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LOCAL NEWS... LOCAL VIEWS

APRIL 15, 2020

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SLV Today

Conejos Government Closure

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

Conejos County Fire Ban

Due to the continued drying trend and wind, Conejos County Sheriff Garth Crowther has initiated Stage 2 fire restrictions for all of Conejos County.

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SLV WEATHER



Sunny/Windy 58/27

Thur: Windy 59/28

Friday: Windy 64/28

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CRT moves most of 2020 season to 2021

By KEITH R. CERNY

Courier Publisher

CREEDE – Due to the uncertainty of when the COVID-19 pandemic might end and make it safe for group gatherings, the Creede Repertory Theatre has announced major changes with the 2020 season, moving most of this year's offerings to 2021.

Executive Director John DiAntonio announced the move last week in an emailed letter to patrons.

"For 55 years, Creede Repertory Theatre has brought amazing stories to life," his email said. "We have weathered our share of storms and fires with the can-do spirit that defines CRT and the town of Creede."

"The CRT staff has spent the past weeks exploring every option to bring our 2020 Season of Belonging to life this summer. However, in discussion with our

Creede community leaders, we have determined that a season of this scope is not possible at this time.

"With the health and safety of our patrons at the forefront, CRT has made the difficult decision to postpone our productions of Fully Committed, The Roommate, Grounded, Annie, Oklahoma!, and The Importance of Being Earnest to the 2021 summer season."

DiAntonio said that doesn't mean CRT is going dark this summer.

"More than ever, we believe our artists, audiences, and students need the connection, creativity, and community that are the cornerstones of this theatre."

Unless total cancellation is called for, tentative plans call for "returning to our roots by strategizing a small, flexible season to open later this summer should it be safe and legal

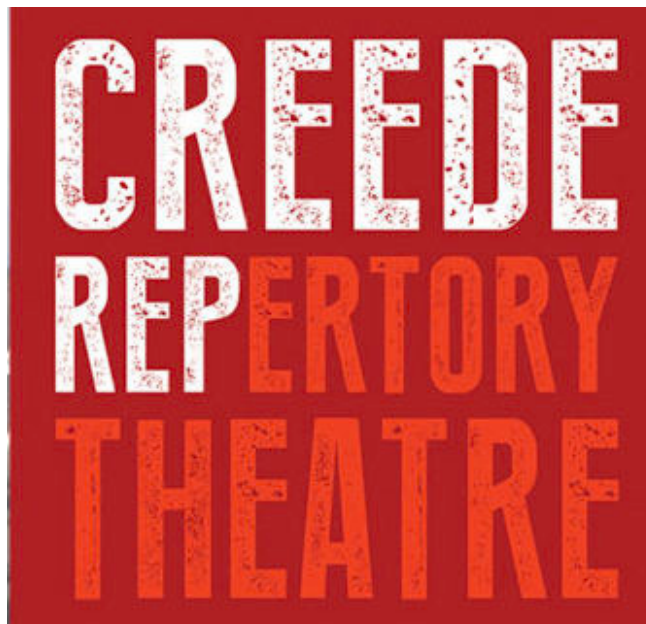
to do so. The CRT staff and town of Creede are blessed with a plethora of multi-talented artists waiting in the wings to bring joy and connection back to our community. More information on new 2020 Season offerings will be available in the upcoming weeks."

CRT is still weighing the possibility of postponing the July 31st Gala Fund-raiser to the 2021 season. An announcement will be made when the new 2020 season details are available.

Summer Day Camps are still scheduled for July, though some changes to the camps offered are expected. New camp dates and titles will be announced in the coming weeks.

The Kid Show, originally scheduled for July, will now take place in August with the first rehearsal on July 21st and performances August 6, 7 and 8.

■ See CRT page 3



SLV Emergency COVID-19 update

SAN LUIS VALLEY – Rio Grande County received news of two new positive test results today, one an individual who is currently hospitalized and one probable positive identified through case investigation. This brings the total confirmed cases so far in the San Luis Valley to 22.

In addition, members of our community are being seen who are experiencing mild to moderate symptoms of COVID-19 and it is recommended that they self-isolate at home. If anyone is experiencing difficulty breathing and contact 911, ensure that you tell the dispatcher that you've been experiencing symptoms so that the crew on the ambulance can respond appropriately. The number of new positive cases has slowed down in our area, which shows the steps we are taking to

slow the spread are working. We as a community need to continue to work together following the public health orders and recommendations to slow the spread.

Teens should be avoiding social situations and instead use digital alternatives to hang out with their friends. Teens may not be as likely to experience severe symptoms if they do develop COVID-19, but they are just as likely as people in any other age group to spread the virus unknowingly. Children should not be playing with other children in the neighborhood or participating in play dates during the stay at home order.

Parents should also have children and teens wear a mask if they cannot remain at home. Supervise children between the ages of 3 and 5 if they are wearing a mask.

■ See COVID page 3

Sexual predator living in area

APD says Gutierrez is registered offender

By KEITH R. CERNY

Courier Publisher

ALAMOSA – A 61-year-old sexually violent predator is reportedly currently living in the community according to a post from the Alamosa Police Department.

Andrew Michael Gutierrez is labeled as homeless but residing in the area, the report indicates. He is Hispanic, 5'-5" tall, 186 pounds with black hair and hazel eyes, with scars on his wrist and tattoos of praying hands and a circle.

Gutierrez was convicted of sex assault on an adult without consent, as well as unlawful sexual contact, false imprisonment, 3rd degree assault and theft. The offenses require law enforcement registration, according to the notice.

State statutes authorize law enforcement agencies to inform the public of a sex offender's release when the offender has been determined to be a sexually violent predator and is subject to community notification. The

purpose of the notification is to enhance public safety and protection.

"Vigilantism, or use of this information to harass, threaten, or intimidate any of the following people is criminal behavior and will not be tolerated: the offender, the offender's significant others, and the community notification team," the post stated.

"Further, they have been determined to present a high potential to re-offend and are therefore subject to community notification regarding their residence in this community."

However, City of Alamosa Ordinance Section 11-54 provides restriction on residency and loitering.

Prohibition on residency of sexually violent predators: "It shall be unlawful for any person who has been adjudicated to be a sexually violent predator pursuant to C.R.S. § 18-3-414.5 to establish a permanent residence or temporary residence within one thousand (1,000) feet of any school, after-school program facility, designated public or private school bus stop, park or athletic field, playground, recreational trail, licensed day care center, recreation center or swimming pool (other

than pools located at private, single-family residences), library, church, or retail shopping mall."

"The Alamosa Police Department is available to provide useful informa-



Courtesy photo

Andrew Gutierrez

tion regarding sexual assault and personal safety, and to make referrals to other local resources to help those who have been impacted by sexual assault or this notification process. If you have information regarding current criminal activity of this or any other offender, please call (719)589-2548. If you observe this offender engaging in any high-risk or inappropriate behavior, please call 911 or (719)589-5807."

Gov. Polis appoints Hinsdale County Court Judge

DENVER — Gov. Jared Polis today announced the appointment of James R.

McDonald as a Hinsdale County Court Judge in the Seventh Judicial District. His appointment is occasioned by the retirement of the Hon. Alvin G. Lutz.

McDonald has been a solo practitioner since 2003. His practice focuses on family, criminal, personal injury, and municipal matters. He is also

a Municipal Judge for the City of Gunnison (2005-present); Municipal Judge for the City of Alamosa (2017-present); and Municipal Judge for the Town of South Fork (March 2020-present). McDonald earned his B.A. from the University of California, Berkeley in 1989 and his J.D. from Vermont Law School in 1996.

McDonald's appointment is effective May 29, 2020.

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Valley News

Join fight against local hunger

By MEG COLWELL
Courier reporter

ALAMOSA — As an American Corps Member serving with La Puente, COVID-19 seems like the worst-case scenario for our organization and clients. La Puente services work to combat poverty and homelessness in the San Luis Valley. Of course, the pandemic has only exacerbated these problems. La Puente's services are needed now, more than ever; but the pandemic complicates how we carry these services out.

It's been impressive to witness the determination of not only La Puente, but the entire community; as they unite to devise new processes of survival and day-to-day life. Like La Puente, Alamosa's school district, city, and businesses have created alternative means of operation. These efforts include delivering food to families, via scheduled bus stops; transforming the Elementary school's cafeteria into a community "grab-n-go" kitchen; and supplying the city's homeless population with

handwashing stations. New community efforts keep arising as neighbors seek to provide for neighbors.

One of the biggest challenges facing us all is lack of food access; often the result of poor geographic location, poor health, lack of transportation, or lack of financial funds. Ever since we had to close our shelter kitchen -- which served free, daily community meals -- La Puente has been working tirelessly to figure out another community meal option.

The community has come together in such wonderful ways to come up with a solution. The members of the Alamosa Presbyterian Church have offered up their building to serve as a meal distribution site and are also offering public showers.

By partnering with the Alamosa School District, La Puente's generous VEGI and Outreach staff have developed a daily sack-meal program. Each day donations from partners and foundations are prepared in the Milagros kitchen and then



Courtesy photo

served at the Alamosa Presbyterian. Lunch is served from 12 p.m.-12:30 p.m. and dinner is served 6 p.m.-6:30 p.m. Efforts are also underway to provide hot sack dinner options throughout the week.

Our Food Bank is also combatting this lack of food access, altering services to satisfy both the social distancing rule and our clients. Unfortunately, there are still some members of the community who cannot

benefit from these avenues, as they lack either -- or both -- the transportation or health to travel. So, La Puente is working to deliver packaged food boxes to those residents.

If you would like to be involved in any of these efforts, La Puente is looking for volunteers and partners to share this responsibility, as the work is rewarding and provides a good excuse to leave the house. Volunteers are called to monitor the sack lunch and/or dinner pick-ups; as well as volunteers to deliver food boxes. All volunteer roles will require very minimal contact with clients and La Puente will provide volunteers with the proper PPE gear.

This community is figuring out new and unique ways to support one another during these times. La Puente is proud to be a part of these efforts that really do prove that we are stronger together! Those interested in supporting these efforts can call 719-345-4554 or visit www.lapuentehome.org/ strongertogether

Friday Health Plans supports local businesses

ALAMOSA — Friday Health Plans, a local health insurance company that remains open as an essential business, has been supporting the Alamosa community while feeding its own employees and other essential workers during the COVID-19 pandemic.

After the statewide closures of restaurants on March 18, Friday Health Plans has placed daily takeout orders to provide meals for its employees and will continue to do in the upcoming weeks. Restaurants that Friday Health Plans has ordered from included The Purple Pig Pizzeria and Pub, Locavores, Woody's Q Shack and Nino's Del Sol. Friday hopes its efforts will generate visibility to increase ongoing business for these restaurants.

With nearly 100 employees based in Alamosa, Friday Health Plans understands the impact small businesses have in the community. "These small business owners are remarkable with the service they have provided throughout the years and have put countless hours into building and achieving their dreams," said Kaily Lopez, Human Resources Business Partner, Friday



Health Plans.

Friday Health Plans has also partnered with Blessed Brews Coffee Shop to provide free coffee to essential community workers, including teachers from the Alamosa School District and the Alamosa Police Department.

"By giving back, we aim to give those around us hope, and help them realize they hold a significant part in our little town, and the only way to get through all of this, is together. We are also committed to keeping our employees' spirits up during this time. These acts of giving back help with that," added Lopez.

Friday Health Plans has modified its operations by supporting half its employees working from home and instituting strict safety measures for employees still coming to the office on Main Street in Alamosa. The company plans to continue supporting local businesses and community members during these unprecedented times. To follow updates, please visit Friday Health Plans' Facebook page at www.facebook.com/fridayhealthplans.com.

Learn more about Friday Health Plans at www.fridayhealthplans.com.

About Friday Health Plans

Friday Health Plans is purpose-built specifically for people and small businesses who buy their own health insurance. The company focuses on overall simplicity to offer affordable health plans with benefits that help members stay healthy and cover them fully if they get sick or hurt. Operational efficiency, top-notch customer service, and smart technology are core to Friday's consumer-centric approach. Headquartered in Denver, Friday covers the Colorado Front Range, San Luis Valley, and portions of the Western Slope, Four Corners, and Eastern Plains. Friday Health Plans is compliant with the Affordable Care Act and regulated by the Colorado Division of Insurance.

Conejos County Fire Ban

Due to the continued drying trend and wind, Conejos County Sheriff Garth Crowther has initiated Stage 2 fire restrictions for all of Conejos County. Fires, campfires, charcoal grills, coal and wood burning stoves are prohibited including use in developed recreation sites. Devices using pressurized liquid or gas that include a shut-off valve and wood stoves used to heat a residence are allowed. Smoking is allowed only within an enclosed vehicle, trailer or buildings where smoking is allowed. Welding or operating acetylene or other torches with open flame is prohibited, unless it is within an enclosed building. Also prohibited are all explosives, includ-



ing fireworks, exploding targets, and tracers or incendiary ammunition.

Operating or using any internal combustion engine, such as a chainsaw, generator or all-terrain vehicle is only allowed with a spark arresting device properly installed, maintained and in effective working order meet-

ing USDA Forest Service or SAE approval.

Additionally, chainsaw operators must have a chemical pressurized fire extinguisher and round point shovel with an overall length of at least 35 inches readily available for use. The entire Stage 2 fire restrictions order may be viewed on the Rio Grande National Forest website at <https://www.fs.usda.gov/riogrande>.

For more information, call the Conejos County Sheriff's Office at 719-376-2196. This Order will be in effect from 12:01 am on April 15th, 2020 and will remain in force until further notice, unless rescinded earlier.

COVID

Continued from Page 1

If the mask is creating discomfort or resulting in the child touching their face frequently, reconsider whether a mask is appropriate for that child. Children under 2 years of age should not wear a mask or other cloth face covering.

We recommend that employees at essential businesses wear non-medical cloth masks to further slow the spread of COVID-19. Science tells us that some people may spread COVID-19 even when they do not have symptoms. This goes for essential employees as well as anyone who has to go out on occasion for necessary tasks. Wearing a non-medical mask protects others by reducing the droplets and viral particles that spread between people as we talk and interact -- especially in situations where a physical distance of 6 feet cannot be maintained. The masks can be any sort of cloth face-mask; there are numerous sewn and no-sew options available, or you may wear a bandana or scarf. Masks should be washed after each

day of use and anytime they become soiled. Be sure to dry the mask completely between uses. We recommend washing and drying your mask on the highest heat setting of the washer and dryer. It's a good idea to have more than one mask or face covering available to allow time for washing and drying after each use.

Yesterday, the Statewide Feeding Task Force working through the Unified Coordination Group announced that Colorado received a \$3 million delivery of infant supplies from the Federal Emergency Management Agency (FEMA) that includes:

- 8,200 cases of formula
- 23,260 packages of diapers
- 53,167 packages of diaper wipes

These essential supplies will go to families who are experiencing poverty and not able to find resources to meet their basic needs. The distribution of the supplies will be at 41 locations statewide at Colorado's food banks and family resource centers, including locally through La Puente's Food

Bank Network of the San Luis Valley. These supplies will also be available to families enrolled in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and child care providers taking part in the Emergency Child Care Collaborative.

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

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

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

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

Support local business: <https://slv-supportlocal.com/>

Small Business Resources - www.choosecolorado.com

Volunteer or Donate - www.help-coloradonow.org

CRT

Continued from Page 1

The Young Audience Outreach Tour is currently moving forward as scheduled, keeping the health and safety of students and artists as the first priority. CRT at Home Streaming on Facebook now

The CRT Spring Solstice 10-Minute Play Challenge: On Mondays, we drop the week's theme on Facebook. You have 48 hours to write and submit a 10-Minute

play. We will select one play to read on Facebook Live each Thursday. At the end of the Festival, our viewers will vote for their favorite play, which will be produced at our 10-Minute Play Festival, scheduled for September.

CRT's Education Department is releasing daily videos including workshops, Cozy Corner story-time with follow-up questions and activities, and The Adven-

tures of Sunny and Blue (our resident Clowns). Check out Education at Creede Repon Facebook for some fun with the kiddos, though we think it's pretty entertaining for adults, too!

In a note to ticket holders, DiAntonio said CRT staff will be reaching out to ticket holders beginning Monday, April 13th to discuss options regarding their tickets, including:

- Exchanging your

tickets for the 2021 Season.

- Accepting credit for future production.

• Donating the value of your ticket as a tax-deductible contribution to CRT, which will help us recover from the significant revenue losses we will experience as a result of COVID-19.

- A refund of your ticket.

3 ways to respond to the Census

Online - my2020census.gov

If you received an invitation with an ID number, great, use it. If you don't have an ID number, that's fine. Just follow the instructions to enter your address.

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

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

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Opinion

LETTERS

Divert 65 billion gallons of water from San Luis Valley?

How can one possibly comprehend the vast amount of what 65 Billions Gallons of Water really is? Who came up with this number? How was this measured? Is this an annual amount? Over a set number years? Is it up to 65 Billion? These are important questions. What if the waters are diverted and the San Luis Valley (Valley) falls short? What will protect not only its residential needs, but also protect the integrity of the Valley?

Is there an escape clause, if the impact to the Valley is greater than anticipated? What if there is a drought, will the Valley be granted a moratorium to temporarily suspend the activity until future events related to the issues be resolved? Where are the protections for the Valley? If the goal is to properly manage water resources and the excess is to be shared outside the Valley, what safeguards are in place to keep the Valley sustainable at the current level? Where is the bottom line summary sheet for the lame person on the impact study?

You might ask, "Why such passion on this issue?". I can personally attest to the significance of what diverting water does to a thriving community. It robs its residents of their ability to live.

I know this because I lived in Garcia, (Costilla County) Colorado. Believe it or not, Garcia was once a beautiful place to live with a close community of families and friends. It was green and had a sustainable water source. Until policymakers decided to divert it's waters to Jaroso, Colorado. This diversion took precedence and ultimately bypassed Garcia, virtually drying up its sustainable water source. Its rivers wet dry, irrigation was no longer possible and even families, "well water" went dry. The entire community was impacted beyond comprehension. Forcing families to move out of their cherished homes.

If you need the motivation to fight against the possibility of losing 5 Billion gallons of water for the Valley, do you your own, "Impact Study". Take a drive through Garcia, Colorado and you will see first hand, what a water diversion does to an unsuspecting community.

Water is a very precious and sustaining resource for any community. Make sure you don't let this issue escape your notice, it could impact you and your family beyond your imagination. Have you considered where you will go once the water dries up?

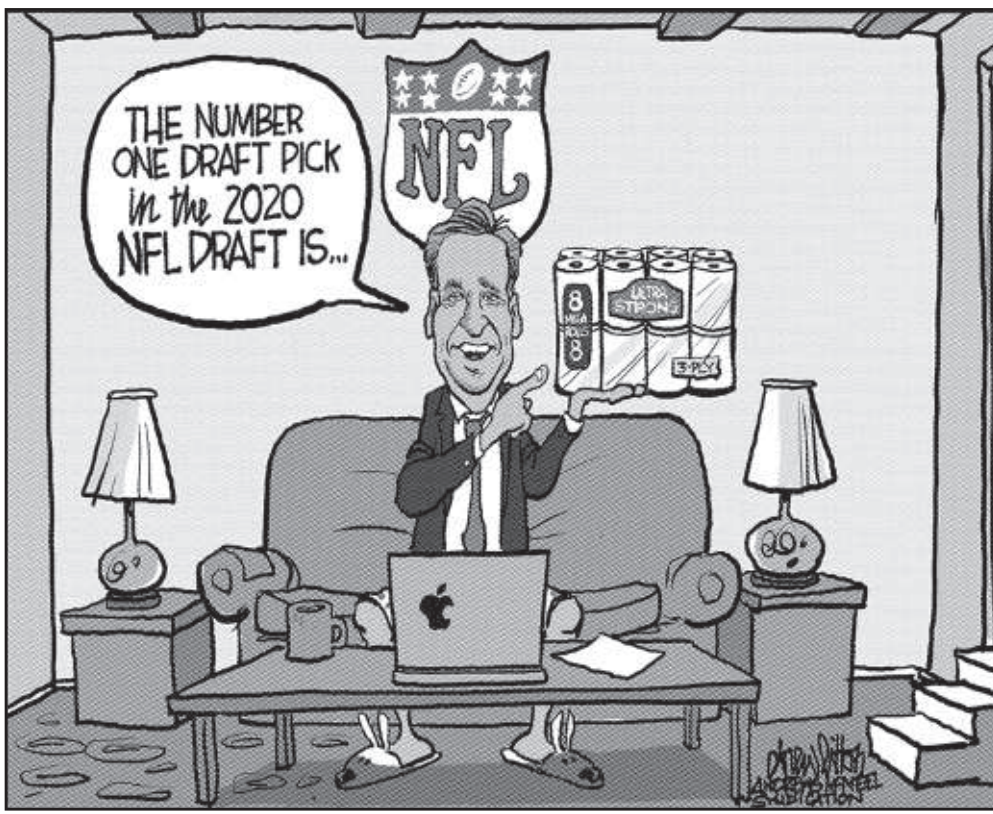
Please, DON'T LET THIS HAPPEN. It is always good to share, but not to your detriment.

Sincerely,
Laura Cordova Garcia
Sent on behalf of my mom, Laura Arleen M. Ward

Consider donating your federal funds

While important for public health, the business shutdown and stay-at-home orders have had a devastating effect on many in the San Luis Valley. If you have a higher income, have a stable job, or have enough savings, please consider giving your federal relief payment to families in need or to an organization helping the less fortunate in the Valley. I gave my payment to La Puente, which runs the Food Bank Network of the San Luis Valley and many other vital programs.

Frank Evans,
Del Norte



God Bless America...

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

Los Angeles grocery stores posted notices Friday telling customers for the sake of public safety they must wear a mask in the store. I don't know much about public safety, but yesterday I saw a photo of O.J. Simpson at the grocery store in Vegas wearing gloves and a mask. It was like old times.

Psychology Today said home quarantine provides you with unique experiences that bring you enjoyment. After Sunday, I now view the pandemic with more appreciation. Thanks to the virus, I got to watch Phil Mickelson, Tiger Woods and Jack Nicklaus win the Masters on the same weekend.

President Trump tore into CNN and the New York Times Monday for pushing a story that he was late reacting to the virus. Nobody wants to take the blame for this mess. You should have seen some of the dirty looks I got this morning when I walked through Chinatown in my Batman costume.

The Weather Channel reports huge tornadoes tore through the South Sunday night, tearing up homes from Texas to Alabama. And it was not even virus-related. I'm not a lawyer, but I think anyone who looks up and sees a blimp that says Goodyear on it can sue the blimp for false advertising.

Michigan's governor ordered everybody to observe home quarantine over the weekend. This is not good news for state coffers. The number of drunk driving arrests in Michigan has fallen so much that to make up for lost revenue, police are pulling you over if you show signs of a fresh haircut.

Bernie Sanders arranged on Monday to appear on TV with Joe Biden from separate locations so he could endorse Joe and allow us to enjoy watching Bernie and Biden going back and forth at each other on split-screen. I haven't seen Sesame Street in years. They finally came out of the balcony.

Dr. Fauci expressed gratitude for the public's response to social distancing and self-isolation Monday as new statistics came out that startled me. I admit I didn't take the virus that seriously until today. The CDC just announced the COVID-19 death toll could surpass the Clinton body count.

President Trump told reporters he enjoyed viewing an online Easter service at the First Baptist Church in Dallas Sunday. They're evolving. It took four weeks of home-quarantine, but Southern Baptists are now allowing church members to buy liquor, as long as it is for disinfectant purposes only.

President Trump expressed wariness about allowing every American to vote by mail in the fall election, citing the possibility of vote-counting fraud. The Democratic Party position is clear. If Stormy collusion quid-pro-quo Corona-Gate doesn't bring Trump down, then let's try voting by mail.



Argus Hamilton

Mom shares late daughter's poem about addiction

As you all know by now, our dear, Miss Ruth Heide passed away, March 30th. I am thankful she was surrounded by her family who loved her, and little Oso was there, too. My heart is truly broken. Miss Ruth believed in me and is the one who gave me my column almost four-years ago. My maternal, great grandmother had two sayings that apply here: "The proof is in the pudding," and "You never miss the water til the well runs dry." As editor and reporter, Miss Ruth wrote a lot but didn't always talk a lot. Her message and her truth were in her actions and in the way she lived her life. If Miss Ruth told you she would do something, she did it. You didn't have to wonder if she forgot about her promise to you, or if she changed her mind. Too many of us took Miss Ruth for granted. We didn't realize the treasure we had in her until she was gone. I will always love my Miss Ruth and I will always miss her.

Today is my 200th column (Thank you, Miss Ruth). Of all my columns, we had the greatest response to, 'Delaney's Poem,' more than any other. I want to share it again today because it reveals the heartbreaking reality of addiction.

A parent's worst nightmare became a reality for Brian and Bridget Farrell when their 23-year-old daughter, Delaney, overdosed from heroin and died recently, 7/1/17. She knew what her monster was, said Brian in a Facebook video that now has more than 11,000 views. She knew she was battling it.

Delaney lost the battle on Saturday. She was found by Williamsport, Penn-

sylvania, police at a Red Roof Inn where she had previously been employed.

Although Delaney has died, she left behind a powerful poem that has struck a chord with many. The poem, which expresses what it's like to struggle with heroin addiction, was included by her mother in her obituary (whose online version crashed from a surge of traffic on Friday) after she found it in her daughter's journal.

Delaney's Poem
Funny, I don't remember no good dope days.
I remember walking for miles in a dope fiend haze.
I remember sleeping in houses that had no electric.

I remember being called a junkie, but I couldn't accept it.

I remember hanging out in abandos that were empty and dark.
I remember shooting up in the bathroom and falling out at the park.
I remember nodding out in front of my sister's kid.
I remember not remembering half the things that I did.

I remember the dope man's time frame, just ten more minutes.
I remember those days being so sick I just wanted to end it.

I remember the birthdays and holiday celebrations.
All the things I missed during my incarceration.

I remember overdosing on my bedroom floor.

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



'Kids Like Me'

I remember my sister's cry and my dad breakin down the door.

I remember the look on his face when I opened my eyes, thinking today was the day that his baby had died.

I remember blaming myself when my mom decided to leave.

I remember the guilt I felt in my chest making it hard to breathe.

I remember caring so much but not knowing how to show it
and I know to this day she probably don't even know it.

I remember feeling like I lost all hope.

I remember giving up my body for the next bag of dope.

I remember only causing pain, destruction and harm.

I remember the track marks the needles left on my arm.

I remember watching the slow break up of my home.

I remember thinking my family would be better off
if I just left them alone.

I remember looking in the mirror at my sickly complexion.

I remember not recognizing myself in my own Damn reflection.

I remember constantly obsessing over my next score but what
I remember most is getting down on my knees and asking God to save me cuz I don't want to do this no more!!!

Arboleda, C. (2017). Mom shares late daughter's poem about heroin addiction. <https://www.yahoo.com/beauty/mom-shares-late-daughters-poem-heroin-addiction-210729832.html>

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

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Keith R Cerny
Publisher

Valley Courier

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Awarded Colorado Press 2017 First Place, Best Photo Essay
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Second Place, Best photo Essay
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Heroes

To all our Hometown Heroes - Healthcare workers, Pharmacists, Teachers, Law Enforcement, active and retired Military, Firefighters, First Responders, and all other essential personnel who are taking care of our city's needs during this remarkably difficult time - thank you for your efforts and dedication.

Everyone please continue to practice good social distancing - Wash your hands - Stay home - Support local businesses when you can, now more than ever. **TOGETHER - we will get through this.**



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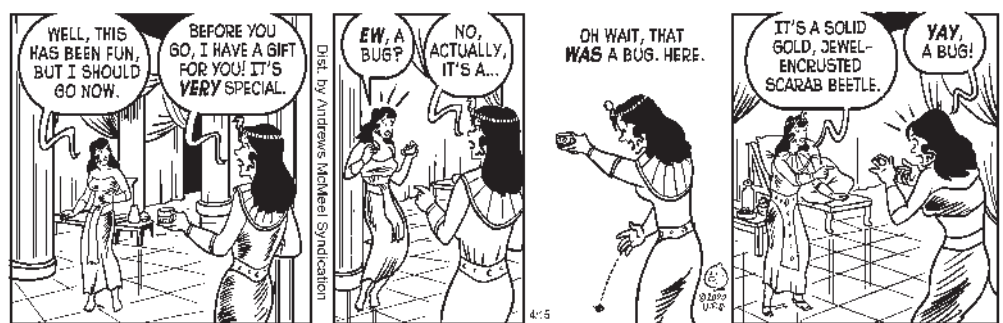
Comics

CROSSWORD PUZZLE

- ACROSS**
- 1 Four-footed pal
 - 4 Flow back
 - 7 Barnyard fowl
 - 11 Summer cooler
 - 12 Hula dance fete
 - 14 Fencer's blade
 - 15 Mont. neighbor
 - 16 OPEC member
 - 17 First orchard?
 - 18 Words for songs
 - 20 Not quite
 - 22 Strike
 - 23 Tiny
 - 24 Monks' superior
 - 27 Barbarian
 - 30 Sharp bark
 - 31 Fourth planet
 - 32 Broken-down horse
 - 34 Paris thirst-quencher
 - 35 Journalist Brit
- DOWN**
- 1 Garbage container
 - 2 Swirling water
 - 3 Shred
 - 4 Draw out
 - 5 Exploded
 - 6 Sheep call
 - 7 Considered
 - 8 Victorian coiffure
 - 9 So-so grades
 - 10 Lois Lane's co-worker
 - 13 In the dark
 - 19 Flapjack chain
 - 21 Telescope part
 - 24 Tar's reply
 - 25 Tiny sphere
 - 26 Downcast
 - 27 Siren
 - 28 By and by
 - 29 Pasternak heroine
 - 31 Muttered
 - 33 Mousse alternative
 - 35 Pull along
 - 36 Dry riverbed
 - 38 Treasure holders
 - 39 Prejudiced
 - 41 Army wear
 - 42 Valhalla honcho
 - 43 Viking letter
 - 44 It once was wild
 - 46 Garret
 - 47 Falco or McClurg
 - 48 "Big Little Lies" Emmy winner
 - 51 Abrade



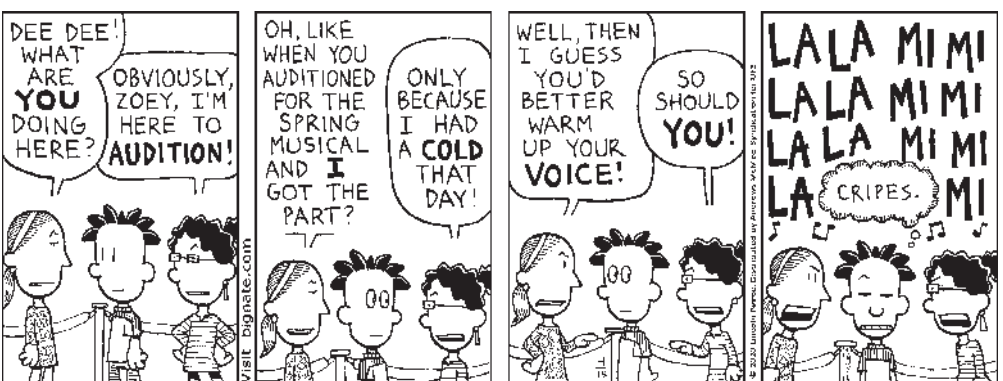
ALLEY OOP



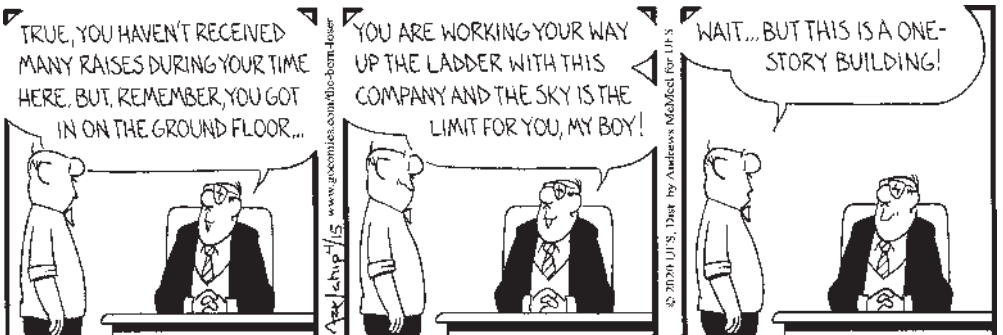
ARLO & JANIS



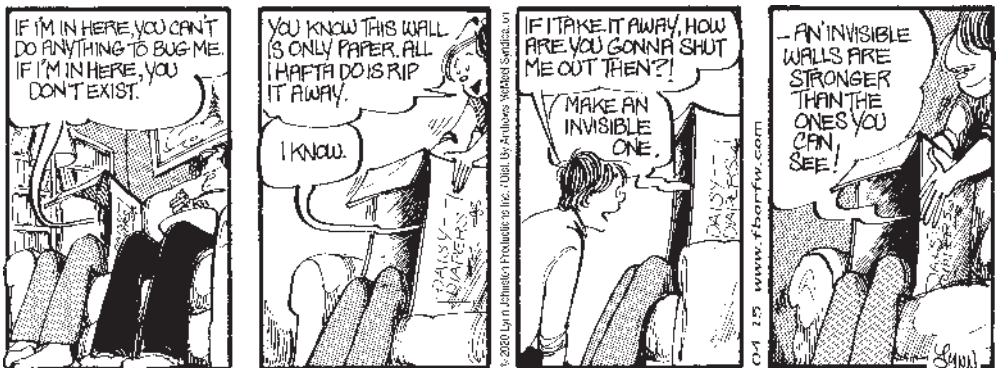
BIG NATE



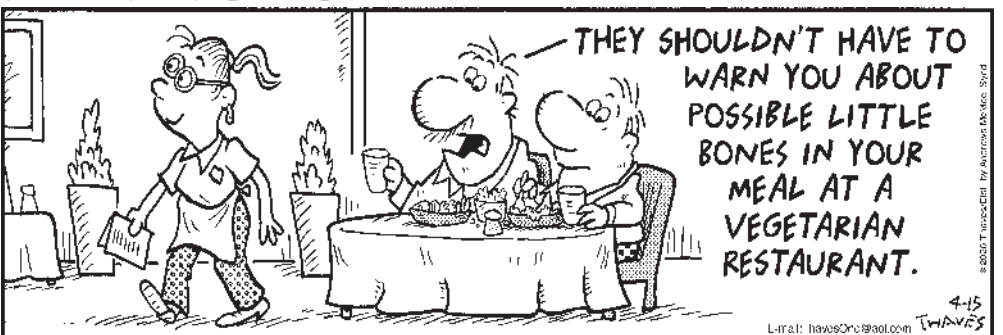
THE BORN LOSER



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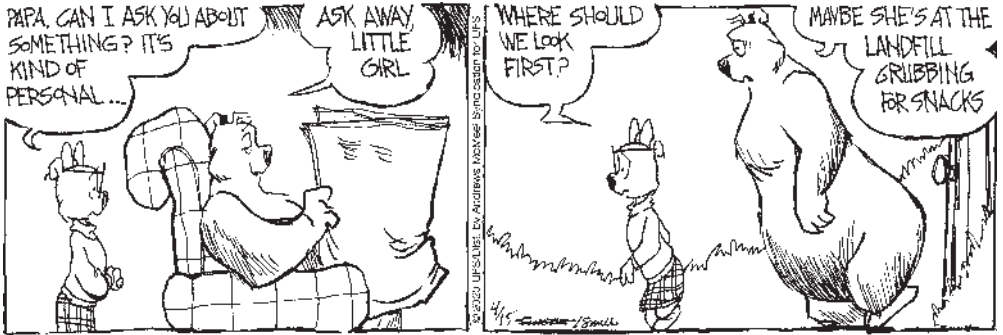
FRANK & ERNEST



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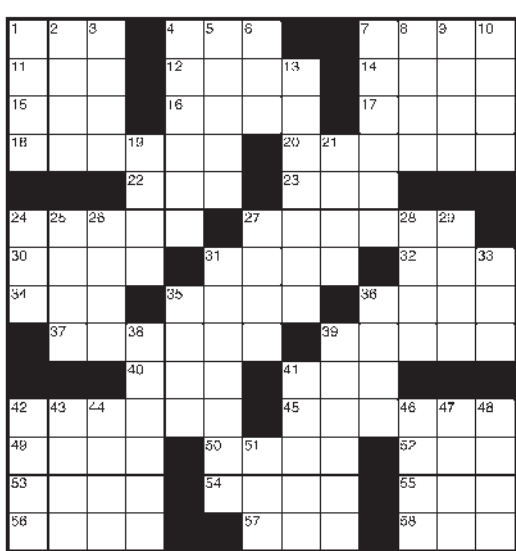
THE GRIZZWELLS



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.

"BS RUL JGCK UPK TLPAR XH RG MPD
 BAZGTL RVLH, UL'K UPEL TPKL XH
 HTPCR LAGXNU RG MCLMPCL RUL
 CLRXCA." — OBCO OBCOMPRCBZO

TODAY'S CLUE: Beans

Previous Solution: "You just can't say, 'I believe in Jesus' and then don't forgive somebody or hold a grudge against somebody." — Mr. T

Woman with new boyfriend keeps neighbor up at night

DEAR ABBY: I live in a densely populated luxury high-rise apartment building in a busy downtown neighborhood that has a diverse mix of residents. I have lived here for four years and have never really had many issues, until recently.

My next-door neighbor works in the medical field that at times has very late or early hours associated with it. I also work in a field that has odd hours, and so I am empathetic. My issue is, she has a new boyfriend she is intimate with anywhere between 2 and 4 a.m. I am a light sleeper and get awakened by their sessions together. I can hear her voice and at times, jostling of furniture.

I have thought about telling the building management, but it would be obvious that the complaint would have come from me, and I don't want that. I also don't want to cause embarrassment to either of us. How can I address this delicately, without causing embarrassment, or must I suck it up and suffer? -- SLEEPLESS IN CHICAGO

DEAR SLEEPLESS: Write your neighbor a sweet note explaining the problem and ask if there is anything she can do to muffle the sounds you are hearing. (It might be something as simple as moving

her bed away from the wall or placing it against a different one.) However, if she's uncooperative, as a last resort, do discuss your problem with the building manager. I assure you, it won't be the first time he or she has heard something like this, or the last.

DEAR ABBY: I suffer from a moderate to severe case of social anxiety. I'm now in my first relationship with a partner who tends to move fast, and whose parents have recently been asking to meet me. This has caused tension in our relationship as well as in his relationship with his parents.

Because of some past experiences with previous partners, his parents have preconceived notions about me, which makes me feel all the more reluctant to meet them. I don't like feeling vulnerable, especially with people who don't know me. One counseling session with a boss, a professor, someone in authority, etc., and I'm on the verge of tears or already crying.

I know I'll have to meet his parents someday, but I don't know how to approach it. I feel overwhelmed just thinking about it. Please help. -- SOCIALLY ANXIOUS

DEAR SOCIALLY ANXIOUS: I hope you are receiving professional help for your social anxiety. You



ABIGAIL VAN BUREN

should not approach meeting your partner's parents with a negative attitude. Smile, put your best foot forward and try to make a good impression.

Keep in mind that this is not a performance review, a professor you need to give you a good grade or anyone in authority. They are parents of a son whose past judgment about partners may have been less than stellar, and of course they have concerns.

It would be nice if they thought the moon rose and set on you, but if they don't, will it affect your relationship with your partner? If the answer is yes, then he may not be mature and independent enough to be having a romance with anyone. Hold a good thought and stop hiding out.

Lifestyle

Potatoes USA Appoints 2020-2021 Research Committee Co-Chairs

DENVER — Chris Hansen of Bliss, New York and Jared Smith of Alamosa, Colorado were elected to the Potatoes USA Executive Committee as Research Committee Co-Chairs on March 11, 2020 at the organization's 48th Annual Meeting.

Hansen has been involved with the Research Committee from its start five years ago, and he will be serving his third year as Research Committee Co-Chair and sixth year on the board. This will be Smith's third year on the board, but his first year as a committee co-chair after serving as a member on the Domestic Marketing and Research Committees for one year each.

Hansen is the general manager for CSS Farms, LLC and his location in New York focuses entirely on chip-stock potatoes. He grew up growing potatoes, but has been working professionally in the industry for the last 25 years since graduating from Michigan State.

Hansen participated in the 2014 class of the Potato Industry Leader-

ship Institute (PILI), and currently holds the positions of vice president of the Empire State Potato Growers (ESPG) and chair of ESGP's Variety Development Committee. As an Executive Committee member, Hansen looks forward to continuing to build continuity between the Research Committee and other Potatoes USA programs.

Smith is a third-generation farmer and has worked in the industry for about 15 years. He is a part-owner of Three S Ranch, Inc., which produces russet, red and yellow potatoes. Smith is Blanca Potato LLC's Chairman of the Board and he serves on the Colorado Potato Administrative Committee. He participated in the PILI class of 2017.

Smith is excited about Potatoes USA's strategy, and he looks forward to continuing the momentum gained through the Performance campaign. The Research Committee, through its involvement in the Potato Research Advisory Committee (PRAC), participates in the development of national potato research priorities and



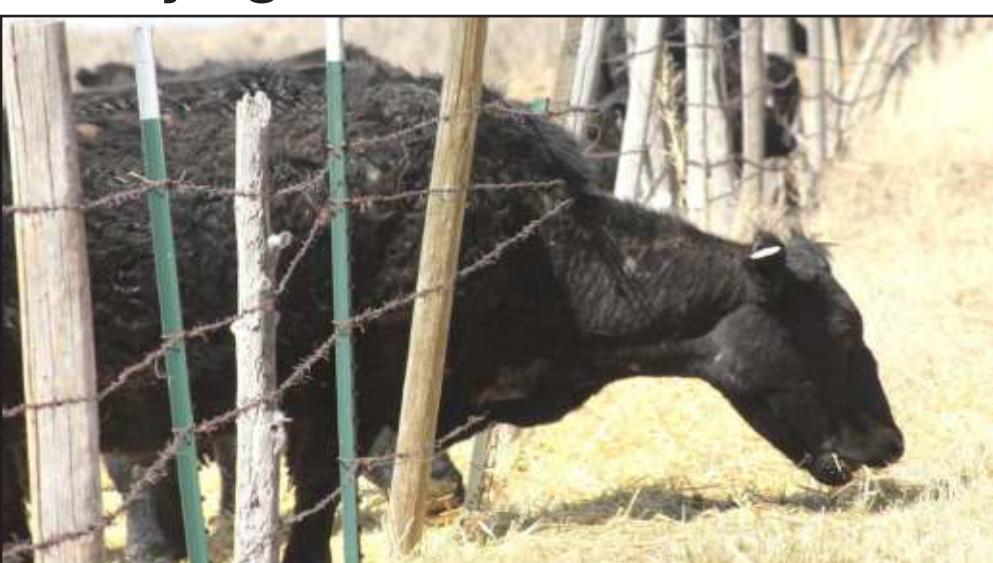
Courtesy Photo

Jared Smith of Alamosa, CO

promotes industry support for selected potato research projects.


The committee also oversees the industry's potato variety development activities for the chip and fry sectors through the National Chip Program (NCP) and National Fry Processors Trial (NFPT), respectively. The committee supports the latest potato nutrition research conducted through the Alliance of Potato Research and Education (APRE).

Always greener on the other side



Courtesy Photo

As the old saying goes, this mature cow found the pickings on the outside of the fence better than that found on the inside. She and her herd were in a field northeast of Sanford.



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Lifestyle

CU Boulder inventories, donates 130,000 pieces of PPE for health care workers, first responders

BOULDER — A half-dozen volunteers outside of CU Boulder's Environmental Health & Safety (EHS) building began piling a mountain of boxes into two pickup trucks and a moving truck Friday afternoon.

The load: a whole lot of help from nearly 40 campus units.

Across the country, health care professionals have pleaded for necessary supplies to respond to a pandemic that's far outstripping their resources. The shortfall of so-called personal protective equipment (PPE) has left those workers in danger of becoming ill from COVID-19 as they treat patients. A lack of testing or vaccine has resulted in a virtual shut down of communities in an effort to flatten the curve, or slow the spread of coronavirus as it spreads around the globe.

CU Boulder joined an array of relief and supply efforts last week with a donation of more than 130,000 pieces of PPE. Dozens of departments, units and labs across campus donated gloves, N-95 masks, face shields, shoe covers and other PPE.

The donation went to the Boulder Office of Emergency Management (OEM), which will distribute the supplies to health care providers, long-term care facilities and first responders throughout the county.

"These donations far exceeded my expectations," said Garry DeJong, director of campus emergency management. "Coupled with our researchers and engineers working on ways to keep people safe and finding ways to fight COVID-19, CU Boulder is making a sizable impact in this historic moment."

PPE is regularly used throughout CU Boulder's campus for research and other purposes from chemical labs to University Libraries.

DeJong led the charge alongside EHS Director Brandon Boger. Their teams worked for weeks soliciting donations across campus and creating an inventory. The donations equate to roughly 98% of the campus' PPE. The remainder is being reserved for campus health care providers and essential workers. In alignment with Centers for Disease Control guidance, workers whose job duties do not require an N-95 mask are encouraged to wear homemade cloth masks.

"We were hoping for five to ten depart-

ments to donate a few items," said DeJong. "Once the word got out about the donations drive, the CU partners just continually kept stepping up."

Mike Chard, director of the Boulder Office of Emergency Management, said he was extremely grateful.

"The COVID-19 pandemic has created tremendous pressure on our health care systems, long-term care facilities and first responders," Chard said. "Being able to keep the supply of medical and PPE at an essential service level preserves health care and government services and protects staff."

Margie Hunter, assistant to the director of EHS, was involved in coordinating and documenting the campus donations. Hunter and a small group of coworkers watched as emails rolled in from departments around campus looking to put their PPE to good use.

"I think we all want to step up when a crisis occurs, but don't always know what to do to help," Hunter said. "I feel that this process gave each of us that measure of satisfaction and gratitude that we were doing something that would make a difference for those first responders and the medical personnel who are facing this thing firsthand."

Broader efforts

Other faculty, staff and students have jumped into the fight as well.

Engineering faculty and students are 3D-printing key parts of protective face shields.

Daniel Larremore, an assistant professor in the Department of Computer Science and in the BioFrontiers Institute, is using Facebook data to track the virus' spread, and perhaps predict where it could go in the coming weeks.

The BioFrontiers Institute, the College of Engineering & Applied Science, the Sustainability, Energy & Environment Lab (SEEL) and other campus units also worked in the early stages of the pandemic to get respirators, sterilization ovens and other PPE to Boulder County Health officials.

Community needs

For students, faculty, staff and friends of CU Boulder looking to donate or give back to the community, you can find more via the new Buffs Together initiative.

The state is organizing giving and volunteer opportunities through Help Colorado Now.

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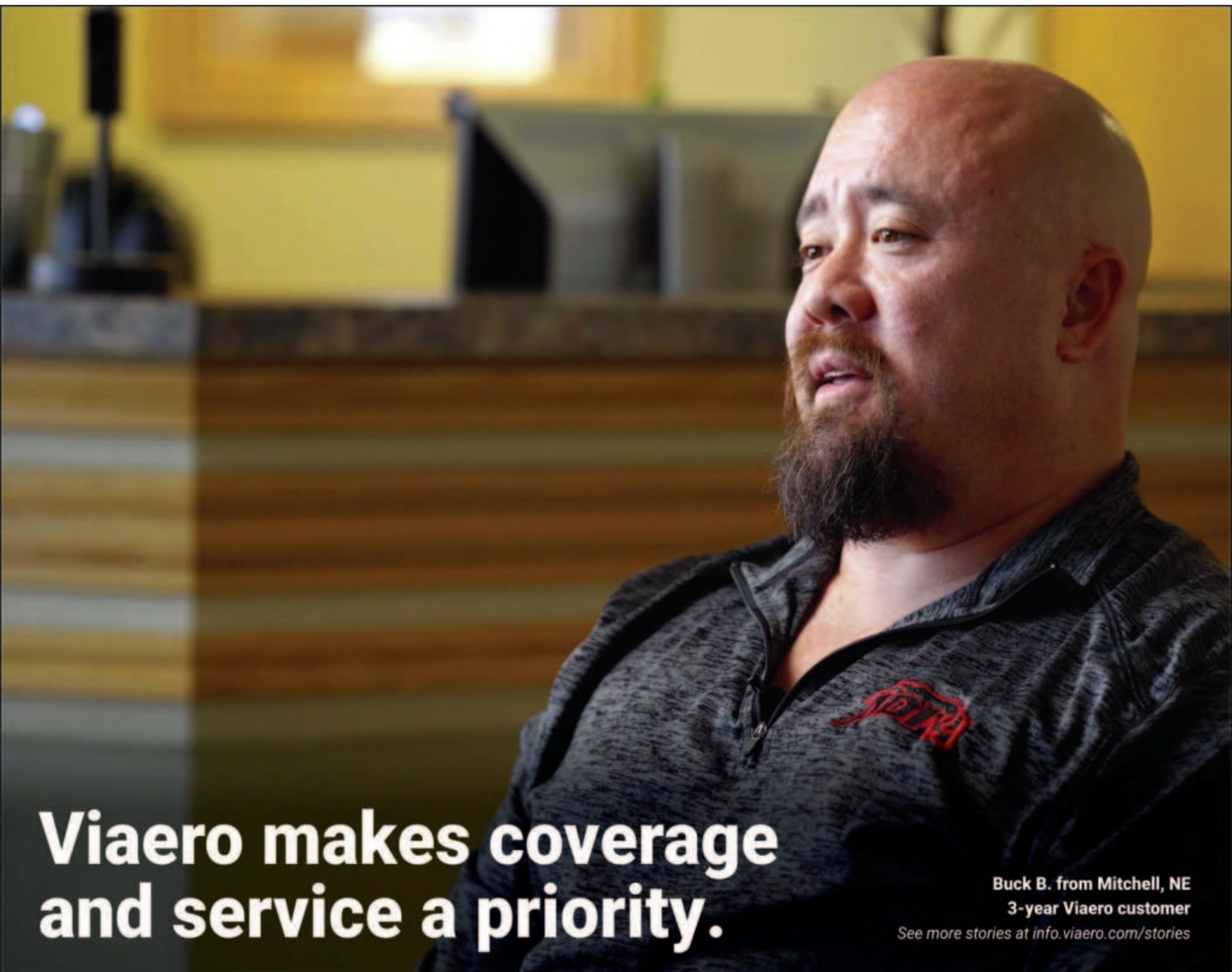
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Lifestyle

Colorado Beef Industry responds to JBS Beef temporary closure

ENGLEWOOD – Today, JBS USA announced the temporary closure of the Greeley beef production facility until April 24, 2020, in response to Coronavirus 2019 (COVID-19). JBS took this step in close coordination with the Weld County Department of Public Health and Environment and the Colorado Department of Public Health and Environment. “While beef producers are committed to providing safe and abundant beef for families throughout Colorado, the nation, and the world, our first concern is ensuring the health and safety of Coloradans in stopping the spread of COVID-19. We were saddened to hear of the passing of two workers from the plant and

our thoughts are with their families,” stated Colorado Cattlemen’s Association (CCA) President Steve Wooten of Kim, Colorado. The United States Department of Agriculture (USDA) and the Food and Drug Administration (FDA) have repeatedly stated that food products are safe. Colorado Beef Council Chair Sallie Miller of Briggsdale, Colorado emphasizes, “The entire beef industry continues to provide consumers with a diversity of products they expect and is dedicated to working together to ensure food safety remains its top priority.” Consumers can be confident that adequate supplies of beef are available

in their grocery store of choice. “While consumers have recently experienced some products being sold out in stores, this was a result of a peak in consumer demand and supply chain disruptions,” said Mike Veeman, Colorado Livestock Association (CLA) President. Our organizations are concerned about the business environment surrounding COVID-19, especially that of all beef production sectors from the cow/calf producer to the processing plant. However, we remain resolute in our commitment to do our part to end this pandemic, while providing a safe and nutritious beef eating experience.

Rio Grande Forest officials release final EIS - revised

MONTE VISTA – Rio Grande National Forest officials are releasing the final Environmental Impact Statement (EIS) for the revised land management plan, under the provisions of the 2012 planning rule. This final EIS will be published in the Federal Register on Friday, April 10 for a 30-day review period. The Record of Decision, which approves the final plan, will be signed once the review period ends on May 11. The 2020 Land Management Plan will be available after the Record of Decision has been signed. The approved plan will provide guidance for managing 1.8 million acres of forest resources for the next 10-15 years. Every national forest is required by federal law to have a land management plan that is periodically revised with public involvement. The Rio Grande National Forest has worked with the public, area tribes, and local, state and federal agencies since 2014 to revise its plan. Public input shaped direction for recreation, aquatic resources, eligible wild and scenic rivers, a proposed wilderness addition and species

of conservation concern. “The culmination of years of public meetings and hard work from staff and partners is nearing its final stage,” said Forest Supervisor Dan Dallas. “I look forward to reaching the final milestone in this long and valuable process.” The final EIS includes the analysis of the five alternatives considered, including the No Action alternative that continues existing land management direction, and four action alternatives. The Rio Grande National Forest Land Management Plan, EIS and associated documents are available online at: <https://www.fs.usda.gov/project/?project=46078>. April 9, 2020’s release erroneously reported the Rio Grande National Forest Land Management Plan would be available for review by April 10. The intent was to advise readers the DRAFT plan is still available and the final Land Management Plan would be available after the signing of the Record Of Decision in May.

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Sports

FAQ about COVID-19 and the spring season

By RYAN CASEY AND RHONDA BLANFORD-GREEN
CHSAA

The CHSAA office has found a few frequent topics when answering questions about the COVID-19 pandemic and the spring season.

So, we created a page dedicated to the latest information about the Coronavirus and included a list of Frequently Asked Questions. That page is here, and will be updated with the latest information, should updates be needed.

Commissioner Rhonda Blanford-Green answered these frequent questions, and we are also publishing them below.

Why hasn't the Commissioner made the decision to cancel spring sports?

We understand how extremely tough this is for our activity and athletic participants, especially graduating seniors, coaches and their school communities. We

continue to extend dates aligned with restrictions, mandates and recommendations from state and health officials.

There are many factors that would need to be considered after the most recent extension of suspending spring sports to April 30. The primary factor in a decision like that will be a guarantee to our Association that activities can be conducted statewide without jeopardizing the safety of not only our students but our officials, coaches, staffs, volunteers and spectators. We are not confident that an assurance like that will be forthcoming after the 30th.

Our country and our state continue to adjust as they work to find answers and mitigate the spread of the virus. We don't want to give false hope. Resuming spring activities and athletics statewide due to safety concerns does not appear promising.



May students have contact with coaches during this time?

We strongly encourage virtual contact by coaches and administrators to check on the well-being of their students as well as to upload workouts, but we have not permitted voluntary team workouts, rehearsals, or tryouts due to the direct or indi-

rect implications of a mandatory participation by the students.

We need to be focused on our "Why", which is ensuring that our students are navigating this disruption without pressure.

Some school districts have closed. How does that affect the spring season?

State, health and educational

mandates and recommendations will take precedence in discussions leading to April 30. The cancellation of in-building instruction and athletics, as well as the closure of many HS and collegiate facilities will definitely be considered.

Will the summer be a consideration for the spring season?

If statewide spring activities and athletics are cancelled, we would not conduct a summer season outside of the educational construct. If the spring season is cancelled and once the defined school year ends, no events would be conducted.

This is not about creativity or an unwillingness to think outside the box. Our staff does that very well when inclement weather or facility availability disrupts an event.

This is a statewide health emergency and a statewide safety situation, and as a result a potential cancellation would end of the season.

Let's gain a new appreciation for officials during down time

By DR. KARISSA NIEHOFF
NFHS

During this shutdown of normal life in our nation, we are learning to deal with a new challenge – how to handle the unexpected time on our hands at home. Simply keeping up with the days of the week is a major accomplishment!

While we anxiously await the re-opening of schools and a return of high school sports and performing arts, this down time can be used in positive ways to take advantage of educational opportunities. And kudos to some individuals who already are seizing those opportunities – men and women who officiate high school sports.

Two weeks ago, we began to offer the 11 officiating courses on the NFHS Learning Center (NFHSLearn.com) free of charge, and the response has been nothing short of amazing. By the end of March – merely a week into this new opportunity – more than 5,200 courses had been taken.

In addition to veteran officials fine-tuning techniques in one or more of the seven sports featured in these courses, this has been a great opportunity for individuals interested in officiating to take a free course to determine their interest level.

Those of us in leadership positions are so appreciative of these individuals who give freely of their free time to officiate high school sports or adjudicate music contests. We would suggest that everyone – student-athletes, coaches, parents and other fans – use this down time to do the same.

At various times this year before the shutdown of schools, officials have been the victim of verbal and physical abuse. Inappropriate behavior by parents and other fans was causing officials to quit before they even reached two years on the job.

And yet, in the past three years, more than 35,000 individuals have signed up to become officials through the NFHS' #BecomeAnOfficial campaign and 5,200 courses that have been taken in the past couple of weeks by men and women who want to give back to high school sports. These are good signs more people will continue to be involved in officiating when the games return.

But what about the parents and other fans in the stands? Will their behavior be changed upon return? The conclusion of the New Mexico Activities Association's state basketball tournament last month provided an interesting perspective on the impact of fans to the at-

mosphere at high school sporting events.

After completing the first two days of its state tournament with fans in the stands, the NMAA conducted the final three days without fans because of concerns about the spread of the COVID-19 virus. Dana

Pappas, commissioner of officials for the NMAA, noted the following about the final three days of competition:

"Officials would make a call and if coaches had a question about it, they asked – calmly and respectfully. In huddles during time-outs, coaches

just talked to their players, without raised voices. The behavior of coaches on the sidelines from Thursday through Saturday was in stark contrast to what we witnessed on Tuesday and Wednesday. Perhaps they did not feel the need to be overly emotional for the benefit

of their fans.

"My hope is that the absence of sport throughout the world gives us all a moment to gain perspective and do a 'gut check' as to the kind of fans we are at contests. If the quality of the game is unchanged (or even better) without fans there to scream at the

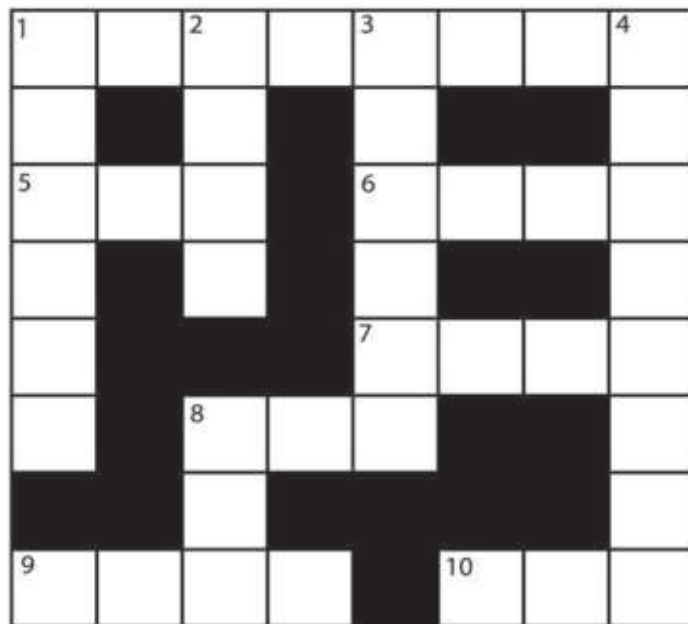
coaches, officials and players, then is that behavior really necessary when the games resume?"

The message here is that while the games can continue without fans, the ideal situation is for stands full of fans positively cheering for their teams.

THIS FOOD IS WIDELY SERVED ON EASTER.

ANSWER: LAMB

Crossword Puzzle



ACROSS

- All people
- Sink
- Dull pain
- Incline against
- Atmosphere seen from Earth
- Dedicated to a religious purpose
- 24 hours

DOWN

- Christian spring holiday
- Laid by a female animal
- Each year
- Unending time
- "Sun" in Spanish

Answers:
Across
1. Everyone 5. Sag 6. Ache 7. Lean 8. Sky
Down
1. Easter 2. Eggs 3. Yearly 4. Eternity 8. Sol

THIS DAY IN...



HISTORY

- 1828: NOAH WEBSTER COPYRIGHTS THE FIRST EDITION OF HIS DICTIONARY.
- 1894: THE FIRST KINETOSCOPE PARLOR OPENS IN NEW YORK CITY.
- 1999: A SEVERE HAILSTORM STRIKES SYDNEY, AUSTRALIA, CAUSING MORE THAN \$2 BILLION IN DAMAGE.



CROSS

an emblem of Christianity

How they SAY that in...

ENGLISH: Faith

SPANISH: Certeza

ITALIAN: Fede

FRENCH: Conviction

GERMAN: Vermutung

Did you know?

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Can you guess what the bigger picture is?

ANSWER: EASTER LILY

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Lifestyle

The importance of routine vehicle maintenance

Owning a car is a big responsibility. Drivers who plan to keep their vehicles for the long haul must emphasize maintenance if they want to keep adding miles to their odometers. In fact, the automotive information site CarAdvice says that routine maintenance may be the most important thing drivers can do for their vehicles.

A vehicle needs consistent care if it is to run efficiently. Maintenance also reduces the risk of roadside breakdowns and costly repairs. Here's a look at some of the benefits of staying on top of maintenance.

- **Saves money:** Even though maintenance costs money, sticking to a consistent maintenance schedule can save big bucks in the long run. For example, the cost of rotating and aligning tires is considerably less than repairing a car after a major blowout and paying for a tow and tire replacement.

- **Improves performance and efficiency:** Routine maintenance includes oil changes, filter changes and fluid top-offs. Such tasks keep engines running smoothly. Ignoring this routine maintenance can put engines in jeopardy of

breaking down and adversely affect vehicle performance, diminishing fuel economy and leading to a sluggish ride.

- **Identifies safety issues:** Routine inspections and work performed by reputable service stations help drivers stay abreast of recalls or issues that can affect the safety of the vehicle.

- **Maintains a maintenance record:** When the time comes to sell the vehicle, having a log of routine maintenance indicates to potential buyers that the vehicle was well cared for.

- **Keeps compliance:** Vehicles covered under manufacturer's warranties typically need to be maintained in adherence to factory-recommended maintenance schedules. This ensures that the vehicle is in compliance and will be covered in the event of a warranty claim.

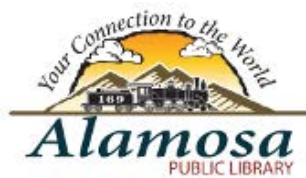
Routine vehicle maintenance is important for a variety of reasons. Drivers can work with a trusted and reliable mechanic to develop a schedule that keeps their cars and trucks on the road. FC19A290



A look at some of the benefits of staying on top of maintenance.

Courtesy photo

Chilton library online



ALAMOSA—Alamosa Public Library's Online Resource—ChiltonLibrary.com—provides access to repair, maintenance and service information for popular vehicles.

Need to know how to change your car's oil? Or how often you should change your spark plugs? Alamosa Public Library (www.alamosalibrary.org) is the place to go for quick online access to repair, maintenance and service information on the most popular cars, trucks, vans and SUVs on the road today.

With the addition of ChiltonLibrary.com to Alamosa Public Library's collection of online resources, experienced mechanics, do-it-yourselfers and students in the automotive trades now have a 24-hour, on-call "mechanic" to provide information on numerous automobile makes, including Ford, Chrysler, General Motors, Honda and Toyota. A valid library card and an Internet connection are all that's required to access ChiltonLibrary.com. Alamosa Public Library patrons can browse this powerful resource from home (or garage!). Anywhere you can connect to the Internet! For more information go to our Online Resources page from our website at www.alamosalibrary.org.

If you do not have a library card, the Alamosa Public Library is offering temporary cards that allow you to access the Library's online resources during the COVID-19 closure. Go to: <https://www.alamosalibrary.org/resources/sign-up-for-a-temporary-card/>

The Valley Courier presents...



CUTEST BABY contest

Monthly Winner of \$25 and a chance to win a Grand Prize at the end of the year in our special Cutest Baby Section

*All photos must be of ages 1 and under

To enter, upload your photo on the link on our facebook or website (alamosanews.com), mail below or e-mail (lsveum@alamosanews.com) by 12 pm April 30, 2020. A photo album of the photographs will appear on website & facebook links every day, and in The Valley Courier newspaper every Wednesday edition. Don't forget to visit the website or facebook link and vote for your favorite by 4 pm April 30, 2020!

Valley Courier
PO Box 1099
Alamosa CO, 81101

Name: _____
Address: _____
Phone Number: _____

*All photos must be of ages 1 and under. If you would like your photo returned, please include a self-addressed, stamped envelope.

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