



Valley Courier

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LOCAL NEWS... LOCAL VIEWS

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SLV Today

Spines cancels may 2 sale

ALAMOSA—Although Spines is full to capacity during the current COVID-19 restrictions, the Friends of the Alamosa Library have decided to cancel its spring sales scheduled for May 2. Adjustments to the proposed sale schedule for June may also be decided at a later time, given the postponement of Summerfest.

Spines continues to accept donations of books by appointment. Contact Rhonda at 719-580-2020 or Allyn at 719-588-9410.

Sheriff lifts fire ban

ALAMOSA—With favorable weather forecasted for this week, Sheriff Robert Jackson has lifted the Stage 1 fire ban with the hope of allowing farmers a chance to finish their ag burning.

Jackson said a Red Flag Warning would immediately put the ban back in place.



Facebook - Alamosa Valley Courier
SLV WEATHER



Partly Cloudy 65/28

Thur: Evening Showers 63/30

Fri: Mostly Sunny 64/28

INSIDE

Record.....	Page 2
Valley News.....	Page 3
Opinion.....	Page 4
Lifestyle.....	Pages 5
Earth Day.....	Pages 6
Conejos.....	Pages 7
Public Notice.....	Pages 8
Classified.....	Page 9
Comics.....	Page 10

Adams State introduces Grizzly Persistence Aid

ALAMOSA — Adams State University is establishing a new program of emergency financial support called Grizzly Persistence Aid to help students meet unexpected costs and needs due to the COVID-19 pandemic and to help ensure Adams State students persist in the pursuit of their degree.

Adams State has been allocated \$784,457 in immediate student emergency relief funds through the federal CARES Act. It has also secured support from other partners, including the El Pomar Foun-

ation and the Project Success Emergency Aid Program, and will combine these funds to establish the Grizzly Persistence Aid program.

In addition to direct emergency financial aid support, Adams State is working quickly and carefully to assist students and families with housing and meal adjustments. The University is evaluating a prorated adjustment for unused housing and dining charges for the Spring 2020 semester for students who lived on campus. Adams State is taking into account a student's financial aid awards, including schol-

arships, to determine adjustments on student accounts.

Prorated adjustments to housing and meal plans will begin to be made to student accounts starting April 24, 2020.

The Grizzly Persistence Aid program, using \$100,000 of the federal CARES Act relief funds, will distribute immediate awards of up to \$500 through an online application process to undergraduate and graduate degree-seeking students who were taking courses on campus this Spring 2020 semester.

■ See AID page 3



SLV prepares for post COVID-19 era

SAN LUIS VALLEY — Tuesday, Governor Polis outlined how things may look for the State of Colorado in moving to the next stage. Keep in mind that local counties may need to move at different rates than the State. Of utmost importance is the continued adherence by the general public to social distancing, which will need to be our new normal. Watch for updated state and local public health orders in the coming days and weeks as officials navigate the way ahead.

As we move through this pandemic, the ability to determine who has the virus through testing and contact tracing will continue to be important. Testing is the easiest way to sort out who actually has COVID-19 from someone who has something similar. By understanding who actually has it and who does not, the decision of who needs to be in strict isolation can be made with more certainty as well as who needs to be in quarantine, and who does not. Making it easier to keep COVID-19 at a more manageable level as we slowly prepare to shift to a more sustainable phase of the pandemic, where more people can return to work, with certain workplace restrictions in place.

Representatives from public health, hospitals, and clinics have been working together in an SLV COVID-19 Testing Task Force to try to increase testing capabilities in the San Luis Valley. Until this week, medical professionals were limited to testing only those who met CDC guidelines for Priority 1—those with symptoms who were either hospitalized patients or healthcare facility workers with symptoms.

In a positive move forward, some San Luis

Valley residents with symptoms who fall outside the narrow scope of Priority 1 are now eligible for local testing. This could include patients in long-term care facilities with symptoms; patients 65 years of age and older with symptoms; patients with underlying conditions with symptoms; and first responders or essential workers with symptoms. Those with symptoms (fever, cough, shortness of breath) should call a nurse triage line for screening. If they are eligible to be tested, they will be given further instructions. Test samples are taken locally and are

sent to outside labs for processing. Processing time varies.

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

What can people do right now?

Continue to wash your hands often, wear masks when you leave home, and support one another virtually while staying home. Remember, the stay at home order is still in place for right now.

■ See COVID page 3

Cisneros receives continuance

By MEG COLWELL

Courier Reporter

ALAMOSA — At 1 p.m., in Alamosa County Court, Antonio Cisneros made his first court appearance in front of Judge Gonzalez. Cisneros is 20 years old, from Antonito; first booked back in Nov. of 2019. Cisneros, along with two others -- Anthony Dominguez and Martin Hernandez Orozco -- were arrested and charged with multiple felonies and misdemeanors; following a machete attack.

Today, Cisneros had his first court date. Cisneros Defense Attorney explained to Judge Gonzalez the council and defendant were having difficulties



meeting to discuss their options -- thanks to the pandemic. So, the DA requested a continuance and Judge Gonzalez granted it. Cisneros next court date will be on May 19, at 10:15 a.m.

New online tool for recreation and fire restriction updates and information

DENVER— The Rocky Mountain Region of the USDA Forest Service is releasing a new online tool as a place to find recreation updates and closures for any of the 24 national forests and grasslands across Colorado, Kansas, Nebraska, South Dakota and Wyoming.

This online tool provides a one-stop resource for learning about current USDA Forest Service recreation site status updates, alerts, warnings and fire restriction information within the states of Colorado, Kansas, Nebraska, South Dakota and Wyoming.

The Rocky Mountain Region continues to ask all forest and grassland visitors engaging in dispersed recreation, such as hiking, mountain biking or

river rafting, to take extra precautions and adhere to the following safety and responsibility guidelines.

Stay close to home to keep other communities safe.

Stay 6 feet apart from others.

Avoid crowding in parking lots, trails, scenic overlooks and other areas.

Take CDC precautions to prevent illnesses like COVID-19.

Prepare for limited or no services, such as restroom facilities and garbage collection.

Prepare to pack out trash and human waste.

All offices are conducting business and providing virtual services. For specific forest and grassland information, please visit the region's forest and grassland directory.

SLV COVID 19

These cases have been identified by public health agencies as of 5:00 p.m. on April 21, 2020. All numbers are cumulative. If there are discrepancies between these numbers and those showing on the state's data website, use these local numbers.

24 SLV POSITIVE CASES

- Alamosa County - 9
- Conejos County - 0
- Costilla County - 3
- Mineral County - 2
- Rio Grande County - 7
- Saguache County - 3

9 HOSPITALIZED

19 ISOLATION COMPLETED

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

2 DEATHS

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OBITUARIES

Shirley Rose Gallagher 1922-2020

ALAMOSA — Shirley Rose Gallagher died on the evening of April 15 at The Bridge in Alamosa, Colorado. The daughter of Newton Kinney and Rose Pearl (Fortine) Gray, she was born in Los Angeles on October 9, 1922, and lived in southern California during her formative years. She graduated from Alhambra High School in 1940, attended Pasadena Junior College, and, in the mid-1940s, worked as a singer and musician in the Los Angeles area. During the final weeks of World War II, Shirley was selected to join the only USO show sponsored by the United States Navy in the Pacific Theater.

Eddie Bracken headlined the show, which played to large and enthusiastic crowds of soldiers, sailors, and Marines on the islands of Guam, Saipan, Tinian, and elsewhere. Following one performance, Rear Admiral Richard Evelyn Byrd, Jr., the noted Arctic and Antarctic explorer, gave her the stars off his collar as a keepsake. She kept a diary during the tour,

writing one evening: "Today at the hospital we all got to pin the Purple Heart on some fellows; it was something and a wonderful experience."

Returning to Los Angeles from the Pacific islands in August 1945, Shirley Rose continued to perform for wounded service personnel. In December 1945, an administrator with the Red Cross Camp and Hospital Committee in Los Angeles thanked her "on behalf of the patients at the many hospitals where you have so graciously appeared. I am sure you know by now how much music means to these wounded men and how important it is that they feel we haven't forgotten them." Shirley cherished memories of her tour in the Pacific and of the friendships she forged, recounting the experience in a limited-edition memoir titled A Never-to-Be Forgotten Adventure: Reminiscences of the Bracken Show in the South Pacific, July-August 1945. The National Archives thought her contributions significant as well, featuring a photograph



of her performing with Bracken and a passage from her diary in a major exhibit of personal accounts of World War II that was created in 1992 and displayed in eleven cities across the United States.

On June 16, 1946, Shirley married William "Bill" Gallagher, another graduate of Alhambra High who had served four years as an officer in the U.S. Navy during World War II, at the Episcopal Church of Our Savior in San Gabriel, California.

The couple had two sons, Tim and Gary. The family left Southern California in the summer of 1954, relocating to the San Luis Valley, where they lived on a farm east of Alamosa before moving in 1957 to another farm in the Carmel District. They resided in Carmel for more than 40 years, then moved to Alamosa in 1999.

Shirley, always the gracious hostess, enjoyed a wide circle of friends who appreciated her quick wit and bridge skills. She loved art, music, the cinema, and the ocean. She especially enjoyed collecting shells during walks along beaches in both the United States and Mexico. She and Bill frequently spent winters with friends in Puerto Peñasco and other favorite places along the Mexican coast. In recent years,

they enjoyed winters in Green Valley, Arizona.

Devoted to large dogs, Shirley lavished attention on the family pets that were German Shepherds and Dobermans. She also took politics seriously, participating in local and state Republican Party activities and holding organizational offices within the party. For many years, Shirley also played an active role in Child Study Club and the local Chapter AE P.E.O. Another community connection was the "Roller Roundup" that Bill and Shirley built, owned and operated for several years.

Shirley's children and grandchildren knew her best as "Mim," a generous, yet demanding presence who helped prepare them for life's mixture of high points and hard edges. Her

competitive nature was evident whether she was playing ping-pong, croquet, or in a game of cards or dominos.

Shirley will be remembered lovingly, and missed deeply, by her friends and most particularly by her family. She is survived by her devoted husband Bill of nearly 74 years, her son Tim and his wife Marsha, her son Gary, her grandchildren William (Yasuko) Gallagher, Angie (Jason) Rossback, Tami (Matt) Sliwowski, and Marlena Rose (Steven) Halko, and eight great-grandchildren. At her request, a private family memorial will be held.

Rogers Family Mortuary is in care of the arrangements. To leave memories and your condolences for Shirley's family please visit www.rogersfunerals.com.

COURIER POLICY ON OBITUARIES

The Courier charges \$30 for each obituary per day. Pending arrangements or death notices are free. This charge affects funeral homes, family or other representatives that place obituaries. All paid obituaries are published on www.alamosanews.com, for no additional fee.

Please email obituaries if possible to news@alamosanews.com. If the newspaper errors in publishing an obit, corrections will be made and the obit rerun. If the errors are on the part of the submitting party, an additional fee will be assessed.

Benjamin Floyd Shown

MONTEVISTA — Benjamin Floyd Shown, 92, went to be with his Lord on April 14, 2020, at the Colorado State Veterans Center, Homelake, CO, where he had been a resident for 4 years (and who the family wants to thank immensely for their great care of him during that time!)



Ben was born in Hagerman, Idaho to Frank and Polly Shown on April 9, 1928. A veteran from the US Army, he married Bonnie Mock, March 1, 1951. She was his wife for 69 years, no small feat in this day and age. He left very soon thereafter to serve for 21 months in the Korean conflict.

Upon his return home, he began his family while he worked as a mechanic and other small jobs before moving to Seattle to begin a career with the Boeing aircraft company.

For 22 of the 28 years he was there he worked as a quality control inspector for the missile program, a career that well fit his personality as there was a certain way to do everything according to "By the Book Ben". Through this job, the family moved an average of every 6 months going to 10 different states and having many traveling adventures. He used to say he raised his children "in the field" because they traveled so much and saw so many different things.



He was a very hard worker who never quit.

Ben, when in his normal state of mind never met a stranger. He always had a story to tell or a poem to recite by heart which he always did with a twinkle in his eye. He was a genius in many ways in his prime, you name it he could fix it - Cars, fans, radios, TV's, plumbing, electrical, house repairs, power tools, etc.

He was an avid hunter who could hit the target at 300-400 yards. He was

always very accurate so that no animals suffered in any way and taught his sons the same. He also loved to fish anytime anywhere - creeks, rivers or lakes it didn't matter.

Son Steve recalls he could make a plant grow from a tiny starter and have a garden if there was room wherever they lived. He had a green thumb. Also, that he was a dad who taught his boys many many things in repairs, hunting and fishing which they spent many hours doing together. Son Merle recalls he was always willing to help people with fixing repairs rides to church or whatever if he could.

Ben is survived by his wife Bonnie Shown of Monte Vista, CO. Two sons Merle (Annette) Shown of Apache Junction, AZ. Steve (Jolynn) Shown of Monte Vista, CO. and daughter-in-law Joan Shown of Lynchburg, VA.

Also 13 grandchildren, 33 great-grandchildren, and three great-great-grandchildren.

He was preceded in death by both parents Frank and Polly Shown, three brothers Leon Elvin and John Shown, sister Jane Shown Lapp and eldest son Dan Shown.

We will miss you, husband, dad, grandpa and uncle. Party hearty with Jesus we'll see you soon.

Paulett Kay Lacy, 73

MONTEVISTA — Paulett Kay Lacy, 73, passed away on April 12, 2020, of heart failure.

Ms. Lacy was a longtime resident of Sargent and was employed by Sargent School where she worked in the kitchen.

Ms. Lacy was born Jan. 7, 1947 in Colorado Springs, Colorado.

Ms. Lacy was preceded

in death by her parents, Kermit and Iris Lacy, a brother, Rex Lacy, and a nephew, Michael Lacy. She is survived

by a brother, Loren Lacy (Kay) and a niece, Jen (Jeremy) Rehnberg of Loveland, Colorado, and their children, Brooks and Mackenzie, and extended family members, Dick and Alana McNitt.

The family wishes to thank the Monte Vista Estates nursing home for their excellent care of Ms. Lacy for the past three years, and a special thank you to her friend Arturo Cantero for his care and friendship.

Cremation has been completed and there will be a family graveside service at a later date.

ONGOING VALLEY MEETINGS

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

ALAMOSA — Sierra Blanca Chapter #13, 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 IIIOP. Contact: Amanda Wilkinson, 719-589-2564 or email amanda@alamosastatebank.com

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

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

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

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

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

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

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.

Terese Dionne Duran, 43

ALAMOSA — Terese Dionne Duran, 43, went home to be with the Lord on April 21, 2020, at home with Jesus by her side. Terese came into the world on July 3, 1976, in La Jara, CO the daughter of Alfred and Elaine Barela Duran.



Terese was a loving daughter, mother, grandmother, sister, aunt, cousin and friend who enjoyed Latch hooking, horse-shoes, being a Bronco fan, fishing, camping, and spending all the time she could with her family and granddaughter Braclynn Cisneros.

Survivors include her Mother Elaine Duran of Alamosa, CO; her father Alfred (Marbela) Duran

DuPont of Alamosa, CO; two brothers Brian Duran of Alamosa and

Mario Duran of Las Vegas, NV. She is also survived by Aunts, Uncles, nieces, nephews, cousins and friends.

Terese was preceded in death by her husband Ernie Candelaria both sets of grandparents, uncle Steve Barela, cousins Beverly, JoJo and Dominic.

Cremation was chosen and a funeral Mass will be held at a later date. To leave online condolences please visit romerofuneralhomes.com. The care of arrangements has been entrusted to Romero Funeral Home of San Luis

PENDING OBITUARIES

Jack G. Carmichael, 89

MOSCA — Jack G. Carmichael, 89 passed away April 1, 2020 at his home. Arrangements are pending with Rogers Family Mortuary.

School Menu - Wednesday - April 22, 2020

NO SCHOOL School Bus icon

COVID-19 To sponsor the School Menu call 589-2553

Valley News

COVID-19 testing to take place at two clinic locations

ALAMOSA — On Monday, Valley-Wide Health Systems will begin testing patients who meet the criteria for symptoms and exposure at the Convenient Care Community Clinic, 1131 Main St in Alamosa. Testing is also available at the La Junta Convenient Care Clinic at 1012 Belmont Ave in La Junta.

Due to the limited supply of these testing kits, patients must meet the criteria before receiving a test. These include: symptoms of COVID-19 such as fever, dry cough, and shortness of breath. Valley-Wide will also provide testing for SLV area healthcare workers who meet testing criteria.

Testing is available between 10 a.m. and 2 p.m. at the Convenient Care Community Clinic and during regular business hours at the La Junta Convenient Care Clinic, for patients who have been triaged and confirmed as qualified for testing. If you need to be tested for COVID-19, please call our triage line at 719-589-3658 and press 9 when prompted. Registered nurses staff our triage line, and they can help you determine whether you should



receive testing.

In order to be tested, you must call our triage line, and meet the following criteria:

- showing symptoms of COVID-19
- 65+ years of age, and/or
- Underlying health conditions

Essential workforce/critical infrastructure employees

Testing will soon be available at the Valley-Wide Cañon City location – we will announce when testing is officially available there.

Additionally, Valley-Wide Health Systems continues to serve patients

for non-COVID related needs. Our clinics remain open for patients with chronic or acute illness, obstetrics checks, Medication Assisted Treatment, and well-child checks for infants and children up to age 2. We also have telehealth appointments available for current patients so that you can speak to a provider from the comfort of your home. Telehealth services can be booked by calling your local clinic and requesting a telehealth appointment.

Alamosa Dental Clinic, Edward M. Kennedy Dental Clinic, Rocky Ford Dental Clinic and Valley-Wide Cañon City Dental will remain open, but only for emergency dental services, and on limited schedules, listed below. We are not scheduling any preventative dental services such as check-ups and cleanings at this time.

Alamosa Dental Clinic: OPEN, Monday – Friday

Edward M. Kennedy Dental Clinic: OPEN, Tuesdays and Thursdays

Valley-Wide Cañon City Dental: OPEN, Thursdays

Rocky Ford Dental Clinic: OPEN, Wednesdays

Rabbit Hemorrhagic Disease confirmed in Southern Colorado

BROOMFIELD – A highly contagious and fatal disease of rabbits and hares has been detected for the first time in Colorado. Colorado Parks and Wildlife (CPW) and the Colorado Department of Agriculture (CDA) report that Rabbit Hemorrhagic Disease Virus type 2 (RHDV-2) was confirmed late last week in three wild cottontail rabbits approximately 10 miles southeast of Alamosa in Costilla County, CO. RHDV-2 does NOT affect humans or domestic species other than rabbits, but is highly contagious and lethal among rabbits.

RHDV-2 is considered a foreign animal disease and is of high concern at the state and federal levels. Until recently, RHDV-2 was not considered a virus that would infect North American cottontails or hares; however, cases have now been reported in New Mexico, Arizona, and Texas. After these reports in other Western states, CPW and CDA increased efforts to raise awareness of the potential for this disease in Colorado.

CPW collected carcasses for testing after a report of dead wild rabbits in Costilla County on April 13th and submitted them to the CPW wildlife health laboratory for necropsy. Testing conducted by the USDA Foreign Animal Disease Diagnostic Laboratory was reported as positive for RHDV-2 on April 17, 2020. Recent unusual mortalities in Colorado wild rabbits have only been reported in Costilla County

to date, but CPW is requesting public assistance in identifying additional mortality events.

This virus has had significant impacts on domestic rabbits as well as wild rabbits and species that prey upon them in Europe. However, multiple dead or sick rabbits can also be a sign of tularemia or plague, diseases that can cause serious illness in people. Do not handle or consume sick or dead wildlife, and do not allow pets to contact or consume wildlife carcasses. RHDV-2 is from a different viral family than coronavirus and is not related to COVID-19.

Guidelines for Wild Cottontails, Hares, and Pika

Please report any sick/dead wild rabbits, hares or pika to your local CPW office.

Do not handle rabbits or rodents that have been found dead.

Do not allow pets or scavengers to feed on found carcasses. Though RHDV-2 is not a risk to pets other than domestic rabbits, a number of other pathogens and parasites from carcasses can affect pets.

Do not handle or consume rabbits or other game animals that appear to be sick. Instead, report these cases to the nearest CPW office.

Meat from healthy rabbits harvested by hunters is safe to consume when cooked thoroughly.

Guidelines for Domestic Rabbits

Rabbit owners should exercise extreme caution and biosecurity to avoid accidental exposure of domestic rabbits through contaminated feed, bedding, equipment, or clothing that may have come in contact from infected wild rabbits or birds that could transfer the virus from infected wild rabbits.

Domestic rabbits should not be housed outdoors in areas where rabbit hemorrhagic disease has been detected in wild rabbits.

Contact your veterinarian for more information about this disease in domestic rabbits.

Helpful Links on RHDV-2:

http://www.cfsph.iastate.edu/Fact-sheets/pdfs/rabbit_hemorrhagic_disease.pdf

https://www.aphis.usda.gov/publications/animal_health/fs-rhdv2.pdf

<https://www.colorado.gov/aganimals/rabbit-hemorrhagic-disease-virus-rhdv2>

Chaffee Sheriff's office and State Patrol end chase

SAGUACHE — On Saturday, April 18th at approximately 10:54 p.m. a Saguache County Sheriff's Deputy initiated a pursuit of a stolen 2017 Chevrolet Silverado southbound on Highway 285 on Poncha Pass within Saguache County.

Officers from the Colorado State Patrol, Saguache Sheriff's Office, Alamosa Sheriff's Office, Center Police Department and Rio Grande County Sheriff's Office responded to assist. The stolen vehicle struck two law enforcement vehicles and attempted to strike a third over the

course of the pursuit.

The stolen vehicle was ultimately stopped north of Hooper on Highway 17 after traveling over a tire deflation device and a tactical vehicle intervention maneuver was performed by a responding trooper. Two suspects were arrested with the stolen vehicle and one was apprehended at a nearby residence after fleeing on foot.

This incident is still under investigation. Charges are being filed by the Chaffee County Sheriff's Office.

COVID

Continued from Page 1

As we move towards the "Safer at Home" stage in our own community, it's important to safely support local businesses and one way you can do that is through the <https://slvsupportlocal.com/> website. If you are a local business owner you can also submit your business for this website.

When the statewide stay at home order is lifted next week, it does not mean that restrictions will be lifted all at once, or that we can go back to our old "normal" lifestyles. Just as the restrictions went into effect in stages, they will be lifted in stages. When the stay at home order ends and we begin "safer at home" next week, you won't immediately see a change in the operations of critical

businesses that have remained open, such as restaurants and grocery stores. The businesses that were considered non-essential in the past month will have restrictions on what services can be provided, and may not be allowed to open immediately after the stay at home order ends over the weekend. The official documentation on the plan has not yet been distributed by the State of Colorado. Without it, guidance cannot be provided on when you may be able to get the personal services you miss, like a salon visit or a massage. The Spring school semester will not resume this year, and gatherings will still be limited to 10 people or less. Each SLV county has a public health order specific to the needs of

that county. Be sure to be familiar with the orders from your specific county. For links to local public health orders, you can visit our website slvemergency.org/slv-covid-19.

April 21, 2020, Saguache County put Stage 2 Fire Restrictions in place. At this time Conejos County and Rio Grande National Forest also have fire restrictions in place. Before burning, please check local burn restrictions and do not burn on days when Red Flag warnings are in effect from the National Weather Service.

If you haven't yet, make sure you are counted in the 2020 Census. The 2020 Census will determine congressional representation, federal funding our area receives each year and provide

data that impacts our community for the next decade. The results of this once-a-decade count determine the number of seats each state has in the House of Representatives.

They are also used to draw congressional and state legislative districts. If you have not yet completed your 2020 Census, you can complete it online at www.my2020census.gov, or by phone at

844-330-2020 (English) or complete the census that was sent to you by mail-in

March. Please take the time to complete the 2020 Census so that our community

gets representation & funding for services within our community.

Aid

Continued from Page 1

Adams State will use another \$684,457 in federal CARES Act relief to support the return of students who enroll for the upcoming summer or fall semesters. Current Adams State students who register for summer 2020 courses or the fall 2020 semester at Adams State may receive a credit to their student account to cover costs for the upcoming summer and fall semesters. The credit amount for each student will be based on current financial need and enrollment status. Students registered by May 8 will be given priority consideration and credit awards will be posted to students' financial aid accounts, separate from standard financial aid packages.

Adams State is expected to receive an additional \$784,000 through the CARES Act to bring its total allocation of federal aid to \$1.5 million. It will be used for institutional COVID-19 expenses.

The Adams State Foundation has also launched a private fundraising effort to help add additional emergency aid to the Grizzly Persistence Aid

program. Grizzly Persistence Aid will be an ongoing effort by Adams State designed to assist students in dealing with unforeseen financial emergencies, which if not quickly resolved, could cause students to drop out of school. Students pursuing a college degree are sometimes derailed by a temporary financial emergency, such as the loss of a job or an unexpected increase in rent, which may cause them to leave school without earning a credential. Students typically request emergency funds for housing followed by transportation, childcare, and other unexpected costs.

Adams State believes the Grizzly Persistence Aid program will be one more way to remove barriers and increase persistence and graduation rates.

To apply for the Grizzly Persistence Aid program visit <https://www.adams.edu/students/grizzly-persistence-aid/>.

Students may view their account at www.adams.edu/onestop. Students and authorized payers can view the student account and make payment by logging in to www.adams.edu/ebill.

Treasure Alley

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Opinion

God Bless America ...

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

President Trump held the middle ground Monday as he tried to hold together a country that is rapidly splitting in two. Half wants to maintain the quarantine and half wants to get back to work. Has anyone thought of sending in Dennis Rodman to negotiate with the Corona Virus?

High Times magazine marked the worldwide stoner holiday they dubbed 4/20 as National Get High Day on Monday. It's annually the first of three consecutive holidays. National Get High Day is always followed by National Surprise Drug Test Day, followed by National Unemployment Day.

L.A. Mayor Eric Garcetti offers a reward to anyone who turns in people who refuse to shut down non-essential businesses or comply with social distancing and home confinement. On this forty-first day of home quarantine in Los Angeles I have just laid off my pants. They're not considered essential.



Argus Hamilton

Oklahoma City was the site of a back-to-work protest against the business shutdown Saturday in a car rally that rolled through the capitol. It's a miracle it came off so peacefully. Some drivers waved U.S. flags and some drivers waved Confederate flags and not ONCE did they fire on each other.

Fox News aired video of back-to-work protest rallies in Texas, Oklahoma and North Carolina Saturday. It's a fact that Southern states are more liberty-oriented. Georgia is opening its bowling alleys Friday but people don't need to be told by the government it's safer to play with their own balls.

The Atlanta Journal Constitution reported that the governor of Georgia is planning to reopen many businesses in Georgia this weekend including gyms, beaches, golf courses, and even the bowling alleys. However there is still a major public health threat. You still have to rent bowling shoes.

The Wall Street Journal reported that oil prices hit an all-time low negative thirty-seven dollars per barrel on Monday. This unprecedented upside-down oil price has huge political fallout. If gasoline stations end up paying you to fill up your tank in Los Angeles, Trump just carried California.

President Trump told reporters that peace with North Korea remains his goal. By the time you read this, Kim Jung Un may be Kim Jung Gone. That would be the most shocking change for a Kim since Kim Kardashian went from being the first sex tape star to a married Republican housewife.

North Korean dictator Kim Jung Un is reportedly in the hospital in Pyongyang gravely ill. The news is reporting it could anything from a bad heart to COVID-19. Upon hearing that Kim could be dying of COVID-19, China demanded a Nobel Peace Prize for releasing the virus in the first place.

North Korea's news agency claimed Corona Virus is non-existent in North Korea. You'd think if their dictator was dying of a virus, it'd be from the hot tub he shared with Dennis Rodman. Most Americans heard Kim Jung Un was sick in the hospital and just assumed he'd smoked a bad bat.

China's government was accused Monday of taking advantage of the corona virus uproar to step up human rights abuses against China's own citizens. It only sparked America's competitive spirit. The way things are going, Michigan is going to be competitive with China in only a week or two.

Dr. Fauci went on ABC's This Week with George Stephanopoulos Sunday and warned against Americans returning to work too early. Before starting his work on COVID-19, Fauci was a famous researcher on AIDS. The one thing I would guess they have in common is, no sympathy sex.

The Corona Virus Task Force said Monday Americans are getting lax in safety measures. Last month they asked us to sneeze into our upper arms, but instead we started stock-piling toilet paper. This just confirms a long-standing belief that too many people don't know their ass from their elbows.



To submit news, email:

news@alamosanews.com

To submit sports, email:

sjiron@alamosanews.com

Letters policy

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

Amarah's Corner

Just last week here in a desirable suburb of my hometown, 4-children overslept. When they realized their parents hadn't wakened them for school, one of the kids went to check on them. She found her parents, both professionals in their 30s, dead from a drug overdose. The poem listed below about drug addiction details what it's like to be affected by drug addiction.

The opioid crisis. The methamphetamine crisis. Addiction is not just in our inner cities. It's in our "nice" suburban neighborhoods, it's everywhere: in our homes - in our lives - in our children's lives. You see, so many nice, responsible parents like you and me get addicted to opioids after surgery or a painful accident. Dependency turns to desperation, to a need to feel the "normal" our brains have been altered to expect, only to seek out a more dangerous means of getting high.

Ongoing awareness and education are the key to stopping this epidemic, especially before it trickles down to our children.

When I saw this poem about drugs on Facebook posted by Duran Rakestraw, I knew I had to share it in the hopes that we can build more awareness of this crisis. Drugs and drug addiction will not treat its victims like human beings, but we must, if we want to end this. ~ Jenny Rapson

Check out the powerful words below:

Poem About Drugs
"I destroy homes, I tear families apart
I take your children, and that's just the start.

I'm more costly than diamonds, more costly than gold -
the sorrow I bring is a sight to behold.

And if you need me, I'm easily found.
I live all around you, in schools and in town.

I live with the rich, I live with the poor,
I live down the street, and maybe next door.

My power is amazing - try me you'll see.
But if you do, you may never break free.

Amarah's Corner



'Kids Like Me'

Just try me once and I might let you go,
but try me twice, and I'll own your soul.

When I possess you, you'll steal, and you'll lie.
You'll do what you have to just to get high.

The crimes you'll commit, for my narcotic charms,
are 'almost' worth the pleasure you'll feel in your arms.

You'll lie to your mother; you'll steal from your dad.
When you see their tears, you should feel sad.

But you'll forget your morals and how you were raised.
I'll be your conscience I'll teach you my ways.

I take kids from parents, I take parents from kids,
I turn people from God, I separate friends.

I'll take everything from you, your looks and your pride,
I'll be with you always, right by your side.

You'll give up everything - your family, your home,
your kids, your money, you'll be alone.

I'll take and I'll take, till you've nothing left to give.
When I'm finished with you, you'll be lucky to live.

If you try me - be warned - this is no game.
If given the chance, I'll drive you insane.

I'll destroy your body - I'll control your mind.
I'll own you completely; your soul will be mine.

The nightmares I'll give you while lying in bed.
The voices you'll hear from inside your head.

The sweats, the shakes, the visions you'll see.
I want you to know, these are all gifts from me.

And when it's too late, you'll know in your heart,
that you are mine, and we shall not part.

LETTERS

Dear Editor:

Saturday Vice-President Pence was at the Air Force Academy telling the graduating cadets that, "America was being tested" and that "when hardship comes Americans come together." The next day a couple of hundred people who I would guess considered themselves patriots were demonstrating at the Capitol in Denver. Unlike the freedom that Americans have fought and died for in the past, the freedom they want is freedom from taxes, freedom from following regulations, and freedom from feeling any responsibility for anyone but themselves. Like the captains of industry who are releasing their workers, but continue to pay dividends to themselves and buy back their stock to increase the share prices that they enjoy, they care only for themselves. They acted as if staying at home was much more than they should have been asked to do to help save others from the spread of the virus.

You might think that the COVID-19 health emergency would make these patriots question how great America is when black and brown citizens die at rates three and four times those of whites because of health issues such as stress, poor diets, lack of healthcare and living in environmentally unhealthy neighborhoods. How great is an America where a black man knows that his college degree will allow him to be compensated the same as a high school graduate who is a white male? Or a woman who knows that doing the job where a man is paid a dollar, she will only earn \$.81. This kind of fact falls on deaf ears of those who think only of themselves. I believe the real patriots will turn out to be those who take an active part in making the changes that will truly make an America we can be proud of.

Don Thompson
Alamosa, CO 81101-3108

You'll regret that you tried me - they always do.

But you came to me, not I to you.

You knew this would happen - many times you were told,
but you challenged my power, you chose to be bold.

You could have said no, and just walked away.
If you could live that day over, now what would you say?

I'll be your master; you'll be my slave.
I'll even go with you, down into your grave.

Now that you've met me, what will you do?
Will you try me, or not? It's all up to you.

I'll bring you more misery than words can tell.
Come take my hand, I'll lead you to hell."

Signed,
DRUGS

Retrieved from <https://foreverymom.com/health-fitness/poem-about-drugs-will-chill-you-to-the-bone/>

Write to me at Amarah's Hope for Kids Like Me, P.O. Box 354, Alamosa, CO 81101.

Also, Kids Like Me offers World Bible School Bible Correspondence Courses (free/postage paid) to kids like me and their parents, too. If you know a kid like me, or parent, who doesn't have a Bible, contact me and I'll make sure they get a Bible of their very own, "... and all the earth may know there is a God..." (1 Samuel 17:46, KJV).

My goal is to help kids like me, and I want to help their parents, too.

Until next time, remember, Jesus Loves You, and JESUS IS LORD!

Write them

GOVERNOR

Governor Jared Polis (D), State Capitol Building Room 136, 200 East Colfax, Denver CO 80203; (303) 866-2471; Fax: (303) 866-2003.

STATE HOUSE

Donald Valdez (D), Colorado State Representative, District 62, 200 E Colfax, Room 307, Denver, CO 80203; phone: 303-866-2916; email: Donald.valdez.house@state.co.us

STATE SENATE

Larry Crowder (R), Colorado State Senator, District 35, 200 E Colfax, Denver, CO 80203; phone: 303-866-4875 capitol, 719-850-2459 cell; email: larry.crowder.senate@state.co.us

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Lifestyle

Food benefits change to help families during pandemic

ALAMOSA — In response to the COVID-19 crisis, food benefits, or SNAP, will temporarily increase to the maximum allotment. For a one-person household, that is \$194/month or \$646/month for a 4-person household. This emergency allotment is approved month by month is currently approved through April.

Counties across Colorado are streamlining the application process to get needed food assistance to families as quickly as possible. Anyone is welcome to apply for food benefits online, by phone, or by picking up an application at your county office. For checking your eligibility and applying online, go to [Colorado.gov/peak](https://colorado.gov/peak). You can also apply or check your EBT balance through the MyCOBenefits app.

Community outreach partners will assist you in applying over the phone. Call the SLV Local Foods Coalition at 719-539-5606 (Mobile) ; 719-937-2319 (Leave a Mes-

sage); or Hunger Free Colorado's Hotline 855-855-4626.

For general information about food resources in the San Luis Valley, visit the online directory at <https://sites.google.com/view/slv-covid-food-resource/home>.

And for any other questions, you may call the SLV COVID information hot-line between 9 am- 12 pm and 4-7 pm seven days a week. For English: (719) 480-8719 or en Español: (719) 315-5019.

The San Luis Valley Local Foods Coalition and its food bank partners are very interesting in learning about anyone who may be sheltering at home without the ability to drive and needs food support or other assistance. For this call 719-539-5606; or fill in the form found at the covid online directory mentioned above and also available through the SLVLCFC website at www.slvlocalfoods.org. Be Safe and Be Well!

How to handle the mental challenges of social distancing

The concept of "social distancing" was no doubt a mystery to millions of people prior to 2020. But in the wake of the outbreak of COVID-19, a novel coronavirus that was first discovered in China in late 2019 but soon spread across the globe, social distancing became a household term.

Social distancing refers to actions deliberately designed to increase the physical space between people to avoid spreading illness. The American Psychological Association notes that social distancing typically requires that people stay at least six feet apart from each other while also avoiding gathering spaces such as schools, churches, concert halls, and public transportation. In an effort to prevent community spread, many state and provincial governments mandated the closure of all businesses deemed "nonessential," forcing many working professionals to work from home full-time and temporarily putting millions of additional workers out of work.

Social distancing measures are designed to serve the greater good, and these efforts can be effective at stopping the spread of harmful viruses like COVID-19. But social distancing also can produce unwanted side effects. The APA notes that research has shown that people who are social distancing may be vulnerable to fear and anxiety; depression and boredom; anger, frustration or irritability; and stigmatization. However, the APA also notes that research has uncovered successful ways to cope with social distancing.

• Make time for fun activities. Psychologists

recommend balancing time spent on news and social media with other activities unrelated to social distancing or quarantine. Make a conscious effort each day to read a book, listen to music or even learn a new language.

• Get news from reliable sources. Inaccurate information about COVID-19 can spread fear, making it even more difficult for people to cope with social distancing. The APA recommends people get their information from news outlets that rely on trusted organizations like the Centers for Disease Control and Prevention and the World Health Organization.

• Maintain virtual connections with others. Face-to-face interactions may not be possible, but the APA notes the value of phone calls, text messages, video chat, and social media. These channels of communication provide an opportunity to stay connected with loved ones and express emotions.

• Maintain a healthy lifestyle. The APA advises everyone to get enough sleep, eat well and exercise while social distancing. Do not cope with the issues that result from social distancing by using alcohol or drugs, which may only exacerbate feelings of anxiety and depression. People also can consider their telehealth options so they can access psychotherapists to help them through.

Social distancing has proven challenging for millions of people across the globe. As difficult as social distancing can be, there are ways for people to cope and stay in touch with their loved ones. More information about social distancing is available at www.apa.org. TF206002

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Earth Day

Earth Day 50: Time to Restore Our Earth

By SUSAN BASS

While the exact origin and cause of the coronavirus continues to be debated, scientists are sounding the alarm that unless we take better care of the planet, we risk more and even deadlier viruses ravaging our communities. As the 50th anniversary of the first Earth Day (April 22, 1970) approaches, it is time to listen to the science and take stock of what we need to do — and not do — to heal our planet and prevent future pandemic outbreaks.

The transmission of viruses from wildlife to people rises as contact between people and wildlife increases. Trade-in wildlife and live animal markets are identified as major suspects for virus transmission. However, contact is also increasing as a result of deforestation, habitat fragmentation and expanding agricultural borders.

Among the startling statistics that scientists are sharing is that “almost half of the zoonotic disease that have emerged in humans since 1940 resulted from changes in land use, from changes in agricultural or other food production practices or from wildlife hunting.” Zoonotic diseases are those jump from animals to humans. Among the diseases that fall in this category are SARS, Ebola, West Nile, Lyme, MERS.

A recent Stanford University study focused on contact between humans and primates in western Uganda confirmed that forest loss resulting in fragmented patches is increasing the likelihood of viruses jump-

ing from wild animals to people. The key point here is that people are intruding on animal habitats, not vice versa.

You don't need to travel to remote lands to encounter these viruses. Here in the United States, we are only too familiar with Lyme disease, which is linked to forest fragments in suburban and rural communities. Lyme disease is transmitted from wildlife to humans via ticks.

Biodiversity loss also contributes to the spread of disease. West Nile virus is transmitted by mosquitoes with several bird species acting as host. There is a strong correlation between low bird diversity and increased human risk or incidence of West Nile encephalitis in the U.S.

Unfortunately, we are losing the battle globally on stemming deforestation and biodiversity loss.

Since humans have started cutting trees, the number of trees globally has dropped by 46% with 15 billion trees being felled every year.

In 2020, the World Economic Forum announced the launch of the One Trillion Tree Initiative platform for governments, businesses, and civil society in support of the United Nations Decade on Ecosystem Restoration. As of February 2020, 13 billion trees had been planted.

However, tree planting may be fraught with peril. Planting the wrong types of trees or planting trees in the wrong places may harm ecosystems and cause problems for local wildlife. Tree-planting programs

may also distract from the priority of maintaining and protecting existing forest stands, which provide habitat and sequester significant amounts of carbon.

Global biodiversity — which serves as the safety-net for our health and welfare — is increasingly threatened. The IPBES Global Assessment Report on Biodiversity and Ecosystem Service found that one million animal and plant species are currently threatened with extinction. Native species populations in land-based habitats have fallen by 20%. The main culprits in order of impact are changes in land and sea use, direct exploitation, climate change, pollution, and invasive alien species.

Visible from space, the historic bushfires this past year in Australia killed half a billion, mammals, reptiles, birds and insects, threatening the survival of iconic species, such as koalas and kangaroos. An extreme drought and extended heat-wave brought on by climate change contributed to the unprecedented magnitude and length of the fires.

In response to this dire situation, the U.N. is calling for the protection of at least 30% of the world's land and oceans in order to prevent the loss of the world's biodiversity. Governments were scheduled to meet later this year in China to adopt a new set of biodiversity goals, but the meeting has been postponed because of COVID-19.

Similarly, the global climate change conference scheduled for November in Glasgow has also been

postponed, stalling further coordinated action on climate change.

Our Earth cannot wait for

meetings. This year there are two Earth Days — one on April 22 and the other on Election Day in November.

You can take action to help restore the Earth. Register to Vote. Commit to Vote. Vote Early. Vote Earth.

9 Reasons to Shop Local

- 1 Shopping Local Creates Jobs:** The jobs created allow spending in the local economy and helps create more jobs.
- 2 Local independent businesses invest more in our community:** They support local charities, schools and community events which financially impacts our community.
- 3 Local businesses sell a wide range of great products at affordable prices and cater to the needs and wants of the community.**
- 4 Shopping Local saves you money and time!** Travel expenses and personal time make the overall cost of items higher.
- 5 Shopping Local retains our community:** Without the support in the local community, restaurants, shops and services are forced to close.
- 6 Shopping Local retains our distinctiveness:** Local businesses respond quicker to the needs of the customers and stock products to meet the core community's needs.
- 7 Shopping Local encourages community growth.** By choosing to do business locally you help maintain Alamosa's diversity, charm & appeal. Which in turn, attracts new community members.
- 8 Shopping Local invests in community services and city economy.** Your dollars spent in locally-owned businesses have three times the impact on your community as dollars spent outside of Alamosa.
- 9 Local shops value you more:** Local businesses survive by their reputation & repeat business which means you get a higher standard of service.

How Earth Day and environmental consciousness have evolved

Reduce, reuse, recycle is a mantra for many people. It's difficult to imagine that just 50 years ago awareness of the state of the environment was not part of the collective consciousness.

An emerging public consciousness about the planet began amid environmental issues like increased air pollution and massive consumption of fossil fuels in the 1960s. The bestselling book "Silent Spring" by Rachel Carson also raised public concern for living organisms and the links between pollution and public health. The push for environmental reform gained even more momentum on April 22, 1970, when the first Earth Day was celebrated. Then-Senator Gaylord Nelson from Wisconsin put Earth Day on the national stage following a large oil spill that struck off the coast of Santa Barbara, Calif. Before this disaster, recycling was not a word in the popular lexicon. But when the disaster struck, people began to reason that changes would have to be made to save the planet.

Since the first Earth Day 50 years ago, many strides have been made in the environmental movement. This grassroots initiative gave rise to the establishment of the Environmental Protection Agency, the Clean Air Act and the Clean Water Act. Environmental

awareness has become much more mainstream and is a less polarizing issue than it was in the 1970s, although there are still debates about the reality of climate change and other risk factors. Public demand for environmental safeguards grew in the second half of the twentieth century, and those demands have grown stronger in recent years. Legislation is continually evolving to protect the air, land and water. Sustainability has joined the buzzwords of the movement, and most industries now have a vested interest in changes that can minimize risk to human health and the environment.

Mitigating or avoiding environmental effects, proper waste disposal, reduction in water discharge, and emphasis on reducing, reusing and recycling have become important components of environmental wellness. And people are being educated at earlier stages on the importance of environmental mindfulness. For example, core subjects of the environmental movement are increasingly covered in elementary schools.

Twenty million people turned out for the first Earth Day in the United States. Today, more than 190 countries are engaged and more than one billion individuals are mobilized for action every Earth Day, advises the Earth

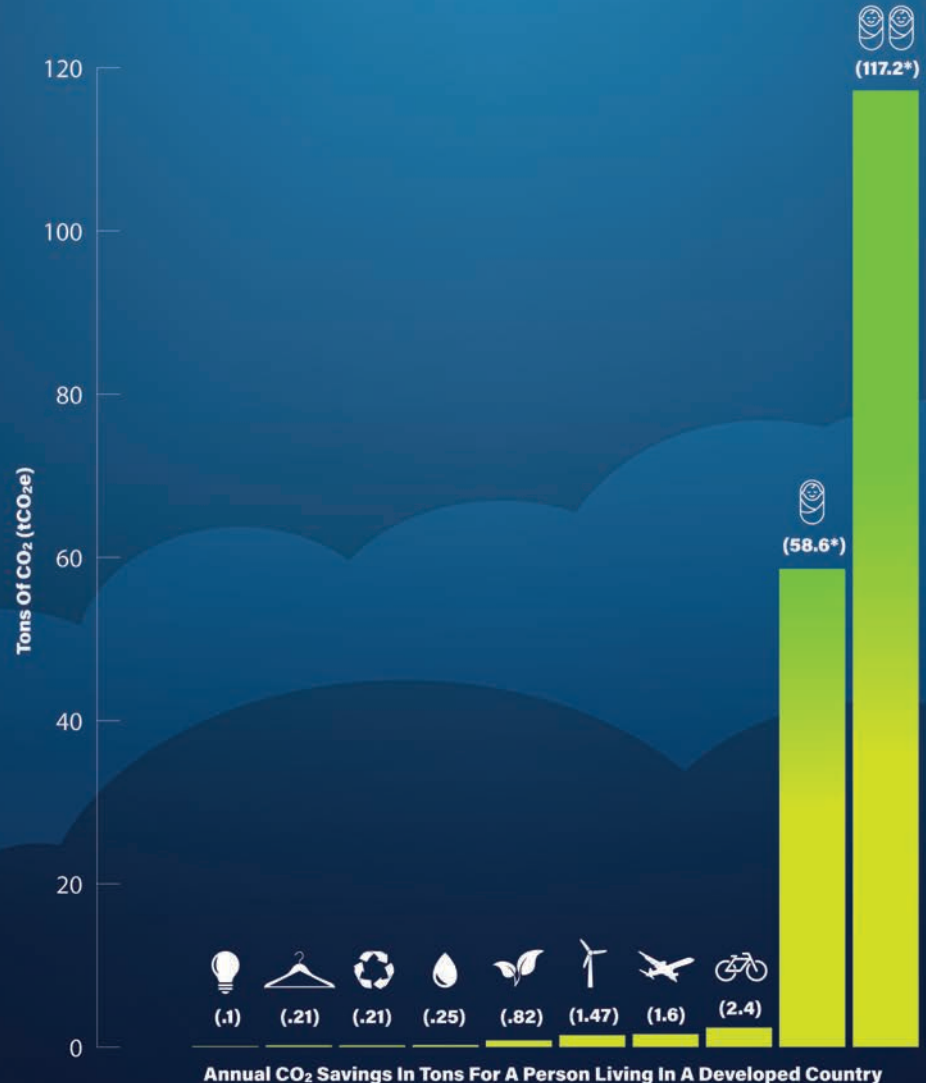
Day Network. To mark the 50th anniversary, the most pressing topic for the year is climate change. Climate Action is the 2020 Earth Day theme to engage the global public. There is still work to be done, but great progress has been made since 1970. TF204864



Courtesy Photo

It's difficult to imagine that just 50 years ago awareness of the state of the environment was not part of the collective consciousness.

Top Personal Actions You Can Take To Address Climate Change



- Upgrade Light Bulbs
- Hang-Dry Clothes
- Recycle
- Wash Clothes in Cold Water
- Eat a Plant-Based Diet
- Choose Green Energy
- Avoid One Roundtrip Transatlantic Flight
- Live Car-Free
- Choosing to have One Less Child
- Choosing to have Two Fewer Children

*Cumulative CO2 emissions from descendants decreases substantially if national emissions decrease. Global Total Fertility Rate 2019: 2.5 births per woman - UN Population Division. Source: Seth Wynes and Kimberly Nicholas, Lund University, 2017





Conejos

Hints for health

By SYLVIA LO-BATO

CONEJOS — Conejos County Public Health has released an order related to COVID-19 as an effort to slow down its spread so it doesn't over stress our Health Care System, Conejos County Emergency Management has announced.

The State of Colorado has announced there have been no deaths recorded in the county since the outbreak began and there are no COVID-19 positive patients in Conejos County at this time.

There also were few in The San Luis Valley cases are expected. To keep up to date go to official sites, either Conejos County sites or slvemergency.org.

Taking preventative action is called "flattening the Virus spread curve," making this much more manageable, but it takes everyone's cooperation to be successful! The county commissioners, administration, elected officials, public health and emergency manager are all working tirelessly to keep us all safe.

"Take everyday actions to protect yourself and those you love," the order says. "There are effective ways to reduce the risk to

yourself and the people you care about."

Frequently and thoroughly wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer with at least 60 percent alcohol.

Cover coughs and sneezes with a tissue, then throw the tissue in the trash, or use your inner elbow or sleeve. Avoid touching your eyes, nose and mouth with unwashed hands. Use regular household products to clean surfaces in your home and personal items such as cell phones.

Things to remember It is normal to be scared, distressed or angry when you hear about a disease outbreak, even when you are at a low risk of getting sick. Be careful not to turn fear and anger towards people who have become sick. Ask yourself: Would you think or do the same thing if this was a different infectious disease, like the flu?

Does what I'm doing make people safer or does it create more fear or harm? The risk of COVID-19 is not at all connected with race, ethnicity, or nationality. Blaming others will

not help fight the illness. Seeking and sharing accurate information will.

Recognize signs of stress in yourself. Identify what you are afraid of. Figure out if what you fear is something that you can address right now. If not, know what activities help you release energy from stress and fear, such as physical activity, listening to music, or talking with someone you trust. Do something that puts you in a positive mood.

Higher-risk people Certain people are at higher risk of getting very sick from COVID-19, including:

Older people (over age 60), especially those over 80.

People who have chronic medical conditions like heart, lung, or kidney disease or diabetes.

Older people with chronic medical conditions are at the highest risk.

People at higher risk should take action now to be prepared for this virus if there is an outbreak in their community. CDC has the information you need to prepare.

Everyone's daily preventive actions are important in reducing spread to people who may experience more severe illness.



Healthcare issues

CONEJOS — While Conejos County is working to weather the coronavirus COVID-19 health crisis, Conejos County Health Director Denise Jiron explains to residents and visitors alike, "We are experiencing some of the complications of living in a rural area. These complications include, but are not limited to the following:"

• Resources: The local health care system, Conejos County EMS and Conejos County Sheriff are not equipped to handle cases of coronavirus with increased population.

• Grocery stores: Please be aware that grocery stores in Conejos County have limited quantities of stock and availability.

• Health care: "Valley Wide Health Services and SLV Health are extremely limited in their capacity to care for those affected by COVID-19." SLV Hospitals have very limited testing resources.

Hospital beds and ICU capabilities throughout the Valley are very limited. An influx of population would potentially put added pressure on nearby regional hospitals that will be taxed by other areas, as well.

• Altitude: Conejos County's high altitude is not well suited for a respiratory illness, such as COVID-19

• Quarantine: Conejos County is requesting you to self-quarantine in your home for 14 days upon returning to the county for the prevention or spread of coronavirus.

• Colorado Gov. Polis has asked that we all wear a face covering or a mask when venturing out into the public stores, businesses and the like.

• Finally, and due to the COVID-19 circumstances, The Conejos County Department of Public Health strongly advises summer visitors to delay their summertime plans until June 1.

Groceries for those in need

LA JARA — On Thursday morning, April 23 at the Northerners Senior Center in La Jara seniors will be provided groceries and essentials. Thanks to a grant from El Pomar essential items including food and toiletries will be provided for seniors all over Conejos County. Those in need and veterans are also encouraged to attend. The grocery distribution will take place from 10-11 a.m. on Thursday.

Don't clog us up

ANTONITO — The Antonito Public Works Department has faced two major sewage blockages in Antonito due to baby and disposable wipes. The sewer system and pump stations are not designed to pump and treat wipes. Please DO NOT flush baby and disposable wipes or paper towels down the toilet. Continued blockages cause expensive pump damages.

Maintenance still available

LA JARA — Citizens of the Town of La Jara! Our town employees (maintenance workers) are still available to assist with limited tasks, such as running errands or picking up meds, etc. The Hown Hall phone number is 274-5363. The town is seeking grants to assist with payroll down the road for our employees.

This "stay at home" policy has been challenging for all of us, say town trustees, but is the best practice for now. "Don't hesitate to call the town clerk if you need anything. We cannot buy groceries, but the clerk has information about food bank and Care and Share. The Northerners Senior Center is applying for some assistance to help with supplying staples like milk, eggs, bread potatoes, beans and toilet paper. The senior population will be served first and then those citizens that are truly in need. Details regarding this assistance will be forthcoming.



ONE OF THE FIRST "CANDIES" WERE MADE FROM HONEY MIXED WITH FRUIT OR NUTS IN THIS COUNTRY.

ANSWER: EGYPT

How they SAY that in...

ENGLISH: Sweet
SPANISH: Dulce
ITALIAN: Dolce
FRENCH: Sucré
GERMAN: Süß

What's the Difference?
 There are four things different between Picture A and Picture B. Can you find them all?



Answers: 1. "Chocolate" on box 2. Extra drop on middle chocolate 3. Missing candy in back 4. Extra candy on left

THIS DAY IN...

APR 25 HISTORY

- 1901: NEW YORK BECOMES THE FIRST STATE TO REQUIRE LICENSE PLATES ON CARS.
- 1945: FOUNDING NEGOTIATIONS FOR THE UNITED NATIONS BEGIN IN SAN FRANCISCO.
- 1959: THE ST. LAWRENCE SEAWAY OPENS TO SHIPPING.

New word

SACCHARINE

excessively sweet or sentimental

Did you know?

MANY CANDY HISTORIANS THINK THAT JELLY BEANS ORIGINATED IN THE MIDDLE EAST FROM A CANDY KNOWN AS "TURKISH DELIGHT."

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: MOLDED CHOCOLATE



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Comics

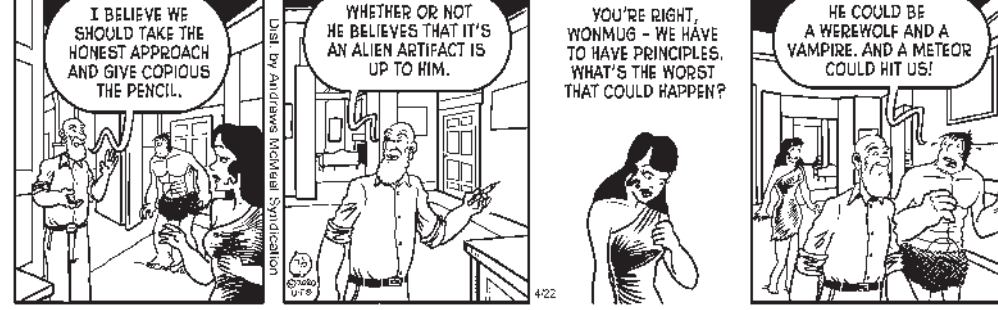
CROSSWORD PUZZLE

- ACROSS**
- 1 Samurai's land
 - 6 Hidden supply
 - 11 Want
 - 12 Gold Rush state
 - 13 Draw out
 - 14 Lethargic
 - 15 Preferred strategy (2 wds.)
 - 16 Edible root
 - 17 Morrison or Braxton
 - 18 Make taboo
 - 19 Flu symptom
 - 23 Like many dorms (hyph.)
 - 25 Computer whiz
 - 26 Narrow inlet
 - 29 Oxlike grazer
 - 32 Chow mein additive
 - 33 And, to Fritz
 - 34 Entered a 10K
 - 35 Express in words
 - 36 Hoax
- DOWN**
- 38 Toodle-oo! (hyph.)
 - 40 Boxing win
 - 41 Pixel
 - 42 Breathe hard
 - 46 Third-rate
 - 48 Gamma follower
 - 49 Beach near Los Angeles
 - 52 Weaker
 - 53 Kitchen tool
 - 54 Parka
 - 55 Thoroughly wet
 - 56 More crafty
- DOWN**
- 1 Simple dessert (hyph.)
 - 2 From China, for example
 - 3 Summer outing
 - 4 Soprano's piece
 - 5 Tennis court divider
 - 6 Tart plum
 - 7 Clan ID
 - 8 Cleopatra's snake
 - 9 Travel on powder
 - 10 I've been —!
 - 11 Corp. section
 - 12 Two fives for —
 - 16 One to avoid (2 wds.)
 - 18 Bartok or Lugosi
 - 20 Ring things
 - 21 Cato's bear
 - 22 Upright
 - 24 Above, to poets
 - 26 Twice-baked bread
 - 27 Quechua speaker
 - 28 Per diem
 - 30 Orderly
 - 31 Insect killer
 - 37 Down in the dumps
 - 39 Bureau
 - 41 Unsmiling
 - 43 Identical
 - 44 Cowboy's charge
 - 45 Auditor's wish
 - 47 Toe the line
 - 48 Two-way
 - 49 Yr. fractions
 - 50 GI address
 - 51 Chicken piece
 - 52 Slumber party attire



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ALLEY OOP



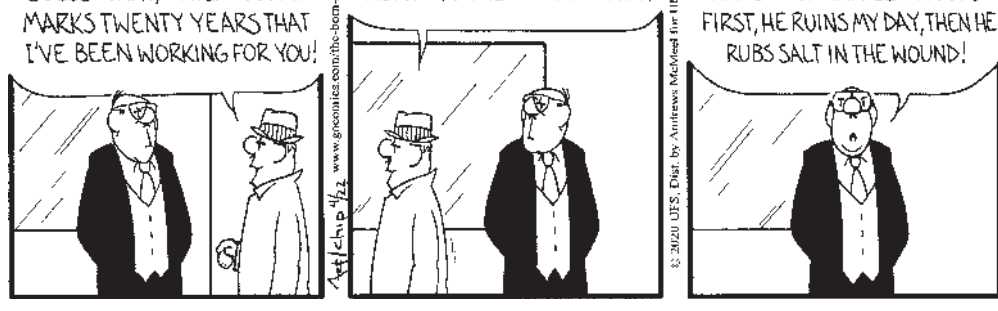
ARLO & JANIS



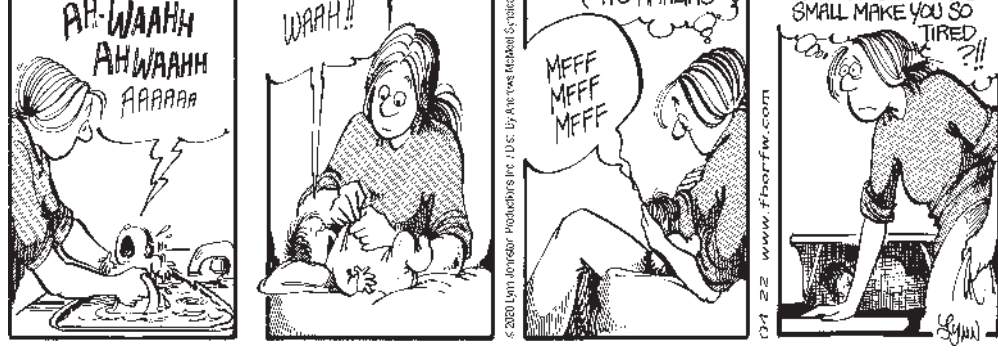
BIG NATE



THE BORN LOSER



FOR BETTER OR FOR WORSE



FRANK & ERNEST



GARFIELD



THE GRIZZWELLS



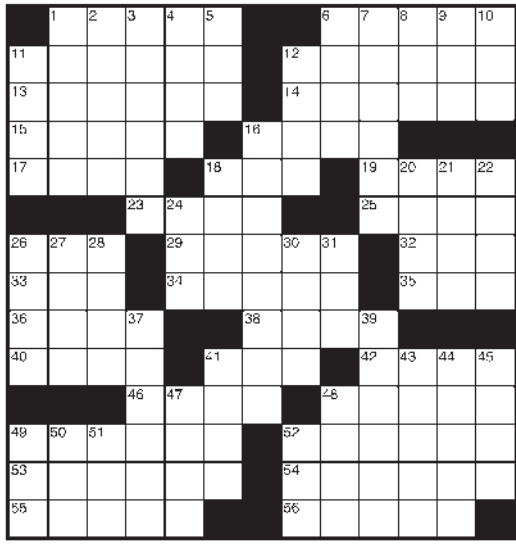
PEANUTS



HERMAN



"Open up! I want to take a look down your throat."



CELEBRITY CIPHER

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

"VP UR JRO GJSPXGO OSP PBXOS
IXRC RZX BJTPWORXW; VP LRXXRV
GO IXRC RZX TSGDUXPJ." — TSGPI
WPBOODP

Previous Solution: "I never tried to prove anything to someone else. I wanted to prove something to myself." — Kobe Bryant

Brain injury alters friend's personality in negative ways

DEAR ABBY: "Stella" and I have been close friends for 25 years. Two years ago, she was in a car accident and suffered a traumatic brain injury. She has since recovered and returned to work. Stella's personality has changed a lot since the accident. Her language and clothing are inappropriate. At 65 years old, her wardrobe now consists of miniskirts, spike heels, over-the-knee lace-up boots, halter tops, etc. She says suggestive things to my boyfriend in front of me. He no longer wants to be around her. Most of Stella's friends have distanced themselves, and her husband has moved out of their home.

will react, but you may get through to her. If not, she may end her friendship with you, and you can retain your sanity.

DEAR ABBY: My significant other, "Bob," and I have been together for 30 years (never married). The past 10 years of our relationship have not been so good in the bedroom.

Bob has ED and refuses to see a professional about it. He is well aware of how unfair it is to me because my sex drive is still in full swing. Would it be wrong to tell him that since he doesn't want to seek help for his problem, I am going to find a "friend with benefits"?

I have reached the point where I want to leave him. If he would get help for his problem, our relationship would improve, and I would be willing to stay. -- DEPRIVED IN OHIO



ABIGAIL VAN BUREN

and his sister have been letting my father-in-law stay with each of us on different nights. He's with us every Friday and Tuesday and with my husband's sister Thursday, Saturday and Sunday.

My father-in-law is healthy and capable of doing everything for himself. I am getting SO tired of this arrangement! It is cramping my life in a big way. What do I do? -- RUINING MY LIFE IN THE SOUTH

DEAR TOO MUCH: Be gentle with Stella because her change may be beyond her control. Help her by trying to talk frankly with her. Explain how much her personality and image have changed since the accident, and that some of her actions have made people so uneasy they have distanced themselves. Tell her that her comments to your boyfriend made him uncomfortable, and you need them to stop. I can't predict how she

DEAR DEPRIVED: Bob may be so embarrassed about his ED problem that he's afraid to have a frank talk with a doctor about it. It's a shame because in many cases there is help for it.

Because you have reached the end of your tether, discuss your feelings with him as openly as you have with me. If you do, it may jolt him into doing something for himself that he should have done a decade ago.

DEAR RUINING: Start making plans for yourself on Friday and Tuesday nights so you will feel less encroached-upon. And introduce your father-in-law to some ladies his age -- providing he is willing. (Men in his demographic are a hot commodity, and I'm betting that he will be willing.)

DEAR ABBY: My mother-in-law passed away a year ago. Since then, my husband