

Shorts

Get free grab and go meals

CENTER — Center Schools is providing grab and go meals for students every Monday from 10 a.m. to noon in front of the cafeteria. The next grab and go meal will be Monday, March 30. Food will be distributed for the week, once a week, every Monday in front of the cafeteria until school reopens. Center students are encouraged to please come get their food!

No March VFA meeting

MONTE VISTA — The March 28 VFA meeting has been canceled due to the COVID-19 crisis. Hunker down, knit, crochet, weave, spin and eat (yes, we always eat at VFA, so do eat the afternoon of March 28). We will see what April brings. Sorry, but best for all.

MOUNTAIN VALLEY SCHOOL SUPERINTENDENT'S CORNER

BY MOUNTAIN VALLEY SCHOOL SUPERINTENDENT TRAVIS GAROUTTE

At Mountain Valley School District, we are saddened to announce that our facilities will be closing for on-site learning in response to the COVID-19 epidemic. After receiving further guidance from Saguache County Public Health, as well as the Saguache County Office of Emergency Management, the difficult decision has been made to close our doors for a minimum of four weeks, at least until Monday, April 20.

Although no known cases have been confirmed in Saguache County, recent local, state and national social-distancing guidelines have impacted our community while necessitating the need for school closures to help prevent the spread of COVID-19.

During the closure, Mountain Valley School will partner with families to provide remote learning opportunities for all students beginning Tuesday, March 24. Administration and staff are currently planning an off-site delivery model for supplemental instruction, which will include online and/or paper-based resources for our students depending on individual needs and internet access throughout our community.

We will be reaching out to parents and guardians on or before See **SXHOOL** on Page 5A

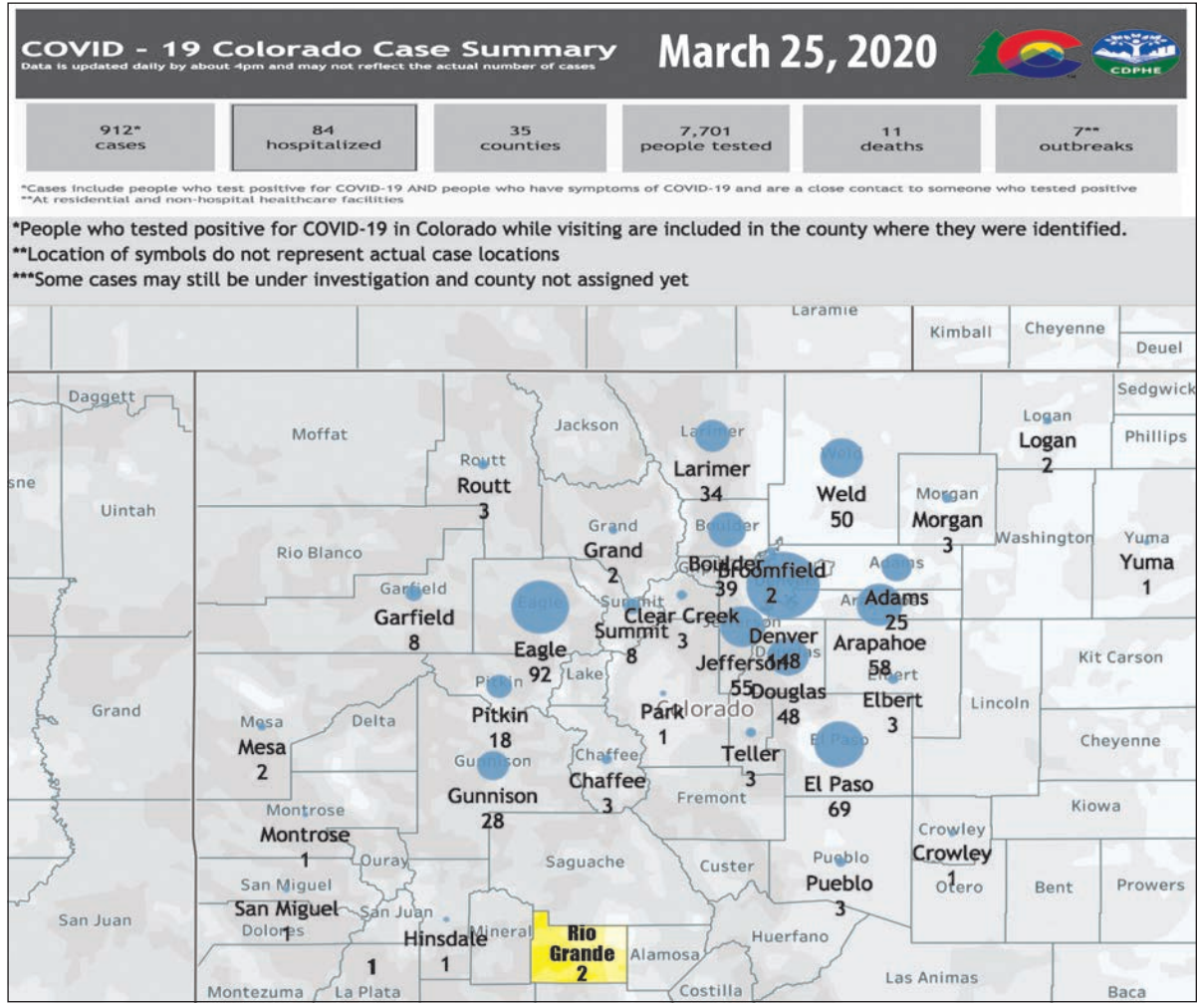
Public Health update on COVID-19

SAN LUIS VALLEY - The first two lab-confirmed cases of COVID-19 in the San Luis Valley have prompted some questions about what happens next and how Valley residents can best protect themselves. We will do our best here to answer some of those new questions.

First, what do these positive tests mean? They mean just that. We have had two positive tests. It does not mean that we have only had two cases of COVID-19. Nationwide, test supplies are limited and not everyone who has possible COVID-19 symptoms is being tested. In fact, some people with COVID-19 do not have symptoms significant enough to prompt them to call a doctor. Those people can all potentially spread the virus to others. This is called "community spread" and it is present in the San Luis Valley.

Second, what do public health agencies do when a positive test is received? Normal practice in a disease outbreak is to do what is called contact tracing. This involves interviewing the person who has tested positive to see where they have been and whom they have had close contact with during the period when they are infectious, and then contacting those people to advise them on how to isolate or quarantine

Please see **UPDATE** on Page 8A



Instructions for Coronavirus exposure

The following instructions are for people who have or might have Novel Coronavirus (COVID-19) and their families or caregivers.

Information for COVID-19 patients who are not hospitalized:

Stay home. Do not leave your home, except to get medical care, until your healthcare provider says it is



OK. (this can be up to 7 days and at least 72 hours after all symptoms have subsided without having to take medication) Do not go to work, school or public areas, and do not use public transportation or uber/taxis.

Separate yourself from other people in your home. As much as possible, stay in a different room from other people in your home. If possible, use a separate bathroom. If you must be in the same room as other people, wear a face mask to prevent spreading germs to others.

Avoid visitors. Keep small children, elderly people, those with weak immune systems or chronic health conditions away. This includes people with diabetes, chronic heart or lung or kidney conditions, and pregnant patients.

Cover coughs and sneezes. To prevent spreading germs to others, when coughing or sneezing cover your mouth and nose with a tissue or your sleeve. Throw used tissues in a lined trash can, and immediately wash

Please see **VIRUS** on Page 8A

Counties must honor open meetings law despite COVID

BY TERESA L. BENNS
SAN LUIS VALLEY — Some Valley counties are doing better than others when it comes to following Colorado Revised Statutes regarding Open Meeting laws during the COVID crisis, with Alamosa and Saguache counties seeming to lag behind.

Under TITLE 24 - ARTICLE 6 - Colorado Sunshine Law 24-6-402. Meetings - open to public - definitions: (2) (a) All meetings of two or more members of any state public body at which any public business is discussed or at which any formal action may be taken are declared to be public meetings open to the public at all times.

(b) All meetings of a quorum or three or more members of any local public body, whichever is fewer, at which any public business is discussed or at which any formal action may be taken are declared to be public meetings open to the public at all times.

(c) Any meetings at which the adoption of any proposed policy, position, resolution, rule, regulation, or formal action occurs or at which a majority or quorum of the body is in attendance, or is expected to be in

Please see **LAW** on Page 7A

Saguache County issues third amended public health order

SAGUACHE COUNTY — On March 24, Saguache County issued its third amended public health order regarding precautions residents are required to take regarding the COVID-19 virus. The main changes made to the order affect the types of events affected and who is allowed to attend these events. The order reads:

For purposes of this Order: An "Event" is a gathering for business, social or recreational activities, or a location that engages in or allows

for such activities; that takes place indoors or outdoors, including, but not limited to, community, civic, public, leisure or sporting events; parades; concerts; festivals; assemblies; places of worship; conventions; fundraisers; restaurants (regardless of capacity); community recreational centers; ice rinks; pools; spas; libraries; child care centers; schools; and similar locations and activities.

"Event" does not include activities that are primarily individual or occur

in small groups or in non-congregate settings, such as places of employment or primarily small-group sports like cross-country (Nordic) and downhill skiing, as long as social distancing occurs particularly in areas where congregating in groups is unavoidable, such as grocery store lines. "Event" also does not include places of employment for federal, state, local and special district employees, employees of public utilities or utility service providers (e.g., electric utility

Please see **ORDER** on Page 3A



OBITUARIES

Robert Dee Myers, 91

DEL NORTE — Robert Dee Myers, 91, of Del Norte, CO passed away March 14, 2020.

The memorial service will be held @ Pioneer United Church, Del Norte, CO on May 23, 2020, at 11:00 A.M. This is tentative due to global crisis.

Robert, better known to the community as Bob was born September 7, 1928 in Monte Vista, CO to Dee Archie Myers and Nell Eurica (Mellott). He spent most of his grade school years in Summitville and then graduated from Del Norte High School. In high school he met the love of his life, Norma Hanna. They married May 14th, 1949 in Santa Fe, NM and were able to celebrate their 70th anniversary before Norma passed away. Bob had many talents that included: Mechanic at the car Dealership in Del Norte, Master Electrician, Farmer/Rancher, State Electrical Inspector, dude ranch wrangler at Sky Hi Dude Ranch near Creede, CO, plus helping to raise 5 children. He worked 2 jobs most of his life to help support this family. His favorite of these jobs was the cattle ranching where he rode horses and checked on cattle in the pastures and on the range.

He always had a story for family and friends about his life either in Summitville, the dude ranch or on the home place. He and Norma were graceful dancers in their younger days and the kids enjoyed watching them when they had a chance. He was an avid reader until his eye sight failed enough that he was unable to continue that hobby, He was president of the San Luis Valley Cattlemen's Association and was awarded the honor of Outstanding Cowboy of the Year in 1993. He also was a member of the Knights of Pythias, Del Norte Chapter.

Robert(Bob) is survived by his children: Myrna Patterson, of Albuquerque NM, Sharon Furukawa (Dave) of Alamosa, CO, Myron (Jennifer), of Monte Vista, CO, Ric (Diane) of Monte Vista, CO, and Dale (Janice) of Monte Vista, CO. Grandchildren include: Jennifer Patterson, Alicia (Bryan) Vigil, Rebecca (Nicolas) Baca, Tiffany (Dan) Carson, Curt (Annie) Furukawa, Courtney Furukawa, J.D. (Audra) Myers, Denton (Jessie) Myers, Craig (Stephanie) Myers, Kelli (Michael) Jennings, Scott (Erin Rose) Myers, 21 great-grand- children, three great-great grandchildren.

Adrian D. Getz, 69,

ALAMOSA — Longtime Alamosa resident Adrian D. Getz, 69, passed away surrounded by his family at the San Luis Valley Health Regional Medical Center in Alamosa March 18, 2020.

Adrian was born in Odessa, Texas on Nov. 25, 1950 to Paul W. and M. Latrelle (Snider) Getz. He married his wife of 48 years, Rhoda Grazier in Monte Vista, Colorado March 18, 1972.

Adrian worked for most of his life as a mechanic and was very dedicated to his job. One of his favorite past-times was working on cars with his son Kenny. More than anything, Adrian loved spending time with his family and enjoyed the many barbecues, camping trips in the mountains and lake trips for water skiing. He always found time to spend time with his family. Adrian also enjoyed woodworking and completed several different items for his family. He was a member of the B.P.O.E. 2456 in Monte Vista, Colorado and held many officer positions throughout the years. In the most recent years, he traveled all about the western United States in his RV with his wife Rhoda.

Adrian is survived by his loving wife Rhoda Getz of Alamosa; his children Kristi (Charles) Agenbroad of Los Lunas, NM and Kenneth (Lindsay) Getz of Mosca, CO; his grandchildren: Coby and Cutter Robbins, Braxton and Mason Getz, and Jayden and Jacob Agenbroad; his brother Russell Getz of Milwaukee, WI; his sister Paula (Jon) Crunk of Ruidoso, NM; two brothers-

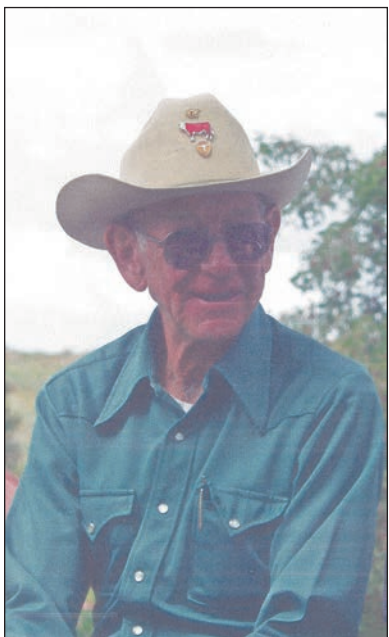


in-law, one sister-in-law and numerous nieces, nephews and extended family and friends.

He is preceded in death by his parents and one brother David Getz.

Cremation was chosen and a Celebration of Life Gathering will be held at a later date due to current restrictions on gatherings and interstate travel for family. In lieu of flowers, contributions are suggested to the San Luis Valley Cancer Relief Fund (SLVCRF), at P.O. Box 1297, Alamosa, Colorado 81101.

Rogers Family Mortuary is in care of the arrangements. In lieu of attendance at the celebration of life gathering, you are welcome to leave online remarks, words of comfort and condolences for Adrian's family by visiting www.RogersFunerals.com



Bob is preceded in death by his wife: Norma Myers, and his parents: Dee & Nell, his sister: Elizabeth McIntire and infant brother, Dale.

In Lieu of flowers, contributions may be made to Rio Grande Hospital, Del Norte, CO in memory of Robert Myers. Arrangements in care of Strohmayer's Funeral Home.

Monte R. Fulton, 59

DEL NORTE — Longtime Del Norte resident Monte R. Fulton, 59, passed away March 20, 2020. He was born Sept. 30, 1960 in Minatare, Nebraska to Robert and Ruth Fulton. He served his country in the United States Army. Monte was a Broncos fan, he enjoyed reloading, shooting his guns, being in the mountains, mechanic work and he loved his dogs.

He is survived by his wife Cheryl Rue of Del Norte, his brother Hunter

“Butch” Baskins of California and his sister Cindy Michaels of Colorado as well as many nieces and nephews and his special nephew Bailee Velasquez.

Monte was preceded in death by his parents and his sister Julie Baskins.

Cremation was selected and a private family service will be held at a later time. To express condolences to the family, please visit www.rogersfunerals.com

Rogers Family Mortuary in Monte Vista is in care of the arrangements.

Richard C. Samora, 71

MONTE VISTA — Longtime Monte Vista resident Richard C. Samora, 71, passed away March 19, 2020. Arrangements are pending and will be announced through Rogers Family Mortuary in Monte Vista.

See more Obituaries on Page 5A



The Monte Vista Journal
The Center Post-Dispatch
The Mineral County Miner
The South Fork Tines
The Del Norte Prospector

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ORDER

Continued from Page 1A

providers, internet service providers, water and sewer service providers), grocery stores, financial institutions, hardware stores, gas stations, financial institutions, medical service providers (e.g., hospitals, doctor's offices, veterinarians, medical clinics, dental offices, physical therapists, pharmacies) but NOT including massage therapists, tattoo artists, hair salons or nail salons), kennels and animal boarding facilities, equestrian stables (but not including commercial horseback riding or horse packing operations), newspapers, radio and television stations, gas stations and discount department stores (e.g., Dollar General).

II. ORDER

All Events of (10) people or more (i.e., more than (9) persons) including employees and attendees, are prohibited.

All Events at the following locations are prohibited, regardless of the number of attendees: Day care centers, childcare centers, home childcare centers, community recreational centers, schools and libraries.

All Events at bars, taverns, taprooms and restaurants are prohibited, regardless of the number of attendees, except that such establishments may provide takeout and delivery of food so long as such establishments are otherwise in compliance with this Order. For the avoidance of doubt, this means that bars, taverns, taprooms, and restaurants should be and hereby are closed, except for takeout and delivery food service. Service of alcohol by the drink at bars, taverns and restaurants is hereby prohibited, except that such facilities may serve alcohol on a package basis if otherwise permitted by law or as otherwise authorized by order of the governor.

All Events at retail establishments are prohibited, regardless of the number of attendees, except for the types of retail establishments exempted by this Order: Federal, state, local and special district facilities, public utilities or utility service providers (e.g., electric utility providers, internet service providers, water and sewer service providers), grocery stores, financial institutions, automobile repair shops, auto parts stores, laundromats,

hardware stores, medical service providers (e.g., hospitals, doctor's offices, medical clinics, veterinarians, medical supply companies, dental offices, physical therapists, pharmacies) but NOT including massage therapists, tattoo artists, hair salons or nail salons), kennels and animal boarding facilities, equestrian stables (but not including commercial horseback riding or horse packing operations), newspapers, radio and television stations, gas stations and discount department stores (e.g., Dollar General). Retail establishments may continue to operate by continuing online or over-the-phone sales, except such goods ordered through such means must be delivered by mail or by delivery to a customer's home or vehicle and outside of the retail location. For the avoidance of doubt, this means that retail establishments, except for the types of retail establishments exempted by this Order, should be and hereby are closed, except for delivery service. Package liquor stores and marijuana dispensaries may continue to operate so long as they are otherwise in compliance with this Order. Those establishments exempted by Paragraph D are nonetheless strongly encouraged to comply with this order to the maximum extent possible consistent with applicable law.

All short term lodging, including but not limited to campgrounds, (whether private or government operated), reserved camping sites hotels, motels, short-term rentals (30 days or less), bed-and-breakfast establishments, lodges and retreats shall cease operations, unless otherwise authorized in writing by the Public Health Director for emergency or quarantine purposes, or to provide lodging for essential federal, state, county or local personnel. Exceptions will be authorized by specific circumstances on a case by case basis from the Public Health Director.

The County and District Courts are hereby exempted from this Order, except that Saguache County strongly encourages the Courts to: Consistent with any Court directives, a) vacate and reschedule all civil and domestic relations proceedings, especially civil jury trials (unless such proceedings can be conducted telephonically); b) vacate and reschedule criminal and traffic matters to the maximum extent possible consistent with defendants' constitutional rights.

Residential and commercial construction sites may otherwise continue to operate so long as in compliance with this Order if they receive an express, written exemption from the Public Health Director after providing her sufficient information, in her sole discretion, to ascertain compliance with this Order. Residential home and repair services (electrician, plumbing, propane delivery, trash, recycling and sanitation services, residential and commercial cleaning and home care services) may continue so long as they are in compliance with this Order.

Events with ten (10) or fewer people, including employees and attendees, and including gatherings at all restaurants regardless of capacity, are prohibited unless event organizers take the following steps to mitigate risks:

Older adults (age 60 and older), including employees, or individuals with underlying medical conditions that are at increased risk of serious COVID-19, including employees (collectively, "At-Risk Persons" defined as older adults aged 60 and older or those with chronic medical conditions), are highly encouraged not to attend. For the avoidance of doubt, an "At-Risk Person" who is a federal, state, local or special district government employee, an employee of

a medical service provider, an employee of a place or house of worship, or an employee of a public utility, financial institution or utility service provider may report to his or her job site or other location(s) if necessary to perform his or her official job duties, so long as such location(s) are otherwise in compliance with this Order. An At-Risk Person may also enter into a medical service provider's office or facility, hardware store, grocery store or discount department store for the purpose of obtaining medical care, food, clothing or other necessary items if such location is otherwise in compliance with this Order. However, At-Risk Persons are highly discouraged from engaging in such activities wherever possible.

Social distancing recommendations must be met. These include limiting contact of people within 6 feet from each other for 10 minutes or longer, and any other guidance. See Section III, below.

Employees must be screened for coronavirus symptoms each day and sent home if symptomatic.

Proper hand hygiene and sanitation must be readily available to public and employees.

Environmental cleaning guidelines from the U.S. Centers for Disease Control and Prevention (CDC) are followed (e.g., clean and disinfect high touch surfaces daily or more frequently).

All persons who traveled for more than 24 hours away from Saguache County from March 13, 2020, until the date this Order expires, and who reside in high-density housing (e.g., dormitory, apartment complex of more than two units, long-term hotel) are hereby ordered, under the penalty of law, to isolate and quarantine themselves from all other persons, without exception, for a period of at

least seven (7) days from the date such person returns to Saguache County. The Public Health Director reserves the right to extend the period of any quarantine under this Paragraph I in her sole discretion.

All persons who have tested positive for the COVID-19 virus are hereby ordered, under penalty of law, to isolate and quarantine themselves from all other persons, without exception, for a period of at least 10 days from the date on which such person experienced any symptoms of COVID-19 (e.g., fever, cough, shortness of breath), or 72 hours after the quarantined person is afebrile (resolution of any fever without the aid of medication), whichever is later. The Public Health Director reserves the right to extend the period of any quarantine under this paragraph J in her sole discretion.

Any persons who travel outside Saguache County for any period of time are strongly encouraged to isolate themselves for a period of 7 days from the date the person returns to Saguache County.

To view the full document, go to: <https://www.saguachecounty.net/index.php/departments/public-health/1740-third-amended-standing-public-health-order-related-to-events>

III. FURTHER GUIDANCE

Further guidelines for social distance are available at:

<https://covid19.colorado.gov/>
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

IV. GENERAL INFORMATION FOR ALL PERSONS AFFECTED BY THIS ORDER

If you have questions regarding this Order, please contact the Saguache County Health Department at: 719-655-2533.

Dining Takeout & Delivery guide

Where to find your favorite foods!



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OPINION & EDITORIAL

Laughter is the best medicine

We are all certainly facing some trying times over the coronavirus threat. The serious nature of the virus and the disruption to our everyday lives is not funny in and of itself. However, humor can give us some relief from such serious days.

This past week has seen some sadness and some great wit on the part of people everywhere. If you turn to the wisest man who was ever born, Ol' King Solomon himself, we find some credence to the adage "laughter is the best medicine."

In Proverbs 17:21 Ol' Sol said, "A merry heart doeth good like a medicine: but a broken spirit drieth the bones." And Ol' Dutch (notice here that both Dutch and Solomon use the Ol' moniker to evoke great wisdom?) sure does not want dry bones so I have been trying to laugh my way through this trial.

Way back in the 1330's, Henri de Mondeville, a professor of surgery, suggested that laughter coupled with his treatments would be helpful. And I am sure back in those days with the crude instruments, lack of anesthesia and limited success rate, a patient could use all the help they could get to survive surgical procedures.

That may have been where the first high medical bills originated as Ol' Dutch has often been driven to fits of explosive laughter (and a few other explosive sounds) after receiving a bill in the mail for services rendered from some medical practice. I have read about people laughing so much that they cry and I guess that was my experience with those billings too.

The internet has been full of funny quips and cartoons this past week in attempt to bring some levity to the horrible situation our nation finds itself in and Ol' Dutch has certainly enjoyed and added to that humor when possible.

Some of my favorites concern the lack of toilet paper. One picture making the rounds is of a man spread-eagle against a car, with heaps of toilet paper rolls on the hood, while he is being searched by the police for "Possession with intent to distribute."

Here in Dallas there is no TP to be found and mass panic has erupted. People evidently have not been washing that part of their bodies for quite some time or have forgotten that we all have running water in our homes for just such an emergency.

Another favorite quip about the shortage of the white rolls is "We feared y-2-k in 2000 and now we fear Y-2-Ply." Of course the reference to



Trout Republic
by Kevin Kirkpatrick

the oft advertised two-ply TP that we all enjoy.

I think the funniest thing I have heard so far was the husband and wife, both fairly young, shopping for something to address their rear ends in time of need. The husband, ever the one to solve the problem suggested they get the brown rolls of hand towels often seen in gas station restrooms. The wife was screeching at him that her hind end was NOT going to be subjected to such cruel and inhuman treatment.

While we are being asked to suffer some real inconvenience and not little hardships, we are only being asked to isolate ourselves during the worst of the crisis and not storm the beaches of Normandy or hide in an attic from the Nazis like Anne Frank and her family.

My friends over 80 remind me daily of much harder times than these and we have television, food, shelter, the internet and advanced medical treatments to dampen the effects of this virus.

Wherever these times may find you, Ol' Dutch and Miss Trixie wish you the very best and prayers for your safekeeping.

During the Great Depression when everything seemed lost, Franklin Roosevelt's inaugural speech brought hope in a time of despair. It was one of the greatest speeches of all time and one line stands out to me today: "This great Nation will endure as it has endured, will revive and will prosper."

To which Ol' Dutch can only add. "Amen."

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



LETTER

Saguache Commissioners address the county on COVID

Dear neighbors and constituents,

There is no true way to alleviate both the anxiety and uncertainty that we find ourselves in. We, as your local government, are asking the same questions as you. We find ourselves considering and taking drastic measures that we never anticipated, and as we do so, we want to reach out to all the families, individuals, businesses and organizations in the county, from Center to Villa Grove, to let you know that we share your concerns and your fears.

The current spread of the COVID-19 pandemic and its economic impacts are unprecedented in our time. As of this writing we have confirmation of the virus in four of our neighboring counties, and conservative thinking would conclude that it exists in our county as well.

As we face these challenges together, we remain absolutely confident that we will overcome this together. We recognize that many of the traits of our landscape and people are strengths. People don't live here for comfort and convenience. We live here for the land, and a life of closer proximity to that land. We follow in the footsteps of the Ute, the trappers, the miners, and the farmers and ranchers that were not dissuaded by spring winds, mosquitoes, bitter cold and the Great Depression.

It is our belief that we know the strength of self-reliance, the comfort of small communities and the relationships that creates, and the power of a vast landscape that gives us all a bit more space than is offered in most of the world. It is safe to say that

the mandate of social distancing has a smaller effect on us because it is one of the choices we made freely to live here.

Your County Government is committed to serve its people with the resources at its disposal. The first is a staff of dedicated individuals who are working for their families and neighbors, as well as their local government. We are blessed with an Emergency Manager that was just recognized by his peers in the region with an award for skill and competence.

We have a Public Health Director that started as a hands-on medical provider and became an administrator second. We have a road crew that continues to work and maintain our transportation. Finally we have dedicated and resilient people working in law enforcement, fire, ambulance and rescue.

At this time most of the county buildings are closed to the public for precautionary reasons. However, we are still staffed, the phones will be answered, and questions and issues will be addressed. We continue to work closely with our state and federal partners with information sharing and access to resources. However, first and foremost, we will place our trust in our people and our communities.

Yes, there is significant uncertainty, information and misinformation from many sources. Sometimes we can be proactive, other times we are scrambling to respond to local, state, national and international news that we cannot control. We must come together as a community to adapt to this new

reality. We need to work together to make sure our vulnerable neighbors are being taken care of and kept safe, especially those with compromised immune systems, the elderly and injured.

We need to care for our children when their parents must be an active part of this response. We need to ensure that our workers, suddenly out of work and without a critical paycheck, have their essential needs met. We need food for our food banks. Please consider what you can do to help while maintaining clean and safe practices. We need to be good to each other, to our neighbors and to our social media friends. We are all in this together, and more than ever each of us has an impact on all of those around us.

In the dictionary, often the word "safe" includes the description "without risk." The point is that there is nothing any of us do that is completely safe. What we ask is that you join us to manage the risks of this time, and to continue to manage our risks, to the best of our abilities, as our future unfolds. As your county commissioners, we are in this with you. We have children at home, spouses out of work and at-risk health conditions. We also know that we represent strong families, resilient communities, and some of the best high ground in the world.

Sincerely
Saguache County Commissioners
Ken Anderson,
Jason Anderson
Tim Lovato

CENTER POST-DISPATCH

THE CENTER POST-DISPATCH (USPS 775-900) Published weekly (every Thursday) by Valley Publishing. (719) 852-3531 at 835 First Ave., Monte Vista, Colorado 81144-1423. Official newspaper of the Town of Center, and a legal newspaper in Saguache County.

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CLIPS FROM THE CLERK

BY SAGUACHE COUNTY CLERK AND RECORDER TRISH GILBERT

As you all know, Tuesday, March 10, Gov. Jared Polis announced an emergency order to help Coloradans reduce the potential spread of COVID-19.

While we are continuing our assessment, here is what we know:

- Customers will continue to have access to online services.

- Staff will be available via phone and electronic means. We will do everything possible to limit the negative impact to our citizens due to the closure of the courthouse.

- Effective immediately, the state is permitting counties to waive late fees for vehicle registration and renewals. This is in effect for the period of the Governor's emergency order. They will assess extending the waiver based on what happens in the weeks ahead. Customers are encouraged to utilize E-services to

complete eligible transactions.

- We will continue to provide updates.

Please note the following actions taken which may be of interest to you:

65+ can renew driver's licenses online

As you are aware, Gov. Polis announced a state of emergency. Part of that announcement was to allow persons 65 and older to renew online, when normally they would not be permitted to do so. Governor Polis indicated that the emergency order would be reviewed in 30 days. He did not provide an exact date, but that would be on or about April 9, 2020.

Driver's license Extensions

For those customers who do not feel well or cannot renew online, you will be offered extensions to your driver's license or Identification card. An expiration extension will



keep the credential valid for an additional 30 days. This will be entered into the record. Customers can complete this process online.

This situation is rapidly evolving. We will update our webpage when there are significant changes. Please don't hesitate to reach out with questions (719-655-2512).

We are here to help.

OBITUARY

WILLIAM "BILL" HOAGLAND JR, 65

WALSENBURG — William "Bill" Hoagland Jr, 65, passed away at the Spanish Peaks Veterans Community Living Center in Walsenburg, CO Friday, March 20, 2020. He was born Dec. 19, 1954, to William and Marguerite Hoagland in Alamosa, Colorado.

He is survived by his mother Marguerite; sisters Marci (Vincent) Limtiaco of Blanca, CO and Lori (Ron) Salazar of Lancaster, CA; special niece Jasmine (Harold) Limtiaco of Fort Garland, CO; nephews Thomas (Stephanie) Archuleta of Fort Garland, Jerome (Vicki) Salazar of Portland, OR and Jordan Salazar of Lancaster, CA; grandson JoJo Hoagland of Del Norte, CO; great neices and nephews Thomas Archuleta, Antionette Archuleta, Jaylah James and Jayley James all of Fort Garland, CO; and an aunt Ardith Cortez of Craig, Colorado. He is also survived by his loving family, The Spanish Peaks Veterans Center of Walsenburg, Colorado.

William is preceded in death by his father William Hoagland Sr; son Joseph Hoagland; paternal grandparents WB and Blanche Hoagland and Nick and Dolores Medina; and maternal grandparents Frank and Eloisa Franklin.

The family has chosen cremation and services will be announced later in the summer. Rogers Family Mortuary of Alamosa is in care of the arrangements. To leave online condolences or words of strength for the family, please visit www.rogersfunerals.com.



COVID advisories for Center, Saguache

BY TERESA L. BENNS SAGUACHE COUNTY

Small towns like Center and Saguache have their own set of issues to deal with during the COVID virus crisis and in addition, both towns will hold their municipal elections April 7, a situation especially problematic for Saguache.

Saguache Town Clerk Iris Garcia says that the town's offices are currently closed but residents can reach the town by email or phone from 6 a.m. to 6 p.m. for payments, questions and maintenance issues. Employees are alternating shifts to protect staff members in compliance with the directives for distancing handed down by the state.

Saguache's April 7 election poses a problem, Garcia explained, because the town has scheduled a polling place election versus mail-in ballots and the state has not yet given permission to postpone the election. "We are asking people to apply for absentee ballots," she said. "We never do mail-in ballots, but we have to protect our people." To receive a mail ballot, call Garcia at 655-2232.

Center Town Administrator Brian Lujan says their April 7 election will proceed as usual, since the town is holding an all-mail ballot election. Mail ballots will

be collected at the post office or residents can drop their ballots off at the ballot box in front of town hall. All ballots then will be "put up for safe keeping" until April 7, Lujan commented.

The town has gone to essential staff only and town offices are closed to the public. Residents still can pay their bills and conduct business by accessing the town's walk-up window on the north side of the building from 8 a.m. to 5 p.m. or by calling 754-3497. The town is trying to limit employee contact by alternating shifts, Lujan said, and is following the governor's directives.

"But not everyone is obeying the precautions of under 10 people and six-foot distancing," Lujan noted, explaining that people still meet daily in front of the post office to collect their mail. That will have to be addressed, he said. People could alternately collect their mail every two or three days or even in the evenings, he pointed out, because the post office lobby is still open then.

Lujan encouraged Center citizens "to help the elderly, be model neighbors. Limit your grocery shopping to once a week, and if you are feeling sick, stay home. That is how we will contain this virus." Those who have symptoms should also call their health care provider and arrange to be tested, he added.

SCHOOL

Continued from Page 1A

Monday, March 23, to help determine which remote instructional delivery methods work best for our families.

We understand that a one-size-fits-all approach to remote learning does not work in our rural community.

Mountain Valley School is also concerned about student nutrition and is dedicated to providing nutritional services during the closure. Currently, we are planning two distribution points for "takeout" style breakfast and lunch delivery, one at the Mountain Valley School cafeteria and the other at the KV Clubhouse. We are also exploring the possibility of delivering meals to student residences as needed. We will send out additional information as soon as all of the details are worked out and a solid plan is in place.

and anxiety on students and families. This has been a difficult decision; however, the health, safety and well-being of our school community is the priority as we navigate this unprecedented event. We will do everything in our power to make this transition as smooth as possible for everyone involved.

Mountain Valley School will continue to update our families and community throughout this rapidly evolving situation as guidelines and mandates are issued by local and state agencies. Please check our school website and Facebook page for regular updates as information becomes available. Thank you for your patience, trust, and support during this challenging crisis. Together, as a community, we will get through this while continuing to support each other.

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DOCTORS' DAY
March 30

Pot, cigarette smokers at higher risk for COVID-19

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

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

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

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

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

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

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

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

*Karmaus PW, Chen W, Crawford R, Kaplan BL, Kaminski NE. Δ9-tetrahydrocannabinol impairs the inflammatory response to influenza infection: role of antigen-presenting cells and the cannabinoid receptors 1 and 2. *Toxicol Sci*. 2013;131(2):419-33. “Collectively, these studies suggest that Δ9-THC potentially suppresses myeloid cell immune function, in a manner involving CB1 and/or CB2, thereby impairing immune responses to influenza infection.” <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3551428/pdf/kfs315.pdf>

*National Academies of Sciences, Medicine and Engineering: *The Health Effects of Cannabis and Cannabinoids, 2017* “Regular cannabis use was associated with airway injury, worsening respiratory symptoms, and more frequent chronic bronchitis episodes.”

There is substantial evidence of a statistical association between long-term cannabis smoking and worse

respiratory symptoms and more frequent chronic bronchitis episodes. <https://www.nap.edu/catalog/24625/>

the-health-effects-of-cannabis-and-cannabinoids-the-current-state The sources for the various reports

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



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LAW

Continued from Page 1A

attendance, shall be held only after full and timely notice to the public.

Colorado Freedom of Information Coalition Executive Director Jeffrey Roberts laid down guidelines to follow for holding virtual meetings and making other provisions in an article published on the CFOIC website March 16.

“A meeting of a public body convened “by telephone” or “electronically” – using Zoom, for instance – is still a “meeting” under what’s commonly known as the Sunshine Law. If a majority or quorum of the body attends, or is expected to attend, it can be held only after “full and timely” notice to the public, which can include a posting on a website.

“And any electronic or phone meetings must be open to the public, meaning there has to be a way for community members to watch or listen in. Some cities, charters or ordinance provisions, however, may not allow councils to conduct virtual meetings.

“The open meetings law “expressly contemplates that a meeting may be conducted electronically, without giving any precise indication of how the public must be allowed to participate in the meeting,” wrote David Broadwell, general counsel for the Colorado Municipal League, in an email to the Colorado Freedom of Information Coalition.

“There seems to be a consensus that the trick will be finding a medium that allows the public to ‘attend’ and/or participate in the meeting,” Broadwell said. “Since we are in uncharted waters here, nobody has reached any definite conclusion as to how the meeting logistics can and will work if anybody actually attempts to do this.”

Roberts continues: “The Boulder City Council Tuesday will take up an emergency ordinance that would give councilors, as well as advisory board and commission members, the option to participate in meetings remotely, by phone or via the internet. According to the **Daily Camera**, the ordinance also would let public bodies in Boulder limit in person public attendance, provided the city offers a way for community members to also participate remotely. The city, which streams council meetings on its website, plans to make a call-in number available for public comment at this week’s meeting.

“In Aspen, a hot spot for the coronavirus, the City Council adopted a resolution Friday that lets the city manager make rules and regulations “for the conduct of and attendance at City Council meetings through electronic means” during a disaster emergency. “Whether those meetings will be televised or conducted via some type of audio system was

not determined,” the Aspen Daily News reported.

“School boards may adopt policies allowing members to attend meetings electronically, but such policies “must ensure that a meeting at which one or more board members participate electronically is open to the public.”

“If they use this provision, school boards are required to have “technology in place that will ensure that members of the public can hear the comments made by a board member who attends the meeting electronically and that the board member can hear comments made by the public.”

See <https://coloradofaic.org/coronavirus-and-coloradosunshine-law/> for the complete article.

Valley county policies

Rio Grande and Mineral counties have set up teleconferencing and video access of their regular and emergency commissioner meetings via Zoom. There are no Conejos County Commissioner meeting agendas available on the county website past March 5. Costilla County held a special meeting March 23 that was accessible to the public by telephone.

Alamosa County has issued an emergency declaration setting up guidelines for operation during the COVID crisis for remote emergency meetings which can be held “even in the event that proper public notification is not attainable.” Alamosa County cites a state statute allowing the board to call an emergency meeting as long as it has adopted procedures for doing so, something commissioners did March 11.

This move by Alamosa County seems to be similar to the approach taken by the town of Aspen which Roberts describes above, in that it does not detail whether or not the meetings will include public participation. For as Roberts notes, “There has to be a way for community members to watch or listen in.” Any type of public meeting, however, is to be noticed 24 hours ahead of time according to the open meetings law. No exceptions are made for emergencies.

The county attorney or county administrator will call the meetings, which will be held in person, by telephone or electronically. When held in person or by telephone, an audio recording of the meeting is to be made or minutes taken by a clerk or deputy. Electronically held meetings must be made available to the clerk to the board or deputy on all communications so that minutes may be made.

The declaration issued for the emergency meetings notes that “Email between elected officials to

discuss pending legislation or public business is open to the public.”

Saguache County commissioners meetings will be open to the public, according to the county website, “But due to the order issued by Gov. Polis and the Saguache County Public Health Department with the restriction of limiting gatherings to no more than 10 people, no more than three members of the public may attend at any one time.

“Recordings of the meeting will be available from the Saguache County Clerk and Recorder. The BoCC at this time would still like to reserve the right for public comment. Both call in and email options will be made available during this time.”

Those wishing to comment can email Wendi Maez at wmaez@saguachecounty-co.gov, or call 719-655-2554. While this is a partial solution, it does not allow for active public participation and does not seem to satisfy CFOIC standards. For years the county has been asked to follow the lead of other rural counties who livestream their meetings. This because so many residents live in remote areas and especially during the winter months cannot make it to commissioner meetings.

The town of Saguache will host meetings on Zoom or Facebook Live and will accept public comment, Town Clerk Iris Garcia said Monday. Up to 10 members also will be allowed to attend the town hall meeting in person.

Town Administrator Brian Lujan



said the town of Center has postponed its March 24 meeting until April. No provisions for meetings are posted on the Town of Moffat site. The next town of Crestone meeting is not scheduled until April 13.

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UPDATE

Continued from Page 1A

to prevent the disease from spreading. However, this is not a normal outbreak. As the COVID-19 pandemic progresses, we have moved quickly past the stage where contact tracing is the most effective approach, and into a new stage where the emphasis is on slowing down community spread. This is when we assume that many people in the community may unknowingly spread the disease to others, so we see things like school closures, public health orders to restrict public gatherings, and wide-scale information campaigns to tell people to put physical distance between themselves and others. We are already at that stage.

SLV Epidemiologist Lilian Coll is an expert in contagious diseases. Her best advice to everyone, healthy or not, is this: "Stay home. Stay home, and do not invite visitors over. Just stay home as much as possible. Wash your hands. Don't touch your face. If you must go out, keep at least 6 feet of distance between yourself and other people. All of the things we have been advising people to do every day, that is still what we need everyone to do. The more strictly we all follow this advice, the better we will get through this."

When there is community spread, tracing the contacts or activities of just a couple of people who happened to receive a positive test result does not take into account the fact that there are other people in the community, possibly many people, who have the virus now, and there is no reliable way to know who that might be, because it

VIRUS

Continued from Page 1A

hands with soap and water. **Keep hands clean.** Wash hands often and thoroughly, especially after blowing your nose, coughing or sneezing; going to the bathroom; and before eating or preparing food. Use soap and water for at least 20 seconds. Use hand sanitizer with at least 60% alcohol if soap and water are not available and if hands are not visibly dirty. Avoid touching eyes, nose and mouth with unwashed hands.

Avoid sharing household items. Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people in the home. These items should be washed thoroughly after use with soap and warm water.

Clean all "high touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables, every day using household disinfectants. Also, clean any surfaces that may have blood, body fluids and/or secretions or excretions on them.

Monitor illness. If your illness gets worse, seek medical care. **Call the COVID-19 triage line (719-589-2511 press 9)** and tell them that you have or might have COVID-19 or you suspect you are getting worse. This will help get you to the appropriate location for treatment with proper notification to the staff expecting you.

It is recommended that you **seek medical care for serious symptoms** such as: difficulty breathing, can't keep fluids down, dehydration, confusion, chest pain or other serious symptoms. People with life-threatening symptoms should go to the ER or call 911. Notify the 911 dispatch that you may have COVID-19 to allow the EMS providers to take the necessary precautions.

Stay hydrated by drinking plenty of fluids such as water, sports drinks, electrolyte drinks. If not contraindicated, use Tylenol for fever control and body aches.

is possible to have and share the virus even before the earliest symptoms show up. So, while a public health agency may decide to do some contact tracing in certain cases, that is not our main emphasis at this point.

If you have any symptoms -- even mild ones -- public health urges you to stay home and isolate yourself until:

- You have had no fever for at least 72 hours (without the use of medicine) AND
- Other symptoms (cough, shortness of breath) have improved AND
- At least 7 days have passed since your symptoms first appeared.
- If you are sick, anyone in your household who has had close contact with you (within 6 feet for approximately 10 minutes) should self-quarantine for 14 days, even if you

haven't been tested for COVID-19.

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

SLV COVID-19 Information line 719-480-8719

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

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

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

Small Business - www.choosecolorado.com

Volunteer or Donate - www.helpcoloradonow.org

SAGUACHE SHERIFF REPORT

The following information was provided by the Saguache County Sheriff's Office for the week of March 10-23, 2020

Arrests

• Marlena Veasman, 44, Moffat, failure to appear (Chaffee County).

• Noreen Taylor, 61, Villa Grove, violation of a restraining order.

• Dillon Havens, 26, Alamosa, agency assist.

• Dylan Woodward, 27, Crestone, failure to appear.

• Samuel Aguilar, 36,

Alamosa, aggravated motor vehicle theft.

• Seyed Pourbakhsh, 19, Minneapolis, Minn., speeding, no valid driver's license, DUI/D, obstructing a police officer, second-degree assault.

Citations

• Travis Balton, 38, Buda, Texas, littering on public property.

• Tiffany McCrae, 46, Fort Collins, speeding 77 in a 65 MPH zone.

• Dustin Baker, 43, Okla., speeding 79 in a 65 MPH zone.



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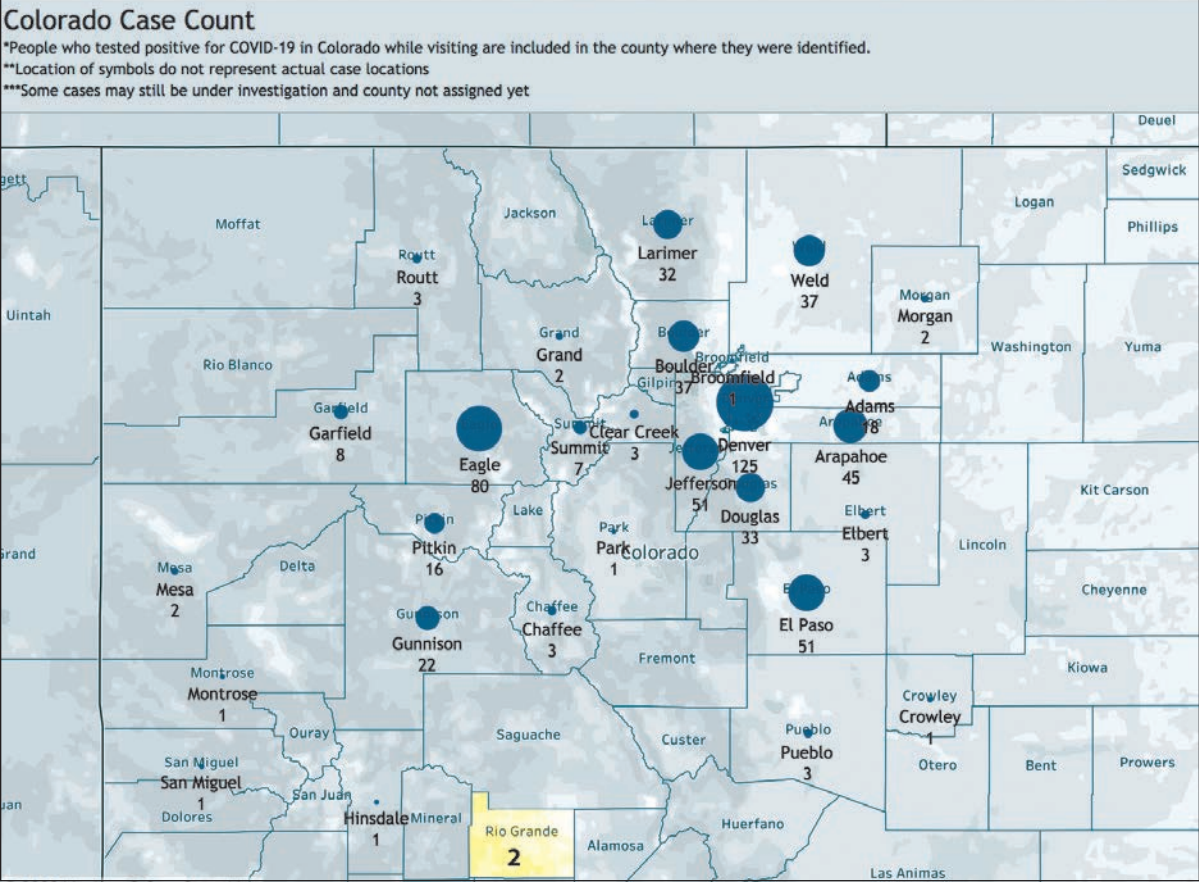
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Physical distancing not social distancing

By VINCENT ATCHITY
 Mental Health Colorado

COLORADO - As we all know so well now, effective disease prevention demands that we stop gathering in crowds that we work and study remotely, and that we create some health-preserving space between ourselves and others. The expectation is that physical distance will keep the virus from spreading so quickly.

So, physical distancing, yes please! But social distancing?

I don't know why we all settled on that term so quickly, but social distancing is the exact opposite of what's best for our mental health right now. What we need is social closeness, solidarity, mutual support and a confidence-building sense of strength in togetherness.

Fortunately, physical distance has never had to be an obstacle to being present to and supportive of one another. When there was very little technology and people had to cross oceans in sailing ships, they managed to preserve relationships and maintain strong connections with friends

and loved ones by exchanging gifts, though it took weeks or even months.

We have so many more options available to us now!

Today, then, be sure to keep your physical distance, but eliminate social distance by using a simple technology to get closer to someone, or to a few people. Surprise someone with a phone call. Nothing beats time spent listening to a loved one's voice and spending that time in connection without agenda.

Social closeness, even from a distance, is good medicine. Astronauts orbiting the earth for months at a time in the confines of the International Space Station depend on the technology which lets them phone home to maintain their mental health and well-being.

Call your mother. Call your father. Call your son or daughter. Call your old friend. Call someone who always makes you laugh or smile. And, especially, call someone who you think might be lonely or anxious and do what you can to make that someone laugh or smile.

Colorado COVID-19 cases jump to 591, 2 confirmed cases in Rio Grande County

Governor Polis orders in-person workforce reduced by 50 percent

By TREY SPAULDING
COLORADO - March 23, 2020. Rio Grande County Public Health was notified by Rio Grande County Hospital that there are two(2) positive cases of COVID-19 in Rio

Grande County. The cases currently involve a 20-year-old female and a 50-year-old male. Both patients are in isolation at their homes.

Over the weekend the number of confirmed COVID-19 cases in Colorado tripled to 591 in 30 Colorado counties with 58 hospitalizations and there are now six COVID-19 related deaths in the state. The worse hit counties are the more populous counties. Denver Metro has the most cases with 125, followed by Eagle with 80 cases, Jefferson and El Paso counties

each have 51 and Arapahoe with 45.

Colorado Governor Jared Polis closed restaurants and bars to in-person dining until at least April 30. Theaters, casinos, gyms, hair and nail salons and spas are completely closed until at least April 30. On Thursday, March 19, Governor Polis extended the ski area closures from March 22 to at least April 6 and many ski areas are laying off seasonal employees. Colorado schools are also ordered to close to in-person learning until

Please see CASES on Page 11

Butch and Chope

Butch has a theory about hardcore *born-to-rope* ropers; as soon as they build a loop and take one swing, it kicks their brain out of gear.

To demonstrate how this theory works he told me about a friend of his. We'll call him 'Chope', for short.

Butch was runnin' a ranch in the wilds of New Mexico east of Las Vegas. He'd bought a set of braymer bulls to put on his braymer cross cows and one of the bulls had turned out to be a bad actor. He'd shornuf do some damage if you cornered him.

It came time to pull the bulls. They gathered 'em in a corral along with whatever cows came along. As they were workin' the cows out the gate one of the bulls kept tryin' to escape. It was that shornuf bad bull.

Chope was horseback watchin' the gate. The third time the bull tried to slip out, Chope, who was tied hard and fast, slapped a loop on him.



The bull turned and thundered back across the corral. Chope pitched the slack and was tryin' to square his horse around when the bull hit the end of the line. All fourteen hundred pounds of him.

Chope's horse had only got halfway around and was sideways to the bull when the slack ran out. He was slammed to the ground! Butch said he could see that nylon rope stretch an extra five feet as the bull was lifted off his front quarters till he looked like Trigger. At that same moment he heard a sound like Mickey Mantle drivin' one over the centerfield fence. The saddle horn had broken off!

The rope with saddle horn attached cracked like a whip and lashed straight for a horse tied to the fence. It just missed a dismounted cowboy and coiled around the horse's pommel and saddle horn. The tail with Chope's horn still attached whopped the horse's butt. The horse bucked loose, breakin' his reins and the bull galloped off draggin' the line.

Butch looked back to see Chope madly tyin' another rope to his saddle through the gullet. "Whattya doin'?" asked Butch. "I'm gonna rope him and get my rope

back," answered Chope.

Butch stared at him. His broken saddle sat cockeyed, his hat was gone. His poor horse was shakin' like a front row spectator at a rock and roll concert. You could almost hear his ears ringin'. It was like Chope was lashing him to a harpoon.

Butch placed his hand over Chope's and said, "Let's think about this a minute... nobody's dead yet."

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

Adams State students will finish spring semester online

ALAMOSA – As part of its ongoing efforts to address COVID-19 and to ensure the health and safety of its students, faculty and staff, Adams State University will continue to use its online course management system Blackboard for all courses for the remainder of the 2020 spring semester.

Beginning Monday, March 23, through the completion of the spring semester in May, all course delivery will be through Blackboard. This decision, made in consultation with faculty, ensures all students will be able to complete their spring semester without interruption.

Adams State is also announcing these additional steps, which will be in effect through the end of the spring semester 2020:

Adams State Nielsen Library will remain open to students and employ-

ees, but with limited hours. A campus ID will be required to enter Nielsen Library.

Access to academic buildings is limited to campus employees only.

Richardson Hall, the main administrative building, will remain during regular business hours.

All non-University events scheduled for the Adams State campus have been suspended through the end of May 2020. Future events will be considered, based on guidance from state and federal agencies combating COVID-19.

Virtual tours of Adams State will be available for prospective students

and families. Inperson campus tours and visits are suspended through the end of May.

Adams State will strive to hold as many of its traditional end-of-semester events as possible, in a virtual environment. Those events include Student Scholar Days, Employee Recognition Awards and Student Leadership Awards.

Of course, the most significant and meaningful event Adams State hosts each spring is its commencement ceremonies. The University is actively exploring alternatives to its traditional University-wide commencement celebration currently scheduled for May 9.



Great Stories Begin Here

Governor Polis suspends public and private school in-person classes through April 17

COLORADO - Wednesday, March 18, Colorado Governor Polis issued Executive Orders D2020-006 and D2020-007 while the Colorado Department of Public Health and Environment (CDPHE) also issued Public Health Order 20-23. These orders have the following actions:

First, to suspend all in-person instruction at all public and private elementary and secondary schools from March 23, 2020, to April 17, 2020.

Second, to close all down-hill ski areas in Colorado until April 17, 2020.

Finally, Public Health Order 20-23

limits all gatherings to 10-people or fewer statewide including but not limited to: community, civic, public, leisure, faith-based events, sporting events with spectators, concerts, conventions, fundraisers, parades, fairs, festivals, and any similar event that brings 10 or more persons together in the same confined indoor or outdoor space.

This order does not apply to Colorado Legislature or the Colorado Courts, normal operations at airports, bus, or train stations, health care facilities, grocery or retail stores, pharmacies and other places where ten (10) or more people may be in

transit for essential goods and services, or office buildings, government buildings where essential services are offered, or factories where more than 10 people may congregate but where six-feet of social distancing are maintained between people.

These orders supersede the Order issued by the Alamosa County Commissioners yesterday. **Please be aware that all events meeting the above criteria of ten (10) or more people are now prohibited.**

For further information, please see www.cdc/coronavirus, www.alamosacounty.org, or continue to watch our Facebook page for updates!

“Our sincere desire is to provide commencement events while protecting the health and safety of all participants,” said Adams State President Cheryl D. Lovell. “More details will be forthcoming as we explore alternative ways to make our ceremonies rewarding and memorable.”

“We appreciate the extraordinary efforts our faculty and staff are undertaking to make this transition to Blackboard-only instruction through

the end of semester as smooth and seamless as possible,” President Lovell said. “I am confident Adams State will continue to serve our students well and continue to make great stories at Adams State.”

To stay up to date on Adams State’s response to COVID-19, please visit <https://www.adams.edu/police/safety/coronavirus/>. Additional FAQs and resources for students and the campus community are on Adams State’s COVID-19 webpage.

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Activity monitors for pets

Activity trackers are wearable electronic accessories that many individuals use to track their health and help them meet their fitness goals. Though activity trackers are a useful tool for humans looking to improve their well-being, they may also be beneficial to pet owners looking for more insight into the health metrics of their furry friend.

Dr. Lori Teller, a clinical associate professor at the Texas A&M College of Veterinary Medicine & Biomedical Sciences, offers some insight on the benefits and drawbacks of these monitors, as well as whether an activity tracker is right for your pet

Activity monitors for pets may be

able to measure step count, quality of sleep, heart rate, respiration rate, ambient temperature, and the pet’s location via GPS.

“Owners who use their own trackers may find it fun to compare with their pet’s information or use it as motivation to increase their pet’s activity,” Teller said.

Data collected from these activity trackers also can be useful in establishing trends in your pet’s health.

“If a pet has maintained a certain level of activity and then it decreases that could be reflective of early illness or an injury,” Teller said. “Veterinarians could also use the activity data to measure response to treatment.”

Activity trackers most commonly

attach to a pet’s collar.

For accurate data collection, it is essential that the tracker and collar fit correctly. Since some trackers are heavy, a proper fit can also decrease the likelihood that your pet experiences discomfort from wearing the device.

These monitors also may encounter more challenges than their human counterparts.

“Because dogs and cats have four legs and a different walking motion than bipeds, measuring steps in the classical human sense is very difficult,” Teller said. “The technology behind 3D accelerometers (used in pet activity monitors) measures motion instead of steps. This technology is used in research studies and appears to be reliable.”

Though activity trackers for pets provide an innovative method for pet owners to engage with the health of their animal, Teller advises owners to exercise caution in how much trust they place in these devices.

“Owners should determine if an activity tracker will provide them with information that they want or that their veterinarian could use, especially when monitoring chronic conditions or response to treatment plans,” Teller said.

“This is a relatively new area in

veterinary medicine, so the data obtained from activity monitors should only be used as one method of assessing your pet’s health,” she said. “Activity monitors do not replace regular veterinary visits and common sense.”

Pet Talk is a service of the College of Veterinary Medicine & Biomedical Sciences, Texas A&M University. Stories can be viewed on the web at vet-med.tamu.edu/news/pet-talk. Suggestions for future topics may be directed to editor@cvm.tamu.edu.





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REAL ESTATE

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Look New Listing! Enjoy golf course living at its finest! This stunning 2098 sq. ft. 3 bd, 2.5 ba home features amazing log accents in and out. Located right on the #9 fairway of the award-winning Rio Grande Club and Resort, take in the breath-taking views in all directions. The home has a luxurious main-floor master suite with large windows to take in the views, walk-in closet, whirlpool bath, dual sinks with granite counter tops, and separate no-door shower with beautiful tile work. The soaring great room has vaulted ceilings, rock propane fireplace, dining area, and wood floors. The kitchen features high-end Jenn Air stainless appliances, propane stove, granite counter tops, and custom Knotty Alder cabinetry. Upstairs there is an open loft for office/sitting/work-out space, 2 guest bedrooms and a full bath. Outdoor entertainment will be a top priority on the large stone patio, overlooking the fairway and mountains. Home is fully furnished with beautiful decor and those furnishings are negotiable. In addition if interested in the Rio Grande Club membership...you would be able to join the club Without paying any initiation fee. However, whichever level you would choose, you would have to pay the monthly dues. All of this and just 25 minutes to skiing, walk to golf, walk to the legendary Rio Grande River and so much more! Short-term rentals are permitted per the covenants. This is a MUST-SEE! **Call Bernadette Gingrass 719-850-1993** and schedule your showing today! Price \$379,000 MLS# 767109

*****SOLD***** - Beautiful Home on The Range! Pion Hill Estates where the Mule Deer and the Rocky Mountain Elk play! This 2,457 sq. ft. meticulous, comfortable well-maintained log home is located on 40 acres with reach out and touch mountain views and moments from the Rio Grande National Forest. Wild Life is abundant; Elk, Mule Deer, Turkey, Fox, Bald Eagles and more. Located in beautiful quiet Pinon Hills Estates tucked away from traffic and people and still easy driving to South Fork or Del Norte. Open great room living room, kitchen and dining room with accent logs and floor to ceiling windows and wood burning stove. Custom built log staircase. The upstairs is a Master Suite with two large walk-in closets, master bath with Jacuzzi tub looking out at the mountains views with floor to ceiling windows, a separate tiled shower and double sinks. Upstairs also has a sitting room /office area. Main floor has a bedroom, full bath and laundry room with Alder cabinets and large pantry with sliding shelves. Beautiful newly built sun room on south side of the home is spacious and bright. Ground level floor has a bedroom with 1/4 bath. Adjoining room is

Steffens & Co. Realty, Inc.

a great relaxing den or game room providing space for reading, games, watching television or crafts. Attached cement floor two car garage large enough for storage, 4 wheelers, fishing gear, tools and more. Beautiful home with landscaping and two huge decks two levels-one open wood deck and one covered stained concrete. All the space you need for friends and family and outdoor entertaining. All the stairways to the home and outdoor entertainment areas have wide steps, rock walls and lighting. This home has floor to ceiling window and wonderful views in every direction all electric home has three heat sources, baseboard board heat, 3 Energy Thermal Systems and wood burning stove. Two fifty gallon-water heaters so you will never run out of hot water. Domestic well, cistern and septic system. This home has a large metal barn with dirt and concrete floor with feed and tack room and plenty of space for your horses. Access year round to hiking and riding trails. Enjoy the great outdoors with fishing, golfing, hiking, four wheeling, skiing, hunting and so much more. **\$470,000 Call Bernadette** and schedule your personal showing today! *****SOLD*****

***** SOLD***** 35 Deeded Acres! This property is located 12 miles east of South Fork on County Road #15, which offers year-round access. Del Norte is 11 miles away and offers a full service hospital and medical care facility. Wolf Creek Ski Area is 30 minutes away, Creede is 30 minutes, Alamosa is 45 minutes and offers full service air flights twice a day. Durango is 2 hours, Pagosa is 1 hour. This property overlooks the San Juan Mountain Range with all it's splendor and panoramic views. 35 Deeded Acres m/l 1,116 sq. ft. building, which is 50 % living quarters and the other half is a horse barn and animal shelter. There is a small outside building with windows that can be utilized as an extra bedroom or converted into a tiny home. Plus a shop/hay shed/storage canvas covered frame structure goes with the property. The property is fenced and cross fenced. The hay storage area has a high wildlife fence. Equipment that stays with the property is as follows: International Tractor, Hay Rake, New Holland Bail Hauling Wagon, Old Swatter, English Harrow, and enclosed storage unit. Aluminum irrigation pipe. Approximately 24.67 acres are irrigated, and 10.33 acres are average meadow. Water Rights: Permit #231534 for 15 GPM. 8 Shares of the Meadow Glen Ditch Being 5 CFS in priority #1903-57C, 232, 348, and 1903-21. **Call Bernadette Gingrass 719-850-1993 ***SOLD*****

LOOK! Reduced Price \$295,500 Perfect Home or Vacation Rental Opportunity,

Steffens & Co. Realty, Inc.

2,231 sq. ft. of endless possibilities. This beautiful home has 3 bedrooms, 2 baths, kitchen with mud room, dining room and living room with propane heat and wood burning stove. Enjoy the large private fenced backyard with green house, patio area, gardens, wood storage carport and your very own workshop. This is a once in a lifetime opportunity to have your home and business all in one spectacular resort location. Walk out your front door to a wonderful 574 sq. ft. business on scenic byway, Hwy 149. Your dreams are coming true. Come live, work and play here in South Fork, CO. This won't last long. **Call Bernadette Gingrass 719-850-1993 and schedule your showing today! MLS # 755964**

UPDATE! Terms Available! Adorable park model located on two beautiful landscape lots number 38 and features lot 37 in River's Edge RV Resort. This home has a front entrance, side entrance and back entrance with deck. Beautifully landscaped with patio and two sheds with electric. This home has 1 bedroom and two bathrooms and comes complete with all the furniture, appliances and inside washer and dryer. The Colorado room with propane burning stove is finished allows lots of sunshine and adds to living area. River Edge RV Resort is beautifully located on the Rio Grande River allowing property owners private access to the river and plenty of outdoor activities and community events including outdoor activities as fishing events and 4 wheeling outings along with community potlucks. Moments from the Rio Grande River, Rio Grande Golf Club, 30 minutes from Wolf Creek Ski Area. Come live, fish, hike, golf, ski and play. This is your perfect weekend retreat, mountain get-a-way or second home. **Call Bernadette Gingrass 719-850-1993** and schedule your showing today! **\$159,900 MLS # 750041**

*****SOLD*** \$325,000** Enchanting

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Mountain Home! You can see the forest beyond the trees - It's right there in your own back yard. Beautiful 1,750 sq. ft. home backs up to the mountain side. 3 bedrooms two baths with Master bedroom upstairs and loft office area. Cathedral ceiling with open dining / living area with wood burning stove and rock hearth and propane furnace to keep you warm on cool winter evenings. Beautiful large windows to enjoy the mountain views and the mule deer and wild turkeys that visit daily. Kitchen includes all appliances and laundry area with washer and dryer. Wonderful front deck to enjoy your morning coffee on with additional covered side porch area and detached storage shed to store grills, garden tools and more. This enchanting home has a large 896 sq. ft. cement floor 3 car garage and plumbed for water with side storage area. Plenty of storage for 6 cords of firewood or more. Garage has wood burning stove and wonderful workbench and box trust with pull down currently leading to bright roomy artist studio! Home comes partially furnished. This is your dream place or perfect get-a-way in enchanting Ponderosa Valley Estates with no HOA complete with its own private well and town sewer system on paved roads. Moments from hiking, gold medal fishing, rafting, hunting and skiing. Bring your passion for Adventure and **Call Bernadette Gingrass 719-850-1993 and schedule your private showing today! MLS#756372 ***SOLD*****

New Listing - Affordable, charming one bedroom, one full bath park model with enclosed sun room for extra living space. Located in River's Edge Mountain View RV Resort. All furniture and furnishings included. Nice kitchen all kitchen appliances including conventional oven and microwave, dishes and pots and pans. Includes washer and dryer in large storage shed w freezer and workbench area. This home is your perfect weekend get-a-way or vacation home in this 55+ neighborhood.

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Planned activities such as fishing, hiking, 4 wheeling and fun community potlucks. Moments from the Rio Grande River, 20 minutes to Wolf Creek Ski Area. All you need is your tooth brush! Adventure is waiting for you right out your front door. Priced to sell \$89,000. Won't last! **Call Bernadette Gingrass 719-850-1993** and schedule your showing today! **MLS# 760432**

New Listing! Affordable Charming Log Home! Call and schedule your showing today! 4 bedroom 2 bath home located in South Fork Small Tracks. Priced to sell \$223,900 Call and schedule your showing today! **Call Bernadette Gingrass 719-850-1993** and schedule your showing today! **MLS #758665**

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05 Notices

Are you looking to start a Wood-working Business or a Hobby Shop? Power Equipment, Hand Tools and Many Accessories Available. Call 719-873-1138. (04/01)

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

WE BUY ANTLERS: 5 miles west of Del Norte on US 160 at Elk Ranch. 719-657-0942. (03/25 TFN)

07 Help Wanted

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

The Rio Grande County Assessor's Office is seeking an entry level Clerk whose primary duties will be working with the public. Must have strong customer service skills, be detail oriented and a quick learner, and proficient in Microsoft Excel and Word. Requirements include: High school diploma or GED, a valid Colorado Driver's License, and must pass a pre-employment drug test. 40 hour work week and full County benefits. Applications and job description is available on-line at www.riograndecounty.org. Pickup and submit applications to: Human Resources, 925 6th St., Rm 200, Del Norte, CO 81132. (03/25)

Creede School District is currently seeking a receptionist, elementary

para-professional, third grade instructor and an art instructor. Please visit credek12.net for further information. (03/25)

WANTED: Saguache County Road and Bridge is looking to hire a Shop Foreman. SPECIAL REQUIREMENTS: Applicants must possess a current Class-A CDL license with heavy semi-truck endorsement and a current medical certificate. Applicants should have a high school diploma or GED equivalent, along with extensive knowledge of vehicles, equipment and mechanical maintenance procedures. Prospective employees applying with Saguache County will be required to submit and pass a pre-employment drug screening and criminal background check. Shop Foreman is a full-time salaried position - qualified candidates will be able to perform a variety of skilled and semi-skilled duties associated with the supervision of assigned road crew which include installing, repairing and maintaining Saguache County Road and Bridge's property within the Right-Of-Way. This position is expected to work during road emergencies so you should be available to work nights, weekends and holidays when needed. Applications and a complete job description are available at the Saguache County Road and Bridge Office 305 3rd Street, PO Box 476, Saguache, CO 81149 - 719-655-2554 or on the Saguache County website - www.saguachecounty.net under the Road and Bridge Department tab. Please fill out and submit both applications: The Saguache County Application and the Drivers-Application. Completed applications can be hand delivered or mailed to Saguache County Road and Bridge - at the address listed above, sent by email

to mhashbarger@saguachecounty-co.gov or faxed to: 719-655-2543. APPLICATION DEADLINE: Open until a qualified candidate is hired. Saguache County is an Equal Opportunity Employer. (03/25)

12 House for Rent

Suite, 1bedroom furnished house near down town (Del Norte) patio,

all utilites paid, plus Free Wifi included. \$700 Call 657-2850. (04/01)

South Fork duplex, 2 bedroom, 1.5 baths, fully furnished, laundry, no pets. \$1100/mo. 719-849-8149 (04/01)

17 Real Estate For Sale

PERFECT SMALL FARM: 59 acres with center pivot, new

60X120 steel shop, 2 1/2 shares of Rio Grande Canal, 2000 GPM well, 2 miles from Center. Priced to Sell, Call Bruce at Steffens & Company Realty, Inc. 719-580-0770. (03/25)

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Valley Wide Classifieds

and sold as full unite. Call Bruce at Steffens & Company Realty, LLC 719-580-0770. Serious inquires only (04/08)

125-150 cow/calf ranch 1154 acres with top water rights, production, 1.2 miles of Rio Grande River and 1/2 mile of Conejos River. \$1,750,000. Call Bruce at Steffens & Company Realty, Inc 719-580-0770 (04/08)

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

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

19 Farm & Farmland SPRINKLER QUARTER ORGANIC, Carmel District, deep well, Monte-Vista canal shares. Call 719-395-4910 for purchase/lease.(03/25)

MOSCA 111 acres ag land. 69 under circle, well tested 8/2/19 576GPM Brand new electric service instal 2019. \$550,000. Costilla Ditch 1/2 share 719-256-5439 (04/08)

23 Lawn and Garden Sprinkler repair. Done at reasonable rates. Quick Service. Call anytime, weekdays, weekends, evenings. 719-580-0033 or 719-376-2593. (04/01 TFN)

36 Miscellaneous Actively buying quality books and records. Fair prices paid. Jeff (719) 256-5835 or (720) 315.9145 (04/01)

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Auto Parts Wanted: 4 7.5"x17 or 8" x 17" wheels for 99 Mustang GT Call 719-580-6223. (03/25)

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

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

40 Auto Parts For sale. 4 studded snow tires. 225/65R17. Good shape. \$250. Ph:719.849.1529. (03/26)

42 Feed & Seed ALFALFA-GRASS HORSE

HAY: Green,+/-175 RFV, 3x3x8 bales, ~800#, \$190/ton or \$77 per bale, outside stacks, 719-657-0942. (TFN)

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Sheltering in place? Here's 38 ways to spend time with a person living with Alzheimer's

The coronavirus (COVID-19) is requiring many adjustments in people's lifestyles. For the 256,000 Coloradans providing care for loved ones living with Alzheimer's disease, the need to observe appropriate social distancing means that many of the day-to-day activities they might participate in with their loved ones – the 76,000 Coloradans living with the disease – must be adapted for the time being.

Until conditions allow for more travel outside the home, the Alzheimer's Association of Colorado offers 38 meaningful and fun ways to spend time with a family member or friend in the middle or late stages of Alzheimer's. The first tip: take your cue from the person. What do they like to do? What are they able to do?

What are they in the mood for today?

It doesn't matter if the activity needs to be done or if it is done well. If it doesn't work, you can always try something else. Be patient and you will figure out what works. Here are a few ideas to get started:

- Do something inside**
- Listen to the person's favorite music
 - Look at family photo albums
 - Prepare afternoon tea
 - Model with play dough
 - Play checkers or dominos
 - Name the presidents
 - Look at photos in a photography book or magazine
 - Identify states on a U.S. map
 - Complete a puzzle together
 - Read from one of their favorite books
 - Watch a favorite movie or sitcom
 - Ask the person about his or her childhood, siblings, school, pets or first car
 - Read the newspaper together or read it to them
 - Play a card game
 - Do something outside
 - Take a walk
 - Plant flowers
 - Water plants
 - Feed the birds



- Rake leaves
- Go to the park
- Sit on a bench or a swing

- Watch dogs at a dog park
- Play catch or toss a ball
- Play horseshoes
- Sweep the porch or patio
- Set up a picnic on the lawn or in the backyard
- Sit on the porch and drink coffee, hot chocolate or lemonade
- Do something personal
- Give the person a hand massage with lotion
- Brush his or her hair
- Give the person a manicure
- Take photos of the person and make a collage
- Encourage the person to talk more about subjects they enjoy

- Make a family tree poster board
- Do something in the kitchen
- Bake cookies or bread
- Set the table
- Make the person's favorite lunch or snack
- Wash and dry dishes
- Put silverware away
- For information call the Alzheimer's Association 24/7 bilingual Helpline at 800-272-3900, or visit www.alz.org/co.
- S:\Public Relations and Marketing\Press & Media\Press Releases\2020\38 Ways to Spend Time - 3-2020.docx



Protect your health and wallet

Online dating sites and social media platforms have become one of the most popular ways for people of all ages to meet friends, significant others and spouses. While most people have good intentions when meeting others online, scammers have also been known to use dating sites, social media sites and apps (ex. Facebook, Instagram, Words with Friends, etc.) to obtain money, gifts or personal information.

When meeting people online, it is important that you always consider the possibility that the person you are chatting with is not the person they

claim to be. The following are some "red flags" to help determine if the person who you are chatting with is a scammer:

- You are asked to send money, purchase gift cards, send goods (ex. a phone or computer) or even open a bank account before meeting in person.
- They are contacting you from thousands of miles away, have inconsistent information in their profile and/or they have an unrealistic photo.
- You are asked to move the conversation outside of the dating website to phone, text, email or instant

messenger.

- They ask you for personal information such as your credit card numbers or Social Security number.
- They express strong emotions toward you very early in your conversations.

If you recognize any of these warning signs or suspect unusual behavior, report it to the website's administrator and cease all communication with the person immediately. If you have any questions contact an AARP ElderWatch volunteer for assistance at 800-222-4444 www.aarpelderwatch.org.

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National Park Service temporarily suspends Park entrance fees

WASHINGTON — After careful consideration, Secretary of the Interior David Bernhardt directed the National Park Service (NPS) to temporarily suspend the collection of all park entrance fees until further notice. This includes Colorado's four National Parks — Great Sand Dunes, Rocky Mountain, Mesa Verde, and Black Canyon of the Gunnison that are home to some of the world's most wondrous and diverse scenery.

"I've directed the National Park Service to waive entrance fees at parks that remain open. This small step makes it a little easier for the American public to enjoy the outdoors in our incredible National Parks," said Secretary of the Interior David Bernhardt.

Other states and municipalities have implemented similar policies waiving fees to parks in an effort to support social distancing.

"Our vast public lands that are overseen by the Department offer

special outdoor experiences to recreate, embrace nature and implement some social distancing." Secretary Bernhardt continued.

At a majority of park locations where it is currently possible to adhere to public health guidance, outdoor spaces remain open to the public, while many facilities will be closed.

The Department of the Interior and NPS continue to urge visitors to do their part when visiting a park to follow CDC guidance by maintaining a safe distance between yourself and other groups; washing your hands often with soap and water for at least 20 seconds; avoiding touching your eyes, nose and mouth; covering your mouth and nose when you cough or sneeze; and most importantly, staying home if you feel sick.

Specifically, the CDC recommends high-risk populations, such as the elderly and people with underlying conditions, take extra precautions to be best protected against the spread



The National Park Service has temporarily suspended collecting entrance fees which includes the Great Sand Dunes National Park.

of coronavirus. Updates about the NPS response to the coronavirus will be posted on www.nps.gov/coronavirus. Please check with individual parks for specific details about park operations.

Continental Divide Trail Coalition partnering with Small Businesses

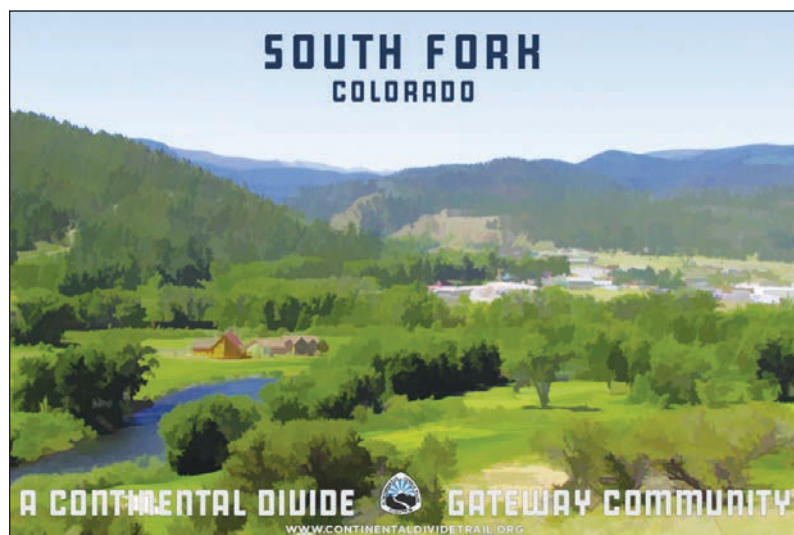
COLORADO — The Continental Divide Trail Coalition (CDTC), the nonprofit organization dedicated to protecting the 3,100-mile Continental Divide Trail, is launching a new program for small businesses. The CDTC's Business Membership is designed to engage local businesses as partners in CDTC's work of promoting and protecting the Continental Divide Trail. Businesses who join will be featured on CDTC's website, get opportunities to be showcased via CDTC's social media channels, and receive a marketing toolkit designed to help trailside businesses attract CDT users as customers. "As the outdoor recreation economy continues to grow, the CDT has the potential to be an important economic driver for many of the rural communities along its length," says Teresa Martinez, Executive Director of CDTC. "We are excited to help small-business owners capitalize on this opportunity."

A 2019 survey of 200 small-business owners in more than 30 communities along the Continental Divide Trail showed that 88% have seen economic growth in their community due to use of the CDT over the last five years, but only 58% have seen that growth affect their business in particular. As such, the CDTC Business Membership benefits were specifically designed to aid business owners in marketing to CDT users and other outdoor recreationists.

Any business can become a CDTC Business Member by making an annual donation of \$200 or contributing to CDTC's work in other ways, such as hosting a fundraiser or donating a portion of sales from a particular item to CDTC. Businesses that are interested in supporting the work of the Continental Divide Trail Coalition but not yet ready to make a monetary donation have the opportunity to become "CDT Supporters" by filling out a form explaining how their business benefits the trail and/or its users. Supporters receive a decal to be placed in their storefront to demonstrate their support of the CDT.

More details about the program benefits and information on how to become a Business Member are available at continentaldividetrail.org/business-membership. Questions about the program can be directed to Nicole Karem, CDTC's Gateway Community Coordinator, at gateway@continentaldividetrail.org.

About the Continental Divide Trail The CDT is one of the world's pre-



miere long-distance trails, stretching 3,100 miles from Mexico to Canada along the Continental Divide. Designated by Congress in 1978, the CDT is the highest, most challenging and most remote of the 11 National Scenic Trails. It provides recreational opportunities ranging from hiking to horseback riding to hunting for thousands of visitors each year. While 95% of the CDT is located on public land, approximately 150 miles are still in need of protection.

About the Continental Divide

Trail Coalition

The CDTC was founded in 2012 by volunteers and recreationists hoping to provide a unified voice for the Trail. Working hand in hand with the U.S. Forest Service and other federal land management agencies, the CDTC is a non-profit partner supporting stewardship of the CDT. The mission of the CDTC is to complete, promote and protect the Continental Divide National Scenic Trail, a world-class national resource. For more information, please visit continentaldividetrail.org.

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The biting truth of pet snake envenomation

One of the joys of owning a pet is being able to observe their curious nature. However, when they stick their noses where they don't belong, a dangerous situation can arise, especially in a state like Texas, which is home to more than 75 different species of snakes.

Dr. Dalton Hindmarsh, a veterinary resident at the Texas A&M College of Veterinary Medicine & Biomedical Sciences (CVM), advises pet owners on what to do if their furry friend falls victim to a snake bite.

"First, you should keep your pet calm and seek veterinary care," he said. "Contrary to what you may read on the internet, I would not recommend giving any medications at home, including things like Benadryl, without first consulting your veterinarian. I would also not recommend a tourniquet or trying to suck the venom out."

Hindmarsh also said that prophylactic antibiotics are typically not prescribed, since the risk of infection from a snake bite is less than 1 percent. Steroid medications or non-steroidal anti-inflammatory (NSAID) pain medications are also not usually involved in treatment of a snake bite, as they have a high risk of side effects and no documented treatment benefit.

Hindmarsh adds that snake bites are very common in dogs and less frequently seen in cats. It's also important to remember that if a snake is able to harm your pet, they are likely a danger to you as well, so Hindmarsh recommends that owners

exercise caution after the bite.

"If the snake is already dead, you can take a picture of it to show veterinary staff," he said. "Please do not bring the snake with you! If the snake is alive, do not put yourself in danger and leave the area with your pet."

Once a bitten pet has reached a veterinary care facility, there are a variety of treatment options available.

"The recommended treatment ultimately depends on the severity of the bite, but most cases are treated with IV fluids to address shock, pain medications and monitoring," Hindmarsh said. "Antivenom is readily available but is not always indicated for every snake bite."

Owners should be mindful about preventing their pets from interacting with snakes, especially when in regions where these slithering creatures are more common. In the areas near Texas A&M, copperheads are the most common venomous snake.

"Owners may consider avoidance training (teaching dogs to leave snakes alone) for outdoor and working dogs," Hindmarsh said. "Keeping pets on a leash may also reduce the chance they encounter a snake."

If pet owners have concerns about their animal encountering snakes, they should contact their veterinarian to discuss how they can best protect their pet. Owners who suspect that their pet has been bitten should contact their veterinarian immediately.

If you end up seeing a snake the next time you and your pet are enjoying the outdoors, Hindmarsh advises that you "leave the snake alone, back away and leave the area."



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ACROSS

1. Database management system
5. Soft blue-gray mineral
11. Algerian coastal city
12. A healthy redness
16. El __, border town
17. Part of the mind
18. Female body part
19. Atrocities
24. You can call Paul Simon this
25. Copyread
26. Large integers
27. Large, flightless bird
28. Bread and whiskey are two
29. Indicate pain or discomfort
30. Worry
31. Wild goats
33. Belittle
34. More supernatural
38. Wakes up
39. Intestinal pouches
40. Popular dance
43. American state
44. CSI actor
45. Having a keen enthusiasm for
49. Swiss river
50. Restaurant item
51. Intense unhappiness
53. Unit of loudness
54. Increase in velocity
56. Mesoamerican religion
58. Early multimedia
59. Forearm bone
60. An unprincipled person

1	2	3	4		5	6	7	8	9	10			
11					12					13	14	15	
16					17			18					
19				20	21		22	23			24		
25						26					27		
28						29				30			
				31	32				33				
34	35	36	37					38					
39						40	41	42					
43					44					45	46	47	48
49				50				51	52				
53			54					55					
56		57					58				59		
60					61	62					63		
			64								65		

63. Swarming with
64. Shellfish
65. Root of taro plant

31. Hot beverage
32. One of the six noble gases
33. Southern constellation
34. South American nation
35. Suitable for use as food
36. The back
37. I (German)
38. Blood group
40. Fit to stand trial
41. Praise excessively
42. Female's title
44. EU predecessor
45. Acutely insightful and wise
46. Disguised
47. Improved the appearance of
48. Generator
50. The real ____, the genuine article
51. Male's title
52. Home of the Hawkeyes
54. About aviation
55. At all times
57. Military peace officer
61. College degree
62. Indicates position

DOWN

1. More silly
2. Adult beverage
3. Iron used for lofting
4. Noses
5. Smile
6. One who examines closely
7. Lethal dose
8. Denotes past
9. "This Is Us" actor Fitch
10. Dabbling ducks
13. Polish beer
14. A type of cat
15. Shows respect for
20. Of I
21. Commercial
22. Chai and chamomile are two
23. Lodging option
27. Geological times
29. Unit of electrical inductance (abbr.)
30. Where G-men work

Solution to last week's puzzle

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

Uninsured Coloradans can enroll during a Special Enrollment Period in response to COVID-19 Outbreak

COLORADO - To help as many people as possible protect their health and safety during the COVID-19 outbreak, Connect for Health Colorado® announces a new Special Enrollment period that started Friday, March 20, 2020, and ends Friday, April 3, 2020. Coloradans who are uninsured qualify to enroll in a health insurance plan for coverage that starts April 1, 2020.

To sign up for coverage through the Marketplace- the only place where residents can qualify for financial help to lower costs- Coloradans can complete an application and select a health insurance plan:

- Online at ConnectforHealthCO.com.
- Over the phone at 855-752-6749, Monday through Friday from 8 a.m. to 6 p.m. We're also extending Customer Service Center hours this weekend and next, from 9 a.m. to 5 p.m. Saturday and Sunday.
- Working with a certified enroll-

ment expert. Many local experts continue to provide virtual and/or phone appointments.

Applicants should select the enrollment reason as, "Will lose or lost health insurance and/or have no other health coverage during the COVID-19 outbreak and input the application date as the qualifying life change event date. Residents who take these steps will not be asked by health insurance companies to provide documentation to verify their eligibility for the Special Enrollment period.

As always, Coloradans can sign up for a plan if they experience other qualifying life change events, including loss of job-based and Health First Colorado (Medicaid) coverage. Coloradans may be eligible to enroll in a new plan if they experience changes or losses in income, which should be reported to Connect for Health Colorado. Residents who qualify for Health First Colorado (Medicaid) or the Child Health Plan Plus program can enroll online through the PEAK application any time during the year.

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SLV Tourism Conference focuses on sustainability -Part Two of Two

BY CHELSEA MCNERNEY-MARTINEZ

ALAMOSA- The San Luis Valley Tourism Association's annual conference was held at the Elks' Lodge in Alamosa Wednesday, March 4. The event covered local upcoming events and changes on the horizon and speakers attended who offered advice on how to keep tourism sustainable for ecologically-minded visitors but also sustainable for the preservation of natural resources and destination locations. Please see last week's *Monte Vista Journal* for more information on local organizations' updates and 2020 tourism plans.

Sustainable Presentations

Steve Coffin of Steve Coffin Strategies LLC presented on his work on tourism destinations on the Front Range and the methods he used, as a partner with other organizations, to keep certain destinations open when overcrowding began to threaten their physical integrity. Coffin explained how a three-part strategy can be implemented with local stakeholders to ensure the San Luis Valley's natural destinations are not damaged through overuse.

Coffin showed lines of cars to the parking areas for Colorado 14'ers, including to Mount Bierstadt, where there is not only an influx of vehicle traffic but also a 30 minute wait to sign the scroll at the top of the mountain. Coffin also discussed the struggles at Hanging Lake, near Glenwood Springs, where he said physical altercations were breaking out over parking spaces and the amount of litter and other waste were harming the physical integrity of the area and the safety for visitors. He reviewed the causes of these issues, including population growth in the Front Range area, "From 2010 to 2015, the seven-county metro area added an average of 55,500 new residents each year with another 507,000 people expected to move here by 2025. By 2050, we are projected to grow to more than 4.5 million. The entire Front Range, from Fort Collins to Pueblo, is expected to total more than 7.1 million people in 2050."

Coffin explained the organization, NoCo Places 2050, was formed as a collaborative group including Northern Colorado stakeholder public land organizations, such as the U.S. Forest Service, Colorado Parks and Wildlife, multiple local counties and the National Park Service, among others, to create a plan that kept these areas open and functional for all Coloradans and visitors. The organization utilized a three-part method, Develop a Set of Principles and Guidelines, Convene Civic and Community Leaders and Engage the Support of Elected Officials, to create methods to incorporate collaborative ways to monitor and address changes to these areas and prioritize how to make them sustainable. Coffin stated the same methods would not work for every area, but utilizing the core tenants for actions including collaboration, being proactive and deliberate, holistic, adaptable and financially sustainable to focus on education and instilling a greater ethic sense of stewardship would ensure that their organization and other organizations which use the

same process would be successful.

Some locations may need caps on daily visitors, for example, Coffin stated, and although there may be some opposition to this at first, Coloradoans value their natural resources and the natural beauty of the state and they found through their educational efforts many of those opposed could understand and respect the overall purpose behind the actions taken. Coffin stated different management strategies would have to be used for different locations, but recruiting the help of dedicated volunteers was essential to the success of a sustainable project.

Coffin stated the lessons learned through the NoCo Places 2050 projects, applicable to any organi-

zations in a similar situation, were the processes take time and the processes must be inclusive, adaptable and data driven. Coffin also cautioned the tourism conference attendees to monitor demographic trends and what those trends mean for public spaces and tourism attractions, pointing out currently Colorado is getting older, and Baby Boomers prefer to travel and explore in solitude whereas millennials, which account for 28 percent of the state's population, prefer group activities. Overall the state is also becoming more ethnically diverse as well, Coffin pointed out. He also added technological changes can happen quickly and can have both negative and positive effects on public spaces. He used Instagram

as a largely positive recent trend because it draws people to spaces they see pictures of and encourages them to recreate outdoors. Drones he cited as something that has had mixed results and will continue to influence tourism in the future.

The National Environmental Policy Act, passed by President Nixon in 1971, does create a process by which public lands can be closed or limited, Coffin stated, adding it is a very public process that is based on the understanding that action is needed or an area would be lost. Coffin stated this can be used as a last resort.

"What does success look like?" Coffin asked the attendees. He explained a successful process will be a bottom-up process with the

necessary infrastructure to manage public lands in a way that preserves them.

Addison Phillips with the Colorado Energy Office along with Jay Young of Colorado Gators presented on Charge Ahead Colorado and the efforts to get more electric vehicle charging stations throughout the state and region. Phillips explained the difference between a Level Two Charger, like the one he was charging his vehicle on at First Southwest Bank, charges for roughly 100 miles of driving in 20 minutes. Level Three Chargers, or Fast Chargers, operate much faster but require a greater power infrastructure to be installed and are more expensive.

Please see *TOURISM* on Page 10

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TOURISM Continued from Page 1

Phillips explained the REV West plan, signed by governors from Arizona, Colorado, Idaho, Montana, Nevada, New Mexico, Utah and Wyoming is focusing on getting Electric Vehicle (EV) chargers installed through major tourism and travel corridors, like I-25. Phillips explained they are also looking at installing EV chargers along scenic byways, including current plans to install them along the Silver Thread Scenic Byway in Creede and in Gunnison County in the near future. There are also plans to potentially put a fast charger in Alamosa and the Colorado Energy Office is looking at a way to get EV chargers on the Los Caminos Antiguos Scenic Byway if they can get confirmed locations and investment in Antonito, Fort Garland and San Luis.

Level two chargers are currently found at Colorado Gators, the San Luis Valley Rural Electric Cooperative office, Colorado Gators, First Southwest Bank and Joyful Journey Hot Springs. There is a push to get level two chargers in many hotels throughout the state as well, Phillips explained.

The Charge Ahead Colorado grant program provides 80 percent or a maximum of \$9,000 for a level two charger to a site host, like Colorado Gators. Young estimated the 20 percent he was responsible for

was roughly \$2,500. Charge Ahead Colorado provides \$30,000 for a level three charger, which are typically between \$60,000-\$70,000, according to Phillips. More information about the grant can be found at <https://cleanairfleets.org/programs/charge-ahead-colorado>.

Attendees asked what the out-of-pocket expenses were for those charging EVs were, with Young stating they allow visitors to Colorado Gators to charge for free and Phillips stating the charger at First Southwest Bank costs \$28 per kw/hour, which was how many EV charger providers charged, by their kw/hr cost. Phillips pointed out level three chargers on the corridor project are often a combination fee of 25 cents per minute and 20 cents a kw/hr. Young pointed out for the hosts the cost can sometimes be more than \$11,000 total but it varies as many contractors will want to do every phase of the project (concrete, electrical etc.) but a host who monitors costs and shops around closely can keep those costs down.

Through 2020, Colorado has a state tax incentive of \$4,000 for EVs and there is still currently federal tax incentive as well, which according to efile.com, ranges from \$2,500 to \$7,500 for a new EV purchased from Jan. 1, 2019 through the year. Phillips pointed out there

are new regulations requiring automakers to make a certain percentage of their new vehicles electric, so EV chargers are something sustainable tourism markets have to prepare for.

Last to present to the tourism conference was Dr. Nick Parker of Nick Parker Consulting, LLC, based out of Lubbock, Texas. Parker presented on the known rapid changes we can expect from climate change and encouraged attendees to focus on Hydrogen Fuel Cells as a sustainable option.

At the end of his presentation, Parker announced Cetna Energy was in the San Luis Valley to look at building a plant in the area that will take the Beetle-kill trees and turn them into woodchips for hydrogen power. Cetna's Biomass gasification plan, Parker stated, will also replant trees as they use them and will have no smokestack and very little waste.

Parker presented different models for the potential for warming temperatures as a result of climate change, pointing out "nobody knows which model is exactly right, but we know it won't be constant." Parker also stated between 20 and 50 percent of the species on the planet are projected to be extinct by 2100 because the ecological weight of people on Earth exceeds

that of all other animals. Parker also pointed out our population growth over the next 40 years could equal what used to be 4,000 years worth of construction, including between 2014 -2054 the need to build 96 times as many homes per year. In 2015, Parker pointed out 93 billion tons of resources were extracted from the Earth but only 9.3 billion tons were recycled, making humans global use of minerals, ores, fossil fuels and bio mass unsustainable.

Parker stated he believes we need to shift to the third Industrial Revolution, the age of Hydrogen (the first being the age of steam and the second the age of oil), the most common element in the universe, and focus on locally-produced renewable energy fed into a smart grid.

Parker pointed out the successes shifting to hydrogen fuel cells has had for corporations, including the shift to hydrogen powered forklifts at the Walmart Distribution Center in Plainview, Texas, which has made their processes faster and more efficient. A forklift now lasts 24 hours on a single hydrogen power cell, whereas previous models had to change/recharge batteries three to four times per day. Nikola Motors has also presold 8,000 semi trucks that run on hydrogen, with a range of 500-750 miles and

recharges take only 15 minutes, making them very comparable to diesel powered trucks but without greenhouse gas emissions. This is also more efficient than the Tesla electric semi, which has a 500 mile range.

Parker compared the increased value to a gallon of water hydrogen adds and also pointed out the amount of water required for hydrogen fuel. "Hydrogen uses 2.3 gallons of water per kg, gasoline requires 3-6 gallons of water in the refinery per gallon of gas, ethanol from corn requires 2,400 gallons of water per gallon and thermoelectric power requires 10 percent of freshwater used nationwide" with wind and solar power not requiring any water. Parker also pointed out the efficiency of hydrogen energy. "Hydrogen creates 120 megajoules per kg, gasoline creates 44 megajoules per kg, natural gas at 3,000 psi creates 55 megajoules per kg and a Tesla battery produces approximately three megajoules per kg."

With companies in China striving to have no combustion engine vehicles produced by 2030 and 700 hydrogen stations going up around the U.S. between 2022-2028, Parker encouraged attendees to look at the importance of investing in hydrogen now for a more sustainable future.

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SBA disaster assistance in response to the Coronavirus

The U.S. Small Business Administration is offering designated states and territories low-interest federal disaster loans for working capital to small businesses suffering substantial economic injury as a result of the Coronavirus (COVID-19). Upon a request received from a state's or territory's Governor, SBA will issue under its own authority, as provided by the Coronavirus Preparedness and Response Supplemental Appropriations Act that was recently signed

by the President, an Economic Injury Disaster Loan declaration.

Any such Economic Injury Disaster Loan assistance declaration issued by the SBA makes loans available statewide to small businesses and private, nonprofit organizations to help alleviate economic injury caused by the Coronavirus (COVID-19).

SBA's Office of Disaster Assistance will coordinate with the state's or territory's Governor to submit the request for Economic

Injury Disaster Loan assistance.

Once a declaration is made, the information on the application process for Economic Injury Disaster Loan assistance will be made available to affected small businesses within the state.

SBA's Economic Injury Disaster Loans offer up to \$2 million in assistance and can provide vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing.

These loans may be used to pay fixed debts, payroll, accounts payable and other bills that can't be paid because of the disaster's impact. The interest rate is 3.75% for small businesses. The interest rate for nonprofits is 2.75%.

SBA offers loans with long-term repayments in order to keep payments affordable, up to a maximum of 30 years. Terms are determined on a case-by-case basis, based upon each borrower's ability to repay.

SBA's Economic Injury Disaster

Loans are just one piece of the expanded focus of the federal government's coordinated response, and the SBA is strongly committed to providing the most effective and customer-focused response possible.

For additional information, please visit SBA.gov/disaster.

For questions, please contact the SBA disaster assistance customer service center at 1-800-659-2955 (TTY: 1-800-877-8339) or email disastercustomerservice@sba.gov.

CASES

Continued from Page 1

at least April 17.

Locally many restaurants are offering takeout orders and delivery with banners outside their restaurants stating they are open and they are staying open additional days in order to make ends meet. Sunday, March 22, gas stations in Del Norte had many pumps closed due to being "out of service/gas." Grocery stores are continuing to have items fly off the shelves as soon as they arrive to the stores with toilet paper and fresh meat continuing to be in short supply.

Gov. Jared Polis Sunday, March 22, announced an order that non-critical workplaces in Colorado temporarily reduce their in-person workforce by 50 percent. The order runs from Tuesday, March 24, through Friday, April 10. Gatherings of 10 or more people have also been banned.

The order does not apply to businesses that can prove employees can remain 6 feet apart during the workday.

The following businesses are considered critical by the state and are exempt:

Health care operations.

- Critical Infrastructure, including utilities, fuel supply and transmission, public water, telecommunications, transportation, hotels, organizations that provide for disadvantaged people, and food supply chain.

- Critical Manufacturing, including food, beverages, chemicals, medical equipment, pharmaceuticals,

sanitary products, agriculture.

- Critical Retail, including grocery stores, liquor stores, farms, gas stations, restaurants and bars for takeout, marijuana dispensaries but only for medical or curbside delivery, hardware stores.

- Critical Services, including trash and recycling, mail, shipping, laundromats, childcare, building cleaning and maintenance, auto supply and repair, warehouses/distribution, funeral homes, crematoriums, cemeteries, animal shelters and rescues.

- News Media.

- Financial Institutions.

- Providers of Basic Necessities to Economically Disadvantaged Populations.

- Construction.

- Defense.

- Public Safety Services like law enforcement, fire prevention and response, EMTs, security, disinfection, cleaning, building code enforcement, snow removal, auto repair.

- Vendors that Provide Critical Services or Products including logistics, childcare, tech support, or contractors with critical government services.

- "Critical Government Functions."

The executive order directs employers to have employees work remotely to the greatest extent possible or stagger schedules so workers have the least contact with each other as possible.

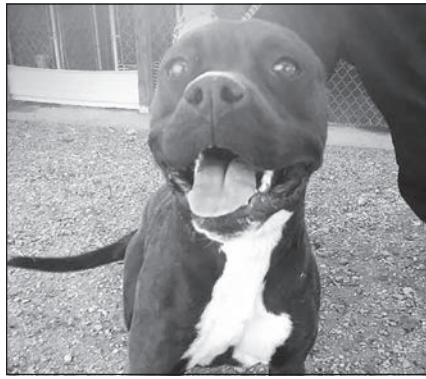
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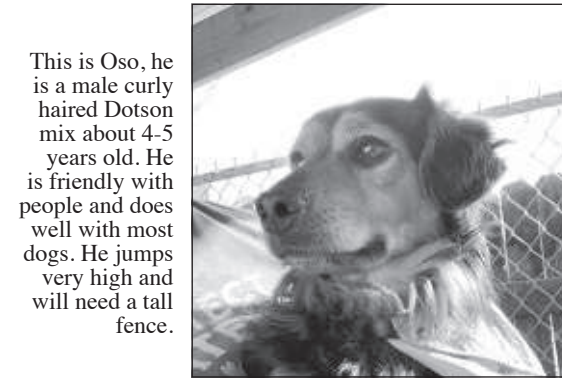
This is Destiny, she is a female pitbull mix around 8 months. She is very friendly with people and she has quite a bit of energy.



This is Goofy, he is a male pitbull/shepherd mix around 7 months. He is friendly with people and has a lot of energy.



This is Goldie, she is a female pitbull mix around 2 years old. She is very friendly with people and has a fairly calm temperament.



This is Oso, he is a male curly haired Dotson mix about 4-5 years old. He is friendly with people and does well with most dogs. He jumps very high and will need a tall fence.

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Rio Grande National Forest offers virtual services in response to COVID-19

MONTE VISTA – The Rio Grande National Forest (RGNF) is implementing procedures and protocols to protect the health and safety of employees and members of the public during the COVID-19 outbreak following guidance from federal and state authorities.

“As we work through an unpredictable and rapidly changing situation, health and safety is our No. 1 priority,” said Forest Supervisor Dan Dallas. “We are committed to continuing to support our communities and fulfill our mission as we all work together to minimize the impacts and spread of COVID-19.”

Customers needing information, permits, maps, or to schedule an appointment are encouraged to call the following phone numbers during regular business hours for prompt customer service.

- Rio Grande NF Headquarters 719-852-5941
- Conejos Peak Ranger District 719-274-8971
- Divide & Saguache Ranger Districts 719-850-2374

These actions have been taken based on the best available medical advice to limit gatherings of large numbers of people and to promote social distancing.

Forest and recreation information, including maps, are available online at <https://www.fs.usda.gov/riogrande>. Maps can also be purchased online through the United States Geological Survey at <https://store.usgs.gov/pass/index.html>.

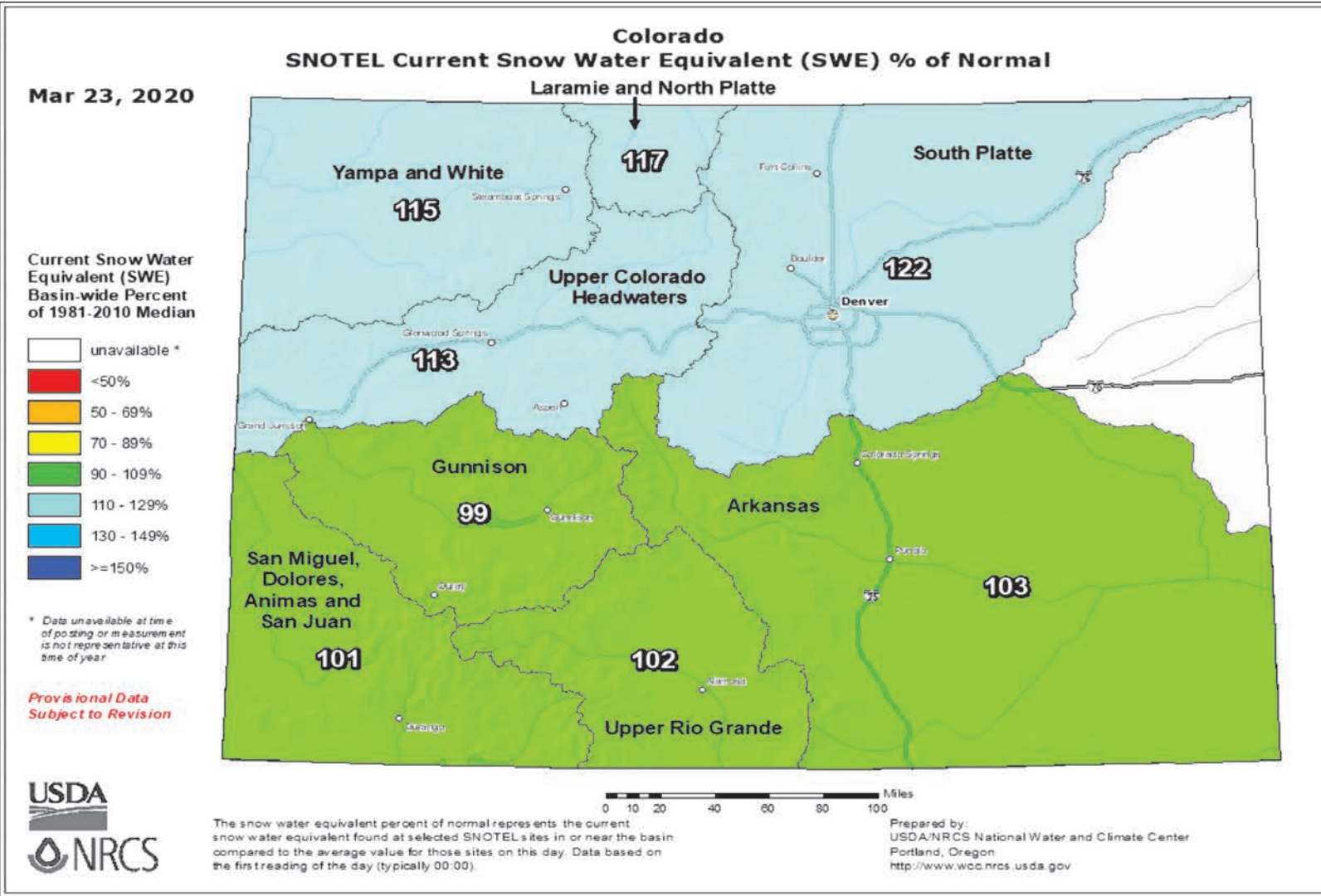
While being outside on a national forest is believed to be safer than indoor spaces, visitors are urged to take the precautions recommended by the Centers for Disease Control and Prevention (CDC). For tips from the CDC on preventing illnesses like the coronavirus, go to: <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html>.

SLV REC offering assistance to impacted members

SAN LUIS VALLEY – San Luis Valley Rural Electric Cooperative’s Board of Directors is actively engaged in ensuring that the vital utility services of electricity, internet and phone continue to all members and customers in these challenging times. Bill assistance has always been provided to help REC members and Cielo customers in need, and now businesses, members and customers impacted by government mandated closures are receiving additional assistance ensuring these vital services continue through this crisis.

As many citizens are being forced to work remotely, Cielo is strengthening its network and working with residents, students, hospitals, schools and other vital businesses to maintain and increase availability. REC and Cielo will continue to provide regular status updates to keep members and customers informed of our critical services.

With questions or concerns, please call 719-852-3538.



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Lawn & Garden

What can and cannot be composted

Avid gardeners know that compost can add vital nutrients to soil used in gardens, container plants and lawns. The fact that compost is so versatile and nutrient-dense may not even be its most admirable quality. Made from items used in and around the house, compost costs just about nothing to produce.

The raw materials that make up compost come from organic waste. These can be disposables from the garden and kitchen, as well as other areas around the house. According to the United States Environmental Protection Agency, yard trimmings and food scraps add up to 20 to 30 percent of the municipal solid waste in the United States. Turning waste into compost not only helps the landscape, but also the planet.

Compost is relatively easy to make, and there are scores of materials that can be put into compost. But it is just as essential to know which ingredients cannot be used in compost.

Okay for compost

Most organic materials, or items that were once living, can be used in compost. Plant-based items used in cooking, such as potato peelings, carrot skins, banana peels, cocoa hulls, coffee grounds and filters, corn cobs, apple cores, egg shells, fruit peels, kelp, and nut shells, can be added to compost.

Other items from around the house, like unused kitty litter, hair, shredded newspapers and cardboard, leaves, flowers, paper, pine needles, ashes, and sawdust, can be successfully added to compost. Stick to items that are not treated heavily with chemicals.

Should not be used in compost

Inorganic and non-biodegradable materials cannot go into compost. These are items like plastic, glass, aluminum foil, and metal. Pressure-treated lumber, although a natural material, is treated with preservatives and often pesticides that can be harmful if they leech into the garden.

The small-gardening resource Balcony Garden Web indicates coated or glossy printed papers, such as those from catalogs, magazines, wrapping paper, marketing materials, and business cards, should not be added to compost piles because of the chemicals and inks used in these pages.

Planet Natural Research Center says to avoid pet droppings from dogs and cats. Animal products like bones, butter, milk, fish skins, and meat, may decompose and start to smell foul. Maggots, parasites, pathogens, and other microorganisms can form in the compost. These materials also may attract flies and scavenger animals. Plus, they decompose very slowly.

Any personal hygiene products should be avoided because they are tainted by human fluids and that can pose a health risk.

While weeds are not harmful in compost piles, there is the risk that seeds can germinate and then infiltrate garden beds when the compost is used. The same can be said for tomato plants and some other hardy fruits and vegetables.

Compost is a winner in the garden and around the landscape. Learning which ingredients can and can't be added to compost piles is useful for any gardener. GT204796



Improve soil quality for a better lawn

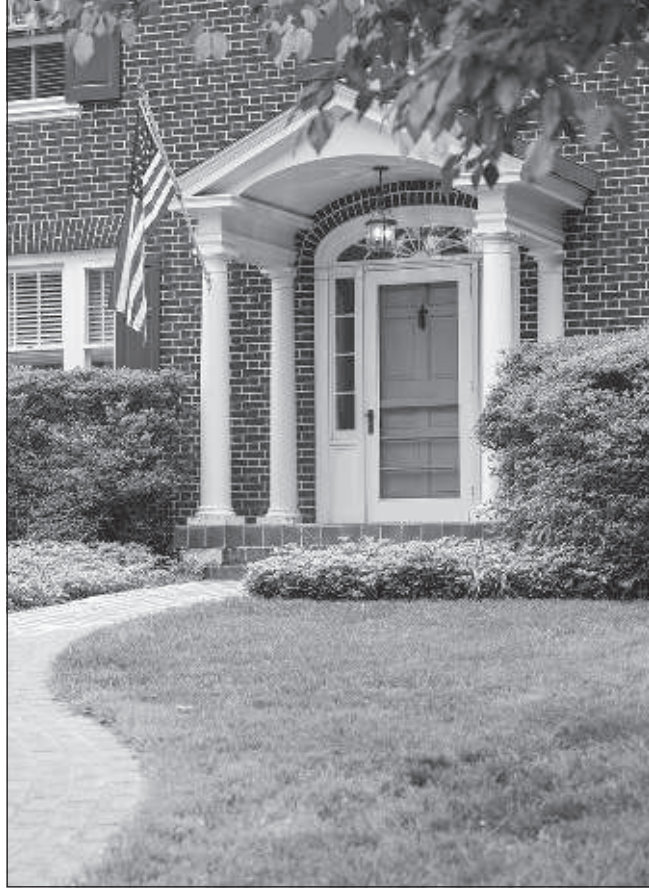
A lush, green lawn can vastly improve a home's curb appeal. Thick, healthy grass indicates that homeowners care enough about their properties to invest the time, effort and money to make them beautiful.

According to the landscaping tool company Troy-Bilt, soil fertility is the foundation of healthy lawns. In fact, the quality of the soil is essential whether one is growing acres of

grass, potted plants or vegetable garden beds. No matter which type of soil a homeowner is working with, there are various ways to make it better.

Remove thatch

Thatch is a tightly knotted layer of leaves, grass roots, stems, and other debris that accumulates between the grass blades and the soil. Too much thatch can hinder the movement of water, air and nutrients into the soil. According to organic fertilizer company Organo-Lawn, thatch often occurs if the production of dead organic material in the lawn exceeds the ability of the microorganisms in the soil to break down that organic matter. A half-inch of thatch is normal. If thatch gets too thick, it will need to be removed. The home improvement resource DIY Network says dethatching can take place in the summer, fall and winter using a thatching rake.



Aerate

A lawn aerator will create holes in the soil. This can improve drainage and encourage worms and helpful microorganisms that require oxygen to thrive in the soil. The Briggs & Stratton Company says the best time to aerate a lawn is during the growing season when the grass can heal and fill in any holes, such as spring

and fall. Aeration can help develop deeper grass roots for a healthier lawn.

Test and amend soil

A great lawn has loamy soil, which has a key ratio of clay, silt and sand. Silt is a granular material of a size between sand and clay that originates from quartz and feldspar. It is the most fertile of the three types of soil components. Sand does not retain water, but it helps to create spaces in the soil that permit air to circulate. Clay particles are small and bind together tightly, but clay is naturally nutrient-rich. The home improvement site BobVila.com says loamy soil should have

equal parts sand and silt and half as much clay.

If the lawn is not yet established, loamy soil can be created and then the grass seeds planted. For established soil, after removing thatch and aerating, top-dressing the lawn can help. This involves adding a thin layer of soil over the lawn. It can improve the soil without killing the existing turf. Ideally, it should be done in early fall or spring, as this gives the grass time to grow through three to four more mowings before severe heat or cold sets in.

Healthy soil is vital to a lush lawn. It takes a little work, but improving soil can create vibrant, healthy, green grass. GT204792

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Did you know?

When planning spring landscapes, homeowners should always group plants with similar water needs together. According to the U.S. Department of Energy, grouping plants with similar water needs together helps to conserve water, which can be an especially useful strategy if or when drought restrictions go into effect in summer. Homeowners also can embrace additional strategies to landscape with water conservation in mind. For example,

aerating soil helps to improve water flow to plants' roots and reduces water runoff, helping to ensure that plants get all of the water they need while reducing the likelihood that homeowners will have to use excessive amounts of water to keep plants healthy. In addition, using low-water-using types of grass can help homeowners who live in areas prone to drought conserve water while still maintaining lush, green lawns. SH202663

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Lawn & Garden

8 garden tools for beginners

The right tool for the job is essential to working safely and efficiently. This is as true in the workplace as it is in the garden.

Novice gardeners may not know where to begin in regards to which tools they need. The following are eight items that can serve as a solid foundation for beginning gardeners.

1. **Gloves:** Your hands will be working hard, so it pays to protect them from calluses, blisters, splinters, insects, and dirt. Look for water-resistant gloves that are also breathable.

2. **Hand pruners:** Hand pruners are essential for cutting branches, cleaning up shrubs, dead-heading flowers, and various other tasks. Choose ergonomic, no-slip handles that will make work easier. Rust-resistant, nonstick blades also are handy.

3. **Wheelbarrow:** A wheelbarrow can transport gear to garden beds or tote dirt, leaves, rocks, and other materials around the landscape. A good wheelbarrow is strong but light enough to maneuver when full.

4. **Loppers:** Long-handled loppers will fit the bill for thick branches. The long handles provide leverage to cut through branches an inch or more in diameter.

5. **Hand trowel:** A hand trowel is a handy

tool that lets you dig holes or unearth weeds. While shopping for a trowel, consider getting a hand-held garden fork, which can aerate soil and cut through roots.

6. **Hose/watering can:** Keeping gardens hydrated is part of ensuring their health. That makes a hose and a watering can two invaluable tools to have around. Invest in a lightweight, expandable hose if storage space is at a premium. An adjustable nozzle will enable you to customize the water flow as needed. A watering can is an easy way to tote water to hard-to-reach pots and containers.

7. **Garden kneeler:** Gardeners often bend and kneel while working in the soil. That puts pressure on the back and knees. A comfortable garden kneeler with memory foam or one made from shock-absorbing material can reduce aches and pains.

8. **Garden hoe:** Garden hoes till soil, remove weeds and perform many other tasks. A garden hoe can be used along with a full-sized shovel, trowel and garden rake.

This list is just the tip of the garden tool iceberg. Visit a garden center and speak with a professional about other tools that can be added to the mix. GT204798



7 things to consider when buying a shed

Backyard sheds can be useful assets. Sheds can create storage space in the garage, basement or other areas of the house that have become gathering spots for gear typically used outdoors. Sheds are ideal for housing mowers, tools and even pool-care equipment. But they can be put to other uses as well, such as being key spots to engage in hobbies or even as a child's clubhouse.

Various factors should be considered before building or buying a shed. A storage shed can be a significant investment. Once placed, sheds may remain in their dedicated spots for years to come. That means careful thought should go into the planning process.

1. **Check your local building codes first.**

Before you accumulate building materials or order a shed, be sure to know the ins and outs of shed codes. The codes may impact the shed's placement, construction, the materials used, size, and numerous other factors. It's much easier to amend plans beforehand than to face the hassle and expense after learning you did things incorrectly.

2. **Choose placement wisely.** Spend several days assessing the yard and thinking about the uses for the shed. If you plan to store pool floats and chemicals inside of the shed, it should be located close enough to the pool to be convenient. Look at the lay of the land. If there is a soggy patch of land that can turn

swampy under the shed's foundation, that is a poor location choice. If you need access to electricity, placing it far away from the house could necessitate running expensive wiring.

3. **Consider the design.** Just because a shed is for storage doesn't mean aesthetics should be overlooked. Choose a shed style that complements your home. You may also want to match certain architectural features, like arched doorways or dormers. Design also may relate to practicality. For instance, storing a riding mower inside may necessitate dual doors that open widely.

4. **Invest in quality materials.** Spending a little more and using quality materials can ensure it lasts long enough to be cost-effective. The right materials will be resistant to splitting, cracking, decay, and insect damage.

5. **Prepare the site well.** A proper foundation for the shed is almost as important as the shed itself. You cannot just drop the shed on the lawn and leave it, as the shed can sink or structural issues may arise if it is placed on a weak base.

6. **Blend into the environment.** Surround the shed with shrubs or plants so that it blends into the yard and complements the space.

7. **Deck out the interior.** Use every storage tool at your disposal to maximize floor, wall and even rafter space for storage. Plan where items will be kept and customize the storage options around those locations.

Sheds can be an asset and improve storage capability in the backyard. SH202650

Why weeds can be found everywhere

The ubiquitous nature of weeds can make them seem like they can grow anywhere, and that's because they can. Weeds can grow anywhere there's room for them to sprout, including gardens, sidewalks, driveways, and parking lots. One of the things that helps weeds spread so much is how productive they can be at producing seeds. An actively growing weed plant will produce thousands of seeds and disperse those seeds throughout the season. One of the more recognizable weeds is the dandelion. During its growing season, a dandelion can effectively spread its seeds thanks in large part to the wind, which can blow seeds all over, thereby allowing a single dandelion to spread its seeds far and wide. Penn State Extension notes that successful weed plants share many characteristics, including an ability to reproduce both sexually and asexually. Successful weed plants also are clever in terms of getting around, as their seeds can attach to people and animals and even float on water. Weeds also put up a fight when they're confronted by humans. Humans who try to pull weeds may instead break them. The broken weeds can then resprout, ultimately spreading their seeds again. The resiliency of weeds also is evident in their ability to stay dormant for long periods of time. For example, weeds can stay in the soil for years before germinating, proving that these unwelcome guests aren't just pesky, but also patient. GT204806





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Finance & Real Estate

What are the differences between real estate agents and brokers?

Real estate transactions often involve significant amounts of money. As a result, it's common for both buyers and sellers to enlist the services of a host of professionals with real estate experience.

Both buyers and sellers may work with real estate agents and/or real estate brokers en route to buying or selling their homes. Agents and brokers are not one and the same, and there are some important distinctions between the two.

Real estate agent

According to Realtor.com, real estate agents are professionally licensed individuals who can help both buyers and sellers. Agents also may help property owners rent their homes. The amount of training real estate agents need to earn their licenses varies by state. Once individuals finish their required training, they must take a written exam that tests their knowledge of federal real estate laws and general principles as well as the laws specific to the state in which they want to become licensed. Only after passing this exam do individuals become recognized real estate agents. Investopedia notes that achieving agent status is the starting point for most real estate professionals.

Real estate broker

Real estate brokers are those professionals who have continued their education past the

agent level and obtained a broker's license. Each state has its own requirements in regard to becoming a licensed broker, but education and examinations are necessary regardless of where a person lives.

Realtor.com notes that the extra coursework to earn a broker's license focuses on various topics, including ethics, contracts, taxes, and insurance. Agents may learn about these topics as well, but coursework for prospective brokers goes into more depth than it does at the agent level.

Brokers also will study and learn about legal issues in regard to real estate. The legal issues brokers may learn about include brokerage operations, real estate investments, construction, and property management. Requirements vary, but Realtor.com notes that brokers often must work as licensed real estate agents for no less than three years before they can earn their broker's license.

There is more than one type of real estate broker. Principal/designated brokers oversee all agents at a given firm and ensure the agents act in compliance with all real estate laws. Managing brokers tend to focus on the hiring and training of agents. Associate brokers have their broker's license but work directly under a managing broker.

Real estate agents and brokers can help buyers, sellers and investors successfully navigate real estate transactions, and each can serve their clients in different ways. TF198191

Beginner's guide to real estate investments

Purchasing a house or property is about more than setting up a home. Although quite a number of people buy real estate to establish their future, long-term abodes, many others recognize the potentially lucrative investment that lies within a real estate purchase.

Despite the ups and downs of the economy, real estate has become a common investment vehicle — one that has plenty of potential for

making big gains for those who are willing to put in the effort. According to the experts at Entrepreneur, even in a bad economy, real estate investments will usually fare better than stocks. Real estate also continues to appreciate despite the occasional economical slow-down.

Like any other endeavor, there is a right and a wrong way to go about investing in real estate. Novices may not know where to begin their first forays into the real estate market as investors, even if they already own their own homes. Buying a property as an investment is an entirely different animal than buying a home to establish a residence. However, with the right guidance, anyone can dabble in real estate.

- Establish financial goals. Before you even begin looking at properties or put forth the effort of meeting with an agent, you must determine what you expect from the investment. The days of buying real estate and flipping it for a fast profit may no longer be here. However, real estate can provide a steady stream of long-term income. Understand what you hope to achieve by investing. If it's to become an overnight millionaire, you may be looking at the wrong investment vehicle in real estate.

- Establish a plan. New investors who do not have a plan in place will likely spend too much or have more setbacks than others who have planned accordingly. When investing in real estate, it's more about the bottom line than the property itself. According to Springboard Academy, a real estate academy for investors,



look for motivated sellers and stick to a set purchase price. Try to make offers on a variety of properties that work in your financial favor. And know what you want to do with the property (i.e., renovate and sell, remove and rebuild, or rehab and rent) before you buy. Fit the house to the plan, and not vice-versa.

- Start small. If this is your first time out there, stick with properties that will turnover quickly. Research areas in and around urban centers or close to transportation and shopping. A good starter property is a small house or a condominium that can be refurbished and then rented. Rental properties offer steady sources of income when renters are properly vetted, offers Investopedia, an investment resource.

- Look at many different properties. Become an expert by learning as much as you can about what is out there. Attend open houses; look for vacant/unattractive properties; scour the classifieds in your local paper; or put the word out there that you're interested in buying a property. Only look at properties that have motivated sellers, because then you'll get closest to the price you want to pay. And don't forget to research the area and the home turnover rate for the specific area where you are looking. Don't make assumptions that a property will appreciate without doing your homework.

Real estate can be a worthy investment opportunity. With research, a plan and the right price, just about anyone can be a real estate investor. MM16C608



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The Colorado LEAP program is a federally funded state-supervised, county-administered system and is designed to *assist* with your winter heating costs. The LEAP Program eligibility period runs from **November 1, 2019 through April 30, 2020**

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2. You pay heating fuel costs directly to an energy provider or pay the cost of heating your dwelling with your rent, or in addition to rent in a non-subsidized dwelling
3. Your **gross** monthly household income is within the guidelines set annually (see below). "Household" means the people who reside with you within your dwelling at which you reside and apply for assistance and for whom you, as applicant, are financially responsible for. The maximum **gross** monthly income is based on 60% of the State Median Income level as listed in the table below.

Household Size	Monthly Gross Income 60% of State Median Income Level
1	\$2,371
2	\$3,101
3	\$3,831
4	\$4,561
5	\$5,290
6	\$6,021
7	\$6,157
8	\$6,294
Each additional person	\$137

LEAP is designed to help eligible households with winter home heating costs.

LEAP is not intended to pay the entire cost of home heating.

For questions, inquiries, broken heater/furnace issues, contact **HEAT HELP.**

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New Construction

Custom home-buying tips for first timers

(MS) — Even considering being able to design your own custom home is an exciting prospect. Whether you're ready to take the plunge or just exploring your options, here are tips to keep in mind.

Know what you're signing up for. Building a custom home is a significant undertaking and a major life decision. It's a big commitment in terms of time, money and energy. While this shouldn't scare you away from your dream home, it's important to know what you're getting into. If you're feeling overwhelmed with the kids or busy caring for an ailing parent, it may be best to start this later.

Hire the right professionals. You may be a DIY pro, but this isn't a project you want to take on yourself, even partly. Key professionals you'll need to work with include an architect, plumber, electrician and more. Consider also working with a designer who can help with the interiors to make sure the space is as functional as it is beautiful. Do your research to find quality pros — this isn't the time to skimp on labor.

Think about furniture layout early. While it may seem a bit premature to start decorating your living room before the foundation is laid, knowing how you'll want to use and lay out each room can help you during the building and design process. For example, you can save time

and money down the line when you know from the get-go you'll want a window seat and two large couches to face the fireplace.

Know where to save and spend. Costs can quickly add up, so it's important for you to decide early on what matters most to you, and what's worth investing in. You can always upgrade your flooring or cabinetry, but you can never change the foundation. Build your home to last longer and perform better with innovative building materials like insulated custom forms (ICFs) from Nudura. This alternative to wood framing can withstand fire and high winds and provides superior insulation, leading to significant savings on your energy bills year after year.

Prepare for the unexpected. Building a new home is a process, and you can minimize stress by embracing that it will be unpredictable and can change throughout the journey. Plan for things like weather delays and higher costs. The unexpected can also lead to positive changes in your plans. For example, you might come across a new flooring material that's more eco-friendly, or a smart home automation system might hit the market and you'll want to integrate it into the design. Be flexible.

Find more information about building your new home with insulated concrete forms at nudura.com. TF204904



What is the water table, and how does it affect homes?

The groundwater table plays a role in home construction, foundation stability and home comfort. Because the groundwater table is so significant, it behooves homeowners to understand how it works.

National Geographic defines a water table as the boundary between water-saturated ground and unsaturated ground. Well beneath the ground, at various depths depending on geography, topography and weather conditions, pockets of water, called aquifers, exist. The water table marks the boundary between that available water and the dry surface.

Ground water is impacted by precipitation, irrigation and ground cover. It also may be affected by land use and tides. The water table can fluctuate with the seasons and from year to year because it is affected by climatic variations, as well as how much water may be drawn from underground, advises Encyclopedia Britannica. The water table where one person lives may be several inches or feet below the surface of the ground and follow the topography of the land. For others, it may be much higher, even coming above the surface of the soil.

The water table as well as local soil conditions and drainage can impact homes and their foundations. If soil drains efficiently and there is a relatively low water table, it may not be problematic. However, if soil is dense and absorbent and the water table is high, the ground around a home may swell and become saturated. This can exert significant pressure against the foundation walls, states Rytech, a water damage and mold rehabilitation company.

In areas where a local water table rises near the surface, water can push against the underside of the foundation in a condition known as "hydrostatic pressure." This may cause water to infiltrate through the bottom of the founda-



Courtesy photo

If not properly addressed, ground water can affect an existing foundation and the ability to build successfully.

tion — even permeating solid concrete over time. If hydrostatic pressure is severe, it could lift certain portions of the foundation out of the ground, but this is very unlikely. But it could cause shifting of foundation walls and structures like fencing and decks.

Even if ground water does not cause foundation cracking or shifting, it could lead to humidity issues, resulting in rust, bacteria and mold. Wood structures in a home may be compromised by a high level of humidity.

The home improvement resource Angie's List says certain steps may need to be taken to protect against damage from a water table and abundant ground water. Basement and foundation waterproofing professionals can help homeowners develop a plan to mitigate water damage. This can include grading changes and the installation of drains and pumps to move water away from the house. Special paints and sealants also can protect the foundation.

Ground water can be a hindrance when it affects the home, but homeowners who learn about it can be in a position to confront any ground water issues. SH192661

Tips for finding a home services provider

Homeowners who are good with their hands can tackle many minor home improvements on their own. However, more complicated projects often require the services of professional contractors to ensure the renovations are done right, completed on time and within budget.

Choosing a home services provider requires careful consideration on the part of homeowners. The wrong contractor can cost homeowners time and money, so homeowners must exercise due diligence when vetting contractors before going forward with a home improvement project.

Types of contractors

The Federal Trade Commission notes that the scope of a project may necessitate hiring various types of contractors. The more complex a project is, the more likely it is that homeowners will need to hire contractors who specialize in certain areas. Understanding the differences between contractors can help homeowners make informed decisions.

- **General contractor:** General contractors manage home improvement projects. This includes hiring subcontractors and supervising their work. General contractors also secure building permits and schedule inspections.

- **Specialty contractors:** Specialty contractors focus on specific areas of a project. For example, homeowners who are remodeling their kitchens may need new cabinets installed by a contractor who specializes in cabinets and cabinet installation. That contractor is a specialty contractor.

- **Designer or design/build contractor:** The FTC notes that these contractors both design and build projects.

- **Architects:** Architects design homes as well as any additions or major renovations to homes. Architects are often necessary when projects involve structural changes to existing homes.

Hiring a home services provider

Once homeowners determine which type of contractor they need, they can begin researching local professionals.

- **Speak with neighbors, family and friends.** Neighbors, family members and friends who have worked with contractors in the past are great resources. Seek recommendations from people you trust, even asking to see completed projects if possible.

- **Confirm qualifications.** The FTC advises homeowners to confirm contractors' licensing and qualifications before hiring anyone. Some areas may not require licensing, but many do. Homeowners can contact their local building department or consumer protection agency to determine the licensing requirements for their area.

Hiring a home services provider is a complicated process that can be made easier by homeowners who do their research and take the decision seriously. TF18C550



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Expand living spaces with clever ideas

Homeowners looking to add more space to their homes do not necessarily need to make major renovations. They simply have to see the possibilities in outdoor living spaces.

Outdoor living spaces are coveted niches in a home. The American Home Furnishings Alliance says more than 70 percent of American households have outdoor living spaces, and nearly 70 percent of people use these spaces at least once per week in-season. Furthermore, homeowners are increasingly interested in enhancing these spaces to make them more usable and comfortable.

A recent survey from the online home design and remodeling resource Houzz found that more than 4,500 users were planning a landscape update. In addition, 56 percent of homeowners surveyed were making updates to improve their yards for entertaining.

While the creation of outdoor living spaces can cost thousands of dollars depending on the renovation, homeowners have more budget-friendly options at their disposal as well. The following are some ways to create inviting spaces no matter how much square-footage is present.

Revamp a garage or shed

Rather than turning a storage area into a catch-all for items time forgot, clean out the

space and put it to better use. For instance, kids may appreciate their own clubhouse away from the main living area. These spaces also can be handy bonus rooms for when Mother Nature doesn't cooperate and backyard guests need to seek shelter. Wall art, curtains, a pendant light, and some comfortable outdoor-compatible furniture can quickly transform a space.

Create a relaxing nook

Whether there's a ledge, overhang, small terrace, or porch off the house, turn it into a relaxing area for reading a book or sipping a beverage. Use a few outdoor pillows, pull up a small folding table and dress the area with hanging lights and potted plants for a quiet retreat.

Add privacy to a porch

If it's privacy you covet, install curtain rods and hang lightweight mesh or another translucent material that obscures neighbors' views without blocking out natural light. Invest in outdoor sofas and chaises to create an outdoor living room right on the porch. If your budget allows, consider closing in the porch as a true three-season room so it can be used throughout fall, spring and summer.

Outdoor living spaces are booming and highly achievable, and many such spaces need not be expensive. FH188245

5 outdoor projects that add value

Exterior renovations can enhance the appearance of a property and make it more enjoyable for homeowners. Certain renovations have the potential to add value to a home, while others may do the opposite. Learning which one have the largest return on investment can help homeowners select features that will have the most positive impact.

Curb appeal goes a long way toward attracting potential buyers. According to the National Association of Realtors, first impressions of a property have a strong influence on buyers. Landscaping and external features can do much to influence such impressions.

- **Lawn care program:** Investing in a lawn care program that consists of fertilizer and weed control application and can be transferred over to a subsequent home owner is an attractive feature. NAR says such a care program can recover \$1,000 in value of the \$330 average cost, or a 303 percent ROI.

- **Low-maintenance lifestyle:** When choosing materials for projects, those that offer low-maintenance benefits can be preferential. These include low-maintenance patio materials, composite decking, vinyl fencing, and inorganic mulched beds.

- **Fire pit:** A fire pit can be used for much of the year. In the spring and summer, the firepit is a great place to congregate to roast marshmallows or sip wine and gaze into the fire. In the fall, the fire pit can make for a cozy retreat. A fire pit that has a gas burner is low-maintenance, and the National Association of Landscape Professionals says that most can recoup about \$4,000 of their \$6,000 average price tag.

- **Softscaping:** Hardscaping refers to structures like outdoor kitchens or decks. Softscaping involves the living elements of the landscape. Hiring a landscape designer to install trees, shrubs, natural edging, and rock elements can do wonders toward improving the look and value of a home.

- **Pool or water feature:** In certain markets, particularly hot climates, a pool or another water feature is a must-have. However, in other areas where outdoor time is limited, a pool or water feature can actually lower the value of a home. Speaking with a real estate professional can give homeowners an idea of how a pool will fare in a given neighborhood.

Outdoor improvements can improve the marketability of a home, as well as enhance its appearance and function. GT204805



The benefits of child-safe home improvements

All family members should be considered when home improvements are being planned, especially the youngest household residents who may not be responsible enough to avoid accidents and injuries.

According to a recent Vital Signs report from



the U.S. Centers for Disease Control and Prevention, accidental injuries are a leading cause of death among the country's youth — with one fatality occurring every hour from something entirely preventable. The CDC notes that the leading causes of child injury include suffocation, drowning, poisoning, fires, and falls. More can be done to keep children safe, and many strategies start at home.

Install security systems

A security system can be just as effective at keeping little ones inside as it is at keeping unwanted guests outside. Alarms can be set to sound anytime a window or door is breached, which can deter curious children from trying to leave the house without permission. Pair the

alarm system with secure locks and high latches that can also stop children in their tracks.

Remove fall hazards

Safety devices installed on windows that are above ground level can keep children safe. Stair rails should be secure and in good working order. Temporary gates can block kids from getting on stairways. Improve lighting around staircases to help children and adults avoid falls, and remove any obstacles.

Anchor heavy furniture

The U.S. Consumer Product Safety Commission warns that unanchored televisions and top-heavy furniture can tip over onto children and cause severe injuries and even death. Everyday furniture can be tempting to climb; therefore, using anchors to secure furniture to walls for security is a must.

Install locking cabinets

Locking cabinets can keep medications, household chemicals, home improvement paints and solvents, and other potential poisons out of reach.

Erect fencing around pools and yards

Install fencing around pools to keep children from wandering close to the water's edge. Towns and cities may require certain fence heights or self-latching gates to keep little ones safe. Young children should never be left to their own devices around any source of water, whether it's a pool, tub or toilet.

Test and replace smoke alarms

Smoke and carbon monoxide detectors are only useful if they are functional. Homeowners should inspect such devices regularly to ensure proper operation and promptly replace old or faulty detectors to improve safety. SH182686



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Home security for the do-it-yourselfer

Feeling secure at home is a priority for many people. Many people consider installing security systems in their homes to improve their sense of well-being. Whether one owns or rents, individuals may be surprised to learn that do-it-yourself security systems can be savvy investments.

The right system can help people protect their belongings and their families, but sorting through the various security systems on the market can be a daunting task. While full-service setups that include professional installation and monitoring are available, some homeowners may want to investigate the highly customizable DIY kits now available. Some include personal monitoring, while others are self-install technologies with professional monitoring.

Before getting started, homeowners and renters can ask themselves a few questions to help narrow down their options.

- What is your budget? Professional installation and monitoring will likely cost more than DIY kits.

- How large is the home?
- Are you tech-savvy?
- How frequently are you out of the home on vacation or extended trips?

- Do you desire emergency response?
- Do you want an entire package or just some deterrent devices?

Once men and women have answered these questions, it's time to start shopping. Here are

some DIY security system items that may be of interest.

Smart home security systems

These home security systems connect to a home's Wi-Fi network so they can be monitored and controlled using a smartphone app. Others may be accessed through an application on the internet. It is important to look for a system that has the extra security of technology that is not easily hacked.

Security cameras

Some people may only want to watch the inside and outside of their residences. It can take mere minutes to set up wireless security cameras around the house. These devices connect to a Wi-Fi network and give customers free access to a constant stream of video. Some systems make it easy for homeowners to listen in on what's going on at home and even talk to anyone within the camera's range. Others can be paired with cloud storage for recording video.

Professionally monitored

Residents who are away from home frequently or are too busy to constantly monitor security systems may like the peace of mind of professionally monitored kits. Services like Frontpoint®, Link Interactive® and Scout® are just three that have affordable starter kits and video monitoring. Monitored alarm systems



can be set to call the police or other emergency services if necessary.

Entry-level or advanced systems

Entry-level systems typically include a few door and window sensors, a motion detector and a hub that communicates with these sensors. This may be enough for someone in an apart-

ment or small house. More extensive systems may include additional sensors, door locks, garage door openers, surveillance cameras, lights, sirens, and even water and smoke detectors.

Do-it-yourself security systems represent a new wave of safeguard one's belongings and family. Kits continue to evolve and have become more seamless than ever. SH182685

Projects to improve a home's curb appeal

(MS) — An attractive front entrance area gives a home curb appeal that invites both guests and potential home buyers. Upgrading a home's exterior can be as simple as painting or as complex as installing new windows or adding a patio.

Inspiration for a curb appeal "makeover" that reflects the owner's budget and decorating choices are easy to find online. Stop by the nearest Woodcraft store for tools and supplies, along with helpful advice from the staff, or visit Woodcraft.com to shop and read how-to blogs and articles.

One of the easiest and quickest ways to boost curb appeal is to paint (and repair if needed) a home's front door, molding and trim. Painting garage doors, porches, shutters, doorsteps, flower boxes, furniture, mailboxes/stands, and window trim are other potential projects, as is changing the front door hardware.

For front door and shutter painting inspiration, visit these informational blogs on Woodcraft.com: Front Door Klein Blue Redo (<http://bit.ly/2zSVV9J>) and To Thine Own Self Be Blue (<http://bit.ly/2EkUsvR>).

Repair & Paint

Woodcraft offers these products and ideas for more repairing and painting.

- General Finishes Milk Paint is a premium interior/exterior mineral-based paint premixed

in more than two dozen colors. It is so durable it does not require a topcoat. However, Woodcraft Product Development Manager Kent Harpool suggests using General Finishes Exterior 450 as a sealer for exterior uses. The 450 is fortified with UV absorbers to stabilize the finish and built-in mildewcide to retard mold and mildew growth.

- Krud Kutter TSP Substitute will clean and degloss almost any surface prior to painting so that paint adheres better.

- System Three Sculpwood Epoxy Putty is a two-part epoxy putty that can be used indoors or out. Mold it, shape it or use it to repair carvings, antique picture frames or even windowsills. Be sure to add a coat of General Finishes Exterior 450 to seal your work.

- Titebond III Ultimate Wood Glue is waterproof, yet it cleans up with water. It allows eight minutes of open assembly time and offers an application temperature as low as 47 F.

- HOMERIGHT Super Finish Max and Finish Max Fine Finish HVLP Sprayers spray most solvent or water-based products — latex paint, milk paint, chalk paint, furniture paint, stains, and finishes. The Finish Max is ideal for small- to medium-sized projects, while the Super Finish Max is more powerful and covers a wider range of projects and thicker paints and varnishes with less thinning required.

- HOMERIGHT Spray Shelters are good for furniture projects (large shelter), as well as smaller accessories (small shelter).

Remove, Replace & Build

Replacing windows, gutters and downspouts; adding molding to a door; building — outdoor furniture, a unique mailbox and stand, or flower containers; and adding or expanding a patio area/porch require a large investment of time and money. Look for these products to help with these replacement and building projects.

- Lightweight and quiet, yet easily portable, the Rolair AB5 Air Buddy, 1/2 HP Compressor is a durable companion for your weekend projects.

- Use the GREX Green Buddy 18-gauge, 2" Brad Nailer for trim and moldings, light wood assembly, window beading, scribe molding, and door and window casings.

- For precision sawing, efficient sanding, power cutting, accurate filing, scraping, cleaning and polishing, and more, consider the Fein MultiMaster Start Q with a pinless Starlock mounting system and easy snap-in accessories.

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To learn more about these and other products, stop in your local Woodcraft store, call (800) 535-4482 or visit www.woodcraft.com. SH192721

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General Finishes Klein Blue Milk Paint gives this home's front door and shutters a brand new curbside appearance.

Courtesy photo

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Interior Design

Decor ideas to give homes a fresh look this spring

Spring is a season of rejuvenation, and that spirit of renewal can take hold inside a home.

Warm weather and longer hours of daylight make spring a perfect time to imagine a home's interior design in a new light. The following are a handful of decor ideas that may inspire homeowners to give their homes an entirely new look this spring.

- **Wallpaper:** Wallpaper fell out of favor years ago, but new styles that aren't so heavily patterned can make for wonderful additions to any room. Large-scale prints can give a room a whole new feel without giving homeowners or their guests the impression that they have stepped back in time. A simple, mural-style floral wallpaper on the walls surrounding a table in a breakfast nook can bring nature inside.

- **Pastel colors:** Nothing embodies the spring quite like pastel colors. If colorful, bright flowers dot the garden in the backyard, homeowners can bring those uplifting pastels inside by painting an accent wall or even adding some brightly colored accent furniture to rooms that could use a lift.

- **Declutter:** Clutter is often conquered during spring cleaning sessions, but homeowners who want to create more free-flowing interior spaces can downsize their furniture and/or look for multipurpose features that make it hard for clutter to take over a room. Create more open space in entertaining areas by mounting the television and getting rid of a bulky entertainment center. Create even more space by replacing rarely used end tables with a storage ottoman where books and magazines can be stored to give a room a fresh, clean look.

- **Accent features:** Sometimes the smallest changes to an interior space make the biggest impression. Replace dated accents like vases and table lamps with newer items that reflect the latest styles and trends. Such adjustments won't break the bank, and they can give rooms a whole new feel.

Spring is a great time to reconsider home interiors. This spring homeowners can embrace various strategies, both big and small, to give their homes a whole new feel. TF204844



Affordable features to consider when revamping your kitchen

Kitchens are popular gathering spots in many homes. That popularity is reflected in various ways, including how many homeowners choose to remodel their kitchens.

A 2019 report from the home renovation and design resource Houzz found that kitchens were the most popular room to renovate in 2018. Homeowners considering kitchen remodels should know that the Houzz report also indicated that spending on kitchen remodels increased by 27 percent in 2018.

Homeowners concerned by the cost of

remodeling a kitchen should know that there are ways to give kitchens a whole new feel without breaking the bank.

Appliances

Consumer Reports notes that luxury home buyers expect high-end features, including professional ranges and built-in refrigerators that match the surrounding cabinetry. However, many mainstream brands offer "faux pro" features that can equal more expensive alternatives. Consumer Reports even notes

that many budget-friendly faux pro appliances outperformed their high-end counterparts in terms of reliability.

Countertops

Countertops tend to capture the eye's attention when walking into a kitchen. Outdated and/or damaged countertops grab that attention for all the wrong reasons, while updated countertops made from today's most popular materials provide that wow factor homeowners seek. If granite is a must-have, Consumer Reports notes that homeowners can save substantial amounts of money by choosing granite from remnants at the stone yard. If marble is your ideal countertop, save money by choosing a domestic product as opposed to one imported from overseas.

Cabinets

Custom-built cabinets may be a dream, but they tend to be a very expensive one. Such cabinets are designed to adhere to the dimensions of the kitchen, and Consumer Reports notes that they can cost tens of thousands of dollars. If that estimate would bust your budget, examine the current layout of the existing cabinets. If the layout is fine but the cabinets need work, you can give them a whole new look by refinishing them. If the cabinets must go, stock units or semi-custom cabinets can provide a new look without busting the budget.

Kitchen remodels can be expensive. But there are many affordable ways to revamp a kitchen. SH202653°

Secrets to making your home look like you hired a design pro

Photo spreads in home design magazines can be awe-inspiring. Quite often homeowners wish they could lift the looks right off the pages of magazines and transform their own homes into picture-perfect retreats.

It takes an eye for design to pull a room together — even with inspiration — and make it both functional and attractive. While hiring an interior designer is one way to go, homeowners can use some of the tricks and techniques the designers employ to do a remarkably good job of improving the interiors of their homes without such help.

Embrace texture

The colors used in a home can add impact, but designers often utilize various textures to create aesthetic appeal. A single color scheme can be enhanced by various fabrics. Consider a leather sofa made more cozy with chenille pillows next to a rustic side table. Figure out ways to incorporate a few different textures to add depth to the room.

Be careful with color

Many high-end homes showcase neutral shades that are enhanced by pops of color. If you like a rich, royal purple, leave room for other colors as well. Add touches of purple in vases, throw pillows and other accessories.

Also, many designers work in shades of three for room colors. There may be one main color for walls, another color for larger accents, such as couches and chairs, and then a third color that pops in accessories such as flowers, pillows and collectibles. These can be any colors, but the most muted tends to be the more abundant shade.

Add a bit of bling

Glittery items and metallics can add a touch of luxury feel to any space. A shiny table lamp, mirrors, a sparkling chandelier, and the like are easy ways to produce a high-end feel. Reflective surfaces also will cast light around the room, giving the illusion of a larger space.



Choose a big statement piece

Many homeowners make the mistake of filling a room with several small pieces of furniture that only contribute to clutter. Instead, look for a statement piece, which can be a cabinet, armoire or chaise. Mix and match large and small elements for a sense of balance.

Accessorize

Finish the room with accessories and flowers. When placing and hanging knickknacks and wall art, odd-numbered groupings often look the most cohesive and interesting. Experiment with different scales and heights for even more dimension.

When inspiration hits, take some cues from interior design pros to make spaces look like they belong on the pages of your favorite magazines. FH198113



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