



Adams State begins Fall registration April 8th.

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Cotter named RMAC Women's Indoor Track Athlete of the Year

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# Valley Courier

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LOCAL NEWS... LOCAL VIEWS

APRIL 4, 2020

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SLV Today VFW Easter

ANTONITO — Veterans of Foreign Wars Commander Jimmy Duran has announced VFW Post 4849, American Legion and Auxiliary of Antonito have canceled the annual Easter egg hunt. "It is one of the hardest decisions we've had to make," he said, but it is his duty and responsibility to look after the children, community and post members.

City Council to meet by video

ALAMOSA — Alamosa School District will hold a school board meeting April 6th by zoom video webinar beginning at 7 p.m. The Board meeting room will not be open to the public due to COVID-19, but will be open for comments via Zoom.

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Partly Cloudy 61/28 Sun: Sunny 64/28 Mon: Sunny 66/27

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## Valley couple honored for philanthropy

ALAMOSA — Grass-roots San Luis Valley leaders Jamie and Cristalray Dominguez were recently presented the Philanthropists of the Year award by the Latino Community Foundation of Colorado (LCFC). The

award was presented in Denver in early March before the Coronavirus outbreak.

Jamie and Cristalray are owners of Ef's Restaurant and DGZ Contracting in Alamosa. They have served on the Alamosa

County Prevention Coalition, the Alamosa Alumni Association, and helped found the Five Star Riders' Car Club which has raised money for local toy drives, Thanksgiving meals for needy families, donations to La Puente, ice skates for the Alamosa Recreation Center and many other worthy

causes including raising money to help pay for funerals of young overdose victims.

"They first realized that they had the ability to change their own lives, and soon after discovered they could be instrumental in helping to change other lives as well," stated

an email announcement from the Community Foundation of the San Luis Valley. "In the beginning, they went looking for youth in need. Now, their community-connected philosophy and way-of-life have brought young people in need to them."



Photo courtesy of LCFC Jamie and Cristalray Dominguez accept the "Philanthropists of the Year" award from the Latino Community Foundation of Colorado (LCFC).

## If you can't come to the teachers...



ALAMOSA — Teachers from the Alamosa School District paraded all over town on Friday touting posters with positive messages while honking and waving at the student body that took to the streets with posters of their own. Wednesday Governor Jared Polis extended the closure on in-person learning until April 30th.

## Public Health recommends covering face

ALAMOSA — The Alamosa County Public Health Department is recommending covering one's nose and mouth when leaving the home for essential travel, such as to the grocery store, doctor, or pharmacy. Safely cover your face with a bandanna or homemade cotton face covering, reserving hospital-grade masks for healthcare workers and those who are sick.

Studies indicate that there is no reason to not use a face covering as a precaution and that wearing something over your nose and mouth can provide an additional layer of protection when you go out. Many people aren't aware that they can spread COVID-19 when they do not have symptoms or have even mild symptoms. The spread of COVID-19 primarily occurs through the spread of airborne droplets from the infected individual, which fabrics can help filter. A face covering lessens the risk for a healthy individual to breathe in droplets as well as lessens the spread from those who may not realize that they are sick. When face coverings are combined with frequent handwashing, they may help reduce the transmissions of COVID-19.

Wearing face coverings also sends a strong message to others that we are not living in normal times and that we all need to change our behaviors to help stop the spread.

Also, face coverings are a good way to remember to not touch your face and will make you conscious of trying to touch your nose and mouth.

Alamosa County Public Health continues to stress staying home unless essential and reminds everyone that when going out, you must stay at least six feet away from others at all times. How to safely adhere a face-covering:

- Tie long hair back.
- Wash your hands.
- Secure the face-covering over your nose and mouth.
- DONOT TOUCH YOUR FACE OR FACE COVERING.
- Leave the covering on until you can safely remove it.
- Remove your face covering immediately if it becomes wet or if you feel you have come into contact with someone who is sick.
- How to safely remove a face covering:
  - Wash your hands.
  - Grab the face-covering by the area around your ears.
  - Take the covering off, keeping the outside of it well away from your face, and place directly into the washing machine.
  - Wash your hands with soap and warm water for at least 20 seconds.

For the most up-to-date information, go to SLVemergency.org/slv-covid-19

## COVID-19 Public health update

SAN LUIS VALLEY — Yesterday we began our update with the reminder that this is not a vacation; it is a pandemic. We love visitors and we rely on tourism in the San Luis Valley, but we must now ask that visitors delay their plans to come to our area until after this pandemic crisis is over. Our high altitude is not well suited for a respiratory illness such as COVID-19. Our local healthcare system is not equipped to handle the increased cases of COVID-19 that could arrive with the seasonal increase in population, whether that population is from second homeowners or other visitors. We have very limited hospital beds and even fewer ICU bed capabilities in

our six-county area. Hospitals in neighboring areas have severe demands placed on them right now as well. We know you understand and care about your resident Colorado neighbors, and would not wish for further hardship for them.

Let's talk about numbers. For our readers, you may have noticed that we shifted our emphasis away from numbers of positive cases, although we do continue to post them daily at <http://www.slvemergency.org/slv-covid-19/>. Today, we are reporting 17 confirmed cases in the San Luis Valley, no change since yesterday. Why do we want to de-emphasize this information? Simply put, it is because we know this

number is not a complete and accurate reflection of the total number of people who have COVID-19. This number includes only those who have been tested positive, and those who we have identified through contacts with those who have been tested. It does not include others in the community who may not have been sick enough to be tested, but who could still potentially transmit the virus to others.

The Governor has asked that everyone begin using a face cover when making those rare essential trips out in public; if you don't have a mask, you can use a bandana or a scarf.

See HEALTH page 3



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# Record

## OBITUARIES

### Anna Mae Haynie White Jensen, 88

**ALAMOSA** — Anna Mae Haynie White Jensen passed away on April 1, 2020, in Cedar Hills, UT. She will be interred at the Sanford Colorado Cemetery.

Anna was born in Manassa, on December 13, 1932, to Clelland Haynie and Zella Estrella Holman Haynie.

She was the seventh of ten children. She started school at age five, in the Manassa schoolhouse, and graduated from high school there at the age of 17, in 1950.

She worked as a telephone operator for Mountain Bell Telephone Company in Alamosa, Denver and in Salt Lake City. She retired with 22 years of service.

She married LaVoy Glen "Pinky" White from Sanford, in October 1950. They had four children: Patricia Ann (born 1955), Sandra Kay (born 1957), Steven (August 11 - 12, 1960) and Gary Wayne (born 1962).

The family moved several times in Colorado, living in Alamosa, Colorado Springs, and Sanford. They also lived in Salt Lake City for three years.

Their family moved to Arvada in 1970, where she continued to work for the telephone company, raise her growing family and served in many church callings. Anna lovingly served and made new friends everywhere she went.

Anna and LaVoy di-



vorced in 1975 and the family moved again. Patricia and Sandra were both attending BYU in Provo, UT at that time, so Anna and Gary moved to Orem, UT.

There they lived with her sister, Lorraine Thayne, and their mother, Zella Haynie. She continued to work for the telephone company in Utah and enjoyed being close to her family.

She and Gary moved once again when she was married and sealed to Walter LeGrande "Scotty" Jensen of Sanford in May 1977. They lived in the home Walter was born in until 2004.

Walter raised alfalfa, hay and cattle, while Anna lovingly cared for their gracious Victorian home, upgrading and improving it inside and out. She continued to work at Mountain Bell in Alamosa until her retirement.

She was also happily active in church and civic events during that time and loved her associations with many relatives and families in the area.

Scotty and Anna left the valley to serve in the South Carolina Columbia Mission for the Church of Jesus Christ of Latter-Day Saints from April 1984-October 1985.

When they returned home, they served for two years as temple workers in the newly built Denver Colorado Temple.

In 2004, as Scotty began to develop Alzheimer's, they moved to Utah where more care choices and more family support were available. Walter passed away in 2006, and Anna made beautiful homes for herself in Belle Monet Condominiums (Pleasant Grove), Cove Point Independent Living (Provo), and finally, The Charleston Assisted Living Community (Cedar Hills).

Anna was preceded in death by her infant son, Steven White; her husband, Walter Jensen; eight siblings: LaVoy Haynie, Tommy Haynie, Sheldon Haynie, Dan Haynie, Lorraine Thayne (Harold), Edsel Haynie, Willis Haynie, Colleen Cunningham (Morris); and one granddaughter, Kristyn Zenger.

She is survived by Patricia White Zenger (Paul); Sandra White Heaton (Gary); Gary Wayne White (Terrilyn Cluff); 12 grandchildren; 27 great-grandchildren; her brother, James Haynie and many beloved nieces and nephews.

### Charles Jeffrey Bagwell, 64

**ALAMOSA** — Charles Jeffrey Bagwell, 64, died at the San Luis Care Center in Alamosa, on March 31, 2020, after a 30-year battle with Rheumatoid Arthritis.

Charley was born April 5, 1955, in Alamosa, to Gordy Luther and Ruth Weddington Bagwell. He was a rancher and was a partner in G.L. Bagwell & Sons. He loved music and classic movies.

He had many close friends and was assisted by many close friends. He loved going to the cabin along the Brazos River when he was able and loved living at the family ranch in Los Cer-



ritos. He enjoyed trips with Scott Sowards over the years, traveling as far as Tahiti.

He is survived by brothers: Tom Bagwell (Barbara) and Lee Bagwell (Grace) of Manassa; and

sister, Barbara Gay Goddard (Dave) of Castle Rock. He is also survived by numerous nieces, nephews and extended family.

He was preceded in death by his parents and great-niece, Kristi Bagwell.

At his request, cremation was chosen and no funeral services will be held. His ashes will be scattered at the ranch in Los Cerritos.

Rogers Family Mortuary is in care of the arrangements. To leave words of strength, comfort and for condolences, please visit [www.Rogers-Funerals.com](http://www.Rogers-Funerals.com)

## PENDING OBITUARIES

### Orlinda Maria Trujillo, 80

**CAPULIN** — Capulin resident Orlinda Maria Trujillo, 80, passed away on April 3, 2020. Arrangements are pending and will be announced through Rogers Family Mortuary in Alamosa.

### Winton "Lucky" Mock, 89

**MONTE VISTA** — Homelake resident Winton "Lucky" Mock, 89, passed away on March 24, 2020. His wish was for cremation and his ashes will be scattered at a later time. Rogers Family Mortuary is in care of the arrangements. To express condolences, please visit [www.rogersfunerals.com](http://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](http://www.alamosanews.com), for no additional fee.

Please email obituaries if possible to [news@alamosanews.com](mailto: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.

### San Luis Valley Crimestoppers

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

Call San Luis Valley Crimestoppers at 589-4111.

## ONGOING VALLEY MEETINGS

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

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

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

**ALAMOSA**—The Alamosa Kiwanis Club meets on the second, third and fourth Thursdays at noon at IHOP. Contact: Amanda Wilkinson, 719-589-2564 or email [amanda@alamosastatebank.com](mailto: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](mailto: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](mailto: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](mailto:d.counselingservices@hotmail.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](mailto:d.counselingservices@hotmail.com)

**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

**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](mailto: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's 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 [slyphotostephen@gmail.com](mailto:slyphotostephen@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 & Lamp-lighting School. Contact Martin at 575-758-5876 or [talentolocal@live.com](mailto: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

## ALCOHOLICS ANONYMOUS MEETINGS

Building at 710 Main St., Antonito

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

7:15 p.m. RV Park in Blanca

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

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

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

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

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

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

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

**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 Crestone (second and fourth Thursdays)

**NARCOTICS ANONYMOUS (NarcAnon)**

**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

School Menu  
Monday  
April 6, 2020

NO SCHOOL



COVID-19

To sponsor the School Menu call 589-2553

# Valley News

## Artist and History of the SLV

By MEGAN COLWELL  
 Courier Reporter

ALAMOSA — “I would consider myself an artist of many mediums,” Cari Conrari reflects. She isn’t exaggerating, as she engages in a wide variety of projects -- from building her current home to training homing pigeons.

Like our last artist, Cari Conrari is a Denver-native who says: “I’ve been drawing since I could hold a pencil.” In fact, by second grade, Conrari’s talent had earned her a scholarship. She’d been inspired, by her teacher’s recent African safari, to illustrate a booklet of African animals. This booklet earned Conrari a place in the Arts Student’s League of Denver, where she’d learn to draw and paint on the weekends.

She continued her arts education, eventually attending Colorado University in Boulder. It was here Conrari began to experiment with new mediums and abstract forms. She also expanded her illustration skills.

“I love the dynamic, ephemeral quality of



Courtesy photos

LEFT, Conrari with one of her scratchboard pieces. CENTER, Conrari’s “Swoop of the Cranes” submission.

drawing someone from life; the challenge of capturing their essence with a few intentional lines in only minutes. During the final years at CU Boulder, large canvases took over my studio apartment I was sharing with my partner, at the time -- also a painter.”

Following school, the pair rented a house in downtown Denver and opened Conrari Arts Gallery. “The local art scene was rising, bringing an entire subculture of young

emerging artists to our doorstep. I continued the gallery for 5 years and, in that time, had over 50 artists display or create work or rent rooms in the gallery.”

Eventually, Conrari needed to escape the city’s anxious bustle and found solace in the Valley’s tranquility. “I felt trapped by the city. The over-stimulating events and parties ... the stress of the daily grind [were] deteriorating my health -- physically, mentally and

spiritually). The desert was calling.”

With two land partners, Conrari bought a 5-acre plot in Blanca and began building her tiny house, a tiny-camper in the bed of her 1979 Chevy, and a coup for her flock of around 35 pigeons. She recalls, “...building my house was a form of my art. My creative means of expression lives in those walls.” Since moving, Conrari has really immersed herself in the

Valley’s art scene.

She is a gifted teacher, professionally and personally. At the Alamosa Recreation Center, Conrari teaches ceramic art classes. She is in the process of adding a ceramics studio to her tiny-home. Once completed, she will teach classes from there. In this way, she contributes to the development of the Valley’s future artists.

Currently, Conrari is working on a variety of 2-D and 3-D projects. Her ceramics work includes small vases on the pottery wheel, and hand-built relief tiles of mythical creatures. Her illustrative work is focused on “...a series of scratchboards, as more of an internal dialogue.”

“The meditative nature

of scratchboard satisfies my need to make confident marks of light, without premeditating the next stroke,” she explains.

If you want to see more of Conrari’s work, you’re in luck. She has participated in many community festivals and projects. You may have seen her work in Monte Vista’s “Swoop of the Cranes” project. “Mine was the one with gold leaf, in front of the Vali Theatre.”

If you missed her crane, Conrari also has a piece in Alamosa’s Farm Park, located on the corner of Hwy. 160 and Hwy. 17. She created the Nature Trio benches, which still reside in the park, behind the kid’s playground. Visiting could be a safe, boredom-curing activity during this lockdown.

## Clarification on property tax payments

ALAMOSA — Amy McKinley, Alamosa County Treasurer, clarified that a previous announcement to waive interest on late property taxes is unlawful. “I need to make all business and property owners aware that Governor Polis nor the County Treasurer can waive interest beyond 30 days even under Emergency Order,” McKinley explained.

The issue came up when the payment deadline would be extended until July 31, 2020, but this cannot happen unless a Colorado State Statute is changed. So to clarify, a business or property owner can make their first ½ payment on their property taxes by April

20th and interest will be waived. The second ½ payment at this point would be due by June 15th. These dates may change as the COVID19 issues continue; but as of right now this is the latest update.

McKinley went on to apologize for any confusion and encourages anyone with questions or concerns to contact her directly at amckinley@alamosacounty.org or by calling the office at 719-589-3626. Until further notice, the Treasurer’s Office is closed to the public because of the governor’s Stay at Home Order. Email or calling and leaving a message with your name and a return phone number is the quickest way to reach Ms. McKinley.

## Taste of Creede 2020 cancelled

CREEDE — The 32nd annual Taste of Creede has been cancelled due to the uncertain Coronavirus situation according to artist Stephen Quiller, one of the originators of the event previously scheduled for May 22-25.

Quiller said the postponement was announced now due to the fact that patrons from as far away as Rhode Island, Washington D.C., New York, Denver, Santa Fe, Taos

and other regions needed early notification. He added that all of the people that participate and help with the event need to be notified as well.

“This is a major fundraiser for our Chamber of Commerce as well as merchants of Creede,” Quiller said in his announcement. “Now is the moment when we need to help and support each other. Know that next year’s Taste of Creede is already in the planning

and will be bigger and better than ever.”

Quiller and Rich Ormsby, then owner of the Creede Hotel, created Taste of Creede in the spring of 1989.

“At that time the mines had shut down and most of our citizens were unemployed,” Quiller said in his announcement. “On Memorial Day weekend there were very few people on the streets and there was not a Creede Chamber

as we know it today.

“We felt it important to begin an event that would expand the shoulder seasons and be a celebration of the arts and food.”

Quiller said the event commemorates the opening of Creede’s summer season with over 40 artists painting on main street, a silver chef competition and the annual quick draw and auction fundraiser.

## Communities unite against COVID-19

By MEGAN COLWELL  
 Courier Reporter

ALAMOSA — This pandemic has either drastically altered or altogether halted business, industry and daily life. Many communities have developed creative ways to unite, in order to fill essential gaps.

Throughout the San Luis Valley isolation, poverty, geographic expanse, and limited economic opportunities give way to great human need. As a result, food insecurity is rampant. This insecurity has only been exacerbated by the pandemic. In the midst of this uncertainty, San Luis Valley communities brave the front lines to provide hunger relief. Many local non-profits are altering their services to help meet this increased need.

Meals on Wheels: South Central

Colorado Seniors has implemented lunch pick-up and/ or delivery options in some locations – of which Alamosa’s Senior Citizen Center is one. Call (719) 589-4511 for instructions on reserving a plate, to inquire about delivery options, or for other site locations.

The Alamosa School District has also implemented lunch pick-ups and deliveries. Grab-n-go lunches are available at Alamosa Elementary, Mon.-Fri., from 10:30 a.m.-12:30 p.m. School buses are also distributing food at scheduled stops.

The boys and Girls Club is preparing grab-n-go snacks to be picked up from the Club at noon, Mon.-Fri.

La Puente had to alter both the processes of the Shelter’s daily, community meals; and the Alamosa Food Pantry’s walk-in service. The

Shelter is no longer serving community meals. Instead, sack lunch (from 12-12:30 p.m.) and dinner (from 6-6:30 p.m.) are being distributed from the Alamosa Presbyterian church.

Rather than clients shopping for their items, the Pantry now distributes pre-packaged food boxes during the regular hours of 12 p.m.-4 p.m. These changes aim to protect the health of La Puente clients, staff and volunteers.

The quality of the general public’s health depends on each and every community member having what they need during this lockdown. Alamosa has many members working tirelessly to ensure no one has to go to bed hungry in the San Luis Valley.

## Health

Continued from Page 1

We know that the virus is out there in the community in numbers larger than what we can accurately report, which is why we keep repeating the same message: stay home, wash your hands, self-isolate if you are sick, and self-quarantine if you have had close contact with someone who is sick. If you have had symptoms, please continue to help us track overall levels of illness in our community by completing our anonymous SLV Symptom Tracker survey at <http://www.slvemergency.org/slv-covid-19/>.

This is a tough time for a lot of us. Make sure to take care of your physical and mental health. We highly recommend that you take a few minutes to listen to the recent podcast on SLVoices featuring some of our partners at SLV Behavioral Health Group talking about how to cope with the unusual demands and stresses of this pandemic. You can access the podcast at <https://slvoices.com/2020/04/02/your-mental-health-dur->

ing-the-covid-19-crisis/. SLV Behavioral Health Group’s Emergency Crisis service is also responding to calls. 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.

As we head into the weekend, you can expect a slow-down in our public information efforts, as we scale back for a couple of days to get a bit of rest ourselves. Thank you for your patience.

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](mailto: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.chooscolorado.com](http://www.chooscolorado.com)

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Phone – call 844-330-2020  
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Mail – If you do not respond online or by phone, you may receive a paper questionnaire. Paper questionnaires will be mailed in early April.

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# Opinion

## God Bless America ...

**BEVERLY HILLS** — God Bless America, and how's everybody?



**Argus Hamilton**

The White House acknowledged mounting frustration over the effects of business shutdowns, soaring unemployment, and home quarantine malaise. I didn't see this coming in December and it's got me asking myself the same question every day. Why in the hell did I buy a 2020 Day Planner?

The Rasmussen Poll out Thursday shows public opinion swinging toward going back to work despite the risks.

Until now, the loser in a political race was the candidate who was shown in TV ads pushing grandma off the cliff. After three months of home confinement, that could be the winner.

The White House Task Force hailed Californians for obeying social distancing and facial and hand hygiene to keep the death rate low. It's not new.

The more I see people walking around L.A. wearing white gloves and a face mask, the more I suspect Michael Jackson knew something we didn't.

British American Tobacco created a tobacco-plant-based vaccine that releases androgens that they think will ward off the COVID-19 virus.

Add it to the list of things you thought you'd never see. As if this year is not weird enough, Big Tobacco comes up with the cure for a deadly lung disease.

The Labor Department reported the grim news Thursday that ten million Americans have filed for unemployment relief in the past two weeks.

Private enterprise is reduced to a few essential businesses. A new poll shows most people are unimpressed by their 30-day free trial of Communism.

Nancy Pelosi announced she will form a committee to investigate President Trump's actions in handling the virus crisis. Partisanship is back.

Republicans favor Pelosi's forming a committee to investigate Trump if it means that large numbers of House Democrats will meet together in person.

President Trump gave his daily report to White House reporters Thursday and then pulled out a piece of paper that showed the results of his COVID-19 test he had taken that morning.

Trump proudly announced to the reporters that he doesn't have the virus. The audience groans were audible.

The CDC insisted Monday that a low U.S. mortality rate from the virus depends on everybody staying indoors. After seventeen days of isolation, every home in America is like Vegas.

You are losing money by the minute, cocktails are acceptable at any hour, and nobody knows what time it is.

CBS News reported Thursday an eighteen-wheeler truck delivering toilet paper hit a bump on a Dallas freeway then swerved into an abutment, crashed and rolled over.

The cargo caught fire burning an entire load of toilet paper. It could go down as the greatest disaster in automotive history.

Dr. Fauci is reported getting death threats from those ruined by his shutdown. The restaurant lobby must be a suspect.

Fauci's autopsy would read death by a poisoned pizza from Wolfgang Puck's, a Big Mac laced with cyanide, and two bullets to the back of the head from The Olive Garden.

President Trump warned Colombian cartels not to try to take advantage of the United States by stepping up their smuggling operations during our COVID-19 crisis.

The game is afoot. The Coast Guard Thursday seized \$50 million worth of toilet paper cleverly hidden inside bales of cocaine.

A Petco TV ad caused me to realize that Coronavirus has turned us into dogs. We roam the house looking for food, we get told No! if we get too close to strangers, and the thought of a car ride sends us wild with excitement.

Hopefully, I'll be able to lick myself by the time this thing is over.

Argus Hamilton is the host comedian at The Comedy Store in Hollywood and entertains groups and organizations around the country. E-mail him at Argus@ArgusHamilton.com.



## Some Can't Avoid It

In these times of uncertainty due to the COVID-19 outbreak, there are those that respond because it's their duty.

As I watched more than 20 firefighters battle a home fire just west of Alamosa on Thursday, I was reminded that some cannot shelter in place, or avoid personal contact.

As a former firefighter, I watched brothers in arms doing what they had to do to try and save a local home. There was no time for socially distancing, they do what they have to do. Dedication is what it is and call of duty is what it is.

As Denver Fire deals with at least 10 positive cases of Coronavirus among their ranks, I watched over 20 mostly volunteer firefighters from Alamosa, Monte Vista and DFPC (also local) work shoulder to shoulder to try to save a home. They didn't have to be there, but when the call came in, they responded.

They're not alone. We have a large number of first responders throughout the San Luis Valley that answer the call daily not knowing for certain what they're exposing themselves

to; firefighters, law enforcement, EMTs, health providers, etc.

With more than 4,000 confirmed cases of the virus in Colorado and God knows how many across the country, we need to pay special tribute to those who are considered "essential" without concern to their personal wellbeing.

God forbid we have a major disaster locally and those we count on are not available due to COVID-19. Wildfire season is here and continued dry conditions increase our risk.

Please help protect our firefighters and other first responders by avoiding public contact. For once, follow government orders and stay at home if you can, especially if you're experiencing even minor symptoms.

They are there for us. Shall we never forget. And on another note... kudos to Alamosa Police Chief, Ken Anderson and his staff for retrieving stolen goods that even included yours truly.

Two weeks ago, we had a number of personal items stolen from our home which included two large backpacks filled with gear and two bow and arrows. All but one of the bows has been retrieved and returned to us.

As we reported about a week ago, property crime in the city has increased 18% in the past month and it's good to know that our local law enforcement is on top of it. Thanks, again!

kc

### K.C. at Bat



**Keith R. Cerny**

## Where oh where has all the Toilet Paper gone?

Toilet paper is a modern necessity that is now missing from national, state, county and local Walmart, Safeway, Target, Costco and other grocery store shelves.

Google points out that an NYC entrepreneur Joseph Gayetty is accepted as the inventor of modern commercially available toilet paper in the United States. Gayetty's paper, first introduced in 1857, was available as late as the 1920s. Gayetty's Medicated Paper was sold in packages of flat sheets, watermarked with the inventor's name. Plus it was touted as the cure for hemorrhoids, too.

"The Chinese were the first to use sheets of paper for toilet purposes, dating back to the 6th century AD. The widespread use of toilet paper, however, was still 1300 years away," reports Charmin on its website.

According to Google, "In 1879, Scott brothers founded the Scott Paper Company. The Scott Paper Company's toilet paper was the first toilet paper sold in rolls. In 1890 the Scott Paper Company made its Waldorf brand toilet paper in rolls. In 1871, Zeth Wheeler patents rolled and perforated toilet paper."

Before toilet paper, people visiting the john in the bush, or behind the tree or rock, used whatever they could find like corncobs, leaves, or even wood shavings. I remember a family outhouse in Texas

and having to hold my breath while I tore pages out of Sears & Roebuck catalog, or ripped up already-read newspapers and dropped everything into the deep, dark and smelly latrine.

In this current shortage (or is it hoarding of toilet paper?), I've shopped online at all the places: Amazon, Walmart, Costco, Scott, Charmin, Northern and there is not one roll available for pickup or shipping. Walmart gives an alert on their site, "Due to high demand, in-store availability may change."

What? Toilet Paper History website says, "The daily production of toilet paper is about 83,048,116 rolls per day." Ok. So the universe is telling me with all this production of toilet paper, I still can't find one package of Scott with 15 rolls to last me a month? Not even one?

I even begged the Walmart Delivery to fetch those for me; they have different rules during this coronavirus, they say.

The TPH site also says that water is the universal solvent, not paper. So, I'm thinking, I may need to invest in a bidet? I wouldn't have to wipe; the water would do the cleansing for me. I've seen the Property Brothers save a homeowner's bidet, wrapped in a garbage bag and give it back to him when his new home was finished.

The current estimate for installing a bidet is upward of \$1000. So, there goes that idea.

I would go to Rainbow's End or the Nazarene Thrift Store to find different rags to use, but they are closed. So, back to the trusty online venue. Come to think of it, I have lots of unraked leaves in my back yard. Oh where, oh where have the TP rolls gone. When will we ever see more? When will we have enough?

### Movin' On with Nellie



**Nelda Curtiss**

**Keith R Cerny**  
Publisher

## Valley Courier

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Awarded Colorado Press 2017  
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First Place, Best Photo Portfolio  
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Second Place Serious Columns

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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."

### Ruthie Brown

### Valley Gardening

Where has the week gone? Every day seems to go by faster and faster ... especially when it seems like a crazy ride on a merry-go-round. I want off!

Actually, what I want to do when this is all over is declare a Valley Hug-a-thon. By the power vested in me, by Ruth Heide, and in my own mind ... I, the Queen, will deem it okay to once again hug your friends and neighbors.

That's one of the things I think is taking the toll -- this lack of physical contact.

It's been kind of funny at times, but now it is sad and sometimes hard to refrain from. It's just plain weird! It's especially weird when I tell Larry to 'back-off!' -- just kidding, honey.

I will tell you not to wait to get your garden seeds, because there has been a run on them. Many distributors are running out. Shipments I used to get within a couple of days, are now taking over two weeks.

Does this mean I will let you buy me out -- absolutely not! Be kind and only get what you are going to plant this year -- or I will have to use my taser on you. And because life will go on, onion plants will arrive about the 16th of this month. We will get our second shipment at the end of the month.

Those Rockey Farm brothers have already brought me seed potatoes, so come get them. We have Dk. Red Norlands, Purple Majesty, Harvest Moon, Russett and Golden Globe.

The Globes are like a Yukon, only better: according to Brendon Rockey who traded me for a puppy! We will have fingerlings in next week.

It may be a little early to get your potatoes planted, but everyone has spring fever, so go ahead, maybe plant a little deeper, and be ready to mound the soil over the foliage if we are a frost is predicted in May.

I was begging my garden plant supplier a couple of weeks ago for pansies. I was ill with the fever. They kept telling me "Ruthie, it is still March" and, "Now Ruthie, you know better."

I felt like a beginner! Anyways, plants will be coming in about the same time as the onions, maybe a week later. Get your soil ready, rake the leaves.

Wash the windows, clean the porch, clean the dog pen ... all the stuff that needs to be done and then make the gardening a treat for getting all the other chores done. It's just that simple!

Can you believe a low-life tried to steal one of my guardian lions in front of the store? He actually lifted it up, and moved it about 8' before putting it back down. I wish he had dropped it on his foot -- that would have been justice!

What pisses me off is that now I have to chain them down and that is really, really ugly! Maybe I'll just have to wrap them in barb wire, right?

I do have security cameras so I'm trying to get pictures of the guy, and the pickup that was backing up to get it. If I get it figured out, the pictures will be in my windows for all to see.

Please keep an eye out for your stuff, your sheds ... and your neighbors' stuff!

Take a few minutes and get to know your neighbor. We all need to stop these little criminals in their tracks. It doesn't really matter if the crimes are committed by the Homeless element in our community or by the inmates that have been released from jail, due to the virus. If you are the victim, it is violating ... no matter who does it.

How about everyone look into lighting up their back yards ... motion-activated lights? Make sure the padlocks on your sheds are secure. Keep your cars locked and all valuables out of your cars. Again, let's stop these thieves.

If you see something suspicious call Dispatch at 589-5807. Be diligent and pay attention to details, because that is what will help the responding officers.

Thanks-a-million to all who tuned in to Society Hall's Don Richmond Facebook concert on Wednesday evening. Over \$3,500 was raised and that will keep us going through all the craziness.

Please support and help local businesses if you can. It's so important! I don't think we have even begun to feel the trickle-down effects of the nasty COVID19 yet.

But I will say, I am grateful to be in the San Luis Valley, because we all group together ... we will survive and prosper -- it's just going to take a while.

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# Lifestyle

## Now's the time to submit big-game hunting applications; deadline to apply is April

DENVER – Colorado Parks and Wildlife's online hunting license application site is open around-the-clock and hunters are urged not to wait until the last minute to apply for 2020 big-game licenses. Deadline to apply is April 7 at 8 p.m.

"When a high volume of people hit the site on the last day, that can cause system slowdowns and we want to ensure you have the ability to put in for the license you want," said Rebecca Ferrell, public information and website manager for Colorado Parks and Wildlife. "There's no reason to wait until the last minute - get online now, spend some quality time with our videos, harvest data and other resources, and be sure your account is set up correctly."

To apply for a limited big game license, go to cpwshop.com sign in to your account and then click on the "Go Hunting and Fishing" tab in the menu bar at the top of the page. The system is

set up to guide hunters easily through the well-defined steps. Hunters must be sure to have their CID number and a valid credit card before beginning the process.

Please review the big game section of the CPW web site for background information on Colorado's hunting seasons and how to apply. The web pages include harvest statistics from the 2019 seasons for all big-game species, seasons and units.

Also, new on that page is a guide that will take you through the steps -- good preparation before going to the section where you'll start the buying process.

You can also call CPW's hunt planners at 303-297-1192 if you have questions. Please note that call-wait times may be lengthy as our staff is complying with current stay-at-home orders.

Although all CPW offices are closed to the public because of the coronavirus pandemic, staff members are available to answer ques-

tions. Phone numbers and contact information are posted at all CPW offices for direct staff assistance.

Hunters are also reminded that they are required to purchase a "qualifying license" before submitting an application. You'll be prompted to make that purchase as you start the application process.

For first-time hunters who have not completed a hunter education class, an apprentice certificate is available to those who are able to hunt with a mentor. Those who hunted last year with an apprentice license can obtain a second certificate. But previous year's apprentice certificates will not be renewed automatically; you need to go to cpwshop.com and add a new profile before applying for a limited license.

"Everything you need to apply is at your fingertips," Ferrell said. "So please get your application in now and get ready for the fall hunting season."



## Hospitals enact revised visitor restrictions

San Luis Valley Health Regional Medical Center in Alamosa and Conejos County Hospital in La Jara implemented revised visitor guidelines on Friday, April 3, 2020. Hospital officials are asking for the community's cooperation to create the safest environment possible for patients. The guidelines now in place are following the recommended guidelines from the Center for Disease Control and Prevention, and will restrict visitation to the hospital as well as access to patients.

The updated guidelines are as follows: All visitors **must** check in at the front desk.

The Emergency Room will allow one visitor for patients under age 21.

Labor and Delivery will allow one visitor or birthing partner per patient.

Patients with special needs will be allowed one parent or adult caretaker.

Patients near end of life will be allowed one visitor.

Visitors must stay in the patient's room at all times.

No visitors are physically allowed for COVID-19 patients, but visits by telephone or other technology will be made available.

All other family members or friends will not be permitted to enter the facility or wait in the lobby or common areas.

In addition, the hospital cafeteria will be closed to the general public, and only open only to staff, patients and visitors of patients.

Also, in an effort to protect the patients and staff, the hospital will also be postponing elective procedures through April 30, 2020, as well as routine care and visits for wellness, but will remain open for patients who have urgent and emergent needs. Patients are encouraged to use telehealth by calling or face timing their providers as much as possible.

Thank you for your patience and understanding during this time.



Courtesy Photo

A SLV Health staff member is stationed to educate visitors on the revised visitor restrictions that went into effect on Friday, April 3.

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- Local shops value you more:** Local businesses survive by their reputation & repeat business which means you get a higher standard of service.

# Lifestyle

## Enrollment health insurance extended to April 30

Extension allows uninsured Coloradans more time to enroll during global pandemic

**DENVER** — The COVID-19 Special Enrollment Period for individual health insurance will be extended to run through April 30, 2020. The original period that was announced on March 19 was set to end on Friday, April 3. The Colorado Division of Insurance (DOI), part of the Department of Regulatory Agencies (DORA), has worked with Connect for Health Colorado to add nearly a month more for Coloradans who are currently uninsured to get health coverage.

For anyone enrolling after April 3, their health insurance will become effective May 1.

"We want to do everything we can to ensure Coloradans have the resources they need during this difficult time," said Gov. Jared Polis. "As this pandemic continues, we know that having health

insurance will be critical, which is why we are extending this enrollment period. Every day my administration is evaluating what steps we can take to minimize the health impact and economic impact of this crisis."

"I'm pleased that our team, and the folks at Connect for Health Colorado, have worked to make this happen," said Colorado Insurance Commissioner Michael Conway. "I urge everyone that doesn't have insurance to work with Connect for Health Colorado to determine what insurance plans are available to them and to see if they qualify for financial assistance."

Only people who are currently uninsured are eligible to enroll, as this is not a period for people with coverage to change plans. Uninsured spouses and children will also be allowed to enroll at this

time, even if one spouse or a child's parent may already be insured.

All individual insurance plans (meaning plans NOT from an employer) are available. People enrolling during this period only have to verbally attest that they are currently uninsured, and the insurance companies cannot require further proof of being uninsured.

Colorado consumers are encouraged to enroll through our state's exchange, Connect for Health Colorado. Financial assistance for those who qualify is only available when enrolling through Connect for Health Colorado. Contact Connect at 855-752-6749 or find in-person assistance through their statewide network of certified experts at connectforhealthco.com/person-help, including appointments with a bro-

ker or assister by phone. In addition, Connect for Health offers tools such as the Quick Cost & Plan Finder that can help check eligibility for financial assistance while finding plans that fit consumers'

needs.

Coloradans who lose their job, or who may lose their job in the coming weeks, and thus lose their employer-based health insurance, are reminded that loss of such coverage

allows them a 60-day window to enroll in individual coverage, whenever that might happen throughout the year. See Connect for Health Colorado's "When can I buy insurance?" page for details.

## Discover local trails and track closures on the COTREX app

Staying close to home and limiting travel for outdoor recreation is essential to prevent the spread of COVID-19 in Colorado.

**COLORADO** — Colorado Parks and Wildlife has launched a new trail closure tracking feature on the Colorado Trail Explorer (COTREX) app to enhance the outdoor recreation planning experience for our community. With help from our local, state, and federal partners COTREX is now monitoring trail-related COVID-19 closures across Colorado on a daily basis. For the first time, closures and alerts are now visually represented with symbols on the COTREX map when viewing details about a trail, trailhead or visitor center.

CPW understands how important outdoor recreation is to your physical and mental health during the COVID-19 pandemic. However, staying close to home and limiting travel for recreation is essential to prevent the spread of the virus in our state. At this time, we encourage all Coloradans to stay close to your home and use local trails and parks for outdoor recreation. Limiting travel for recreation helps

minimize the strain of visitors on small mountain communities and creates less burden for our search and rescue and emergency responders.

To find new trail opportunities in your community, use the free COTREX app on both web and mobile. COTREX is a valuable resource that allows users to discover more than 45,000 miles of public trails in Colorado. The trail filter allows you to customize your search based on location, recreational activity, vehicle type, or trail needs like wheelchair accessibility and dog-friendly trails. The app also gives you the ability to create and share custom routes that show distance, elevation, steepness and navigation to the nearest trailhead.

COTREX plans to track closures related to trails, parks, open spaces, visitor centers and campgrounds. COTREX does not plan to report closures for public recreation facilities not associated with trails, such as playgrounds and recreation centers. While

our goal is to update COTREX daily, please make sure to check with your local land manager for additional guidance on how and where to recreate responsibly.

CPW reminds Coloradans to practice trail safety etiquette while recreating outdoors and to visit parks responsibly during the COVID-19 pandemic.

Stay at home if you are sick.

Participate in the Colorado Mask Project and wear a non-medical mask when you go outside to protect yourself and our community.

Spread out on trails and follow social distancing guidelines.

Avoid creating crowds around trailheads. Adjust your outdoor recreation plans and use COTREX to find another local trail option.

Avoid dangerous outdoor activities that can result in a hospital visit.

For more information about Colorado's state parks and outdoor recreation, visit the CPW website.

## Adams State fall registration begins April 8

**ALAMOSA** — Registration for the Fall 2020 semester at Adams State University opens Monday, April 6. Incoming seniors register for classes first, and then all other undergraduate students can begin registering for fall courses on Wednesday, April 8, 2020.

Adams State campus offices are receiving telephone calls and emails while admissions staff work remotely during the COVID-19 public health

crisis. Students can view class schedules for the Fall 2020 semester by visiting [adams.edu/onestop](http://adams.edu/onestop) and click on the class schedule link.

To ensure students receive the maximum amount of financial aid, they should fill out the Free Application for Federal Student Aid (FAFSA). Visit [adams.edu/financial-aid](http://adams.edu/financial-aid) for more information.

The Fall 2020 semester begins on August 24, 2020. New student orientation

is scheduled for August 21, 2020, through August 23, 2020.

For more information about becoming a Grizzly, visit [adams.edu/admissions](http://adams.edu/admissions) or email [admissions@adams.edu](mailto:admissions@adams.edu).

Adams State is also opening up registration for summer courses. Summer registration for undergraduate courses at Adams State will open on Monday, April 13, 2020. Please visit [adams.edu/summer](http://adams.edu/summer) for a list of summer sessions.



Photo by Linda Relyea

Adams State fall 2020 registration begins April 8 and 2020 New Student Orientation begins August 23.

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# Sports

## Cotter Wins RMAC Women's Indoor Track Athlete of the Year

By AARON KINNISCHTZE  
ASU Sports Information Director

**COLORADO SPRINGS**—In what was a small sample size throughout the 2019-20 Indoor Track & Field season for Stephanie Cotter, she managed to continue her streak of running dominance, picking up right where she left off in Cross Country where she won the 2019 National Championship and taking her talents to the track. She now takes home 2019-20 RMAC Women's Track Athlete of the Year. Cotter finished the season the top-ranked athlete in all of Division II in the mile, and surely would have put on a show at the National Championships. The highly-decorated sophomore now adds the award to an already impressive resume.

FULL PRESS RELEASE FROM THE RMAC

The 2019-20 Rocky Mountain Athletic Conference (RMAC) indoor track and field major award winners and all-conference selections have been announced.

On the women's side, Adams State's Stephanie Cotter and Kyla Sawvell of Black Hills State were named indoor Track Athlete of the Year and Field Athlete of the Year, respectively. Colorado School of Mines' Hannah Miller was tabbed as the women's Freshman of the Year and UCCS' Ross Fellows was voted Coach of the Year.

For the men, Chadron State's Brodie Roden was tabbed Indoor Track Athlete of the Year while Connor McLean of Colorado School of Mines was named Field Athlete of the Year. The Oregonggers Grant Redmond was named Freshman of the Year and Ross Fellows of UCCS' was also voted Coach of the Year.

The major awards were voted on by the conference's head coaches. First Team All-RMAC consists of the top three individual finishers from each event at the RMAC Indoor Track and Field and the first-place relay teams. Second Team All-RMAC consists of the fourth, fifth and sixth place individual finishers, along with the second-place relay teams.

Cotter, the 2018-19 Indoor Freshman of the Year continued her dominant year as she anchored the Grizzlies to a first-place finish in the distance medley relay at the RMAC Championship. She recorded the top time in NCAA Division II in the mile with an altitude converted time of 4:38.04.

Sawvell picked up two first-place finishes at the RMAC Championships as she won the weight throw by over half a meter with a top throw

of 18.09 meters. She followed that performance up with a top throw of 14.50 meters in the shot put. In NCAA DII she was ranked 17th in the weight throw and 18th in the shot put

Colorado School of Mines' Hannah Miller stepped up in a big way as she finished second in the pole vault and tied the old RMAC record with a clearance of 3.95 meters. Her top mark of the year of 4.01 meters ranked her 11th in NCAA DII.

Brodie Roden who was named the male Athlete of the Meet posted two victories in individual events and a third-place relay finish. Roden cruised in the 400-meter final dipping under 48 seconds with a new RMAC meet record time of 47.93. He also was the lone runner to dip under 22 seconds in the 200-meter dash with a final time of 21.81. Roden helped the Eagles to a third-place finish in the 4x400-meter relay. His 400-meter finish ranked him 11th in NCAA DII.

McLean came out on top of a stacked heptathlon as he broke the meet record accumulating a total of 5,481 points. He posted four top-three finishes in the seven total events including wins in the pole vault and long jump. Both of those wins resulted in new RMAC meet records with a leap of 7.09 meters and a clearance of 5.15 meters. His top performance of the year in the heptathlon of 5,630 points ranked him No. 1 in NCAA DII.

Redmond, took home first place in the high jump with a top height of 2.11 meters as he was the lone competitor to clear 2.00 meters. That performance ranked him 10th in NCAA DII.

Mountain Lions head coach, Ross Fellows helped lead UCCS' to its first ever men's indoor championship while the women's program recorded their second championship.

**Men's Major Award Winners**  
Track Athlete of the Year – Brodie Roden, CSC  
Field Athlete of the Year – Connor McLean, CSM  
Freshman of the Year – Grant Redmond, CSM  
Coach of the Year – Ross Fellows, UCCS

**Women's Major Award Winners**  
Track Athlete of the Year – Stephanie Cotter, ASU  
Field Athlete of the Year – Kyla Sawvell, BHSU  
Freshman of the Year – Hannah Miller, CSM  
Coach of the Year – Ross Fellows, UCCS



Photo courtesy of ASU

Adams State's Stephanie Cotter was named the Indoor Track Athlete of the Year for 2020.

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## Public Notices

**District Court**  
 Conejos County, Colorado  
 Court Address: 6683 County Road 13, PO Box 128, Conejos, CO 81129  
 Telephone: 719-376-5465  
 In the Matter of Estate of:  
 Antonio Angelo Velasquez,  
 Deceased  
 Case Number: 2020PR30004  
 Attorney: William F. Dunn, Reg. No. 1036  
 585 Columbia Avenue, Del Norte, CO 81132  
 Phone Number: 719-657-3323;  
 Email: Bill@Dunn-Law.com  
**NOTICE TO CREDITORS BY PUBLICATION PURSUANT TO 15-12-801, C.R.S.**  
**NOTICE TO CREDITORS**  
 Estate of Antonio Angelo Velasquez, Deceased  
 Case Number: 2020PR30004  
 All persons having claims against the above named estate are required to present them to the personal representative or the Clerk of the District Court of Conejos County, Colorado on or before August 1, 2020, or the claims may be forever barred.  
 William F. Dunn, Attorney for Personal Representative  
 585 Columbia Avenue, Del Norte, CO 81132  
 No. 1373  
 Published in the Valley Courier on March 21, 28, and April 4, 2020.

**NOTICE OF CANCELLATION AND CERTIFIED STATEMENT OF RESULTS**  
**NOTICE IS HEREBY GIVEN** by the South Conejos Fire District, Conejos County, Colorado, that at the close of business on the sixty-third day before the election, there were not more candidates for director than offices to be filled, including candidates filing affidavits of intent to be write-in candidates; therefore, the election to be held on May 5, 2020 is hereby canceled pursuant to section 1-13.5-513(6) C.R.S.  
 The following candidates are hereby declared elected:  
 Jose "JC" Quintana  
 Three Year Term  
 Until May, 2023  
 Tony Angelo Velasquez  
 Three Year Term  
 Until May, 2023  
 Nathan Ruybal  
 Signature of the Designated Election Official  
 Nathan Ruybal  
 DEO's Printed Name  
 Contact Person for the District: Nathan Ruybal  
 Telephone Number of the District: 719-580-7148  
 Address of the District: PO BOX 22, Antonio, CO 81120  
 District Email: southconejosfirepd@gmail.com  
 No. 1382  
 Published in the Valley Courier on April 4, 2020.

**NOTICE OF SPECIAL TELEPHONE MEETING CONCERNING THE DRAFT ANNUAL REPLACEMENT PLAN FOR SPECIAL IMPROVEMENT DISTRICT #1 OF THE RIO GRANDE WATER CONSERVATION DISTRICT**  
 Notice is hereby given that the DRAFT Annual Replacement PLAN for Subdistrict #1 will be considered at a special telephone meeting of the Board of Managers for Special Improvement District No. 1 of the Rio Grande Water Conservation District to be held on April 13, 2020 at 11:00 a.m. The Board of Managers will also consider the approval of wells requesting contracts to participate in the 2020 ARP.  
 The meeting is open to the public, contingent on the status of the current statewide Stay At Home order issued by Governor Polis. If the order is extended past April 11, the RGWCD office will not be open to the public and the meeting will be held via telephone vote only. Visit [www.rgwcd.org](http://www.rgwcd.org) for updates regarding how to participate. Comments addressing the draft Annual Replacement Plan should be submitted to the Rio Grande Water Conservation District by mail 8805 Independence Way, Alamosa, CO 81101 or email any time prior to or during the scheduled meeting. The draft Annual Replacement Plan can be viewed on the Rio Grande Water Conservation District's website ([www.rgwcd.org](http://www.rgwcd.org)). Please email comments to [marisa@rgwcd.org](mailto:marisa@rgwcd.org).  
 No. 1384  
 Published in the Valley Courier on April 4, 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 Wolffs, Director, 719-589-4511.  
 No. 1385  
 Published in the Valley Courier on April 4, 7, 8, 10, 11, 14, 15, 17, 18, and 21, 2020.

STATE OF COLORADO )  
 ) ss.  
 COUNTY OF ALAMOSA )  
**NOTICE OF LOST STOCK CERTIFICATE**  
 The Centennial Ditch Company, a Colorado Mutual Ditch Company, pursuant to C.R.S.A. §7-42-115 causes this NOTICE to be published on the 2nd day of April 2020 and once every week thereafter for five successive weeks the fifth publication being on the twenty-eighth day after the first publication." CRS 7-42-115, in the Valley Courier, a newspaper of general circulation in Alamosa County, in which the principal office of the Centennial Ditch Company is located.  
 In accordance with the terms of C.R.S.A. §7-42-114 to §7-42-117, the Estate of Mike Bryn Green, has filed a Notice with the Centennial Ditch Company making Demand for the issuance of duplicate certificates for stock certificates No. 329, for 2 shares each, respectively, of capital stock in the Centennial Ditch Company. The Centennial Ditch Company will issue, on or after the 30th Day of May 2020, thirty days after the last publication date, duplicate certificates to the registered owner, as above stated, unless a contrary claim is filed with the Centennial Ditch Company, Attn: Secretary, 118 Washington Street, Monte Vista, Colorado 81144, prior to the date stated in this NOTICE. The Centennial Ditch Company  
 Jim Higel, President  
 Attest: Lyla Davis, Secretary  
 No. 1387  
 Published in the Valley Courier on April 4, 8, 15, 22, and 29, 2020.

A Quarterly Meeting of the Board of Managers for Special Improvement District No. 2 of the Rio Grande Water Conservation District will be held on April 13, 2020, and will begin at 9:00 a.m. The Board will be considering approval of the 2020 Annual Replacement Plan at this meeting. The draft ARP is posted to the District's website [rgwcd.org](http://rgwcd.org). This draft ARP is subject to change prior to the Board's approval. The Rio Grande Water Conservation District offices are currently closed to the public because of preventive measures to help mitigate the spread of COVID-19, therefore, this meeting will be held by telephone only. The public may participate and listen in to the meeting by dialing in to the conference call number. The call-in number is 1-(866)-576-7975 and the participant code is 532217. There is no charge for this call. This meeting is open to the public.  
 No. 1390  
 Published in the Valley Courier on April 4, 2020.

A Special Meeting of the Board of Managers for Special Improvement District No. 3 of the Rio Grande Water Conservation District will be held on April 13, 2020, and will begin at 8:00 a.m. The Board will be considering approval of the 2020 Annual Replacement Plan at this meeting. The draft ARP is posted to the District's website [rgwcd.org](http://rgwcd.org). This draft ARP is subject to change prior to the Board's approval. The Rio Grande Water Conservation District offices are currently closed to the public because of preventive measures to help mitigate the spread of COVID-19, therefore, this meeting will be held by telephone only. The public may participate and listen in to the meeting by dialing in to the conference call number. The call-in number is 1-(866)-576-7975 and the participant code is 532217. There is no charge for this call. This meeting is open to the public.  
 No. 1391  
 Published in the Valley Courier on April 4, 2020.

**NOTICE OF PASSAGE Ordinance No. 6-2020**  
 Notice is hereby given that on Wednesday, April 1, 2020 at a regular meeting of the Alamosa City Council duly called, Council finally passed and adopted Ordinance No. 6-2020, an ordinance adding a new Article IV to Chapter 13 (Municipal Court) of the Code of Ordinances of the City of Alamosa concerning entry of orders for restitution upon conviction of an ordinance violation.  
 Further notice is hereby given that the full text thereof is available for public inspection and acquisition on the City's website and in the Office of the City Clerk.  
 Alamosa City Council  
 Holly C. Martinez  
 City Clerk  
 No. 1392  
 Published in the Valley Courier on April 4, 2020.

**NOTICE OF PUBLIC HEARING On Ordinance No. 10-2020**  
**NOTICE IS GIVEN** that a public hearing will be held on Ordinance No. 10-2020, an ordinance revising the provisions governing false reporting to mirror state code and include prohibitions on abuse of 911 emergency calls.  
 This ordinance was accepted on first reading on Wednesday, April 1, 2020, and a Public Hearing thereon set for Wednesday, April 15, 2020 at 7:00 p.m. or as soon thereafter as the matter may be heard. This hearing will be held in Alamosa Council Chambers, 300 Hunt Avenue, Alamosa, Colorado.  
 Further notice is given that any and all persons of interest may appear at said hearing and be heard in this matter, and that the full text of the ordinance is available for public inspection and acquisition on the City's website and in the office of the City Clerk.  
 Alamosa City Council  
 Holly C. Martinez,  
 City Clerk  
 No. 1393  
 Published in the Valley Courier on April 4, 2020.

**163 LOST & FOUND**

**LOAST A PAIR** of men's black work boots on Hwy 160 on the way to fire call April 2. Approx 4:30 pm West of Budwieser, Before Del Viento. If found call 719-580-0398.

**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](mailto:deniseh@rgsla.com). Applications available at [www.rgsla.com/contact](http://www.rgsla.com/contact) and can be submitted to [kater@rgsla.com](mailto:kater@rgsla.com) - deadline is April 15, 2020.(4/15)

**221 HELP WANTED**

**THE COSTILLA COUNTY** Conservancy District is now hiring for an Administrative Assistant position. Job requirements: High School Diploma, Microsoft Office experience, and Email and computer skills. Preferred qualifications: Accounting/bookkeeping (Quickbooks) skills and Good communications/writing skills. Position is for 30 hours per week, Monday - Friday. Please email resume along with letters of recommendation and references to [info@costillaccd.org](mailto:info@costillaccd.org) by April 2, 2020.(4/4)

**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](http://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)

**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://www2.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)

**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](mailto:bstagner@sangreschools.org). Teaching applications may be downloaded from [sdc.schooldesk.net](http://sdc.schooldesk.net). Positions open until filled.(4/22)

**221 HELP WANTED**

**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](mailto:Evert.Brown@trinidad-state.edu) or 719-589-7017. Review of applications is ongoing. TSJC is an equal opportunity institution.(4/9)

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# Classifieds

**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)

**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](http://www.sargent.k12.co.us) or call 719-852-4023, option 6. Applications accepted until position filled. EOE. (4/14)

**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](http://www.sargent.k12.co.us) or call 719-852-4023, option 6. Applications accepted until position filled. EOE. (4/14)

**JONES OIL COMPANY** seeking route drivers. Need to have CDL Class A or B with hazmat and tanker endorsement. Clean MVR. Must be 21 or older. Call 719-754-2221 for application. (4/22)

**221 HELP WANTED**

**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](mailto:bstagner@sangreschools.org). (4/22)

**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](mailto:bstagner@sangreschools.org). (4/22)

**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](mailto:bstagner@sangreschools.org). (4/22)

**FARMING TECHNOLOGY CORP** is seeking Irrigation Technician Qualification, With Sprinkler and Well Maintenance. Apply In Person At 8629 Rd 105 North Mosca, Co 81146 Phone 719-754-0559. (4/15)

**FARMING TECHNOLOGY CORP** is Seeking Tractor Operator Help. May Apply In Person At 8629 Rd 105 North Mosca, Co 81146. Phone 719-754-0559. (4/15)

**NEED A SECOND IN-COME?** child support? Car Repairs? Taxes Due? Earn up to \$800/month delivering the Valley Courier. Contact Keith at 589-2553. (2/26-TFN)

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**369 - PETS & SUPPLIES**

**OOPS! GOT PUPPIES** who need a home? San Luis Valley Animal Welfare Society is a nonprofit animal rescue dedicated to stopping the euthanasia of healthy adoptable pets. Having pets altered is the number one way to stop pet overpopulation. If your pet has had puppies contact us. We will take the puppies into our rescue and spay the mama dog for free after the puppies are weaned. If needed we will also provide dog food & gas money to get the dogs to us to help in this situation. Spay/neuter is one of the greatest gifts you can provide your pet, your family and your community. We have found good responsible homes for over 8,000 animals. Contact 719-587-9663 (WOOF); email: [woof@slvaws.org](mailto:woof@slvaws.org). (TFN)

**369 - PETS & SUPPLIES**

**ALL DOGS ADOPTED FROM THE VALLEY HUMANE LEAGUE HAVE TO BE SPAYED OR NEUTERED BEFORE GOING TO THEIR NEW HOME.** (TFN)

**NEED CATS FOR MOUNTERS?** Want to adopt kittens? Help trap/neuter/release efforts? Donate food/litter/ supplies? Low cost spay/neuter clinic for cats. <http://www.catsaliveslv.com> 719-298-7028. (TFN)

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**852-4302**  
Rental assistance available to qualified households.  
TTY  
1-800-659-2656  
This institution is an equal opportunity provider

Accepting Applications for waiting list for 2 & 3 bedroom family units. Handicap accessible units available.  
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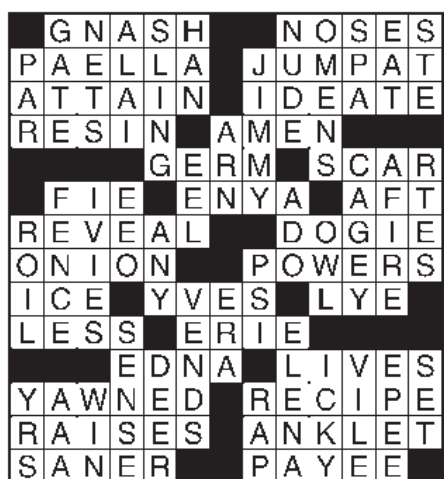
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# Comics

## CROSSWORD PUZZLE

- ACROSS**
- 1 Santa —
  - 5 D-Day month
  - 9 Huge container
  - 12 Nevada town
  - 13 — of bricks
  - 14 Make a typo
  - 15 Eight, in Roma
  - 16 One million (pref.)
  - 17 Charlotte of "Bananas"
  - 18 Makes wavy
  - 20 Taxi driver
  - 22 Tub in the fridge
  - 23 Cleans fish
  - 25 Comical
  - 27 Kentucky fort
  - 31 Make taboo
  - 34 Poet's black
  - 35 Type of mate
  - 36 Exploits
  - 38 Ms. Dinesen
  - 40 JAMA readers
- DOWN**
- 1 Swamp critter
  - 2 Type of rocket
  - 3 Before
  - 4 Went fast
  - 5 Printer problems
  - 6 Sporty truck
  - 7 Eggy drink
  - 8 Put into law
  - 9 Action word
  - 10 Speedy steed
  - 11 Card after deuce
  - 19 Tiny hole
  - 21 Says please
  - 23 Sleek
  - 24 Humerus neighbors
  - 26 Play awards
  - 28 Gesture
  - 29 Not their
  - 30 Sweater sizes
  - 31 Coach
  - 32 Bat wood
  - 33 Once named
  - 37 Rani's garment
  - 39 Benz or Malone
  - 43 Longs for
  - 45 More peculiar
  - 47 Norwegian toast
  - 48 Arizona city
  - 49 Clock front
  - 50 Movie part
  - 51 Server operating system
  - 52 Low-tech coolers
  - 53 Made haste
  - 56 Pharmacist — Lilly
  - 57 Nudge



## ALLEY OOP



## ARLO & JANIS



## BIG NATE



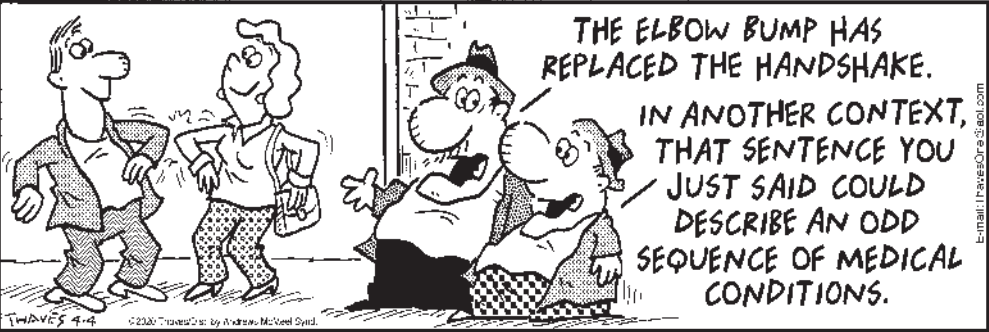
## THE BORN LOSER



## FOR BETTER OR FOR WORSE



## FRANK & ERNEST



## GARFIELD



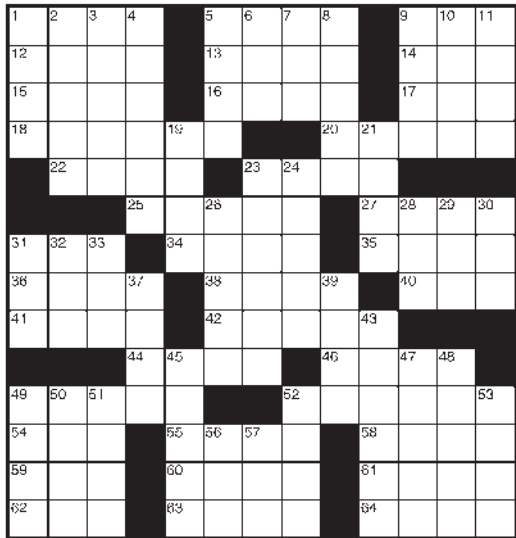
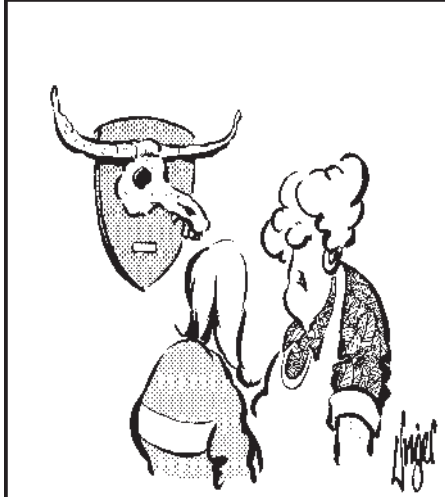
## THE GRIZZWELLS



## PEANUTS



## HERMAN



## CELEBRITY CIPHER

by Luis Campos

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

" ST VGF IFHRTN OBLNF ... S NSN  
 L ZXLP. ... UP ALVGFB OLKF UF UP  
 ASBIV RIHLB: LT SHF HBFLU HRTF."  
 — CSBC NREOXLI

TODAY'S CLUE: A senba X

Previous Solution: "Kirk Douglas ... 103 years on this Earth. That's got a nice ring to it! Great hanging with you, man." — Danny DeVito

# Grandfather has trouble connecting with grandsons

DEAR ABBY: My husband has a contentious relationship with our grandchildren. He generally is a fun, happy and interesting person. But by nature he is not "hands on" when it comes to children.

Our son and daughter have great spouses and five young grandsons. He stands around like a warden waiting for something to happen, then just yells at them. It is clear he doesn't enjoy being with them, and their mood changes from happy to surly when he's around. I enjoy doing things with them and taking them to lots of fun places, and I know my husband doesn't like to go anywhere with them.

I have had two major talks trying to encourage him to have a positive, interactive relationship with the boys, to no avail. He reacts as if I'm the only one who sees this. My sister, son and daughter-in-law have talked to me about it, but I haven't told my husband. Should I just drop this issue? -- DOING THE WORK OF TWO

DEAR DOING: Your husband may or may not be capable of changing. However, the next time your sister, son and daughter-in-law talk to you about the negative message your husband is sending the grandchildren, please tell them they are talking to the wrong person. They should take this up with "Grandpa Grump," and you should not be forced into the position of being the messenger.

DEAR ABBY: My daughter is 22 weeks pregnant. This will be our first grandchild, and we were excited to be hosting the baby shower for her. Unfortunately, her in-laws got involved. We were told they were mostly in charge and we should butt out, and my daughter will host her own shower. She sent us a message stating that they don't want the shower to be a "burden or financial strain on us," so we can come only as guests.

We never ever said anything about finances or anything. We were excited about the shower and couldn't wait to start this amazing journey. What do we do? Do we still go as grandparents, as guests or stay away? We are not allowed to help with anything, but we were told to contribute to the food. -- STUNNED IN SOUTH AFRICA

DEAR STUNNED: Contribute what food exactly? A box of crackers? A fruit salad? Money? I don't blame you for being upset. It certainly looks like you have been pushed aside.

Did your daughter send you that message or did her mother-in-law? I ask because it is considered a breach of etiquette for an honoree to throw her own shower. Talk to your daughter. However, do not allow this to drive you away. Attend the shower. If you don't attend, it may be the beginning of an estrangement.



ABIGAIL VAN BUREN

me to be carrying my boss's belongings to his car at the end of his workday? Is it acceptable for me to be making his coffee a certain way and picking up his lunch? I was hired as a second administrative assistant, but I feel more like a maid/servant/slave. It's 2020! I don't think women should be treated like this anymore. Any advice? -- UNCERTAIN IN THE EAST

DEAR UNCERTAIN: Absolutely. Have a chat with your employer and review what your duties are supposed to be. Nowhere in your letter is it apparent that your boss is singling you out for these tasks because you're female. If you had proof this was the case, it would be another matter. Because you find these tasks demeaning, consider looking for another job because this may not be the place for you.

DEAR ABBY: Is it OK for