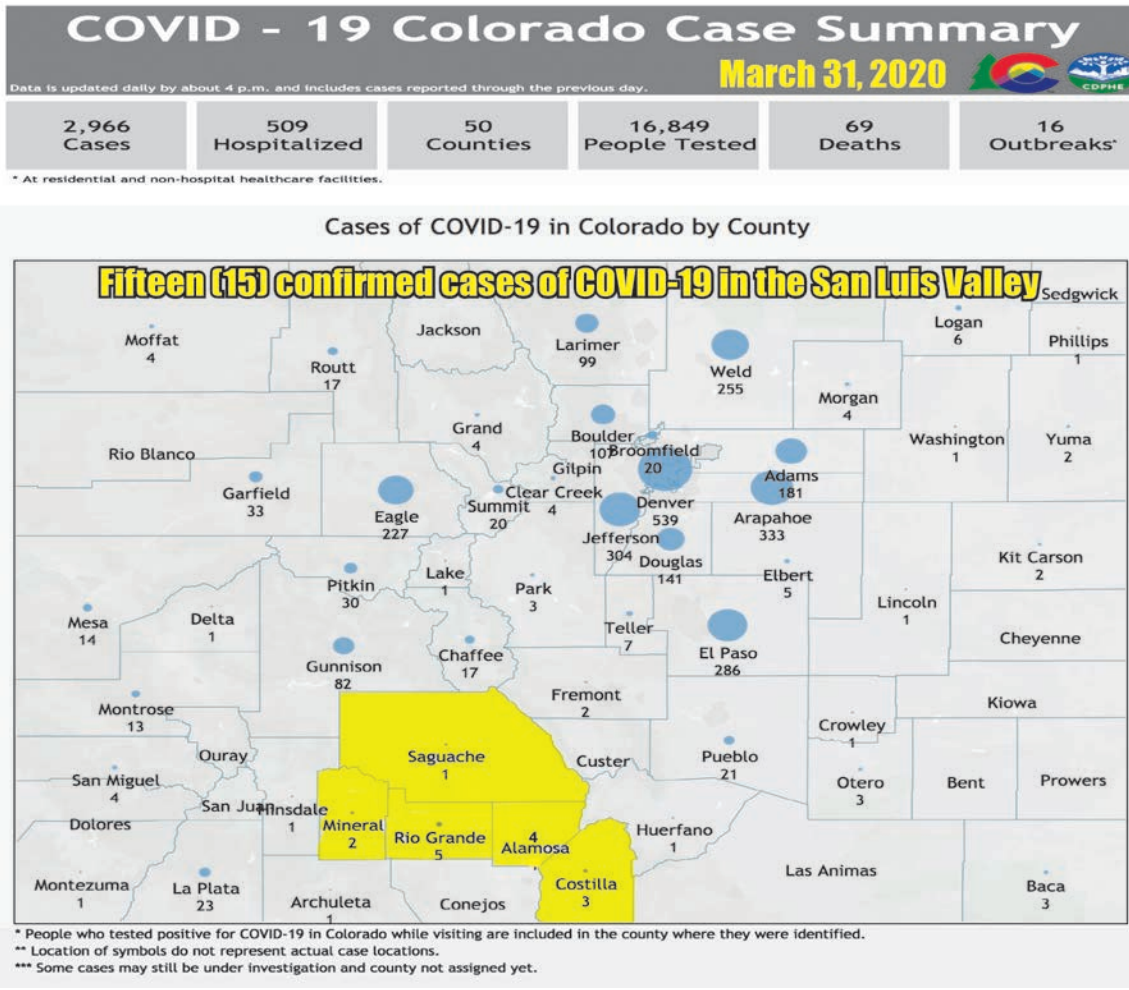
At the elementary level, students will be able to use their individual iPad provided by the district. Teachers put together lessons that incorporate both virtual experiences and more traditional approaches. At the



Photo by Teresa L. Benns

A drive-up service at Center, Mountain Valley and Moffat Schools provides meals to Saguache County school children two days a week. Here a driver picks up a meal at Center Schools.

Please see **SCHOOLS** on Page 6A



Health department gives update on COVID-19

We know there is community spread because we have identified transmission of the virus between individuals in the Valley unrelated to travel outside the Valley.

SAN LUIS VALLEY - As the COVID-19 pandemic situation continues to evolve, so do the tools we use to track the illness in our community. We are now posting positive cases by county on a daily basis at www.slvemergency.org/slv-covid-19. As of 5:00 p.m. March 31, the total

Please see **UPDATE** on Page 7A

County files injunction to stop Moffat annexation

By TERESA L. BENNS

SAGUACHE - Saguache County attorney Benjamin Gibbons confirmed Tuesday that Saguache County has filed for a preliminary injunction and judicial review of Moffat's Potch LLC/Area 420 annexation No. 3, consisting of some 320 acres.

The filing follows the town of Moffat's refusal to address a letter Gibbons sent to the town in February, notifying them the county had no intention of vacating County Road 59, which Moffat has claimed as part

of the annexation. The letter Gibbons sent objected to the annexation mainly "for health and safety reasons."

An annexation Impact Report submitted to commissioners by the town of Moffat in early December was never approved and pertinent information required from the town and from Potch LLC/Area 420 developer Whitney Justice was never provided.

Two different Salida attorneys working on behalf of Moffat residents have contested the legality of the

annexation and have challenged ethical proceedings by the town.

Background

Under the Road and Bridge report during the March 3 commissioner's meeting, commissioners learned the county has received a communication from the state regarding the fact that the town of Moffat is claiming part of CR 59 for highway tax purposes.

Road and Bridge supervisor Randal Arredondo, who was contacted by the Colorado Department of Transportation (CDOT), informed

commissioners that according to a HUTF (Highway Users Tax Fund) report, Moffat claimed 4/100ths of a mile of County Road 59 in their report to the state.

When CDOT contacted Arredondo to try and figure out what was going on, he replied that that the county had not relinquished any part of County Road 59. The state then requested that the town of Moffat change their report to reflect this fact.

See **INJUNCTION** on Page 8A

OBITUARIES

Freeda Alene Black, 94

DEL NORTE — Long time Del Norte resident Freeda Alene Black, 94, passed away Tuesday, March 24, 2020, at the River Valley Inn Nursing Home in Del Norte. She was the last remaining sibling of her family.

Freeda was born in Voca, Texas, Jan. 23, 1926, to Noah and Annie Viola Allen. She was one of 10 children and attended school in Brady Texas where she graduated in 1943 as a Brady Bulldog. She always loved her Texas bluebonnets. While in high school she was Captain of the Volleyball team, Secretary of her Speech Club and wanted a career as a Stenographer. She met the love of her life, Barney, in 1945. His Sister married her brother so this began a pen pal relationship with Barney while he was in the Navy. When he got discharged from the service, they got married Jan. 9, 1946, in Wilmer, Texas, after just two weeks of dating! They finally settling down in Del Norte, Colorado where he worked with his father at a sawmill in the Summitville area. People had

bets that their marriage would not last two months and boy did they prove them wrong. They had been married 66 years when Barney died in Feb 2012.

After raising their five kids, Freeda then got a job with the Rio Grande Courts system taking dictation. For many years she was President of the Val Alto Club, loved going Gambling, playing Solitaire, hitting all the local garage sales and enjoyed spending time in the mountains camping and jeeping. Truth be told she probably spent more time walking outside of the jeep than riding because Dads driving scared her to death on those tiny mountain trails.

She is survived by all five children, Richard (Colleen) Black, Ken (Alice) Black, Kelly (Kathy) Black all from Del Norte and two daughters Patsy Black Moreland of Durango, CO and Robin (Craig) Hargis of Carlsbad, New Mexico Also surviving are 8 grandchildren, 18 great grandchildren and 7 great-great grandchildren along with numerous nieces and cousins



from both sides and a host of friends.

Cremation was chosen and due to the Global crisis services are pending and will be held at a later date.

In Lieu of flowers, contributions may be made to River Valley Inn Nursing Home, Del Norte, Colorado in memory of Freeda Black. Arrangements in care of Strohmayer's Funeral Home.

Paris Marvin Price Jr., 75

SOUTH FORK — Paris Marvin Price Jr., 75, passed away Friday, March 20, 2020, in South Fork, Colorado He was born March 29, 1944, to Paris Sr. and Gwendolyn (Wright) Price in San Diego, California



He is survived by his wife Maryann Schulz; son Eric Price; daughter Tahirih Lang; sons-in-law Gerhard Schulz and Karl Schulz; and siblings Thomas "Brad" Price and Ramona Price Alexander.

Paris was preceded in death by his parents Paris Sr. and Gwendolyn.

The family has chosen cremation with Rogers Family Mortuary in Alamosa in care of the arrangements. To leave online condolences or words of strength for the family, visit www.rogersfunerals.com

Sidney (Sid) L. Klecker, 95

MONTE VISTA — Sidney (Sid) L. Klecker, Father, Grandfather, great-grandfather, Rancher, Farmer, Businessman, passed into his eternal life at the age of 95 March 25, 2020. He was born in Monte Vista March 16, 1925, the son of Sid F. and Helen Klecker.

He will be missed by friends and family: his sons, Jan Klecker (Pam) and Gary Klecker (Loretta), son-in-law Michael Reikofski, his grandchildren, Erin Keefer (Jim), Stephanie Klecker, Adam Klecker (Stephanie), Jessica Godwin (Daniel), and Sid's 5 greatgrandchildren.

He was preceded in death by his wife Marjorie, daughter Sharon Reikofski, and sisters Shirley Klecker and Sally Kehler.

Because of current restrictions on gatherings, the family will have a celebration of life in Sid's memory



at a later date at the Monte Vista Cemetery where he will be interred next to his wife, Marjorie. Donations may be made in Sid's memory to the Rio Grande Hospital in Del Norte.

William "Bill" Wray, 82

HOT SPRINGS, ARK. — William "Bill" Wray, 82, of Hot Springs passed away March 19, 2020. He was born July 11, 1937, in Hope, Arkansas to the late William Leigh and Mattie Evans Wray.

William was a member of the Compton Traditional Bow Hunters Association, the Colorado Bow Hunters Association and The Former FBI Agents Foundation.

He is preceded in death by his parents and wife, Patsy Wray.

Survivors include his son, William Larry Wray, Jr.; brother, Roy Thomas Wray; and sister, Linda Leigh Wray.

The family would like to say a special thank you to the staff at the Atrium and Belvedere Nursing and Rehab.



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State health department releases attitudes survey about COVID-19

COLORADO - The Colorado Department of Public Health and Environment (CDPHE) released results from a survey asking Coloradans about their perceptions and attitudes related to the COVID-19 pandemic. Nearly 45,000 Coloradans completed the survey between March 22 and March 24, 2020.

Highlights of the survey include: 72% of respondents are "very concerned" about COVID-19 in Colorado.

Among 18-29-year-old respondents, 59% are "very concerned" about COVID-19 in Colorado.

Nearly 90% of respondents think it's somewhat or very likely that they would get sick from the novel coronavirus.

Half (50%) of the respondents have a combination of symptoms indicative of generalized anxiety over the last two weeks.

A large majority of the respondents are taking extra precautions around COVID-19 to keep the community healthy:

- 97% are washing their hands with soap and water more frequently.
- 96% are avoiding large gatherings.
- 70% are working from home.
- 35% are stockpiling food and other household items.

Three in four respondents would try to get tested if they were exposed or had symptoms. The most common reason respondents selected would be to help the public health system build a better picture of how the virus

is spreading. Of those who would not get tested: Three in four respondents said they would isolate themselves from others regardless.

More than 50% of respondents would not get tested because they are not sure if they meet the criteria for testing.

- 3% think the virus isn't that serious.
- 40% of part-time, full-time or self-employed respondents do not have access to paid leave if they were not able to work because of illness.
- 43% of respondents are now working from home in response to the COVID-19. (Note: This survey was conducted before the statewide stay-at-home order.)
- 11% of respondents have had their hours reduced, 9% have

temporarily lost their jobs and 1% have permanently lost their jobs due to COVID-19.

"This survey shows what we already knew that Coloradans are strong, and we are all in this together," said Jill Hunsaker Ryan, executive director of the Colorado Department of Public Health and Environment. "We're relieved to see that so many people are doing their part to slow the spread of this deadly virus. If we keep this up, we will protect our health care system from being overloaded with critical cases and countless lives will

be saved." This survey was fielded among a sample of Coloradans who accessed the survey by going to the CDPHE website. This sample may have been more concerned about COVID-19 and may have been more likely to have made behavior changes. The link to the survey was shared widely after release, so that bias may have been reduced. Although people of all racial and ethnic groups took the survey, Hispanic and Black or African-American participants are underrepresented.

County awards \$205,000 in sales tax grants

SAGUACHE COUNTY - Just \$175,000 shy of \$205,000 in Cycle 1 sales tax grants for 2020 were awarded to grant applicants from across the county last week, following the official approval of commissioners at their March 24 meeting.

County administrator Wendi Maez provided the names of grantees and total funds granted below.

Youth and Seniors

- Caroline Wolfgramm Irwin — \$3,200
- Bethany Howell — \$4,000
- Center Consolidated Schools, Katrina Ruggles — \$2,500
- Center Parks & Recreation, Katrina Ruggles — \$2,500
- Center Viking Youth Club, Lawrence Trujillo — \$5,000
- Colorado State University, Marvin Reynolds — \$5,000
- Free live music in Crestone, Crestone Performances Inc., Tom Dessain — \$5,000
- Crestone Performances Inc., Tom Dessain, School Assemblies — \$2,000
- ESLVTC, Burt Wadman — \$5,000
- Student intern, Heart of Saguache/KV, Laurie Vigil — \$3,168
- Heart of Saguache/KV, Laurie Vigil, Cinco De Mayo — \$4,000
- Kiwanis Club of Center, Dick Ramstetter — \$5,000
- Moffat Consolidated School, Brittany Morrisette — \$5,000
- Mountain Valley School, Kathy Hill, Career Fair — \$2,500
- Mountain Valley School, Salvador Vigil, Prom — \$3,000
- Mountain Valley Toddler Program, Lacy Reed Toddler Program — \$5,000
- Noon Organization Adrienne Garbini Saguache art exhibit — \$2,000
- Noon Organization Adrienne Garbini Art exhibit in Crestone — \$4,000
- Orient Land Trust Robin Rosenberg — \$3,500
- Saguache Community Pow-Wow Crowfox KimimilaWi — \$5,000
- Saguache County Assessor Pete Peterson \$ -
- Saguache County Clerk & Recorder Trish Gilbert \$ -
- Saguache County Housing Evan Samora — \$415
- Saguache County Maintenance Pete Garcia \$ -
- Saguache County Treasurer Connie Trujillo \$ -
- Saguache Works Genevieve James — \$5,000
- Salida Circus Outreach Foundation Beth Elkins (Coordinator) — \$2,500
- SLV Fair Board — \$4,000
- South-Central Colo Seniors — \$5,000
- Terry Gillette \$ -
- The Historic Ute Theater Heidi Wong — \$4,000
- Town of Saguache Iris Garcia

- Benches — \$ -
- Vespers Movement Arts, Vesper Gers — \$5,000
- Wreaths Across America, Connie Trujillo — \$5,000
- Total amount awarded Youth and Seniors — \$107,283

Emergency Health and Safety

- Baca Grande Water and Sanitation District JoAnn Slivka (District Manager) — \$2,500
- Center Police Department Dale E. Meek (Chief of Police) MHPLidar — \$2,500
- Center Police Department Dale E. Meek (Chief of Police) Dyna Med — \$3,000
- Crestone Charter School Marie Louise Baker — \$5,000
- Crestone Food Bank, Marge Hoglin (co-coordinator) — \$5,000
- Crestone Peak Community Housing (CPCH) Kirsten Schreiber (Chair) — \$5,000
- Free Spirit Christian Church Food Bank Patricia Reigel — \$5,000
- Friends of Ski Hi Park Karla Shriver (Co-Chair) — \$5,000
- Neighbors Helping Neighbors, Pamela Rose (Board Member) — \$5,000
- Northern Saguache County Ambulance District Julia Hammel (EMS Administrator) Hand-held radios — \$4,500
- Northern Saguache County Ambulance District Julia Hammel (EMS Administrator) Health and Safety classes — \$2,500
- Saguache County Dept of Social Services Linda Warsh (Director) — \$5,000
- Saguache County Public Health Lynette Grant (Director) — \$4,000
- Saguache County Search & Rescue, Tania Sanchez, Search & Rescue training — \$3,500
- Saguache County Search & Rescue, Tania Sanchez, Search & Rescue equipment — \$5,000
- Saguache County Search & Rescue, Tania Sanchez, reimbursement — \$0.00
- Saguache County Sheriff's Office, Dan Warwick (Sheriff), shotguns — \$0.00
- Saguache County Sheriff's Office, Dan Warwick (Sheriff), rifles — \$0.00
- Saguache County Sheriff's Office Ken Wilson (Jail Commander), training — \$0.00
- Town of Saguache Iris Garcia (Town Clerk) Park Pavilion — \$4,000
- Veterans Coalition of the SLV, Mary Comum (COO) — \$3,000
- Total amount awarded Emergency Services — \$69,500

Economic Development and Renewable Energy

- Crestone Energy Fair Lisa Bodey

- (Director) \$2,500
- EarthArt Institute Linda Joseph (Secretary/Treasurer) — \$2,700
- Mandala Pizza, Desiree Faraci — \$3,000
- Saguache Works, Dawn Anderson (President) — \$4,000
- ScSEED, Janet Woodman (Coordinator), Solar Forward program — \$5,000
- ScSEED, Liza Marron (Director), Saguache Hwy 285 — \$0.00
- Sustainable Oneness Spiritual Alliance Patricia K. Faust — \$2,500
- The Saguache Chamber of Commerce Barry Van Sant (President) — \$3,000
- Town of Crestone Kairina Danforth (Mayor) — \$3,000
- Wildwoods Botanicals, Kim Engard (Owner/Manager) — \$2,500
- Total amount awarded Economic Development — \$28,200

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OPINION & EDITORIAL

Trot out the babies

Ol' Dutch is here to tell you the news of the day: it appears the COVID-19 pandemic is causing disruption in every region of the U.S. and indeed the entire world.

We in the U.S., however, do our stock-up-buying a little different from other countries, as our citizens rushed to the stores to stock up on basics such as toilet paper. Ol' Dutch found that to be funny as I would have thought food would be a person's No. 1 need but it appears that addressing the "No. 2" is most thought about.

One item folks forgot to buy were condoms as now experts are predicting a baby boom to follow. With any weather event such as big snowstorms or hurricanes which trap people in their homes and force them to communicate with one another in more than one syllable mumbles, we usually get a little baby explosion about nine months later.

I question whether this quarantine phase will follow that pattern. Think about it, folks. Having all of this "together" time of husbands and wives being home is more of a strain than a renewal of marriage vows, loving embraces and honeymoon adventures. (Since Miss Trixie will read this, I can't tell you how I know this to be true, but trust me, I know.)

Now getting back to the baby boom. It isn't like this period of time is uniquely ripe for the man of the house suddenly to become amorous and interested in procreation. Newsflash: that is pretty much his intention every day that he opens his eyes. At a moment's notice, he is ready to have a second honeymoon albeit maybe not with the intent of having a child but he believes that practice makes perfect in this instance.

His wife, on the other hand, wakes up with a head full of schedules including: cleaning up after said fearless leader and his progeny plus getting to work while putting on her war paint in the mirror of the mini-van without slamming into the other crazy drivers. Long gone are the carefree days of sports cars and a ponytail bobbing in the wind and flirtatious behavior as there just isn't time for such nonsense with all those rug rats hanging all over her like baby possums popping out of the pouch.

So this COVID-19 outbreak has really got Ol' Dutch stumped why all these so-called experts seem to think that being cooped up together will somehow make that worn-out exhausted woman suddenly feel the need for more of the same.

The internet is rife with pictures and cartoons about moms suddenly thrust into the home school mode with the kids now off from the local K-12 penitentiary (or schoolhouse as some call it.) Suddenly kids who were defended tooth and nail against



Trout Republic
by Kevin Kirkpatrick

"mean and horrific" teachers are found not to be angelic children.

Those experts predicting a baby boom haven't factored this reality into the equation.

Sure, when couples are forced into cohabitation because of a big snow, they spend cozy evenings in front of a roaring fire and that leads to swapping spit with your significant other after too much wine or the third Hallmark Channel movie. But that romantic evening is only possible because the kids played out in the snow all day which meant the rascals fell asleep at 7 p.m. and the mom is getting some much needed downtime. You can understand how any woman would feel frisky in that situation.

But this deal going on now is quite the different event. No longer is some slick-haired weatherman giving hope of relief in the form of roads reopening and schools starting back up. Indeed, all that stares down today's mother is another day of homeschool, cooking for children who seem to have a tapeworm and men hanging around the house yelling at the dog.

How this would ever translate into some worn-out mom wanting more children is beyond me.

Ol' Dutch has his own thoughts on this stay at home period and I tend to believe that a definite rise in divorces is more likely to occur as people are denied their usual distancing from their spouse with the lack of golf, hunting, fishing, hair and nail salons, spas, restaurants, bridge clubs, church gatherings, work, Walmart runs, shopping, and trips to see her mother.

All I can say is I hope this finds you all well and safe in your lock down and hoping the parole board finds a way to release you sooner than later. Prayers for all in this time.

Kevin Kirkpatrick and his Yorkie, Cooper, fish, hunt, ATV or hike daily. His email is Kevin@TroutRepublic.com. Additional news can be found at www.troutrepublic.com or on Twitter at TroutRepublic.



LETTERS

Cyriacks offering 'better government we can afford'

To the editor:

Baca Grande resident Lisa Cyriacks, now running for Saguache County commissioner in District 1, promises to move the county forward, providing "economic growth that is tangible - not just something we talk about - and solutions that are implemented. I know how to get things done."

Cyriacks, a Democrat, explains that County commissioners are responsible for the county's administrative and budgetary functions. County commissioners approve the budgets for all county departments. Taxes are a major source of income to pay for these services. "How the money is handled and distributed makes all the difference in how that money is put to work for you and me," she said.

Many know Cyriacks as a community watchdog, writing for the *Crestone Eagle* on protecting the natural environment, water and clean energy. What county residents might not know is that for 20 plus years she has also successfully run her own company advising small businesses and local governments throughout the State of Colorado, primarily on how to establish and practice good accounting.

"More transparency and accountability must be brought to the finances in this county," Cyriacks

emphasized. "I can bring clarity on budgets so that everyone can understand them. If you have questions on specific items, with my accounting background I can and will answer them."

Cyriacks notes that over the past year not one, but two county administrators have resigned. Both pointed in their resignations to the unwillingness of the BoCC to address serious vulnerabilities with the finances.

In October 2019, the State Auditor's office contacted the county regarding the failure by the county to file an annual audit report. As a result, the state instructed the county treasurer to not release any funds into the county coffers.

"This is something that should never happen," Cyriacks commented. "I believe that the employees and residents of Saguache County deserve answers and that addressing financial concerns will, as it should, improve the life of county employees and everyone who resides here."

She added that if finances are strong, and elected officials and staff are confident that the resources are there then historic problems can be effectively addressed.

"After decades of inaction, it is time for solutions," Cyriacks stated. "I am willing to put forth the effort and have over 30 years'



experience to do it. In my personal and professional life I have always done my best to set a standard of service with integrity."

She further pledged to implement open and transparent government - taking government to the people because it belongs to the people, and taxpayers and residents deserve the services they have been paying for.

"As your county commissioner, I can be a responsible voice for your concerns in the county and in the valley. You can be sure that when you are busy, I can be trusted to be paying attention," she concluded.

Submitted by Lisa Cyriacks

Reader supports Cyriacks

To the editor,

I've known Lisa Cyriacks for 20 years. She's not a troublemaker, she is a trouble-shooter.

She's a hard-fought, brilliant activist; always looking for ways to better a system, to improve a situation, fairly, honestly.

Her experience is vast having worked on many boards, locally. Her strength lies in the willingness and hard work it takes to research a topic thoroughly. When someone in the community is unsure of a decision you will invariably hear the comment, 'Ask, Lisa Cyriacks.'

That is called trust.

I wholeheartedly endorse the candidacy of Lisa Cyriacks for Saguache County Commissioner.

*Marcia Heusted
Business Owner
Crestone*

CENTER POST-DISPATCH

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Coronavirus myths explored

By **TIM NEWMAN**

Medical News Today

As the coronavirus continues to make the news, a host of untruths has surrounded the topic. In this special feature, we address some of these myths and conspiracies. A variety of myths have sprung up around the novel coronavirus. The novel coronavirus, now known as SARS-CoV-2, has spread from Wuhan, China, to every continent on Earth except Antarctica. As ever, when the word “pandemic” starts appearing in headlines, people become fearful, and with fear come misinformation and rumors.

Following, we will dissect some

of the most common myths that are currently circulating on social media and beyond.

1. Spraying chlorine or alcohol on skin kills viruses in the body - Applying alcohol or chlorine to the body can cause harm, especially if it enters the eyes or mouth. Although people can use these chemicals to disinfect surfaces, they should not use them on skin. These products cannot kill viruses within the body.

2. Only older adults and young people are at risk - SARS-CoV-2, like other coronaviruses, can infect people of any age. However, older adults or individuals with preexisting health conditions, such as diabetes or asthma,

are more likely to become severely ill.

3. Children cannot catch COVID-19 - All age groups can become infected. Most cases, so far, have been in adults, but children are not immune. In fact, preliminary evidence shows that children are just as likely to become infected, but their symptoms tend to be less severe.

4. COVID-19 is just like the flu - SARS-CoV-2 causes illness that does, indeed, have flu-like symptoms, such as aches, fever, and cough. Similarly, both COVID-19 and flu can be mild, severe, or, in rare cases, fatal. Both can also lead to pneumonia. However, the overall profile of COVID-19 is more serious. Estimates vary, but its mortality rate

seems to be between about 1% and 3%. Although scientists are working out the exact mortality rate, it is likely to be many times higher than that of seasonal flu.

5. Everyone with COVID-19 dies - This statement is untrue. As we have mentioned above, COVID-19 is only fatal for a small percentage of people. In a recent report, the Chinese Center for Disease Control and Prevention concluded that 80.9% of COVID-19 cases were mild. The WHO also report that around 80% of people will experience a relatively mild form of the disease, which will not require specialist treatment in a hospital. Mild symptoms may include fever, cough, sore throat, tiredness, and shortness of breath.

6. Cats and dogs spread coronavirus - Currently, there is little evidence that SARS-CoV-2 can infect cats and dogs. However, in Hong Kong, a Pomeranian whose owner had COVID-19 became infected. The dog did not display any symptoms. Scientists are debating the importance of this case to the epidemic. For instance, Prof. Jonathan Ball, Professor of Molecular Virology at the University of Nottingham in the United Kingdom, says: “We have to

differentiate between real infection and just detecting the presence of the virus. I still think it’s questionable how relevant it is to the human outbreak, as most of the global outbreak has been driven by human-to-human transmission.” He continues: “We need to find out more, but we don’t need to panic — I doubt it could spread to another dog or a human because of the low levels of the virus. The real driver of the outbreak is humans.”

7. Face masks protect against coronavirus - Healthcare workers use professional face masks, which fit tightly around the face, to protect them against infection. However, disposable face masks are unlikely to provide such protection. As these masks do not fit neatly against the face, droplets can still enter the mouth and nose. Also, tiny viral particles can penetrate directly through the material. However, if someone has a respiratory illness, wearing a mask can help protect others from becoming infected. “There is very little evidence that wearing such masks protects the wearer from infection,” Dr. Ben Killingley, Consultant in Acute Medicine and Infectious Diseases at University College London Hospital

Please see MYTHS on Page 8A

CLIPS FROM THE CLERK

By **SAGUACHE COUNTY CLERK AND RECORDER TRISH GILBERT**

Services Provided During COVID-19

The County has taken a wide array of actions to mitigate the effects of the COVID-19 pandemic to manage the risk to our employees and prevent further spread. The courthouse is closed to the public until further notice.

What services are provided by the Clerk and Recorder’s Office:
Phone services

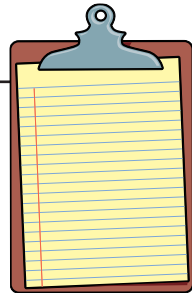
Credit card payments over the phone

Links to online services :
- Elections: govotecolorado.gov
- Motor Vehicle Services: mydmv.colorado.gov
- Recording Services: icounty.org

The drop box will be open in SAGUACHE ONLY: (501 4th Street, located in the south parking lot). The drop box is open for both the Treasurer’s Office and the County Clerk and Recorder’s Office. You may drop off payments and/or documents for:

- Property tax payments

- Recordings
- Motor vehicle renewal
- Election mail
- Title complete notices
- We will continue to pick up mail from the post office
- Mail in plats/maps for recording Services NOT PROVIDED: Marriage licenses
- A few other counties still provide this service by appointment
- Temporary permits for motor vehicles



UNDER THE DOME — Stay safe

By **STATE SEN. BOB RANKIN**

I had planned to talk about the legislative session and specifically about my work on budget, education and health care. Unfortunately, events have quickly overtaken us and changed everyone’s focus dramatically. Our mountain communities have been especially hard hit with new cases of the Coronavirus.

Currently, there are at least 187 positive COVID-19 cases in Eagle County, an additional 27 in Pitkin County, with 79 in Gunnison County, and 11 in Summit County. Many further tests are pending, and there is likely sustained community transmission of COVID-19 in these areas.

The legislature recessed Saturday until March 30 then adjourned that day for lack of a quorum. We reason that the Capitol receives thousands of visitors from many locations and would be a source of contagion. While the legislature could work behind closed doors, our business is to work for the public, and we don’t want to be conducting the people’s business without public access.

There is a question, never answered by past legislatures, as to whether we must adjourn May 6 or can we add days to the calendar and continue past May 6. We voted to ask the courts for an opinion.

I, however, am a member of the Joint Budget Committee. We alone will continue to work and write next year’s budget bill. Our offices are across the street in a separate building, so the Capitol can remain closed. The state constitution requires that we pass a bill that contains a balanced budget, and the government will shut down June 30 if no budget bill has been enacted.

With the sudden economic downturn, we expect a forecast much different from the one we saw in January. I anticipate significant cuts to our planned spending, and no new program starts. I’ll be advocating for rural issues, including keeping

our hospitals open and paying our teachers.

During all this chaos, I remain focused on the high cost of health care in rural Colorado. I’m asking the Joint Budget Committee to sponsor a comprehensive long term look at the “Total Cost of Care” based on the free market, consumer-driven goals and benchmarks, not on government regulation and price control.

I’ve had some success to date with bills to support adult education, help our fantastic search-and-rescue volunteers, and a bill to help counties deal with the rise in short-term rentals. I’m also the co-sponsor of a bill to upgrade our policies on child welfare.

I’ve continued to work with legislators across the aisle that, like me, value rural and western Colorado, always my priority. I’ll be the prime

sponsor on several Joint Budget Committee bills yet to be introduced.

I had planned to spend at least the weekends in my senate district since campaign season is here, but those meetings and trips may have to wait. I’ll provide a weekly email update to keep you informed on COVID-19 actions and budget progress. If you’d like to be included, send me your email.

(Senator Bob Rankin writes the monthly column “Under the Dome” hoping to inform and engage the constituents in his district and the Western Slope. He serves on the Joint Budget Committee and represents Garfield, Rio Blanco, Moffat, Routt, Grand, Jackson and Summit d. Email: bob.rankin.senate@state.co.us).

Happy Passover & Easter! Remembering Yeshua Jesus One Solitary Life

Here is a man who was born in an obscure village, the child of a peasant woman. He grew up in another village. He worked in a carpenter shop until He was thirty. Then for three years He was an itinerant preacher.

He never owned a home. He never wrote a book. He never held an office. He never had a family. He never went to college. He never put His foot inside a big city. He never traveled two hundred miles from the place He was born. He never did one of the things that usually accompany greatness. He had no credentials but Himself...

While still a young man, the tide of popular opinion turned against him. His friends ran away. One of them denied Him. He was turned over to His enemies. He went through the mockery of a trial. He was nailed upon a cross between two thieves. While He was dying His executioners gambled for the only piece of property He had on earth – His coat. When He was dead, He was laid in a borrowed grave through the pity of a friend.

Nineteen long centuries have come and gone, and today He is a centerpiece of the human race and leader of the column of progress.

I am far within the mark when I say that all the armies that ever marched, all the navies that were ever built; all the parliaments that ever sat and all the kings that ever reigned, put together, have not affected the life of man upon this earth as powerfully as has that one solitary life.

This essay was adapted from a sermon by Dr James Allan Francis in “The Real Jesus and Other Sermons” © 1926 by the Judson Press of Philadelphia (pp 123-124 titled “Arise Sir Knight!”).

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SCHOOLS

Continued from Page 1A

secondary level, students' schedules will be comparable to when they were onsite. Teachers will be doing online instruction, virtual lessons, science labs, exercise regimens, and weekly projects. All students in middle school and high school have laptops, so students and teachers are familiar with this type of learning, and many teachers already have Google classrooms established.

Our special education and EL teams, have put together resources and Toolkits to support students and core teachers during this time. Our counselors are setting up times to meet with kids and continue providing them with established services. Staff will be utilizing Zoom meetings to keep up with regular communication. Staff are also continuing to provide small group and 1:1 instruction as needed through Google Hangouts, Newrow, and Zoom meetings.

Our team worked hard this past week with local Internet providers, Cielo and Jade, to get families who do not currently have services, set up with Internet in their homes. Thanks to funding through some of our grants and Katrina Ruggles' efforts we are able to provide this service to families at no cost for the next couple of months. Grab-and-go food service will continue on a weekly basis. Last week, thanks to the hard work of our food service team under Dianna Villanueva's leadership, we were able to provide food to over 250 students. The grab-and-go service will take place every Monday from 10 a.m. until noon. Students will receive food for the week. Ms. Banning worked hard to continue our food distribution service for identified families as well.

Our transportation department is jumping in to help by delivering food and supplies to families in the country or that were not able to come to the scheduled pick up.

Everybody has risen to the occasion, to pitch in and help, and make this a positive, productive experience for our students. Thank you all! #VikingStrong

Mountain Valley Schools

Mountain Valley Superintendent Travis Garoutte wrote Monday:

Mountain Valley School District provided paper-based learning materials for the week of March 23. We are beginning to transition to online classes this week (March 30). There are many families in our district that do not currently have adequate Internet access that would allow for online learning.

We are working on a plan to get the internet installed in student homes that are without connectivity. Online learning can also be difficult for students in the primary grades and some paper-based materials will continue to be provided. The district is also distributing computers to students that need devices at home.

Mountain Valley teachers have been doing a great job of adapting to remote learning and showing amazing personal and professional growth. They are going above and beyond each day by calling and video conferencing with students and parents, reading stories online, implementing Google Classroom, and utilizing a variety of virtual educational platforms to engage students.

I am very proud of our staff; they care about our students, and it shows. Parents have been very receptive and appreciative of the efforts our district is making to continue to educate as well as feed our students. I feel like community relationships and partnerships are getting stronger and stronger as a result of this epidemic.

For students who are on meal plans, Mountain Valley School currently has two distribution points—one at MVS

and the other at the KV Clubhouse where grab and go breakfast and lunch are provided Monday-Thursday from 10-11 a.m. We are also delivering meals to households where family transportation is difficult.

I believe that parents are doing the best that they can and are thankful for Mountain Valley's support and partnership during this difficult time. While delivering meals, I have been able to visit with several students and they have all mentioned that they really miss school and our staff. I know that the staff at Mountain Valley, myself included, miss all of our students so much.

Closing our school was one of the hardest things I have had to do in my 20 plus years as an educator. Although our hearts are heavy and we miss the kids terribly, Mountain Valley School is dedicated to serving our community, providing engaging learning opportunities, and making sure that every kid has a nutritious breakfast and lunch to start their day.

Moffat Schools

Moffat Superintendent Christina Larsen commented Monday:

Moffat teachers are preparing to deliver instruction via virtual learning platforms like Google Classroom. Teachers are working exhaustively to create consistent and reliable systems for attendance, instruction and grading, while also navigating their own personal and professional challenges.

Teachers and school leadership are communicating with families via surveys, emails and phone calls to determine what they need. We are sharing general support resources and positive messages help families feel better about what's coming. We have reached out to all families by survey or phone and are providing devices like Chromebooks and Internet hotspots for those who are identified needing the resources.

We provide free breakfast and lunch grab-and-go style meals for any child ages 0-18. We distribute four meals on Mondays and four meals on Wednesdays between 11a.m. - 1p.m. at Moffat School. We are looking to expanding service locations to make meal distribution more accessible for our families who don't leave close to the school or have transportation barriers.

Our families and community are incredibly resilient and have responded with grace, understanding and kindness as we work together to navigate these frustrating and challenging circumstances!



Photo by Teresa L. Bennis

Cafeteria workers prepare grab and go meals at Center Schools.

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#SanLuisValleyStrong



San Luis Valley Health opens Respiratory Clinic

ALAMOSA - San Luis Valley Health has successfully launched its Respiratory Clinic. The clinic, located at 2115 Stuart Avenue in Alamosa, was created to triage and treat anyone who has clinical symptoms of COVID-19. These symptoms include, but are not limited to, cough, fever and fatigue. SLVH created an isolated space with fully functioning negative pressure ventilation in place. It is staffed by primary care providers who are dedicated to slowing the spread of the virus. The providers educate the public, give advice, answer questions and in large part, “treat from afar.” The goal is to keep people safely at home.

After being open for a complete week, staff observed that the majority of patients need symptomatic care and treatment: cough and cold medicine, rest, hydration and exercise as tolerated (to keep their immune system strong and to keep from being inside all day). Some patients have required prescription medications such as Flonase and Albuterol, and if it is safe for the patient, the prescriptions have been sent to the pharmacies without seeing the patient face-to-face.

This is the viral season in Colorado, apart from COVID-19,

so providers are also screening and testing for other viruses like influenza.

All calls are triaged which means that priorities for care, treatment and follow-up are based on the level of illness that is presented. If needed, patients are scheduled to come to the respiratory clinic in person. “Rest assured, if we need to see you, we will bring you in and do whatever is needed. If you need emergency treatment, we will refer you to our emergency department,” commented Susannah Perkins, DO, San Luis Valley Health Primary Care.

Do not come in person to the clinic or any health care facility unless you have called ahead.

Please call (719) 589-2511, press 9. The nurses are staffing this number every day from 7 a.m. to 7 p.m. If you get the voicemail, please leave a good callback number and clearly state your name, leaving only one message. If you feel you are having an emergency, please call 911.

The very best way to control the transmission of this virus is to **KEEP YOUR PHYSICAL DISTANCE FROM EACH OTHER AND WASH YOUR HANDS FREQUENTLY.**

UPDATE

Continued from Page 1A

number of confirmed cases is 15. These include cases that have been confirmed by lab testing as well as cases where public health has identified a person with symptoms consistent with COVID-19 who has also had close contact with a lab-confirmed case. We know there is community spread because we have identified transmission of the virus between individuals in the Valley unrelated to travel outside the Valley.

With community-level transmission of COVID-19 now confirmed in the San Luis Valley, it is important to our regional emergency planning and response to also track the spread of illness beyond just the lab-confirmed cases and their close contacts. To that end, we encourage residents who have experienced symptoms to complete our anonymous online SLV Symptom Tracker at slvemergency.org/slv-covid-19. The information collected through this form helps local public health response teams understand and track the spread of COVID-19 in the San Luis Valley. This survey does not take the place of consulting with your primary care provider or a nurse line. If you are experiencing symptoms that require medical care, please call your healthcare provider or a nurse call line at: San Luis Valley Health 719-589-2511 ext 9, Rio Grande Hospital 719-657-4990 or Valley Wide Health Systems 719-589-3658 ext 9. If you are having difficulty breathing or another medical emergency, dial 911.

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. We have heard from some in the community that they are 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.

We would like to thank everyone who has participated so far in our SLV Symptom Tracker survey. So far the data shows that in the San Luis Valley, around 80% of those with symptoms have mild, not severe, symptoms. That is consistent with what other parts of the country are seeing. People who are not at high risk of severe illness may not need to be evaluated in person or tested for COVID-19. Whether symptoms are mild or severe, do not wait for a test to self-isolate. The severity of your symptoms has nothing to do with your ability to transmit the virus to others. If you have symptoms, self-isolate, or in other words, stay at home and avoid contact with

others until:

You have had no fever for at least 72 hours (without the use of medicine) AND

Other symptoms (cough, shortness of breath) have improved AND

At least 7 days have passed since your symptoms first appeared.

Anyone in your household who has had close contact with you (within six feet for approximately 10 minutes) should self-quarantine for 14 days, even if you haven't been tested for COVID-19.

Call your healthcare provider or a local nurse line if your illness becomes more severe, especially if you are experiencing shortness of breath. You can use telehealth or a nurse line to get medical guidance; find out more and access a list of telehealth and nurse line resources here: <https://covid19.colorado.gov/telehealth-and-nurselines>

If you have a medical emergency, call 911. If you have severe respiratory symptoms, especially shortness of breath or difficulty breathing, tell the 911 dispatcher about your symptoms. Do not wait for a COVID-19 test to self-isolate or call 911.

SAGUACHE SHERIFF REPORT

The following information was provided by the Saguache County Sheriff's Office for the week of March 23-30, 2020.

Arrests

- Samuel Aguilar, 36, Center, criminal mischief, violation of bail bond conditions
- Obsulio Aguilar-Corral, 46, Monte Vista, first-degree criminal

trespass, third-degree assault, domestic violence

Citations

- Anna Massara, 35, Pueblo, speeding 64 in a 45 MPH zone
- Andrew Martinez, 20, Alamosa, careless driving
- Cooper Goodhart, 19, Crestone, careless driving

PUBLIC NOTICES

INVITATION TO BID

The Board of Saguache County Commissioners is seeking competitive bids for the construction of new desks for the Board of Commissioners meeting room within the Saguache County Courthouse located at 501 4th Street, Saguache, Colorado. Work should include labor and materials for:

1. Construction of a line of desks that are approximately 224.1" x 56W" with top of 32" along with locations for file cabinets

A copy of the draft plan is available by emailing wmaez@saguachecounty-co.gov; or www.saguachecounty.net or by calling 719 655 2321.

Scaled bids will be received from qualified contractors until Friday April 17, 2020 at 3PM. Bids may be mailed to Saguache County Administrator, PO Box 100, Saguache, CO 81149 or emailed to wmaez@saguachecounty-co.gov or may be placed in the drop box by the door of 505 3rd Street, Saguache, CO 81149.

Bids will be opened by the Saguache County Commissioners on April 21, 2020. Saguache County reserves the right to accept or reject any or all bids and to waive any irregularities or informalities. Saguache County is an Equal Opportunity Employer. Minority and Women Business enterprises are encouraged to submit competitive bids for this work.

Contact Persons: Wendi Maez, Saguache County Administrator, PO Box 100, Saguache, CO 81149, 719-655-2321, wmaez@saguachecounty-co.gov

No. 1558 published in the Center Post-Dispatch, Thursday, April 2 and 9, 2020.

POLICE

Continued from Page 1A

standbys just this year versus seven last year and 16 in 2018; 52 information reports with only 22 reports for all of 2019; 34 disturbance reports versus zero in the two years prior and 96 vehicle stops compared to 55 in 2019.

All in all, just in the past three months, there have been 535 calls for service where only 326 calls were received for the whole of 2019 and 400 in 2018.

There have been five sexual assaults over the past three months, up from one reported in 2019 and zero in 2018. Thefts in the town have more than doubled in the first three months of 2020 and burglaries have nearly doubled. Harassment and criminal mischief reports also have doubled. Just this year, prowler reports have quadrupled. Two hit and runs were reported over the past three months versus three in 2019 and two in 2018.

Feb.-March incidents of note

- Burglary on Crescent; arrest made on Miles Street. Suspect: Josanna Gonzales
- Multiple warrants; arrest made on Miles Street. Suspect: Victor Jaramillo
- Sex assault on a nine-year-old; arrest made on Miles Street. Suspect: Enrique Lopez-Perez
- Two stolen vehicles; arrest made in Alamosa. The vehicles were stolen from a Miles Street address. Suspect: Samuel Aguilar
- Drugs, warrant, resisting apprehension; arrest made in the 300 block of Worth Street. Suspect: Pedro Portillo. The suspect had heroin, cocaine and a realistic looking toy

gun. He ran from officers. Portillo was apprehended at M&M Liquor Store.

• On March 19, K&J grocery store reported two male subjects that were acting unusual. The males came in, looked down every aisle, then proceeded to leave. One subject bought a pack of cigarettes, something easy to find that does not require walking through the entire store. K&J employees advised that the two subjects made them feel uncomfortable. A check of video surveillance confirmed the suspicious actions and one of the subjects was identified. That subject is currently out on parole for aggravated robbery and is a resident of Alamosa.

“These two subjects are not wanted for any criminal acts at this time, but please be aware of their presence in our community,” Meek advised.

The vehicle is a silver/light gray Ford Fusion. The vehicle has a spoiler, clear taillights, five spoke wheels, tinted window and a Colorado temporary tag on the back with an unknown dealer plate on the front. If someone sees the vehicle they are driving, please let Center Police know where the vehicle was observed and at what time, but do not follow the vehicle.

• Center Police received a complaint of trespassing March 20. The person states she was cutting through a yard on Broadway to get to the alley. She was advised to not walk through anyone's yard without permission. Citizens are asked to be aware of unwanted persons on their property and notify Center Police.

• A police officer working the nightshift March 26 was sent to Miles

Street in reference to a male subject breaking windows at his mother's residence around 10:30 p.m. Upon arrival, the officer found the subject barricaded in the attic above the garage. The son had been released from jail for stealing his mother's vehicle and went to her house. He broke two large windows to the residence, entered the house and the mother ran out the back door to the police office at town hall.

Two additional officers were called out from home to assist and after not being able to get the suspect to respond or comply with commands/orders, he was forcibly removed from the attic and placed under arrest. The incident lasted until about 3 a.m. There were no injuries from the incident though the suspect was transported to the hospital for observation from being Tased (standard operating procedure).

Training and novel Corona restrictions

During the month of March, Meek's department has applied for \$75,000 in grants for equipment, training costs and a remodel for the police department portion of town hall to make the area conducive for training (removing a wall, adding a projector, moveable tables and desks).

Center police cadets in training were sent home from the academy due to Coronavirus concerns, Meek reported. “They are currently involved in online learning via Skype and their practicals such as shooting, driving, defensive tactics and First Aid will be completed once the academy reopens,” he commented.

PROFESSIONAL SERVICES



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MYTHS

Continued from Page 5A

in the U.K., explains. "Furthermore, wearing masks can give a false sense of reassurance and might lead to other infection control practices being ignored, e.g., hand hygiene." The WHO recommend that people who are caring for someone with suspected COVID-19 should wear a mask. In these cases, wearing a mask is only effective if the individual regularly washes their hands with alcohol-based hand rub or soap and water. Also, when using a mask, it is important to use it and dispose of it properly.

8. Hand dryers kill coronavirus - Hand dryers do not kill coronavirus. The best way to protect yourself and others from the virus is to wash your hands with soap and water or an alcohol-based hand rub.

9. SARS-CoV-2 is just a mutated form of the common cold - Coronaviruses are a large family of viruses, all of which have spiky proteins on their surface. Some of these viruses use humans as their primary host and cause the common cold. Other coronaviruses, such as SARS-CoV-2, primarily infect animals. Both Middle East respiratory syndrome (MERS) and severe acute respiratory syndrome (SARS) began in animals and passed into humans.

10. You have to be with someone for 10 minutes to catch the virus - The longer someone is with an infected person, the more likely they are to catch the virus, but it is still possible to catch it in less than 10 minutes.

11. Rinsing the nose with saline protects against coronavirus - There is no evidence that a saline nose rinse protects against respiratory infections. Some research suggests that this technique might reduce the symptoms of acute upper respiratory

tract infections, but scientists have not found that it can reduce the risk of infection.

12. You can protect yourself by gargling bleach - There are no circumstances in which gargling bleach might benefit your health. Bleach is corrosive and can cause serious damage.

13. Antibiotics kill coronavirus - Antibiotics only kill bacteria; they do not kill viruses.

14. Thermal scanners can diagnose coronavirus - Thermal scanners can detect whether someone has a fever. However, other conditions, such as seasonal flu, can also produce fever. In addition, symptoms of COVID-19 can appear 2-10 days after infection, which means that someone infected with the virus could have a normal temperature for a few days before a fever begins.

15. Garlic protects against coronaviruses - Some research suggests that garlic might slow the growth of some species of bacteria. However, COVID-19 is caused by a virus, and there is no evidence that garlic can protect people against COVID-19.

16. Parcels from China can spread coronavirus - From previous research into similar coronaviruses, including

those that cause SARS and MERS and are similar to SARS-CoV-2, scientists believe that the virus cannot survive on letters or packages for an extended time. The CDC explain that "because of poor survivability of these coronaviruses on surfaces, there is likely very low risk of spread from products or packaging that are shipped over a period of days or weeks at ambient temperatures."

17. Home remedies can cure and protect against COVID-19 - No home remedies can protect against COVID-19, including vitamin C, essential oils, silver colloid, sesame oil, garlic, fish tank cleaner, and sipping water every 15 minutes. The best approach is to adopt a good handwashing regimen and to avoid places where there may be unwell people.

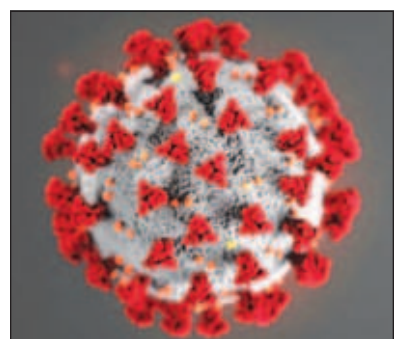
18. You can catch coronavirus from eating Chinese food in the U.S. - No, you cannot.

19. You can catch coronavirus from urine and feces - It is unlikely that this is true, but the jury is currently out. According to Prof. John Edmunds from the London School of Hygiene & Tropical Medicine in the U.K.: "It isn't a very pleasant thought, but every time you swallow, you swallow mucus

from your upper respiratory tract. In fact, this is an important defensive mechanism. This sweeps viruses and bacteria down into our gut where they are denatured in the acid conditions of our stomachs." "With modern, very highly sensitive detection mechanisms, we can detect these viruses in feces. Usually, viruses we can detect in this way are not infectious to others, as they have been destroyed by our guts." However, it is worth noting that some research concludes that viruses, which are similar to SARS-CoV-2, might persist in feces. A recent research letter in *JAMA* also concludes that SARS-CoV-2 is present in feces.

20. The virus will die off when temperatures rise in the spring - Some viruses, such as cold and flu viruses, do spread more easily in the colder months, but that does not mean that they stop entirely when conditions become milder. As it stands, scientists do not know how temperature changes will influence the behavior of SARS-CoV-2.

21. Coronavirus is the deadliest virus known to man - Although SARS-CoV-2 does appear to be more serious than influenza, it is not the deadliest virus that people have faced. Others, such as Ebola, have higher mortality rates.



22. Flu and pneumonia vaccines protect against COVID-19 - As SARS-CoV-2 is different than other viruses, no existing vaccines protect against infection.

23. The virus originated in a laboratory in China - Despite the swathes of internet rumors, there is no evidence that this is the case. In fact, a recent study demonstrates that the virus is a natural product of evolution. Some researchers believe that SARS-CoV-2 may have jumped from pangolins to humans. Others think that it might have passed to us from bats, which was the case for SARS.

24. The outbreak began because people ate bat soup - Although scientists are confident that the virus started in animals, there is no evidence that it came from soup of any kind.

INJUNCTION

Continued from Page 1A

According to minutes from the March 3 commissioners meeting, Commissioner Tim Lovato also talked with Mr. Mass from CDOT concerning this matter and stated, "Any other questions on this, please respond to the Board of County Commissioners."

There has been an ongoing dispute between Saguache County and the town of Moffat regarding the ownership of portions of County Road 59. On Feb. 3, the town passed an ordinance to annex Potch LLC/Area 420 acreage into the town. The acreage annexed by the town is a series of lots designated for commercial marijuana cultivation.

Several Moffat residents banded together earlier this year to protest the annexation through their attorney, but the town has consistently ignored all complaints registered by landowners adjacent to Potch LLC/Area 420. Saguache County told the town of Moffat at their Jan. 21 meeting they will not cede rights to County Road 59 for the purpose of the "flagpole" annexation the town proposes.

In February, County Attorney Ben Gibbons addressed a letter to the town of Moffat, restating the fact that the county has no intention of giving up any part of the road. The town needs the road to be included as part of the annexation in order to satisfy contiguity requirements set down by the state. Commissioner Jason Anderson commented earlier this month that if Moffat persisted in its claim to County Road 59, the matter would likely wind up in district court.

Tuesday, March 3, the Moffat board reviewed Gibbons letter and Mayor Patty Riegel took a consensus of the board regarding how the town should respond. It was entered into the record that the board of trustees chose to do nothing with the letter.



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Photo provided by SLV Health

Carolyn Mortensen, and SLV employee, demonstrates a mask prototype with Michelle Gay, head of the SLV Health Innovation Team.

Homemade face masks are a labor of love

By KEITH R. CERNY

ALAMOSA— In times of uncertainty and fear due to COVID-19, it's heartwarming to find a related "feel good" story.

Answering a need expressed by San Luis Valley Health, Randy and Micah Jackson of Rustic Log Furniture put their knowledge and equipment to work manufacturing face mask kits that can be used by medical personnel. Dozens of volunteers have since joined the effort to help build the kits and sew the final product from a pattern originally designed by SLV Health but improvised by the Jacksons.

The end result is that 1,300 mask kits have been made to date and given out to volunteers to sew.

The homemade masks, made with denim material on the exterior and cotton on the inside, include a pocket where a hepa filter can be inserted. Filters are cut from dismantled heater filters with a high

particulate and allergen level, according to Micah Jackson, similar to what you replace in a forced-air furnace.

Micah said staff at SLV Health derived the idea of using furnace filters.

Rustic Log's computer directed laser, purchased about a year ago to cut upholstery fabric for the company's furniture business, is used to cut both the material and filters based on the final pattern designed by Randy Jackson.

"There are a lot of different mask patterns out there," Micah said, "but SLV Health tested this pattern with their staff to get approval."

The kits include all of the materials required to build and sew a mask including interior and exterior cloth, bias tape for binding the top and bottom and to provide straps for tying the mask on, and a piece of wire for over the nose.

Please see MASKS on Page 5

The "Viking Conquistadors" of the San Luis Valley

By TREY SPAULDING

SAN LUIS VALLEY - New evidence has been uncovered that suggests the Vikings discovered North America nearly 500 years before Christopher Columbus made his famous journey to the New World. Archeologists have uncovered what they believe to be a Viking settlement on the Canadian island of Newfoundland that appears to have been built between 800AD and 1300AD.

The men who ravaged the peoples of the New World came to be known as the conquistadors, a Spanish word meaning "he who conquers." The Americas were full of fierce native warriors who defended their lands valiantly, but they had gold and other valuables, which were irresistible to the conquistadors.

Like the conquistadors, the Vikings were infamous for

terrorizing the coastlines of Europe in their distinctive longships. They were so feared that when their longships were sighted offshore villagers would meet the arrival of the Vikings with mounds of precious loot in hopes that their offer would avoid looting and killing of everything and everyone in their village.

Although the vast majority of the conquistadors came from Spain, not all of them did. Many men from other European nations joined the Spanish in their conquest and looting of the New World. Some may think that the conquistadors, in their armor and steel swords, conquered the mighty empires of Mexico and South America by themselves. The truth is that they had a lot of help from native Americans who provided them with thousands of fierce warriors who

hated the Mexica and their allies. Without these thousands of native warriors fighting alongside them, these legendary conquistadors would certainly have failed.

In 1519, approximately 1,800 Vikings traveling in dozens of longboats arrived in what is modern day Brownsville, Texas at the mouth of the Rio Grande River. It wasn't easy. They traveled light and left nothing useful behind. They voyaged in longships with a strong oak keel, and thin overlapping planks fanning out to form the iconic, graceful hull. The gaps between the planks were stuffed with animal hair and tar. The rudder was attached with twisted birch saplings. Sails were spun from wool. Food was pickled herring, caribou and deer smoked using animal droppings, and fermented salmon.

Please see VIKING on Page 2

The vet wife's refrigerator

A scream from the kitchen. The thud of a faint.

She sighs and arises and walks with restraint. Her neighbor lays peaceful, eyes fixed in a stare

She's passed out in front of the new Frigidaire.

She looks at the rack with eggs in its keep Winking up at her is the eye of a sheep.

There's a bottle of PenStrep near the Swanson's Pot Pies

And down in the crisper's a bagful of flies.

The butter tray's filled with test tubes of blood Marked, 'E.I.A. samples, from Tucker's old stud.'

High on the shelf near a platter of cheese is a knotted, but leaking, obscene plastic sleeve.

Fecal containers are stacked, side by side, With yesterday's piece of chicken, home fried. The freezer's a dither of guts, lungs and spleens Scattered amongst the Birds Eye green beans.

Her home's a museum of animal parts. Lymphomatous lymph nodes, selenium hearts.

Enough tissue samples to hold up a bridge But why do they always end up in the fridge?

But she doesn't worry or turn up her nose, She's the wife of a vet, it's the life that she chose. But maybe he'd worry at lunch if he knew He might just be dining on Whirl-Pack stew!

Baxter Black, former large animal veterinarian and irregular commentator on National Public Radio, is America's best-selling cowboy poet. He is a frequent performer at national stock shows and rodeos as well as in many smaller local events. He is author of several books, including Cactus Tracks, Croutons on a Cow Pie, Hey, Cowboy, Wanna Get Lucky? and Dunny and the Duck. Baxter Black can be contacted via e-mail at: vikki@baxterblack.com

BAXTER BLACK
ON THE EDGE OF COMMON SENSE

VIKING Continued from Page 1

The journey from their makeshift village in New England had taken nearly four months.

Upon the Vikings Gulf Coast arrival they encountered a temporary settlement with an estimated 1,600 conquistadors who were remaining after a dismal looting of Mexico in 1519. These men were from Spanish conquistadors Hernán Cortés' forces in Mexico; however, they did not fare well financially. These common soldiers received a paltry 160 pesos of gold after the King of Spain, Cortés, and the other officers had taken their cut and made various payoffs for conquering Mexico.

The Viking's had captured a Catholic priest in Florida who made it immediately possible for the two groups to communicate. Their cultures were very similar as for hundreds of years both groups made a living through looting other civilizations.

The conquistadors shared with the Vikings stories of a great mountain lake (Alamosa Lake) whose shores were laden in gems, gold, silver and furbearing animals. The lake was located at the source of the Rio Grande River.

The conquistadors had large seafaring Spanish galleons which were not suitable for shallow water travel. The Vikings also had seafaring longships which were a type of specialized Viking

warship that had a long history in Scandinavia. The ship's shallow draft allowed navigation in waters only 1 meter deep. Important to this groups upcoming expedition was that the Vikings had a boat called the Karve. The Karve was a smaller version of the Viking longship with a broad hull. They were used for both war and ordinary transport, carrying people, cargo or livestock. Because they were able to navigate in very shallow water in bays and rivers. The Karve was propelled by sail and oars so it was ideal for river travel.

In late summer of 1519, over 600 Viking Karve boats filled with nearly 3,500 Viking and Conquistador men, supplies, livestock, dried and pickled fish and supplies began the 1,885 journey up the Rio Grande river.

In order to stabilize the Karves, ballast stones and sand were placed in the bottom of the boat's hulls to keep them from capsizing. The Vikings had learned early on that small hand-size stones and sand were much easier to use to create an evenly balanced boat instead of the large boulders that the larger galleon style ships used. Historically, large ballast stones were added or removed as the weight of cargo, supplies or ordinance changed. Outbound ships needed weight to lower them in the water to keep them from capsizing; large stones filled the ships' hull, but after they arrived



Photo by Trey Spaulding

Upon arrival to Lake Alamosa, each ship dropped overboard millions of tons of hand-size ballast stones and sand. Each potato harvest season the ballast stones are sorted out of the potato harvesting equipment and piled in mounds alongside the fields.

the ballast was thrown overboard to be replaced by merchandise and loot for the return voyage.

In the early winter of 1519, the expedition finally arrived at a high altitude lake known today as Lake Alamosa. At the lakes high water mark it covered much of the San Luis Valley floor.

Upon arrival the flotilla divided into two expeditions with half of the ships traveling to the Sangre de Cristo mountains and anchoring around what is today the Great Sand Dunes National Park. Upon anchoring the ship crews dumped hundreds of tons of hand sized ballast stones and sand overboard. In the mountains and its streams the expedition found gold and precious gems consisting of emeralds, aquamarine, opals, rubies, topaz and more. Iron ore was also gathered and smelted into swords and bolts for crossbow and longbow arrows. The

explorers harvested bighorn sheep, deer and elk for their meat and furs.

The other half of the flotilla headed to the headwaters of the Rio Grande River where they encountered the Ute Indian tribes. Contrary to past aggressive behavior, the "Viking Conquistadors" decided to befriend the natives. They traded metal weapons for furs and the native Americans showed the newcomers where they could find gold nuggets and silver in the streams in modern day Creede and Silverton.

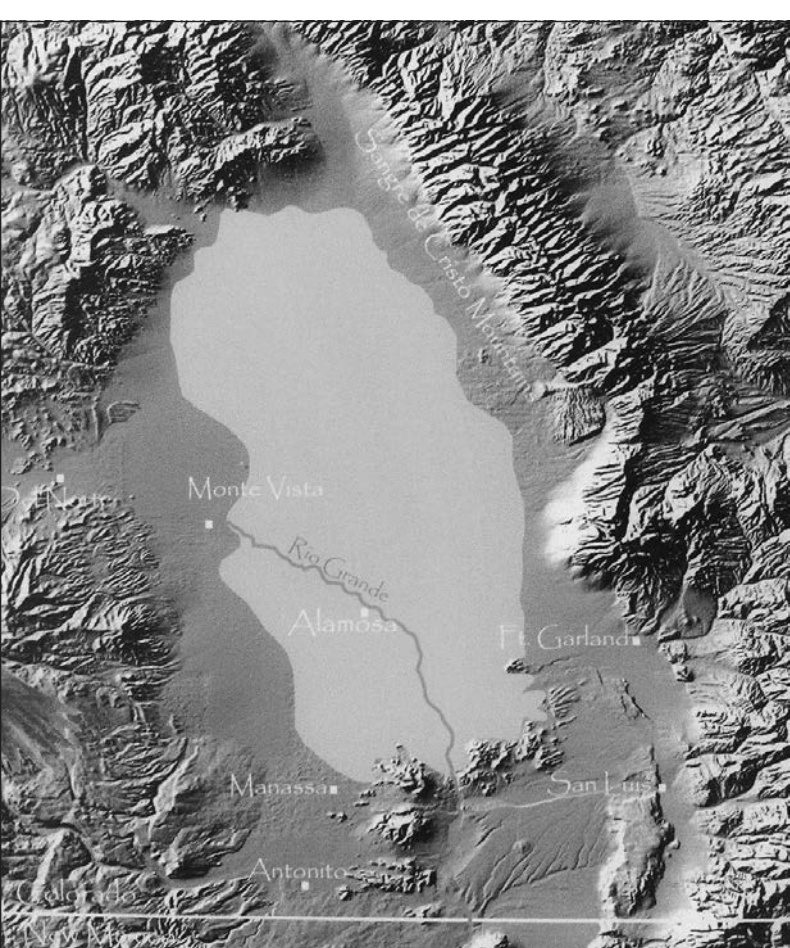
For the next 107 years, over 30,000 boats came and went from the San Luis Valley to the Gulf of Mexico. Each summer, when the spring runoff had subsided, the Viking Conquistadors sailed and rowed upstream to Lake Alamosa. Each spring, before the spring runoff, they made the return trip to the Gulf of Mexico where Spanish galleon ships transported their riches to Europe.

Upon arrival to Lake Alamosa, each ship dropped overboard millions of tons of hand-size ballast stones and sand.

Each potato harvest season the ballast stones are sorted out of the potato harvesting equipment and piled in mounds alongside the fields. Each year tourists enjoy the sand from the Gulf Coast that the Viking Conquistadors dumped at today's Great Sand Dunes National Park.

North of Del Norte, in the volcanic boulder fields near La Garita, there is a stone etching with the date that the first expedition began their return trip down the Rio Grande to the Gulf of Mexico. The date was April 1, 1520. April Fool's Day!

Trey Spaulding is an award-winning broadcast and newspaper journalist who dabbles in fictional history each April 1. He can be reached at tspaulding@valleypublishinginc.com



Courtesy photo

At Lake Alamosa's high water mark it covered much of the San Luis Valley floor.

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All Colorado Parks and Wildlife Campgrounds closed until further notice

Colorado State Parks remain open, but all campgrounds and playgrounds are closed effective immediately. Restrictions and closures continue to be subject to change.



COLORADO - As the State of Colorado continues taking measures to combat the spread of COVID-19, Colorado Parks and Wildlife (CPW) will close all playgrounds, campgrounds, camping and camping facilities (including yurts and cabins) at Colorado's state parks as well as camping at State Wildlife Areas effective Thursday, March 26, until further notice. This action has been taken based on The Stay-At-Home Order from Colorado Governor Jared Polis and the advice of the Colorado Department of Public Health and Environment (CDPHE) and the Centers for Disease Control and Prevention (CDC).

CPW will notify all campers currently on-site to vacate immediately and staff will be contacting reservation holders and provide the process for either refunds or changes for those affected campers.

Non-campground outdoor areas of parks, including trails, boat ramps, marinas and shorelines remain open. However, CPW managers may close areas that do not allow for social distancing. This could include picnic areas, fishing piers and other more concentrated recreation areas and will be determined by location. CPW encourages people to take local and state stay-at-home orders seriously, and limit travel time wherever possible, even for approved recreation.

Park visitors are reminded to practice social distancing and maintain at least 6 feet between other visitors. Anyone demonstrating signs of illness, such as coughing, fever or shortness of breath

should stay home. Restrooms also remain open, and visitors are advised to take soap for handwashing and alcohol-based hand sanitizers when water is not available.

Most importantly, CPW recommends that everyone follow precautionary guidance issued by the CDC, CDPHE, public local health agencies, and the Colorado Governor's Office when recreating in the outdoors.

CPW temporarily suspended classes and large events and has temporarily closed facilities such as visitor centers and area offices.

CPW is monitoring the COVID-19 situation carefully and is committed to following the state's updated policy on social gatherings to help slow the spread of COVID-19. Visit CPW on the web for the most up-to-date information on how CPW is supporting the state's COVID-19 efforts, as well as our social media platforms: Facebook, Twitter and Instagram.

When getting outside, Coloradans must practice social distancing to help prevent COVID-19 and limit community spread. Updated information about Colorado Parks and Wildlife's response to the COVID-19 pandemic is available at cpw.state.co.us.

In addition, all US Forest Service campgrounds, restrooms, trailheads, cabins and fire lookout rentals, picnic sites and trash facilities are closed to the public. Check with your local National Forest, Bureau of Land Management, National Park Service, or US Fish and Wildlife Service office for specific closures and allowed recreation activities.

Coronavirus myths explored

BY TIM NEWMAN, MEDICAL NEWS TODAY

As the coronavirus continues to make the news, a host of untruths has surrounded the topic. In this special feature, we address some of these myths and conspiracies. A variety of myths have sprung up around the novel coronavirus. The novel coronavirus, now known as SARS-CoV-2, has spread from Wuhan, China, to every continent on Earth except Antarctica. As ever, when the word "pandemic" starts appearing in headlines, people become fearful, and with fear come misinformation and rumors.

Following, we will dissect some of the most common myths that are currently circulating on social media and beyond.

1. Spraying chlorine or alcohol on skin kills viruses in the body - Applying alcohol or chlorine to the body can cause harm, especially if it enters the eyes or mouth. Although people can use these chemicals to disinfect surfaces, they should not use them on skin. These products cannot kill viruses within the body.

2. Only older adults and young people are at risk - SARS-CoV-2, like other coronaviruses, can infect people of any age. However, older adults or individuals with preexisting health conditions, such as diabetes or asthma, are more likely to become severely ill.

3. Children cannot catch COVID-19 - All age groups can become infected. Most cases, so far, have been in adults, but children are not immune. In fact, preliminary evidence shows that children are just as likely to become infected, but their symptoms tend to be less severe.

4. COVID-19 is just like the flu - SARS-CoV-2 causes illness that does, indeed, have flu-like symptoms, such as aches, fever, and cough. Similarly, both COVID-19 and flu can be mild, severe, or, in rare cases, fatal. Both can

also lead to pneumonia. However, the overall profile of COVID-19 is more serious. Estimates vary, but its mortality rate seems to be between about 1% and 3%. Although scientists are working out the exact mortality rate, it is likely to be many times higher than that of seasonal flu.

5. Everyone with COVID-19 dies - This statement is untrue. As we have mentioned above, COVID-19 is only fatal for a small percentage of people. In a recent report, the Chinese Center for Disease Control and Prevention concluded that 80.9% of COVID-19 cases were mild. The WHO also report that around 80% of people will experience a relatively mild form of the disease, which will not require specialist treatment in a hospital. Mild symptoms may include fever, cough, sore throat, tiredness, and shortness of breath.

6. Cats and dogs spread coronavirus - Currently, there is little evidence that SARS-CoV-2 can infect cats and dogs. However, in Hong Kong, a Pomeranian whose owner had COVID-19 became infected. The dog did not display any symptoms. Scientists are debating the importance of this case to the epidemic. For instance, Prof. Jonathan Ball, Professor of Molecular Virology at the University of Nottingham in the United Kingdom, says: "We have to differentiate between real infection and just detecting the presence of the virus. I still think it's questionable how relevant it is to the human outbreak, as most of the global outbreak has been driven by human-to-human transmission." He continues: "We need to find out more, but we don't need to panic — I doubt it could spread to another dog or a human because of the low levels of the virus. The real driver of the outbreak is humans."

7. Face masks protect against coronavirus - Healthcare workers use professional face masks, which fit

tightly around the face, to protect them against infection. However, disposable face masks are unlikely to provide such protection. As these masks do not fit neatly against the face, droplets can still enter the mouth and nose. Also, tiny viral particles can penetrate directly through the material. However, if someone has a respiratory illness, wearing a mask can help protect others from becoming infected. "There is very little evidence that wearing such masks protects the wearer from infection," Dr. Ben Killingley, Consultant in Acute Medicine and Infectious Diseases at University College London Hospital in the U.K., explains. "Furthermore, wearing masks can give a false sense of reassurance and might lead to other infection control practices being ignored, e.g., hand hygiene." The WHO recommend that people who are caring for someone with suspected COVID-19 should wear a mask. In these cases, wearing a mask is only effective if the individual regularly washes their hands with alcohol-based hand rub or soap and water. Also, when using a mask, it is important to use it and dispose of it properly.

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05 Notices

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Upper Rio Grande School District - Transportation Department Seeking bids for numerous vehicles: 1997 Ford Econoline Van \$2500, 2006 F-450 14 passenger mini-bus \$10,000, 2006 F-450 14 passenger mini-bus \$10,000, 1991 Thomas 65 Passenger bus \$2,000, 1994 Bluebird 77 passenger bus \$3,000. (04/01)

WE BUY ANTLERS: 5 miles west of Del Norte on US 160 at Elk Ranch. 719-657-0942. (04/22 TFN)

07 Help Wanted

Full-Time-Help feeding and caring for livestock, building livestock pens and shelters, ability to operate equipment and follow directions and ability to be a self-starter required. Call 719-480-1862. (04/01)

WANTED: Saguache County Road and Bridge is looking to hire a Shop Foreman. SPECIAL REQUIREMENTS: Applicants must possess a current Class-A CDL license with heavy semi-truck endorsement and a current medical certificate. Applicants should have a high school diploma or GED equivalent, along with extensive knowledge of vehicles, equipment and mechanical maintenance procedures. Prospective employees applying with Saguache County will be required to submit and pass a pre-employment drug screening and criminal background check. Shop Foreman is a full-time salaried position - qualified candidates will be able to perform a variety of skilled

and semi-skilled duties associated with the supervision of assigned road crew which include installing, repairing and maintaining Saguache County Road and Bridge's property within the Right-Of-Way. This position is expected to work during road emergencies so you should be available to work nights, weekends and holidays when needed. Applications and a complete job description are available at the Saguache County Road and Bridge Office 305 3rd Street, PO Box 476, Saguache, CO 81149 - 719-655-2554 or on the Saguache County website - www.saguachecounty.net under the Road and Bridge Department tab. Please fill out and submit both applications: The Saguache County Application and the Drivers-Application. Completed applications can be hand delivered or mailed to Saguache County Road and Bridge - at the address listed above, sent by email to mhashbarger@saguachecounty-co.gov or faxed to: 719-655-2543. APPLICATION DEADLINE: Open until a qualified candidate is hired. Saguache County is an Equal Opportunity Employer. (4/16)

10 Apartments for Rent

Del Norte furnished one bedroom/one bath. Very nice, adults only, non-smokers, no pets. Utilities and dish included. \$650/month, \$650 deposit. **2 bedroom unfurnished,** same as above. \$750/month, \$750 deposit. (719)850-2738.(04/22)

12 House for Rent

Suite, 1bedroom furnished house near down town (Del Norte) patio, all utilities paid, plus Free Wifi included. \$700 Call 657-2850. (04/01)

South Fork duplex, 2 bedroom, 1.5 baths, fully furnished, laundry,

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Sweet remodeled 2 bedroom/1 bath home on corner lot in Del Norte near hiking/biking trail head, \$750/month. No Pets and credit qualified. Call 719-850-0750. (04/22)

17 Real Estate For Sale

Saguache County; Ranch; 88.25 acres in two parcels, fenced and cross fenced. 3 artesian adjudicated wells. 1,624 sq ft. modular, hot tub room, 600 sq ft attached carport. New insulated shop with concrete floor. Heated hobby building and study building. New tractor shed. Two sets of corrals. \$595,000. (719)256-4789 evenings (04/22)

PERFECT SMALL FARM: 59 acres with center pivot, new 60X120 steel shop, 2 1/2 shares of Rio Grande Canal, 2000 GPM well, 2 miles from Center. Priced to Sell, Call Bruce at Steffens & Company Realty, Inc. 719-580-0770. (04/22)

11 circles in Center area with excellent potato ground, excellent wells and water rights, high production, sandy soil, 2 homes, shop, potato storage, first time ever on market and sold as full unite. Call Bruce at Steffens & Company Realty, LLC 719-580-0770. Serious inquires only (04/08)

125-150 cow/calf ranch 1154 acres with top water rights, production, 1.2 miles of Rio Grande

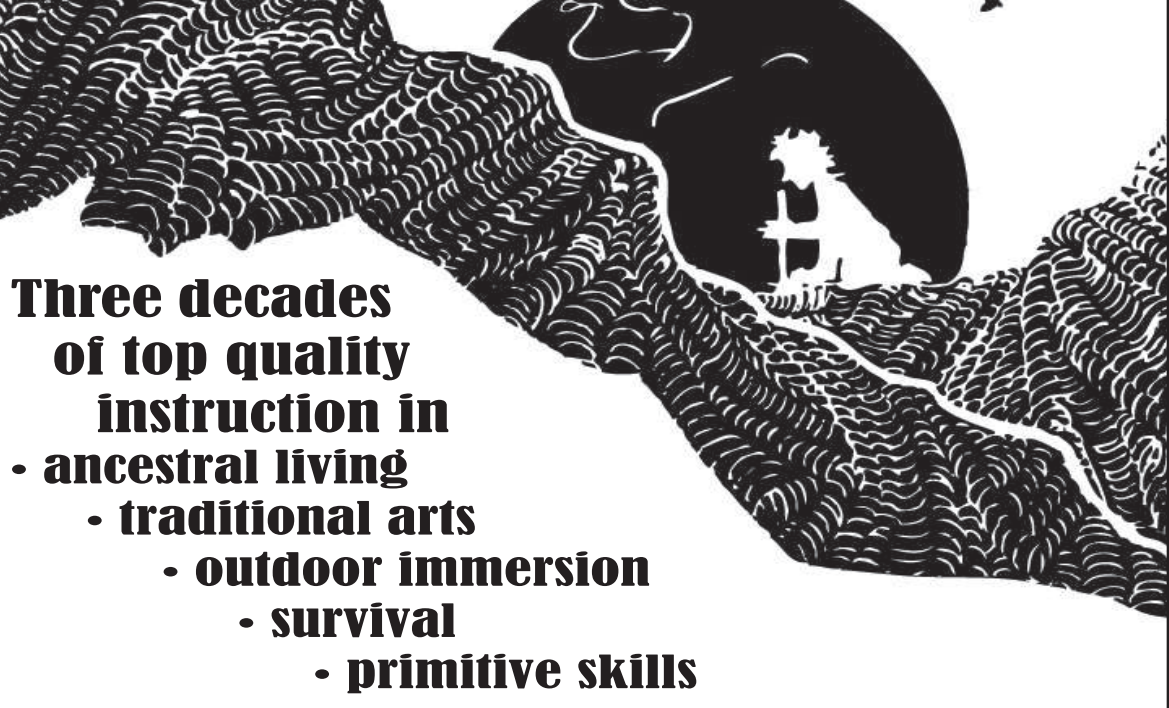
River and 1/2 mile of Conejos River. \$1,750,000. Call Bruce at Steffens & Company Realty, Inc 719-580-0770 (04/08)

Pasture Land, 397 acres in north of Monte Vista Airport on County Line Road with good grass and location. Also contains a huge amount of gravel on the property \$525,000.00 call Bruce at Steffens & Company Realty, Inc 719-580-0770. (04/08)

240 deeded acres in irrigated grass west of Monte Vista with 6 shares Lariat ditch. Call Bruce at Steffens & Company Realty, Inc. 719-873-1700. (04/15 TFN)

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cross fenced. 3 artesian adjudicated wells. 1,624 sq. ft. modular, hot tub room, 600 sq. ft attached carport. New insulated shop with concrete floor. Heated hobby building and study building. New tractor shed. Two sets of corrals. \$595,000. (719)256-4789 evenings (04/22)

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MASKS

Continued from Page 1

The end result are masks of varying colors and patterns.

Going one step further, Micah Jackson created a "how to" video on how to build the masks with the help of Nicole Broyles Mortensen. The video is available on Rustic Living's Facebook page (shorturl.at/evVZ2).

Micah said the whole project began around 3 p.m. Friday and computer programming and testing continued into Saturday and Sunday with a number of the Jackson's children and friends jumping in to help.

Among those joining in the "impromptu work session" were the Jackson family, Roxann Sittler, Abi Sittler, Dr. Martin and Lorna Sowards, Evan Sowards, Denice Broyles, Candace Broyles and Greg and Nicole Mortensen.

By midday Tuesday, the Alamosa and Manassa stakes of The Church of Jesus Christ of Latter-day Saints (LDS) had distributed 1,000 kits to church members to begin sewing.

"Monday was insane, Micah said, "with people offering to donate materials and help put kits together."

Other local businesses offered to help, according to Micah, Kristi Mountain Sports volunteering to remove the frames and wire covers of the furnace filters and Weiss Dry Cleaners offering to flatten the accordion shaped filters using a clothing press.

Micah said Randy's computer expertise has been critical to the operation as well as those who have the knowledge to operate the laser cutter, mainly Rustic Log employees and the Jacksons' children.

In putting the kits together, she said bias tape was the hardest material to find as donors gobbled up everything Walmart had in stock. Some kits come

Cable and PV Wire. Thank you for Buying at Bontrager's Variety Store. 9726 S. CR 3E Monte Vista. 719-852-0500. (TFN) (04/15)

38 Machinery, Tools, and Equipment
Ramsey 12 Volt Pro 8000R Series #817508 wench 95 FT 5/16 Cable, remote switch, roller fairlead. 852-2285.(TFN-E)

39 Sporting Goods
Cannondale Mountain Bike – Cannondale Rush 29 1 Mountain Bike. Like new. Black, ridden less than 50 miles. 23" large frame. \$1,125. 208-309-2122 (TFN)

42 Feed & Seed
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For Sale: Beagle/Cross Puppies very cute \$50.00 each. 719-849-5252. (04/15)

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with strips of cloth instead with directions in the "how to" video on how to make bias tape with a hot iron. Each mask requires 80-inches of bias tape.

She noted that the masks are reusable as the fabric part can be washed and a new filter inserted.

Since posting a video on Facebook, Micah Jackson said they have been contacted by hospitals in Arizona and New Mexico requesting the pattern and the video, as well as staff from the hospital in Salida who she is meeting with Saturday.

Material donations are still being

accepted: denim, canvas or tightly woven fabric (not cut-up jeans) in minimum one-yard pieces, bias tape (1/2-inch double fold preferred), cotton fabric (one-square yard pieces) and 20-gauge wire. Call 589-0656 ext. 11 to coordinate drop-off. Donations will be used for any surrounding hospital.

Micah said the project has been a positive thing for the Valley and a lot of other communities.

"It's been an amazing project to be involved with," she said. "Now let's just remember that when all of this is over, support local businesses."

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Bathing our furry friends can reduce COVID-19 transmission

The rapid and dynamic spread of COVID-19 necessitates that we all make changes to our lifestyles, including important measures such as social distancing, increased hygiene and maintaining a sanitized environment.

Pet owners may need to take additional precautions, because, while there is currently no evidence that pets can contract COVID-19, a pet's body, like any other frequently touched surface, may carry particles of the virus if touched by infected individuals.

Dr. Deb Zoran, a professor at the Texas A&M College of Veterinary Medicine & Biomedical Sciences (CVM), informs pet owners of what steps they should be taking to protect themselves and their homes from the virus.

Just as healthy members of a household should avoid contact with anyone who may be infected, pets should also be kept away from sick or quarantined individuals.

"Everyone with pets should plan ahead and be prepared to separate from your pets when you separate from your family if you have someone become ill," she said.

A sick person who lives with or pets an animal may "shed" the virus onto their pet, who could then infect a healthy individual who pets them; this includes all animals with fur, from dogs and cats to "pocket pets" like ferrets, hamsters and guinea pigs.

"If a pet is living in close quarters with, sleeping with, or frequently touched by a sick person and that sick person has to go to the hospital that pet is going to need to have a decontamination bath or have its coat wiped down with a moist towel or paper towel before that pet can stay with somebody else," Zoran said. Zoran also emphasizes that the risk of contracting the disease from a pet by any other means is almost non-existent based on all of the scientific evidence and the testing of pets that has occurred to date.

"If we just separate the animal as soon as the person feels unwell, has a

fever or is diagnosed with COVID-19, then these bathing precautions or concerns for being a carrier would not be needed," she said.

It also is important to remember that any animal that comes in contact with an infected person can be cleaned to ensure that the animal is not carrying COVID-19 in their fur, according to Zoran.

"The bath process for pets should be gentle and without spraying them aggressively so as to prevent the material spraying into your face," Zoran said. "When bathing your dog, simply get their coat wet all over and use enough soap to lather. The soap will break up and loosen the oils on the skin and haircoat, which is where the virus sits, and then, with gentle water, washing to remove all of the soap lather will remove anything that is attached on the coat, including the virus."

Zoran recommends that owners use dish soap but pet shampoo or even baby shampoo, if you don't have a specific shampoo for dogs, will work when cleaning animals for this purpose.

In addition, to avoid the splash back of soap or water onto the person bathing the pet, owners should take care to use low water pressure and wear protective clothing.

"Cover up your face with a bandana, for example. Wear goggles, glasses, or other shielding for your face. Bathe the animal slowly to prevent them from struggling, use low pressure or low volumes of water to prevent splashing," Zoran said. "Once the bath is completed, dry the pet and remove it from the area into a kennel or other clean area.

"Then, remove the clothes you are wearing, launder these, and if you got any wash water on you during the process, take a shower or wash hands/arms or other exposed areas with soap and water," she said.

If you have access to waterproof clothing, such as a rain suit, poncho, or even a homemade trash bag rain jacket,

Zoran recommends wearing that as a barrier against the bathwater.

Animals should be bathed in areas that are easily cleaned (bathtub or deep sink)—and following the bath the area should be sanitized with standard cleaning products.

If picking up a pet from a sick relative, Zoran recommends bathing the animal before traveling with the pet, if possible, or keeping the animal in a pet carrier until the pet can be bathed at the new location. Once the pet arrives, the pet carrier can be sanitized with standard cleaning products.

Owners of pets that are resistant to baths—such as cats, hamsters or ferrets—may want to take their animal to a veterinarian so they can be sedated before being bathed. This avoids putting unnecessary stress on the animal and reduces the risk of dirty water splashing the owner or bites/scratches that can occur during the process.

"The other alternative, when a veterinarian or a bath is not an option, is to use a wetted towel to wipe down the cat from head to tail and then top to bottom," Zoran said. "Soap can be added to the wipe, but it must completely removed, as the cat will groom themselves and consume the soap.

"With COVID-19 and pets, it's important to plan ahead if at all pos-



sible. But if a pet is living with a sick person, the pet can be safely cleaned will not be dangerous to other family members," Zoran said. "People do not need to be fearful of their pets getting the virus or making other people sick, but their pets could carry it around on their fur, which means their fur is just like the surfaces in a house (doorknobs, keyboards, phones, etc.) that can be a source of virus exposure. The biggest difference is we can't use sanitizing wipes or hand sanitizer on fur." Though pet owners should be cognizant of with whom their pet has recently interacted,

there is no reason to believe it is unsafe to keep their pet in their homes or to take them for walks or other activities that you can do while maintaining social distancing.

During this difficult time, pets will continue to serve as hopeful companions that see us through to healthier times.

"Pets are so important to family, and they're so much a part of people's peace of mind," Zoran said. "Have a plan in case somebody gets sick, so you know that you can take care of that pet, and you don't have to worry about it."

Resources for workers and employers

Unemployment Insurance Benefits

Resources for Employees Whose Employers are Closed or Working Fewer Hours - If you are not working or are working fewer hours as a result of the COVID-19 pandemic, you may file an unemployment claim. To file a claim, go to coloradoui.gov.

If your last name begins with the letter A - M, file a claim Sunday, Tuesday, Thursday or after noon Saturday.

If your last name begins with the letter N - Z, file a claim Monday, Wednesday, Friday or before noon Saturday.

Be sure to check out the Other tips at coloradoui.gov.

If you are an independent contractor, 1099 worker or self-employed, you may not be eligible to file a claim. See the Common Unemployment Questions in the FAQs for more information.

For more information about unemployment insurance benefits, go to coloradoui.gov.

Employers - Alternatives to laying off your employees

The Work-Share Program
Thinking of laying off employees? Consider the Work-Share Program.

The Work-Share Program pro-

vides an alternative to laying off employees by allowing them to keep working, but with fewer hours. While an employee is working fewer hours, he or she may be eligible to collect part of his or her regular unemployment benefits.

Requirements and qualifications for employers:

You must have reduced the normal weekly work hours by at least 10 percent, but by no more than 40 percent.

The reduction must affect at least two out of all employees in the business, or a minimum of two employees in a certain unit.

You must have paid as much in premiums as we paid your former employees in unemployment insurance benefits. See the rate notice we mailed you in November.

Paid sick leave - Workers in certain industries are eligible for up to four days of paid sick leave when experiencing flu-like symptoms AND awaiting test results for COVID-19. The covered industries are: leisure and hospitality; food services; childcare; education, including transportation, food service, and related work at educational establishments; home health, if working with elderly, disabled, ill, or otherwise high-risk individuals and; nursing homes and community living facilities.

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	5							
2						7		1
	1	6	3					2
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				9				6
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Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Solution to last week's puzzle

D	B	M	S			G	A	L	E	N	A		
O	R	A	N			R	U	D	D	I	N	E	S
P	A	S	O			I	D			L	A	B	I
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Pot, cigarette smokers at higher risk for COVID

By TERESA L. BENNS

SAN LUIS VALLEY — According to an advisory issued by the National Institutes of Health (NIH) March 12, the COVID-19 virus “could hit some populations with substance use disorders (SUDs) particularly hard.” NIH is a part of the U.S. Department of Health and Human Services and is the largest biomedical research agency in the world.

“Because it attacks the lungs, the coronavirus that causes COVID-19 could be an especially serious threat to those who smoke tobacco or marijuana or who vape,” the article reads. “People with opioid use disorder (OUD) and methamphetamine use disorder may also be vulnerable due to those drugs’ effects on respiratory and pulmonary health.

“Compromised lung function or lung disease related to smoking history, such as chronic obstructive pulmonary disease (COPD), could put people at risk for serious complications of COVID-19. Additionally, individuals with a substance use disorder are more likely to experience homelessness or incarceration than those in the general population, and these circumstances pose unique challenges regarding transmission of the virus that causes COVID-19.”

The full article can be viewed here: <https://www.drugabuse.gov/about-nida/noras-blog/2020/03/covid-19-potential-implications-individuals-substance-use-disorders>

Numerous studies conducted by independent sources in 2017 confirm the warning and explain how and why COVID-19 poses a greater danger to those who vape or smoke marijuana.

The American Lung Association: *Marijuana and Lung Health*. “Smoking marijuana hurts the lungs’ first line of defense against infection by killing cells that help remove dust and germs as well as causing more mucus to be formed. In addition, it also suppresses the immune system..... frequent marijuana-only smokers have more healthcare visits for respiratory conditions compared to nonsmokers.” <https://www.lung.org/stop-smoking/smoking-facts/marijuana-and-lung-health.html>

Hernández-Cervantes R, Méndez-Díaz M, Prospéro-García Ó, Morales-Montor J. *Immunoregulatory Role of Cannabinoids during Infectious Disease. Neuroimmunomodulation*. 2017;24(4-5):183-199. “The observed results demonstrate that THC administration diminishes the immune response against the influenza virus.” <https://www.karger.com/Article/Pdf/481824>

Yayan J, Rasche K. *Damaging Effects of Cannabis Use on the Lungs*. *Adv Exp Med Biol*. 2016;952:31-34. “Cannabis can weaken the immune system, leading to pneumonia.” <https://www.ncbi.nlm.nih.gov/pubmed/27573646>

Karmaus PW, Chen W, Crawford R, Kaplan BL, Kaminski NE. $\Delta 9$ -tetrahydrocannabinol impairs the inflammatory response to influenza infection: role of antigen-presenting cells and the cannabinoid receptors 1 and 2. *Toxicol Sci*. 2013;131(2):419-33.

“Collectively, these studies suggest that $\Delta 9$ -THC potentially suppresses myeloid cell immune function, in a manner involving CB1 and/or CB2,

thereby impairing immune responses to influenza infection.” <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3551428/pdf/kfs315.pdf>

National Academies of Sciences, Medicine and Engineering: *The Health Effects of Cannabis and Cannabinoids, 2017* “Regular cannabis use was associated with airway injury, worsening respiratory symptoms, and more frequent chronic bronchitis episodes.” There is substantial evidence of a statistical association between long-term cannabis smoking and worse respiratory symptoms and more frequent chronic bronchitis episodes. <https://www.nap.edu/catalog/24625/the-health-effects-of-cannabis-and-cannabinoids-the-current-state>

The sources for the various reports from these medical and other journals also note that subsequent reports in the last three years support the above data.



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Happy Passover & Easter! Remembering Yeshua Jesus One Solitary Life

Here is a man who was born in an obscure village, the child of a peasant woman. He grew up in another village. He worked in a carpenter shop until He was thirty. Then for three years He was an itinerant preacher.

He never owned a home. He never wrote a book. He never held an office. He never had a family. He never went to college. He never put His foot inside a big city. He never traveled two hundred miles from the place He was born. He never did one of the things that usually accompany greatness. He had no credentials but Himself...

While still a young man, the tide of popular opinion turned against him. His friends ran away. One of them denied Him. He was turned over to His enemies. He went through the mockery of a trial. He was nailed upon a cross between two thieves. While He was dying His executioners gambled for the only piece of property He had on earth - His coat. When He was dead, He was laid in a borrowed grave through the pity of a friend.

Nineteen long centuries have come and gone, and today He is a centerpiece of the human race and leader of the column of progress.

I am far within the mark when I say that all the armies that ever marched, all the navies that were ever built; all the parliaments that ever sat and all the kings that ever reigned, put together, have not affected the life of man upon this earth as powerfully as has that one solitary life.

This essay was adapted from a sermon by Dr James Allan Francis in "The Real Jesus and Other Sermons" © 1926 by the Judson Press of Philadelphia (pp 123-124 titled "Arise Sir Knight!").

*Sponsored by The Revelation Foundation
Chaplain R. M. Boyd Sr*

Chief Judge, 12th Judicial District COVID-19 Order

This order is being issued to provide guidance to parties and attorneys for the COVID-19 (coronavirus) pandemic. Federal, state, and local governments have declared a state of emergency in response to the spread of COVID-19. Moreover, federal, state, and public health departments have issued advisements about measures to slow the spread of COVID-19 and precautions to reduce exposure to the virus. Effective today and through May 31, 2020, the Courts of the 12th Judicial District will make every effort to limit the number of people appearing in person at the courthouses of the 12th Judicial District for court hearings. The Court encourages all attorneys, litigants and defendants to please call in for their respective court hearing. These efforts are intended to limit any potential spread of COVID-19. For these and other reasons, the Court enters the following orders.

ing hours.

6. Should parties and attorneys have any questions, they are encouraged to contact the judicial officer's staff by telephone or email, rather than travel to court. Additional con-

tact information is found on the court's website.

To the extent there is a conflict between other Chief Judge Administrative orders, this order governs through May 31, 2020.

1. All civil jury trials scheduled between now and May 31, 2020 shall hereby be vacated. The parties in such cases shall contact the judicial officer's staff to reschedule the jury trial.

2. All criminal jury trials scheduled between now and May 31, 2020 will be vacated and continued by judicial officers unless: (1) there are speedy trial constraints; or (2) the judicial officer finds exigent circumstances. The parties in such cases shall contact the appropriate judicial officer's staff to reschedule the jury trial.

3. As to other trials, hearings, and conferences scheduled between now and May 31, 2020, judicial officers, to the extent practicable and at their discretion, will attempt to reschedule such matters past May 31, 2020 or to convert such matters to telephonic appearances in an effort to minimize the need for persons to travel to court. That said, certain matters may nevertheless require personal appearances.

4. All courts in the 12th Judicial District will continue to be open to provide essential public safety services. Essential safety matters include: (1) temporary civil protection orders; (2) child welfare and family emergencies; (3) advisements, probation revocation and bond hearings for persons in custody; and (4) other emergency matters as determined at the discretion of the judges.

5. All clerk's office windows shall remain open to receive filings. The courts will observe standard operat-



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