



CSU devotes resources to testing masks

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Local business provide meals to medical personnel

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APRIL 7, 2020

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SLV Today

Commissioners to meet 'virtually'

ALAMOSA- Due to the COVID-19 outbreak, Alamosa County Commissioners will be meeting Wednesday via a virtual conference room established for anyone who would like to listen in to comply with the Colorado Open Meetings Law.

Constituents may call 605-313-6288 and use access code 433756# to hear the meeting which is set to begin at 8:30 a.m. The meeting agenda said accessibility may be limited due to network capacity.

The agenda includes a report concerning the Rio Grande Farm Park Project as well as reports from various department heads.

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SLV WEATHER
Red Flag Warning



Sunny/Windy 65/23

Wed: Sunny 67/30

Thurs: Partly Cloudy 66/27

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Courier icon succumbs to cancer

By **KEITH R. CERNY**
Courier Publisher

ALAMOSA— Coincidentally, longtime Valley Courier editor Ruth Heide died a year to the day of when Governor Jared Polis declared Ruth Heide Day in Colorado, March 30. She succumbed to her more than a year-long battle with Pancreatic cancer according to family members who said she died peacefully at a sister's home near Denver.

Signed by both Polis and State Senator Larry Crowder, last year's proclamation read in part, "WHEREAS, Ruth Heide has had a dedicated career of 33 years with the Alamosa Courier,



Ruth Heide File photo

11 years of which were spent as the Courier's editor; and

WHEREAS, Ruth Heide's commitment to the highest standards of journalism is only seconded by her strong devotion to her faith, her community, and the issues that are important to the entire San Luis Valley."

Heide began her newspaper career at the Del Norte Prospector in March 1983 and joined the Courier staff as a reporter in December 1985. She was named editor in mid-2008 with the departure of Hew Hallock.

In a March 28, 2019 Courier article, Heide said, "you don't

have to be a minister to be used by God," adding that she hopes God helped her "touch some people in positive ways." A faithful worshipper in the Seventh Day Adventist Church, Ruth completed a double major in theology and journalism at Union College in Lincoln, Neb. and added a Master's degree in guidance and counseling from Adams State University several years later.

While Ruth might have been best known for her coverage of water issues in the San Luis Valley, she said her favorite "beat" probably had to be crime cases.

■ See **RUTH** page 3

Valley residents make gowns to help hospital staff

ALAMOSA — If the sewers, quilters, and crafters of the San Luis Valley are keeping track, they can now add "medical gowns" to the list of what the generous crafters are making to help the inventory of San Luis Valley Health.

While hundreds of masks have been made, valley residents are now gathering the material needed to help make the water-resistant gowns that are also in short supply. Because of the coronavirus pandemic, the need for medical protective personal gear has increased.

Lynn Weathers, the owner of the Alamosa Quilt Company, created the pattern for the gown. The direct link for the pattern can be found at

<https://alamosaquilter.blogspot.com/2020/03/surgical-gown-project.html>

Completed gowns can be dropped off at the SLV Health Foundation office, located in the SLV Health Education Build-



Photo courtesy of SLV Health

SLV Health staff from left Wendy DeHerrera, Tandra Dunn and Cindy Jackson model the medical gowns that were created by San Luis Valley residents.

ing at 1921 Main Street in Alamosa.

"I am continually and repeatedly amazed at the outpouring of support the community has continued to give to our healthcare staff during this time," said Kelly

Gurule, director of the SLV Health Foundation. "It's wonderful, to see people coming together to help out."

The easily disposable gowns will assist the healthcare staff in the fight against the possible

spread of COVID-19.

For more information about helping with making the gowns, please contact Kelly Gurule at

719-587-6359 or by email at gurulek@slvrmc.org, or Dawn Krebs at 719-587-6359 or by email at dawn.krebs@slvrmc.org.

COVID-19 Public Health Update



SAN LUIS VALLEY

— New information is constantly being learned about how COVID-19 spreads, which is why on Friday Governor Polis recommended the use of a non-medical cloth mask when you leave home for an essential activity. Research has shown that a DIY (Do it Yourself) mask can help block the spread of COVID-19 by preventing people who are asymptotically infected from spreading the disease unknowingly. There are many ways in which you can create a mask to wear from using a bandana to sewing a mask using one of the many DIY patterns available. If you would like more about the research or how to make your own mask, you can visit www.coloradomaskproject.com for more information. The DIY mask can help slow the spread of COVID-19, they do not provide 100% safety from transmission. It is important to wash your hands, follow the stay-at-home orders and adhere to the social distancing guidelines.

During the stay-at-home order, you should be limiting trips out of the house to no more than once per week to reduce your contact with those who don't live in the same household. To help reduce the number of trips, meal plan ahead

of time for a week or two, making a shopping list for those planned meals and do your grocery shopping weekly or bi-weekly. You can plan your other essential stops on this same day to pick up your prescription or make a deposit at the bank. Don't forget to wear your cloth face mask when you are doing these essential activities.

As of today, April 6th, there are no new positive cases reported in the San Luis Valley, leaving the current number at 17 for our 6 county area. While the case numbers haven't changed over the past few days, it is important that we do not become complacent and ignore the guidelines that have been implemented over the past few weeks. It is important to continue following the stay-at-home order, wearing cloth face masks and practicing social distancing.

We'd like to ask for help from the community getting a better picture of how the virus has and is currently spreading in our community. Visit www.slvemergency.org/slv-covid-19 and complete the survey if any of the following apply:

- You have felt ill since March 1st
- You are currently experiencing symptoms

■ See **COVID** page 3

Gov. Polis takes further action to address COVID-19

DENVER — Gov. Polis signed Executive Orders today taking further action to address COVID-19 in Colorado.

Gov. Polis signed an Executive Order amending and extending D 2020 017 to extend the state-wide stay at home order until April 26, 2020. The Governor also rescinded Executive Order D 2020 013 requiring all Colorado employers to reduce their in-person workforce by 50%. This is being rescinded because it is superseded by the stay at home Executive Order.

The Governor also signed an Executive Order extending D 2020 012, which limits evictions, foreclosures, and public utility discon-



COLORADO
Governor Jared Polis

nections, as well as expedites unemployment insurance claims processing.

Gov. Polis is taking steps to help families and businesses by extending additional tax filing and payment deadlines. Gov. Polis signed an Executive Order issuing a one-month extension for filing and remitting state and state-administered local sales tax.

In addition, the Governor extended Executive Orders on the temporary suspension of elective and non-essential surgeries and procedures,

the closure of ski areas, the suspension of in-person requirements for notarizations, and the issuance of marriage licenses when county clerk and recorder offices are closed, as well as the suspension of other regulatory requirements, including clarifications to alcohol delivery and takeout, requirements related to taxicab carriers, in-person processes for background checks, and driver's license and identification card renewal, due to the presence of COVID-19.

How do I apply for the Paycheck Protection Program?

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Record

OBITUARIES

Orlinda M. Trujillo, 80

CAPULIN — Capulin resident, Orlinda M. Trujillo, 80, passed away on April 3rd, 2020 in her home surrounded by her loving family.



Orlinda was born to Tomas and Veronica Jaramillo in El Rito, NM. She has 5 brothers and 4 sisters. Orlinda was married to Bernardo A Trujillo and they have 8 children, Danny (Dona) Trujillo of Oklahoma City, OK, Monica (Jim) Aragon of Alamosa, CO, Randell (Beverly) Trujillo of Alamosa, CO, Sulema (Rob) Aragon of Denver, CO, Lisa (Jeff) Meastas of Alamosa, CO, and Jose (Nicholette) Trujillo of Capulin, CO; 14 grandchildren and 9 great-grandchildren.

Orlinda enjoyed spending time with her family, listening to music, playing cards, and watching TV game shows.

Orlinda was preceded in death by her parents,

husband, daughter Carmen Martinez, son Bernie (Pepo) Trujillo, and granddaughter Neomi Martinez.

A Graveside Service will be held on Monday, April 13th, 2020 at 10:00 am at the Capulin Cemetery and the viewing will be Thursday, April 9th, 2020 from 4-7 pm at Rogers Family Mortuary in Alamosa.

Rogers Family Mortuary is in care of the arrangements. To leave online condolences or words of strength for the family, please visit www.rogersfunerals.com.

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

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

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

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

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

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

ALAMOSA — Veter-

ONGOING VALLEY MEETINGS

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

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

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

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

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

ALAMOSA—The San Luis Valley Photography Club meets the first Wednesday at the Alamosa Public Library at 6:30

p.m. Contact Stephen Jensen at 379-0001 or slvphotostephen@gmail.com

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

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

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

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

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

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

MONTE VISTA—Valley Fiber Art Guild—VFA is a group for anyone interested in fiber arts: knitting, crocheting, weaving and spinning. We work on our individual projects, sometimes do projects together and learn from each other. We meet the fourth Saturday of every month from 1 p.m. until 4:30 p.m. at 757 County

Rd. 29, Monte Vista. Call or email Wanda Couzens-Smith for more information at (719) 852-5000 or wcouzenssmith@gmail.com

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

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

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

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

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

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

ALAMOSA — Groups are held for women who have experienced domestic violence every second Tuesday from 5-6 p.m. at the Grizzly Training Center, Alamosa. There will be refreshments and childcare provided. Contact Jennifer McCoy-Hanna at Tu Casa, Inc. 719-589-2465.

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

PENDING OBITUARIES

John Marvin Davis, 82

ALAMOSA — John Marvin Davis, 82, passed away at the Rio Grande Inn on Sunday April 5th, 2020. Services are pending and in the care of Rogers Family Mortuary of Alamosa.

VALLEY COURIER POLICY ON OBITUARIES

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

This charge affects funeral homes, as well as family or other representatives, that directly place obituaries. All paid obituaries are published on our web site, www.alamosanews.com, for no additional fee.

In the event the newspaper errors in publishing an obit, corrections will be made and the obit will be rerun. If the errors are on the part of the submitting party, an additional fee will be assessed.

SLV Transportation Planning Region approves several grant awards

Last week, members of the San Luis Valley Transportation Planning Region approved the following grant awards from the state's MultiModal Options Fund:

Town of Manassa – Pedestrian & Bicycle Downtown Improvements - \$602,325.

Town of Saguache – Streetscaping Design for the Improvement of Public Safety - \$35,860

Town of Del Norte – Del Norte Downtown Revitalization Project - \$323,804

The approved projects were recommended to the TPR by a review committee established by

the SLV TPR at its November meeting. Each application was reviewed by the committee, with assistance and advice from CDOT, and the committee's recommendation forwarded to TPR members.

The TPR was scheduled to act on the recommendation at its meeting on March 19. However, that meeting was cancelled. SLV TPR Chairman Michael Yohn asked that approval of the MMOF grants be done via email so that CDOT may move forward with the projects without further delay. Members of the SLV TPR unanimously approved

the awards by email on April 1. The San Luis Valley TPR was allocated a total of \$961,989 for MMOF funding according to formula established by the Transportation Commission. Eleven applications were submitted for consideration, which represented a total request of nearly \$3.5 million.

Thanks to all who submitted applications. The number of applications and total amount of requests is a testament to the interest in these kinds of projects from the seven member counties of the San Luis Valley Transportation Planning Region.

ALCOHOLICS ANONYMOUS MEETINGS

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

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

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

SUNDAY

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

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

MONDAY

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

5 p.m. Women's Meeting at Masonic Hall, 598

Spruce St., Del Norte 7 p.m. Community Church on Main St., Creede

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

TUESDAY

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

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

WEDNESDAY

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

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

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

7:15 p.m. RV Park in Blanca

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

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

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

12 p.m. Crestone Baptist Church, County Rd. T, Crestone

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

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

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

FRIDAY

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

SATURDAY

5:30 pm. at 929 State Ave., Alamosa

6 p.m. Senior Citizen's Building at 710 Main

St., Antonito.

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

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

AL-ANON

TUESDAY

8 p.m. 15 Country Club Dr. Monte Vista

WEDNESDAY

5:30 p.m. SLV Behavior Health Group at 8745 CR 9S., Alamosa

THURSDAY

5:30 p.m. First Christian Church at 518 1st St., Alamosa

7 p.m. Crestone Town Hall, downtown Crest-

one (second and fourth Thursdays)

NARCOTICS ANONYMOUS (Nar-cAnon)

TUESDAY
7 p.m. St. Thomas Episcopal Church, 607 4th St., Alamosa

7:30 p.m. Baca Grande Library at Road T, Crestone

THURSDAY

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

SATURDAY

9 a.m. Little Shepherd Episcopal Chapel at Alder St., Crestone

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

San Luis Valley Crimestoppers

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

Call San Luis Valley Crimestoppers at 589-4111.

To report crimes anonymously call San Luis Valley Crimestoppers at 589-4111.

School Menu - Tuesday April 7, 2020

NO SCHOOL



COVID-19

To sponsor the School Menu call 589-2553

Valley News

Alonzo Lobato announces for County Commissioner District 3

Chama, CO native Alonzo Lobato recently announced his candidacy for Costilla County Commissioner in District 3 with a letter.

Meet the Candidate

I Alonzo Lobato am a democratic candidate for Costilla County Commissioner in District 3. My goal is to represent everyone in Costilla County.

I am a lifelong native of Chama, CO. I am the son of the late Carlos Lobato and Berlinda Martinez-Taylor. I have been married for 32 years to Bernadette Lobato. Together we have a son and two daughters.

I have been a rancher and farmer my whole life as well as having had worked various jobs. I have worked as a supervisor for UPS for 28 years.

During that same tenure, I have also been employed by Costilla County as a truck and equipment operator. Approximately seven years ago I was appointed to become the supervisor for the Costilla County Shop and bio-diesel plant in Mesita, CO.

I served on the Centennial School District R-1 school board for 10 years helping to improve our school system and ultimately have a new school built. My work history in the public and private sectors has given me a unique experience to better serve our county. I understand the process of construction, infrastructure, budget, and policy which will be beneficial if I am elected to represent Costilla County as a commissioner.

I have always been a proud member and sup-



Courtesy photo

Alonzo Lobato

porter of this community. I plan on bringing my experience and knowledge to the community in the role as a commissioner. I am dedicated to serve and to work for the community members of Costilla County.

My Vision

My vision is to have

programs for senior citizens, career opportunities for our youth, and programs in place to fight against the opioid epidemic in our community.

I believe that our community is unique in the sense that our water, farms, ranches, and cul-

ture need to be preserved as well as protected. In order to achieve this, we must develop a plan for a sustainable future.

Grant writing is a crucial part of this community and I would like to further pursue grant writing opportunities to improve the county. I would like to work on the deteriorating infrastructures in the community, which are roads, water/sewer lines, bridges, and buildings. This would include but is not limited to office buildings that are owned and operated by Costilla County.

I would also like to pursue opportunities to expand open space in the county which can be used for recreation, hunting, and other outdoor activities. I would also like to work closely with the Acequia Association, the

Costilla County Water Conservancy District, and the "La Vega Board" to protect and preserve our waters and lands.

I would like to work on streamlining the county's fleet of equipment. By doing this we can train our own personnel to work on equipment. This will decrease the utilization of 3rd party vendors and will save Costilla County large amounts of money overall.

I believe in hard work, truth, fairness, integrity, and honesty. I am a hard-working man and have always been true to my word. I would like to represent Costilla County District 3 and I hope that my values and goals for our community encourage you to vote for me in the primary election. Thank you!

Alamosa School District's April board meeting

By MEG COLWELL

Courier Reporter

ALAMOSA — Monday night around 20 people tuned in to Alamosa School District's (ASD) April board meeting via Zoom. Though the agenda was full, it quickly became clear the bulk of problem-solving had been underway for some time. Everyone in the district has been working diligently to ensure education continues and families are provided for. The meeting had its share of technical difficulties, namely issues with volume.

The meeting be-

gan with district celebrations, among those praised were ASD's staff, faculty and students.

Board members acknowledged the difficulties of teachers moving from the classroom to an online platform as well as principals coordinating new school processes, students learning online, and seniors possibly sacrificing their graduation.

All were encouraged to keep up their good work and remain hopeful. The meeting also served as a platform to announce Alamosa's Teacher of the Year. ASD President,

Elias Heredia, presented the award to Yvette Romero -- present in the board chambers to receive the award.

Also on hand was Mayor Coleman who presented city council's updates. While serious, the City remains hopeful. Coleman noted the public offices and services closed -- like Alamosa's library and recreation center -- but emphasized Alamosa's parks and trails are still open.

The Mayor also acknowledged the expected economic impacts of this pandemic. Many public

projects are on hold, but they are not entirely eliminated. To close, Mayor Coleman encouraged all to remember the acronym TEAM: "Together Everyone can Achieve More."

Superintendent, Rob Alejo, gave brief updates; ensuring the Alamosa District is in regular communication with local, neighboring district and state officials. Alejo is having weekly meetings with the governor and the commissioner of education.

He is also meeting weekly with the Rural Alliance, every Wednes-

day morning. Alejo encourages all those interested in joining to email him for the Zoom link.

Assistant Superintendent, Marsha Cody, presented the ASD's remote learning plan; designed to avoid exacerbating privilege. Principals and teachers are working closely with families to decide what learning platform is best -- online or by hand, with printed packets.

So far, the plan is working well. Students remain engaged and teachers continue to receive feedback. The schools are also providing daily meals, via the Elementary School's kitchen and scheduled bus stops.

The meeting ended with brainstorming about what is to come. In

just 40 days, Alamosa seniors are set to graduate. It looks very unlikely graduation -- much less, prom -- in a traditional sense will happen.

Staff will reach out to seniors and ask what alternative ways they'd like to celebrate -- if it is to be cancelled. The board also is planning possibilities of how the district can honor graduation in a new, safe way amidst the chaos.

Other districts have proposed a graduation parade, where students can dress up and gather together, with appropriate social-distancing measures in place.

Though no solid decisions were made, it was encouraging to see so many members of the community working hard to ensure life goes on in Alamosa.

What is a negative pressure room

By SUSANNAH PERKINS,

DO

SLV Health

ALAMOSA — Negative pressure rooms are used in hospitals and medical clinics to prevent the spread of contagious illnesses from one area to another. Air is pumped out of the treatment area, creating a negatively pressured space so, for example, when a door is opened into that space from, say, the lobby, the air rushes in, instead of out. The air that is pumped out of the affected space passes through a series of three filters, ending with a HEPA (high-efficiency particulate air) filter, which gives the same degree of filtration as an N95 mask.

In the Respiratory Clinic at the

San Luis Valley Health (SLVH) Stuart Avenue Clinic in Alamosa, providers and nurses have successfully screened the majority of the patients to home-care so they do not need to enter the facility. Of those who are cared for in the clinics and hospitals, all of the patients wear masks, along with the SLVH employees who are caring for these patients.

Recently, using some innovative engineering from SLV Health's construction partner, PHIPPS, along with the skills of the facility crew at SLV Health, the SLVH Regional Medical Center tripled the number of negative pressure rooms to 13 and added one at the Stuart Ave Clinic. The SLVH RMC Emergency Department has two negative pres-

sure rooms and there are two at the SLVH Conejos County Hospital in the Emergency Department.



COVID

Continued from Page 1

- Your symptoms have improved or resolved
- Please repeat the survey if you've previously completed it and are now feeling better.

Thank you for taking the time to complete this anonymous survey.

The San Luis Valley Regional Solid Waste Authority (SLV Landfill) would like to remind everyone that the landfill is open and operational at this time. The landfill is operating under new procedures that encourage social distancing to keep its employees and the public safe through the COVID-19 pandemic. When disposing of waste, please ensure that trash is properly bagged and sealed for the safety of the employees. For detailed information on the current hours of operation, procedures and operation conditions you can call 719-852-3810 or visit their website

www.slvlandfill.com.

If you are experiencing a crisis, please call 719-589-3671 or call the crisis hotline 1 (844) 493-TALK (8255). For after business hours assistance, please call 911 or the crisis hotline 1 (844) 493-TALK (8255) or text TALK to 38255 to receive mental health crisis support.

SLV COVID general questions 719-480-8719 for English, or 719-315-5019 for Spanish. You may also email your questions to slvepr@alamosacounty.org.

CO HELP line 1-877-462-2911 (English and Spanish) for Colorado general information.

Colorado updates and guidance: <https://covid19.colorado.gov>

CDC updates and guidance: <https://www.cdc.gov/coronavirus>

Small Business - www.choosecolorado.com
Volunteer or Donate - www.helpcoloradonow.org

Ruth

Continued from Page 1

"We've covered some sensational stuff involving murders, including the Peter Green cannibal case several years ago," Heide said in last year's article. "I guess it is the variety of topics to cover that a community this size offers that I enjoyed the most."

The Alamosa salmonella outbreak in March 2008 was also cited as a major story involving more than 400 cases of human exposure, 20 hospitalizations and one death, she said. And more recently, 2018's "Spring Fire" in Costilla County.

While Heide admitted that it took her years to learn about the water issues of the SLV, she remembered helping cover the two previous "water grabs" for Colorado's Front

Range (AWDI and Gary Boyce), and the current third attempt.

"So many adjectives apply when attempting to describe Ruth Heide," said Cleave Simpson, general manager of the Rio Grande Water Conservation District, in the 2019 story. "What a wonderful, personable, professional, dedicated, amazing woman."

"The countless meetings I observed her sit through, diligently taking shorthand notes. From what seemed like endless water meetings, trials, board meetings, community meetings and more, it was always comforting to see Ruth in attendance. I could always trust she would provide a thoughtful, articulate and accurate representa-

tion of any meeting and conversation I was present for."

Simpson went on to say that Ruth is the standard by which all journalism and journalists should be held to.

"She has always been such a refreshing reminder of the important role her profession should play in our lives," Simpson said, "an example any number of national media outlets could learn from."

While admitting that covering crime was her favorite, there were a lot of positive stories too, she related in last year's article.

"Our job is to chronicle history," Ruth said, "and I think we do a good job of it."

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Lifestyle

Engineering lab at CSU transformed into testing site



Photo courtesy of CSU

CSU lab scraps usual activities in favor of official testing for respirators and surgical masks to be distributed throughout the state of Colorado.

FORT COLLINS — Professor John Volckens' 2,000 square-foot lab on the campus of Colorado State University is normally a place for experiments on air quality, pollution sensors, and how breathable particles can trigger disease.

Over the last two weeks, the lab has suspended most of its usual activities and transformed into the official testing site for respirators and surgical masks for distribution throughout the state of Colorado. These forms of personal protective equipment are critical for ensuring the safety of front-line medical workers who are battling COVID-19 every day.

On March 25, Gov. Jared Polis announced that CSU, and specifically the Center for Energy Development and Health which Volckens leads, is the state's designated center for evaluating the safety and efficacy of protective gear, mostly medical masks, that are made by different vendors and sources and are destined for Colorado hospital workers. CSU's role is to initiate and coordinate testing and provide recommendations to the state on distributing such equipment. Primarily, the CSU team is focused on N95 particulate respirators that offer certified protection from aerosols in the workplace.

The only federal lab that regularly performs this type of N95 testing is in Pennsylvania. The state of Colorado has now

designated CSU as, essentially, an emergency substitute for standard federal testing, to be done in-state for in-state needs.

To be designated an N95 respirator, a mask must pass a specific federal safety inspection that includes 95% or greater filtration efficiency for particles that would normally be inhaled. Meant to form an airtight seal over the wearer's face, these respirators must offer a high level of breathability so that they can be worn continually across a work shift. They are indicated for use when treating patients with diseases that could be transmitted by aerosolized particles, including COVID-19, which is believed to spread through both large airborne droplets and smaller, breathable particles.

Shoring up supplies The state estimates between 60,000 and 100,000 disposable masks and other protective items, per day, will be needed for Colorado healthcare workers in the coming weeks and months. In an effort to stave off shortages, the state has kicked into high gear to stockpile supplies, and CSU is at the forefront of making sure the masks, in particular, will work to specifications.

"Our lab has the facilities and engineering expertise to perform those tests," said Volckens, a professor in mechanical engineering and environ-

mental and occupational health. "We can essentially mimic the stringent requirements put forth in the federal protocol."

Volckens and his team have toiled furiously since March to get the lab-ready to run mask tests, as shipments come in from various vendors. For any given type of mask, it can take several hours to complete a test.

N95 test steps The N95 inspection involves a number of steps, said Christian L'Orange, a CSU professor of research practice who is performing the majority of the tests. First, the mask is conditioned at a set temperature and relative humidity, then sealed down to a fixture. The mask is then placed in an environmental aerosol chamber, where particles are drawn through it. Sophisticated equipment is used to count the number of particles upstream and downstream of the mask, as a measure of its efficiency. The researchers must also perform a breathability test, because the mask's safety is tied to how easily the wearer can breathe through it.

"It's not just about how well it filters," L'Orange said. "A mask with too much of a pressure drop actually puts too much burden on the person breathing through it, which can be downright dangerous."

The N95 tests simulate real working conditions with high dust loadings,

which can include viral particles. The researchers are following the National Institute for Occupational Safety and Health protocols for N95 masks, which are used in many trades and occupations — not just health care.

"It's a worst-case scenario test," Volckens said.

The testing looks at particle penetration only, not fluid spills or splat-

ters, Volckens added. To test each lot of masks that come in, the researchers will take a statistically valid sample and require that every mask in that sample pass quality standards, adhering identically to those published by NIOSH.

In the lab, L'Orange is leading overall procedure design, and lab manager John Mehaffy is prepping masks for testing. Post-doctoral researcher Jes-

sica Tryner is performing data analysis so that results can be immediately processed and shared with the state. The team operates from different locations in order to limit personal contact and further protect their health.

"We don't know how long this need will go on, but we will continue to serve the state until they tell us we're in good shape and we can stop," Volckens said.





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After Troubling Revelation, Bennet Calls on Zoom to Clarify its Privacy and Security Policies

Bennet's Letter Follows Media Report That Thousands of Recorded Zoom Calls are Now Viewable Online

DENVER — Today, Colorado U.S. Senator Michael Bennet wrote to the CEO of Zoom Video Communications, Eric Yuan, asking the company to urgently clarify its privacy and security policies following a revelation in The Washington Post that thousands of video recordings of Zoom calls were viewable online, including many with sensitive financial and personal information. The letter comes as millions of Americans increasingly rely on video conferencing platforms like Zoom to work, learn, and stay connected during the Coronavirus Disease 2019 (COVID-19) pandemic. The letter also follows several criticisms of Zoom's privacy and security policies in recent weeks.

"[T]he increased use of your platform has surfaced significant problems concerning user privacy and safety," wrote Bennet. "In

case after case, these issues consistently stem from Zoom's deliberate decision to emphasize ease of use over user privacy and safety... Last Friday, the Washington Post discovered that thousands of video recordings of Zoom calls were available on the open web for essentially anyone to view... Many of these videos include intimate details of private businesses and personal relationships, potentially exposing users to significant financial, personal, and psychological harm... With over 90,000 schools across the globe now using Zoom for distance learning, it is critical that Zoom correct these problems before more students and teachers end up in online videos against their express wishes."

The growing use of Zoom in recent months has surfaced significant privacy and security concerns about the platform, from a report that Zoom had shared user data with

Facebook without their permission to another report that it had been automatically sending user data to a third-party for data-mining without their knowledge, including data for several high school students in Colorado. Recently, the Federal Bureau of Investigation warned against the phenomenon of "Zoom-bombing", where strangers drop into Zoom calls, in some cases exposing users to threats, hate speech, and pornographic content. These revelations have forced technical and policy responses from the company.

Last December, Bennet joined 16 colleagues to introduce the Data Care Act, legislation to protect people's personal data online by requiring websites, apps, and other online providers, including Zoom, to take responsible steps to safeguard personal information and stop the misuse of users' data.

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Public Notices

NOTICE OF PUBLIC HEARING
NOTICE IS HEREBY GIVEN that a Public Hearing before the Conejos County Board of Adjustments will be on Monday, April 20, 2020 at 7:15 PM. The hearing will be held in the Commissioners Meeting Room at the Conejos County Courthouse. The purpose of this hearing is to consider an application for a Variance to the zone district required setbacks and lot size in a Rural Zone District. The landowner is Conejos County Library District, 17361 US Highway 285, La Jara CO 81140. The subject property is legally described as: A 10 Acre Tract I the Southeast Quarter of Section 27, Township 35 North, Range 9 East, NMPM, County, Colorado. County Parcel #572127400903. The full details of this application are available for public inspection in the Office of the Land Use Administrator at the Conejos County Courthouse during regular office hours of 8:00 AM to 4:30 PM. Interested persons may appear to be heard at the public hearing. Linda DeHerrera, Land Use Administrator, No. 1367, Published in the Valley Courier on March 20, and April 7, 2020.

NOTICE OF PUBLIC HEARING
NOTICE IS HEREBY GIVEN that a Public Hearing before the Conejos County Board of Adjustments will be on Monday, April 20, 2020 at 6:15 PM. The hearing will be held in the Commissioners Meeting Room at the Conejos County Courthouse. The purpose of this hearing is to consider an application for a Variance to the zone district required setbacks in a Rural Zone District. The landowner is Billy Hoover 15725 State Highway 142 Manassa, Co 81148. The subject property is legally described as: 1.5 acres located in the Southwest Quarter of Section 22, Township 34 North, Range 9 East NMPM, Conejos County, Colorado. County Parcel #586722100122. The full details of this application are available for public inspection in the Office of the Land Use Administrator at the Conejos County Courthouse during regular office hours of 8:00 AM to 4:30 PM. Interested persons may appear to be heard at the public hearing. Linda DeHerrera, Land Use Administrator, No. 1377, Published in the VALLEY COURIER on March 25, and April 7, 2020.

NOTICE FOR REQUEST FOR PROPOSALS
South-Central Colorado Seniors, Inc., Area Agency on Aging for Region 8 is accepting Request for Proposals (RFP) from both the public and private sectors representing both nonprofit and for profit entities interested in providing services to people age 60 and older for Fiscal Year 2020-2021. Services include: Transportation, Nutrition Program - Home-Delivered Meals and Congregate Meals, In-Home Home-maker and Chore Services, National Family Caregiver Program. Other avenues of services to older adults will also be considered. Area Agency on Aging, Region 8 service area includes the counties of Alamosa, Conejos, Costilla, Mineral, Rio Grande, and Saguache. RFP packets and instructions are available at South-Central Colorado Seniors, 1116 3rd Street, P.O. Box 639, Alamosa, CO 81101. Completed proposals are due to South-Central Colorado Seniors, Inc., Administrative office, 1116 3rd Street, Alamosa, CO by 5:00 p.m. Thursday, May 30, 2017. For more information, please call Monica Wolfe, Director, 719-589-4511. No. 1386, Published in the Valley Courier on April 4, 7, 8, 10, 11, 14, 15, 17, 18, and 21, 2020.

The Conejos County Board of Commissioners are soliciting board members to sit as board of directors for the Morgan Drain District. Individual interested in serving must own land within the District. Those interested in serving please submit a letter of interest through email to tresesa@co.conejos.co.us - Letters must be in no later than April 14, at 1:00 p.m. or Contact information is Tresesa Martinez, County Administrator at (719) 376-5772 Ext - 1. No. 1388, Published in the Valley Courier on April 7, 8, 10, and 11, 2020.

221 HELP WANTED

RIO GRANDE SAVINGS & Loan is seeking a Mortgage and Consumer Loan Officer to join our team in the Monte Vista office. The Loan Officer is responsible for promotion of RGSLA products and services, including, but not limited to home purchase loans, home refinances, consumer loans, and home construction loans. Qualified candidates will have excellent written and verbal communication skills, superior customer service skills, and the ability to work independently, as well as cooperatively in a team environment. Prior lending experience or other applicable experience is preferred, but not required. Salary commensurate with experience. RGSLA also offers a rich benefit program including a 401k match and a family health insurance plan, along with a stable and enriching work environment. For additional information please contact Denise Heersink @ 719-852-7048 or deniseh@rgsla.com. Applications available at www.rgsla.com/contact and can be submitted to kater@rgsla.com - deadline is April 15, 2020.(4/15)

COUNTY ADMINISTRATOR-- HINSDALE County is seeking to hire a County Administrator. This position directs the day-to-day operations of Hinsdale County in accordance with policies and other direction provided by the Hinsdale Board of County Commissioners. Hinsdale County is located in southwestern Colorado and has 843 residents plus seasonal and second home owners. The annual budget expenditures (all funds) for 2020 is \$5,745,653. Hinsdale County employs 34 full time and 8 part time employees. County services include: Road and Bridge, Coroner, Building, Code Enforcement, Transfer Station, Sheriff, Health & Human Services, General Administration and other. For a full job description, please contact accounting@hinsdalecountycolorado.us or 970-944-2225 ext. 103 or check the County website at: https://www.colorado.gov/pacific/hinsdalecounty/human-resources-7. Applications are due May 1st at 4:00 p.m. MST.(5/9)

SARGENT SCHOOL DISTRICT is accepting applications for a High School Girls Basketball Coach position. Please visit our website for additional information and application: www.sargent.k12.co.us or call 719-852-4023, option 6. Applications accepted until position filled. EOE.(4/14)

221 HELP WANTED

THE SAN LUIS VALLEY Board of Cooperative Educational Services has positions for a full time occupational therapist and physical therapist. Interested applicants should hold a valid Colorado Special Services License or be eligible for a Temporary Educator Eligibility (TEE). Application is available at the BOCES office or on-line www.slvboces.org. Process requires application, letter of interest, and three current letters of reference. Send completed application process to Nita McAuliffe, Director of Exceptional Student Services, SLV BOCES, 2261 Enterprise Drive, Alamosa, CO 81101. Application deadline is April 17, 2020 or until positions are filled.(4/22)

IST SOUTHWEST BANK is experiencing significant growth and based on the SBA PPP loans, is filling the following permanent positions, Specialized Lender, Servicing/Loan Review Specialist, and Specialized Loan Assistant/Processor, offering strong benefit package & career growth opportunities. EOE. Go to https://www.fswb.bank/who-we-are/careers/ for more details & to apply. (4/15)

221 HELP WANTED

MONTE VISTA SCHOOL District is accepting applications for an Elementary Special Education Teacher for the 2020-2021 school year. A complete list of desired qualifications and experience is posted on the district website http://ww2.monte.k12.co.us/employment-opportunities.html. Monte Vista School District offers a competitive salary and an excellent benefit package including employee health, dental, vision, and life coverage. Applications may be submitted to the District Office, 345 E. Prospect Ave., Monte Vista, CO 81144, by April 20, 2020, or until the position is filled. Applications may be downloaded from the district website or call 719-852-5996.(4/21)

SANFORD SCHOOL IS seeking a self-motivated special education paraprofessional willing to assist with multiple grade levels K-12 for the 20-21 school year. Duties include small group, one-on-one instruction, assist with lesson planning, and curriculum. Applications can be downloaded at www.sanfordschools.org. Position opened until filled. Sanford Schools is an EOE.(5/9)

221 HELP WANTED

MONTE VISTA SCHOOL District is accepting applications for a Fifth Grade Teacher for the 2020-2021 school year. The person in this position will teach both Science and Language Arts. A complete list of desired qualifications and experience is posted on the district website http://ww2.monte.k12.co.us/employment-opportunities.html. Monte Vista School District offers a competitive salary and an excellent benefit package including employee health, dental, vision, and life coverage. Applications may be submitted to the District Office, 345 E. Prospect Ave., Monte Vista, CO 81144, by April 20, 2020, or until the position is filled. Applications may be downloaded from the district website or call 719-852-5996.(4/21)

TRINIDAD STATE JUNIOR College is seeking adjunct instructors for Mathematics and Communications courses for both campuses. Relevant degree and experience required. For more information contact Dean of Instruction, Dr. Evert Brown at Evert.Brown@trinidad-state.edu or 719-589-7017. Review of applications is ongoing. TSJC is an equal opportunity institution.(4/9)

221 HELP WANTED

SANGRE DE CRISTO School District is looking for highly motivated Middle School Science Teacher that has a desire to teach and the ability to pass their passion of learning onto students. For more information please contact Mr. Stagner at 719-378-2310 or bstagner@sangreschools.org. Teaching applications may be downloaded from sdc.schoolsdesk.net. Positions open until filled.(4/22)

ALL AROUND FARM Mechanic needed. Pay depending upon experience. Call 719-588-4481.(4/9)

221 HELP WANTED

LABOR: VALID DRIVER'S LICENSE REQUIRED. Duties include, getting in and out of trash truck, emptying trash bins into trash truck. Physical labor Required, must be able to lift up to 100 lbs, other duties as assigned. 32 to 40 hours a week, Home Base in Manassa, CO. Please call 719 580 1518 or 719 843-5354.(4/9)

SANGRE DE CRISTO School District is seeking a High School Football coach for the 2020 / 2021 season. For more information contact Brady Stagner at 719-378-2310 or bstagner@sangreschools.org.(4/22)

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221 HELP WANTED

THE ORTEGA MIDDLE School is accepting applications for the following position for the 2020-2021 school year: SpEd Paraprofessional (2 Positions) AA Degree is required. Applications are available online at https://www.alamosa.k12.co.us For more information, contact Mindi Van Ry at 719-587-1600. Application deadline is until filled. EOE.(4/15)

THE UPPER RIO Grande (previously Del Norte) School District is seeking applications for a Jr/Sr High School Principal for the 2020/2021 school year. Applicants must hold a current Colorado Principal license. Previous experience as a Principal or Asst. Principal is preferred. Applications may be obtained online at www.dncsd.org. Please submit your application, resume, and cover letter to: Chris Burr, Superintendent, cburr@urtigers.co, 719-657-4040.(5/9)

221 HELP WANTED

SARGENT SCHOOL DISTRICT is accepting applications for a 2020-21 part-time Secondary Business Teacher position. Please visit our website for additional information and application: www.sargent.k12.co.us or call 719-852-4023, option 6. Applications accepted until position filled. EOE.(4/14)

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SANGRE DE CRISTO School District is seeking a High School Volleyball coach for the 2020/2021 season. For more information contact Brady Stagner at 719-378-2310 or bstagner@sangreschools.org.(4/22)

SARGENT SCHOOL DISTRICT

is accepting applications for and Activities Director position. Start date 6/1/20. Please visit our website for additional information and application. www.sargent.k12.co.us or call 719-852-4023, option 6. Applications accepted until position filled. EOE.(4/14)

SANGRE DE CRISTO

School District is seeking a girls Middle School Basketball coach for the 2020/2021 season. For more information contact Brady Stagner at 719-378-2310 or bstagner@sangreschools.org.(4/22)

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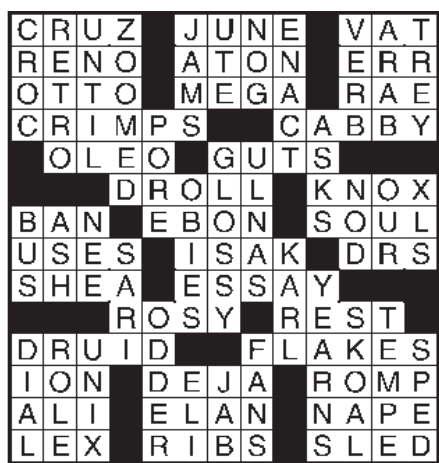
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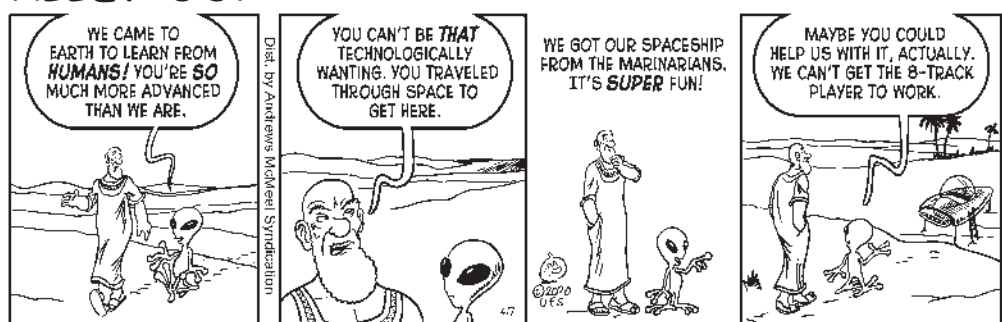
Comics

CROSSWORD PUZZLE

- ACROSS**
- 1 Off-roader, for short
 - 4 Nile wader
 - 8 Sine — non
 - 11 Prefix meaning "recent"
 - 12 Town meetings
 - 13 Cash-givers, for short
 - 14 Asian language
 - 15 Baby horse
 - 16 Baroness Karen
 - 17 Rich pastry
 - 19 Young goat
 - 21 Vigorous
 - 22 Without ice
 - 25 Adorned
 - 29 — Moines
 - 31 Early Peruvian
 - 34 — Kippur
 - 35 Stoic philosopher
 - 36 Meadow rodent
 - 37 Gehrig or Rawls
 - 38 Handwriting on the wall
- DOWN**
- 1 Chip in
 - 2 Coach
 - 3 Monsieur's shout
 - 4 Riskier
 - 5 Obnoxious one
 - 6 Mr. Levin
 - 7 Polio vaccine inventor
 - 8 OJ buys
 - 9 Emma in "The Avengers"
 - 10 Set a price
 - 13 Staffer
 - 18 Kelp
 - 20 Gary's st.
 - 23 Economist — Smith
 - 24 Pierre's noggin
 - 26 Jean Auel heroine
 - 27 Dove sounds
 - 28 Down Under birds
 - 30 Mama's boy
 - 31 Kind of league
 - 32 Christmas song
 - 33 Soil component
 - 35 Hoopsters' venue
 - 40 After deductions
 - 41 Doted on
 - 43 White-water transport
 - 45 Faced the target
 - 46 Steel additive
 - 48 Alleviate
 - 49 Sanskrit dialect
 - 50 Tijuana tot
 - 51 Rx monitor
 - 52 Promissory note
 - 53 Leprechaun kin
 - 55 Bon Jovi of rock



ALLEY OOP



ARLO & JANIS



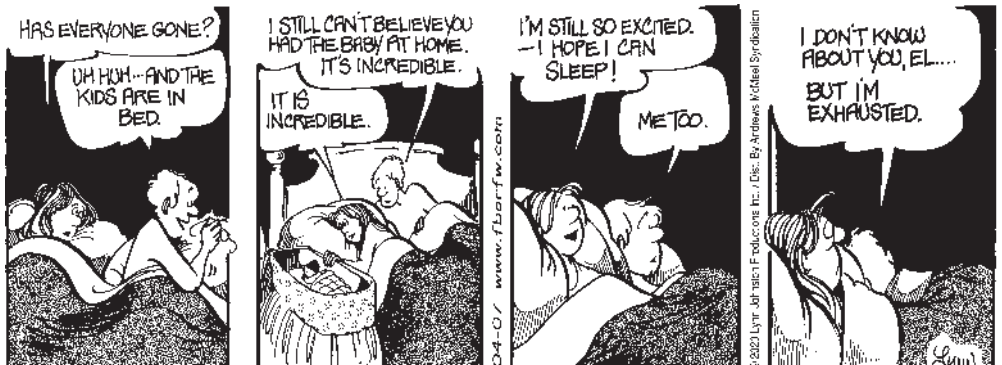
BIG NATE



THE BORN LOSER



FOR BETTER OR FOR WORSE



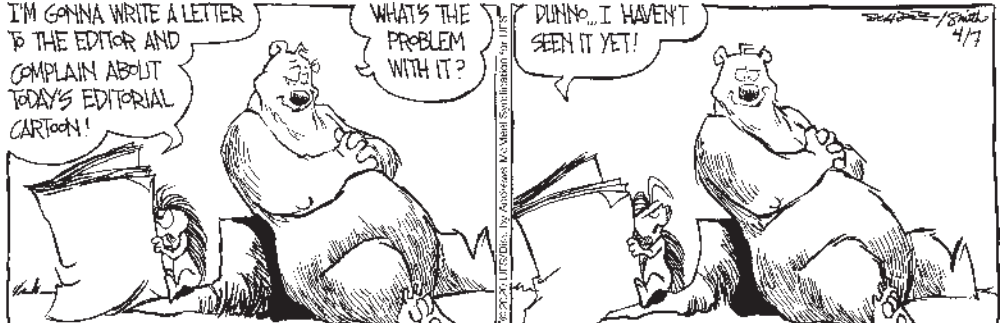
FRANK & ERNEST



GARFIELD



THE GRIZZWELLS



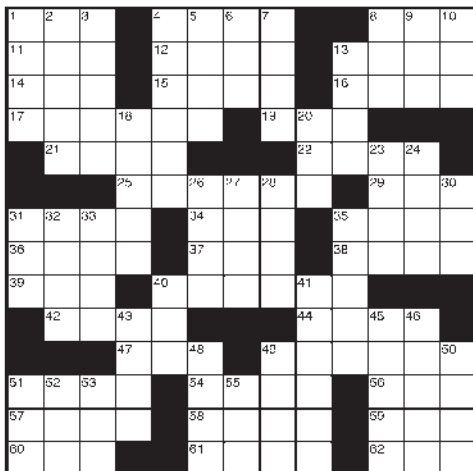
PEANUTS



SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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



HERMAN



"Can you remember where I bought this suit?"

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

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

Spoiled niece has history of misbehaving at parties

DEAR ABBY: My husband and I want to host a college graduation party for our son. The problem is, one of my sisters has four children -- three teenagers and an 11-year-old who doesn't behave at parties. My sister calls her "Our Little Precious." She and her husband come to events, ignore the kids and want this to be their time to "relax." Another sister has two teenagers who are very well behaved.

My husband wants to ban Little Precious from the graduation party and invite the well-behaved teenagers. I agree with my husband that I do not want another party ruined, especially since my son worked so hard to graduate.

But I don't want to cause a permanent rift in the family either. My sister is very stubborn, hot-tempered and clueless. Advice? -- SISTER IN THE MIDDLE

DEAR SISTER: Your son deserves to celebrate the milestone he has earned without the distraction of an unruly child casting a shadow over the event. Consider having a small gathering for immediate family only, and something larger at another time that includes your son's friends as well as your own. Or if you prefer to babysit at your sister and her husband's house, that should be your choice. But if they don't

if Little Precious acts up, they will leave and take her home. Precious, my foot!

DEAR ABBY: At 73, I am blessed with excellent health and stamina. The only nod to my age is that I like to have a 20-minute nap after lunch. However, my kids and others treat me like I'm 90. They keep asking how I feel and if I'm tired. My son-in-law "Dave" is anxious when I babysit my 4-year-old granddaughter unless it's at their home. How can I make clear to them that I'm as capable as I was 25 years ago without either insulting or angering them? -- NAPPING GRANDMA IN L.A.

DEAR NAPPING: Your daughter and son-in-law are lucky. Their daughter has a healthy, caring grandma who is WILLING to look after her grandchild while Mom and Dad do ... whatever. Not all parents are so fortunate.

These days, 73 is not over the hill. Could Dave's concerns about your health be caused by ageism? Or does he prefer you do your babysitting at their house because he thinks yours isn't sufficiently childproof? As to offending your daughter and her husband, well, you prefer to babysit at your house, that should be your choice. But if they don't



ABIGAIL VAN BUREN

agree with that, suggest they hire someone because you will be playing tennis, a round of golf or training for a marathon.

DEAR ABBY: An acquaintance I see occasionally has a grooming problem I'm reluctant to tell him about because I don't know him well: He has hairs growing out of his nose, and they are not only noticeable but distracting. How can I apprise him of this without embarrassing him and myself? -- DIPLOMAT IN SAN FRANCISCO

DEAR DIPLOMAT: Allow me to answer that question by quoting an ancient Chinese proverb: "When in doubt, do nothing." While your intent is to be helpful, it would cause embarrassment, and I don't recommend it.

Lifestyle

Feeding the frontline

Local businesses help support healthcare workers, restaurants

ALAMOSA—The staff of the San Luis Valley Health Regional Medical Center and Conejos County Hospital were pleasantly surprised on Saturday, April 4, when they were presented with lunches prepared by Sunflour Café, a family-owned restaurant in Monte Vista.

“This was an amazing collaboration of local businesses coming together to recognize all the hard work our employees do here in the San Luis Valley,” said Kelly Gurule, SLV

Health Foundation director. “The staff, at both SLV Health Regional Medical Center and Conejos County Hospital, truly appreciate all the work that went into this, and are thankful to be working with such supportive businesses.”

The meal donation was a way to say thank you to the hospital staff for all their hard work during this pandemic, and was provided by Jade Communications and SLV Health Leadership. The event was organized by Jade Communications, KSLV 96.5 the Fox, Sunflour Café and the San Luis Valley Health Foundation.

In addition to funding a portion of the meals, Jade Communications staff also provided T-shirts and hand-written thank

you notes.

“We at Jade Communications remain committed to helping other essential services succeed,” said Jordan Wehe, director of marketing at Jade Communications. “Additionally, supporting local restaurants during this time is a top priority. A locally owned business supporting another locally owned business not only shows support and camaraderie, but also compassion, empathy and grace during this time of uncertainty.”

Other businesses looking to support local restaurants by donating meals to healthcare workers, please contact Kelly Gurule at 719-587-5707, or by email at gurulek@slvrmc.org.



Photo provided by SLV Health
SLV Health staff take a moment to pose with Jade Communication and Sunflour Café staff on Saturday, April 4. The hospital staff was surprised with free lunches as an appreciation of thanks from Jade Communications and SLV Health Leadership.

\$15,000 Offered in micro-grants

First Southwest Community Fund offers Micro-Grants to Rural Businesses and Nonprofits



some other funding we had to meet this need, and hope that while these are modest grants, they will make an impact and help prevent job loss,” said Cass Walker, Executive Director at FSWCF.

FSWCF received 39 applications for the program from rural businesses and nonprofits in the San Luis Valley. Our grant committee judged applications based on a number of criteria including resilience, services provided to the community, job retention and operating capacity. Last week, we awarded 11 grants to rural small businesses and nonprofits. Overall, the grants awarded will go towards protecting over 40 jobs across the San Luis Valley.

FSWCF spread the grants across industries, and awardees included:

Locavores, a farm to table restaurant in Alamosa who have created an online grocery store called the “fast n’ fresh market”, offering curbside and delivery service to medical facilities and those who cannot or should not leave their homes dur-

ing the crisis.

The Village Pub, Pizza & Spirits and Cozy Castle Cinema, a central community gathering place in Saguache who have shifted their business model to offer take-out to Saguache residents.

Creede Repertory Theatre, a nonprofit theatre in Creede, pursuing innovative ways to continue their services while economically supporting the other businesses in their region.

“We are so grateful during this uncertain time to receive support, and we are so thankful to have a bank in our community looking out for small businesses and nonprofits like us,” said Julia McCorvey, of the Creede Repertory Theatre in Creede.

In addition to helping the San Luis Valley, FSWCF awarded \$15,000 to 8 businesses in the West End. Furthermore, FSWCF has partnered with the Pagosa Springs Town Council to offer micro-grants in Archuleta County. FSWCF also launched a COVID-10 Emergency Loan Fund. Details about these opportunities can be found at: <https://www.fswcf.org/covid-19>.

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