



Valley Courier

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LOCAL NEWS... LOCAL VIEWS

March 19, 2020

\$1

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SLV Today

Courier office hours change

ALAMOSA — Based on staff cuts, the Valley Courier office will be closing from 1-2 p.m. daily. Additional cut-backs in office hours may be forthcoming.

Senior Citizen meeting cancelled

The Tri-County Senior Citizens annual membership meeting on March 26th has been cancelled due to the Corona Virus concerns.

When all concerns regarding the Corona Virus have calmed down, we will reschedule the meeting.

Any Questions regarding the meeting call 719-852-5778.

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SLV WEATHER



Snow Showers

49/25

Fri: Partly Cloudy 49/21

Sat: Partly Cloudy

50/21

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Alamosa County declares state of emergency

By STEPHEN JIRON
Interim Editor

ALAMOSA — A state of emergency was declared Wednesday by the Alamosa Board of County Commissioners at a special meeting here after hearing presentations from different specialists within the county.

The board also approved a public health order limiting gatherings to 30 people or less. It is important to mention that the order does not include restaurants, homeless shelter or religious services, as long as these entities adhere to the requirements for social distancing. Currently restaurants are closed for all but take-out, per State Order. Also, the order also does not include schools. In the future, it may be determined that school closures are necessary. Schools, parents and employers should take steps now to prepare for the possibility of prolonged manda-



Emergency Manager Eric Treinen presents to the Board of County Commissioners on Wednesday. The board approved a state of emergency declaration as well as a public health order.

Courier photo by Stephen Jiron

While being in a state of emergency sounds menacing, it will likely not affect most citizens on a day-to-day basis. The two main

things it does are, it makes Alamosa County Public Health and Environment (ACDPHE), incident command and imbues the ACDPHE with the ability to issue orders and guidance to protect public health. And it charges Alamosa's Sheriff with keeping order and enforcing ACDPHE orders.

Beyond that, the remainder of the declaration is focused on the County Administrator and Emergency Manager working to ensure a strong line of communication and an effective response for the public. All things that will be very helpful helping Alamosa get to May safely.

At the meeting on Wednesday, Public Information Officer Linda Smith presented first discussing the importance of public information during this trying time.

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Fire remains under investigation

By KEITH R. CERNY
Courier Publisher

ALAMOSA — A fire of unknown origin destroyed a lean-to storage shed and damaged two nearby homes at 316 11th Street here Wednesday morning.

Alamosa Fire Chief Don Chapman said it was apparent that the

fire started in the storage shed and extended into the exterior rear walls of the two nearby homes. Cause of the fire is still under investigation, he said.

The Alamosa Fire Department was called to the scene at 8:50 a.m. and responded with four trucks and an estimated 16 fire-

fighters. In addition, one unit with the Division of Fire Prevention and Control also responded with three firefighters.

Chapman said the home at 316 11th received some smoke damage but was still habitable. The owner of the home was not identified.



Two Alamosa firefighters apply foam to the roof of the shed where Wednesday's fire was believed to have started.

Courtesy photo



Alamosa Fire Chief Don Chapman (second from the right) discusses the cause of Wednesday's fire involving three structures with DFPC Division Chief Paul Duarte. Looking on are firefighter Ben Herrera and Alamosa police officer Bran-

Courier photo by Keith R. Cerny

City Council addresses homeless and virus concern

By MEGAN COLWELL
Courier Reporter

ALAMOSA — Alamosa City Council held its bi-monthly meeting on Wednesday. As people entered the Alamosa council chambers, they found all desks and chairs have been spaced the appropriate 3-6 ft. apart from one another. Council members, Jan Vigil, Liz Hensley, Charlie Griego and City Manager, Heather Brooks, began tuning in via video conference. Such measures ensure the city means to respond to the COVID-19 pandemic as requested by state health officials. Yet, amidst all this uncertainty and caution, attendees maintained a cheerful tone.

Councilor Michael Carson walked the chambers, greeting incomers. Others conversed — cracking jokes — before the meeting began. Cautiously, but calmly, attendees greet each other with elbow bumps.

Members in attendance included: Councilors Michael Carson, David Broyles and Kristina Hensley; Mayor, Ty Coleman; City Attorney, Erich Schwiesow; with Griego, Hensley, Brooks and Vigil tuning in remotely. City Clerk, Holly Martinez, facilitated the meeting.

To begin, Mayor Coleman

opened up the floor for citizen comments. Director of Volunteer services for local non-profit, La Puente, Shanae Diaz, brought fourth concerns for Alamosa's homeless population — specifically, sanitation concerns for those homeless individuals sleeping on the streets. Diaz broke her concerns into four particular needs: access to 1. Restrooms, 2. Showers, 3. Handwashing stations and 4. Food.

In a national push to be proactive, many businesses have closed to the public or closed completely. La Puente, too, had to modify how services are provided. Part of these modifications included closing the La Puente shelter to the public — only registered guests are permitted.

This comes as a significant blow to the Valley's homeless community, because the shelter provided them a place to use the restroom and shower. The shelter also provided three community meals a day, serving up to 60-70 people per meal. With these services no longer being provided, Diaz is asking the city to help fill this gap.

With the help of City Manager, Brooks, the following solutions were proposed. Regarding the handwashing

stations, the City lacks access to those. Brooks advised Diaz to seek the County's help. Regarding access to restrooms, the pair seek to either place a portable toilet in Cole Park or leave the park restrooms unlocked, for the time being. Brooks stressed the persistent vandalism inflicted on city property in Cole Park, saying the city wouldn't provide these newfound amenities if such activity continued.

Finally, concerning access to showers, Brooks proposed possibly opening up the Alamosa Recreational Center showers. Though nothing was finalized, the problem solving seemed promising.

The meeting moved on by briefly introducing the city's new Planning Technician, Clifton Simmons. Originally from Iowa, Simmons says he is: "Very excited to utilize what I've learned in the Valley to make the Valley a better place."

The rest of the meeting was spent sorting out the COVID-19 pandemic and what it means for the city of Alamosa. Notable sorting included the Council declaring COVID-19 a local disaster emergency.

What does this mean? City officials urge residents to follow any precautions the State

of Colorado's public health officials release. Stay updated by visiting their official website: <https://www.colorado.gov/cdphe>.

The city of Alamosa is also working to lessen the financial impact the pandemic is having on local businesses and individuals. These efforts include a grace period for utility bills. From today, March 19, until further notice, the city will not be disconnecting phone lines due to late bills. The Council stressed that it doesn't mean these bills are being waived — they'll have to be paid eventually. It simply means the city is giving residents a little grace during this upset.

To close the meeting, each councilor provided final comments. All offered an acknowledgment of the fear and uncertainty of today, but reassured attendees they were confident the community would make it through. Each councilor encouraged community members to be safe, but to also get creative in how to help others — especially those at risk, who are required to be under lonesome quarantine until further notice, or who may lack the resources they need to prepare. Mayor Coleman states, "Together, we can overcome."



Opinion

God Bless America...

HOLLYWOOD—God Bless America, and how's everybody? Los Angeles was named the country's most racially diverse city by a Census Bureau report this week but we're not nearly as chummy as we used to be. Yesterday at the mall, I coughed on the escalator and a Chinese guy glared at me and then hurried up the steps. I thought "Hey, you started it!" President Trump stood by calling Corona Virus the Chinese Virus Tuesday. He was elected by blasting China for unfair trade policies and ripping Mexico for border crossings. And now Trump has to wash his hands a dozen times a day, or he'll catch a Chinese virus named after a Mexican beer.



Argus Hamilton

The Comedy Store closed Friday but not before the Millennial crowds laughed along with me at media panic that helped shut down public life and prompted panic buying. My jokes were really landing. I'd say I am on a roll, but I don't want to get carried out of the grocery store against my will. Amsterdam authorities on Tuesday closed down Amsterdam's world-famous Red Light district for a month. This is a section where beautiful hookers pose for sale in store windows as customers stroll by. I had a feeling all along that this Corona Virus outbreak would not result in a happy ending.

President Trump closed the U.S. borders last week prompting our Cousins to follow suit so now Canada, Australia, New Zealand and Ireland closed their borders. It greatly restricts immigration. Barbra Streisand can now only threaten to move to the San Fernando Valley if Trump gets reelected. The NIH Director urged home confinement to starve out the virus for the next two weeks. This will force people to co-exist under one roof. During the time people are pent up at home together, the birth rate is sure to skyrocket for younger couples, and likewise the murder rate for older couples.

President Trump spent time at his press conference Monday thanking and praising America's private industry for doing all they can to alleviate the virus situation. Every business can pitch in and help. Taco Bell is closing for as long as needed till we get this toilet paper situation under control. President Trump assured Americans the crisis will be over soon and there's no need for panic buying at grocery stores. If nothing else, the virus has created not only popularity but a sensual desire for bathroom tissue. I hear the centerfold for the April issue of Playboy is the Charmin Bear.

Mike Pence urged Americans Friday to stop the panic buying that's causing shortages. People in Los Angeles are grabbing everything they can get their hands on. Last night I went to my CVS pharmacy in West Hollywood and everything was gone off the shelves except the Country Music CDs. The New York Post says houses of worship from New York to L.A. are closed, but ministerial outreach remains active via social media. A preacher, a priest, and a rabbi don't go into a bar. They also cancel church services, Mass and synagogue. However the offering will be accepted via direct deposit.

San Francisco's Board of Health decided to permit marijuana shops to remain open so locals can go to the grocery store for food, the liquor store for booze and the pot store for marijuana. Corona Virus just made spring break last all year. Why isn't Corona making this a beer commercial? West Virginia was the only state in the Union Monday which had reported no cases of Corona Virus. It appears the only vaccination that works is either chewing tobacco, meth, moonshine or being nursed with RC Cola at an early age. Overall, it's causing Utah to re-think its anti-coffee stance.

The White House urged Americans not to go to hospital emergency rooms for common colds Tuesday. The day was rife with confusion. In addition Americans were asked not to mistake the shaking, sweating and chills associated with COVID-19 for the bars being closed on St. Patrick's Day.

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



To submit news, email: news@alamosanews.com
To submit sports, email: sjiron@alamosanews.com

Letters policy

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

It's always something

Last month I said I would confront the "Reading Wars"; the debate over the best way to teach our children to read. Since then, we've had unexpected disruptions in education because of the Coronavirus. I'll write about the reading wars later. Right now, I'm getting a lot of interest in how the national emergency is affecting high stakes testing at the end of the year. The dates for the College Board SAT, (AKA Scholastic Aptitude Test, and CMAS (Colorado Measurement of Academic Skills) are uncertain in many school districts.

Across the Street



Joyce Rankin

The CMAS tests are taken in multiple grades in various subject areas; these tests, along with the SAT, are known as "summative" tests. They sum up everything you've learned to that point. The SAT is administered in 11th grade and is considered a critical examination for entering college. There are two sections to the SAT, one is English Language Arts or Evidence-Based Reading and Writing (ERBW),

and the other is Math. There are also practice SAT's (PSAT) taken in 9th and 10th grade to prepare students in the type of problems they will encounter on the SAT. The PSAT's are used as practice tests and can help students understand what they need to work on to do well on the 11th-grade test. All three of these tests are aligned with the Colorado State Standards and are objective indications of how well high school students are achieving academically.

At the March Board of Education meeting, the members were briefed on the different levels and associated cut-points of test scores for the SAT. They should predict success in the first year of college. Each of the English Language Arts and Math tests have a total point value of 800. If a student scored the most points on each test, the combined score would be 1600. After stakeholder meetings and analysis at the Colorado Department of Education, it was determined that a student scoring 480-800 on the English Language Arts test would have a 75% likelihood of getting a C or better in a first semester, credit-bearing course in college. In the math portion, a comparable score would be 530-800.

The College Board's annual report for 2019 states that the average math score of those taking the SAT was 528, and the average Evidence-Based Reading and Writing score was 531, for a combined total score of 1059. Therefore 1059 was the combined average score. Frequently Asked Questions and other information relating to the SAT is available on the C2education website.

I've given you a high-level overview of the SAT. I have concerns about the testing schedule, not only for the SAT but also for the CMAS end of year assessments. The testing schedules have been set for a long time. However, Covid19 has caused some testing sites and schools to close. When and how will the students be able to take the tests so crucial to college and career readiness? Any answer would be outdated by the time you read this article. My advice is to check on local school and district websites. The Department of Education will also keep up-to-date information posted on their website when it is available, www.cde.state.co.us. These are your best resources, and please keep in mind that everyone is working hard during these challenging times of uncertainty.

Kids Like Me

dren's sake.
I used to be loving, caring, and enjoyed my life,
But that was before my master took me for his wife.
Everyone says I don't look the type.
They can't picture me locked in my room smoking that pipe.
I once was a pretty girl from the South,
But the evil one left me with rotting teeth in my mouth.
My master says, "You'll never stay clean;
You love me too much to be happy and serene."
He loves that I don't even bother trying
And he's ecstatic when I am miserably crying.
I'm already dead really, just a shell.
My master gave me a life of pure hell.
Yes, I have a master of the most, evil kind.
He took over and everything good was left behind.
He shows no mercy to religion, sex, or age.
He relentlessly searches for his next victim to engage.
I pray you never meet my master.
If your paths cross, run fast, then run faster.
His name includes: Alcohol, Heroin, Meth, Crystal, or Ice,
And I beg you, please, please take my advice.
No one should succumb to this Master of misery and shame.
Trust me, this is your life! It is not a game!
Nothing good will ever come from knowing this dark demon,
So don't ever try him, no matter how unbearable life is seemin'.

Three Poems
A mom in Alamosa County Jail asked me to print the poem God's Hotel in today's column:

#1-God's Hotel

I see you checked in again last night, My child,
It hurt me so bad to see you out there running wild.
All tired and empty you appeared to me,
But put a mirror in front of you - you can't even see.
You're numbering among the walking-dead,
Sores cover your body, your face, your head.
Behind bars is not where you want to be,
But it's my 'Hotel' where I can work on thee.
You weren't just arrested, but rescued from yourself,
Bringing you here, put your drug-use on the shelf.
I'll give you rest, food, talk,
encourage you, and love you, before I let you walk.
Don't be like a mule led around by the bit,
listen to my warnings - I will help you quit.
This could be the last time you have to come to this place,
listen to me your Creator, with tears on my face!!
I'll enter your darkest places - torment and hate,
I'll mend through love... ALL your brokenness will abate. ~Author Unknown.

Amarah's Corner



Amarah

Thanks to my master, I am now someone I hate.
I used to have a life, and it was somewhat great.
Now, all I do is cheat, steal, and lie,
And then lay in bed praying to die.
Still, I can't leave my master for any reason.
He's too strong and his control is never ceasin'.
He's the one I run to when I wake.
I can't get rid of him, even for my child.

#2-My Master

I have a master of an evil kind.
He totally controls my body, my soul, my mind.
At first, he was fun and cool,
But all too soon I became his fool.
A victim without a chance,
He took my life in just a glance.
He's so sneaky, full of deceit.
Oh why did we ever have to meet.

My master took me and broke my spirit.
So don't meet him, please, just don't hear it!
~Selena Odom. Retrieved from <https://www.familyfriendpoems.com/poem/my-master>

#3-A Letter from Your Disease
Hello fellow addicts I am your disease,
I will never let you sleep or put your mind at ease,
I will always be here no matter where you go,
I'm smarter than you and I'm in control,
Family, friends, and loved ones won't matter anymore,
I'll take everything you've got, then I'll demand more
I introduced you to good times, but mostly to bad,
I've made you feel happy, but I'll make sure you feel sad
You'll lie to everyone and say I'm not real,
but if that's the case why can't you put down that pill

I come in many forms, shapes, and sizes
Then following comes denial, deceit, and lies
I will turn you from everyone that tries to take you from me
Together we will spend all eternity
I'll embrace you in my arms and I'll never set you free,
Spend our life together won't that make you happy,
Don't let anyone tell you what I'm all about,
Cause then you'll find a way - a way to kick me out
Well here I go now, I'll just be on my way
but not for too much longer cause I've got so much to say
So when you think I'm gone and you're finally at ease,
Just remember this - I'll always be your disease. ~Siera
Source: <https://www.familyfriendpoems.com/poem/a-letter-from-your-disease>
Remember, Jesus loves you and Jesus is Lord!

Write them

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

Arby's All-Star teams recognized

Basketball seniors from all over the valley were recognized for a stellar season that saw Centauri, Sanford and Del Norte's girls all advancing to the semifinal rounds of their respective tournaments.

At the current time, in accordance with state policies regarding the COVID-19 virus, the annual senior game will be not be played March 27th as planned. Rather than cancel the game, however, organizers have decided that postponement was a better option. A future date will be announced when a more public health-friendly date can be determined.

Hot Shot Girls

- Coach: Dave Forster Sangre de Cristo
- Asst. Coach: Lacey Cooley
- Kelly Castillo Alamosa 10
- Lilly Lavier Alamosa 00
- Shandiin Tallman Antonito 32
- Mia Garcia Centauri 42
- Dynae Johnson Centauri 22
- Aubrey Robins Centauri 24
- Randi Espinoza Centennial 5
- Brandy Almeida Center 4
- Yesenia Roasales Del Norte 22
- McKenzie Martinez Moffat/Mtn. Valley 22
- Sheridan Taylor Moffat/Mtn. Valley 24
- Harmony Peterson Sanford 10
- Abbey Sittler Sanford 4
- Lexi Metz Sangre de Cristo 20
- Alyssa Mortenson Sangre de Cristo 12
- Jeni Johnson Sargent 12

Top Shot Girls

- Coach: Troy Reynolds Centauri
- Coach: Taylor McCarroll
- Asst. Coach: Cheyenne Siemering
- Devyn Mitchell Alamosa 5
- Taylor Motz Alamosa 15
- Kylee Gomez Antonito 15
- McKenna Bagwell Centauri 20
- Kaitlyn Quinlan Centauri 5
- Alex Golding Del Norte 33
- Kendra Parra Del Norte 24
- Alyssa Hammel Moffat/Mtn Valley 44
- Cheyenne Hunter Moffat/Mtn Valley 34
- Mareh Medina Monte Vista 1
- Ariel Caldon Sanford 22
- Makenzie Peterson Sanford 2
- Tori Ford Sangre de Cristo 3
- Danielle Garcia Sangre de Cristo 14
- Makenzie Rogers Sangre de Cristo 21
- Destinee De Leon Sierra Grande 1

Hot Shot Boys

- Coach: Mark Jones Center
- Asst. Coach: Mike Roberts Moffat/Mtn Valley
- Sam Clark Alamosa 5
- Brenden Crowther Alamosa 11
- Joey Lucero Antonito 5
- Cody Bagwell Centauri 14
- Derek Van Berkum Centauri 2
- Paul Chavez Centennial 1
- Pedro Gonzalez Center 00
- Armando Salazar Center 3
- Marcos Romero Del Norte 24
- Elijah Roberts Moffat/Mtn. Valley 4
- Kaidon Wentta Monte Vista 5
- Clay Canty Sanford 2
- Cole Christensen Sangre de Cristo 23
- Nathan Garcia Sargent 22
- Dustin Kyffin Sargent 23
- Riley Lester Sargent 20
- Keaton Fischer Sierra Grande 25

Top Shot Boys

- Coach: Myles Baker Alamosa
- Asst. Coach: Ramiro Ramirez
- Ian Jackson Alamosa 24
- Lincoln Tuioti-Mariner Alamosa 3
- Alec Holman Centauri 22
- Owen Richardson Centauri 11
- Francisco Esquibel Centennial 21
- Devin Porres Center 21
- Cole Jones Del Norte 11
- Cedar Ross Moffat/Mtn Valley 44
- Jarren Chavez Monte Vista 1
- Thomas Faucette Sanford 4
- Mario Enriquez Sangre de Cristo 21
- Zeb Stephens Sangre de Cristo 25
- Luke Hoffstaetter Sargent 3
- Ryan Holland Sargent 25
- Cole Seger Sargent 4
- Israel Martinez Sierra Grande 10

Spring sports suspension extended to April 18

The Colorado High School Activities Association, following the most recent recommendation of state and federal health officials, has announced changes in the spring sports and activities schedules.

On Monday, Gov. Jared Polis announced new restrictions on public gatherings to help slow the advance of the COVID-19 pandemic. Polis ordered the closure of large gathering places across Colorado for 30 days, effective at 8 a.m. Tuesday.

"In light of Governor Jared Polis' announcement Monday afternoon, we are announcing that the Association will follow the guidelines that went into effect at 8 a.m. Tuesday and will remain in effect for 30 days," CHSAA Commissioner Rhonda Blanford-Green said. "This media and school advisory is to keep the membership apprised of the latest decisions from the CHSAA office."

These updates include: The suspension of spring sports and activities is extended through April 18. CHSAA encourages schools to set stricter

standards on student gatherings outside of the high school. This suspension means no practices or competition.

All CHSAA music events have been cancelled for 2020.

The CHSAA Hall of Fame, scheduled for April 14, has been cancelled.

The CHSAA Legislative Council meeting, scheduled for April 15, has been postponed pending changes in the public gathering restrictions.

The State Speech Tournament and Student Leadership's Advisor U have been postponed until later in the spring pending changes in the public gathering restrictions.

The CHSAA office will remain closed until March 30, with staff working remotely from home.

The CHSAA will recognize individual participants from the CHSAA state basketball championships with a memento in the coming weeks to recognize their leadership and resolve during that week.

National and state decisions related to the COVID-19 virus are changing daily, even hourly, so new updates will be posted

on CHSAANow.com and communicated via email to schools and media.

9 Reasons to Shop Local

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

CHSAA names All State Wrestling teams

First Team

Name	School	Weight	Year	Class
Remi Lucero Centauri		285	Sr.	2A

Second Team

Name	School	Weight	Year	Class
Davion Chavez Alamosa		113	Jr.	3A

- Honorable Mention:**
- Colton Liddell, Alamosa, Sr. (132)
 - Hunter Smith, Alamosa, Sr. (170)
 - Austin Trujillo, Alamosa, Sr. (195)
 - Eyan Chavez, Centauri, So. (132)
 - Jordan Martin, Centauri, Jr. (145)

ALAMOSA DINING OPTIONS

This list is updated daily as new information comes in. Find the latest info at: <https://buff.ly/33uN77p> Please check back regularly for current information. These are offerings during COVID-19 precautions, please understand that these services may not be available once normal business operations resume. If you have an update to this list, please contact us at marketing@alamosa.org or (719)589-4840.

AIRPORT ROAD CAFE 8745 County Rd. 9 S 719-587-6992 Café ✓CARRY-OUT	EF'S 1227 Rail Road Ave. 719-589-3008 Mexican ✓CURB-SIDE PICK-UP ✓DRIVE-THRU	MI TAQUITO 407 6th St. 719-589-3336 Mexican ✓DELIVERY ✓CARRY-OUT	SLV STEAK, PIZZA & PASTA 1210 8th St. 719-589-4749 Steak/Pizza/Pasta ✓CURB-SIDE PICK-UP ✓DELIVERY
ALL VALLEY CAFE 425 Main St. 719-496-6531 Café ✓DELIVERY ✓CARRY-OUT	EMMA'S FOOD OF SOUTH WEST 924 Main St. 719-992-2021 Mexican/American ✓CURB-SIDE PICK-UP ✓DELIVERY ✓CARRY-OUT	MY BROTHER'S PLACE 613 Main St. 719-937-2098 Pizza & Dell ✓CARRY-OUT	SMOOTHY'S JUICE BAR 504 West Ave. 719-496-7339 Smoothies/Wraps ✓DRIVE-THRU
ARBY'S 1705 Main St. 719-589-2747 Fast Food ✓DRIVE-THRU	HUNAN CHINESE RESTAURANT 499 Main St. 719-589-9002 Chinese/Sushi ✓CURB-SIDE PICK-UP ✓DELIVERY ✓CARRY-OUT	NINO'S MEXICAN RESTAURANT 326 Main St. 719-587-0101 Mexican ✓CARRY-OUT	SONIC RESTAURANT 1300 Main St. 719-589-9256 Fast Food ✓DRIVE-THRU
BLESSED BREWS 2431 Main St., Suite A 719-206-3366 Coffee/Café ✓CURB-SIDE PICK-UP ✓CARRY-OUT	IHOP RESTAURANT 2025 Main St. 719-992-2100 American ✓CARRY-OUT	ORLIE'S MEXICAN AMERICAN GRILL 291 Broadway Ave. 719-588-0342 Mexican/American ✓CURB-SIDE PICK-UP ✓CARRY-OUT	STARBUCKS (Safeway) 1301 Main St. 719-587-3075 Coffee ✓CARRY-OUT
BURGER KING 2501 Main St. 719-589-5538 Fast Food ✓DRIVE-THRU	JUANITO'S 1019 6th St. 719-589-0277 Mexican/American ✓CURB-SIDE PICK-UP ✓DELIVERY	OSCAR'S RESTAURANT 520 Main St. 719-589-9230 Mexican/American ✓CURB-SIDE PICK-UP ✓CARRY-OUT	STARBUCKS 1310 Main St. 719-589-3765 Coffee ✓DRIVE-THRU
CALVILLO'S 400 Main St. 719-589-5500 Mexican ✓DELIVERY (10 or more people) ✓CARRY-OUT	KENTUCKY FRIED CHICKEN 2007 W Main St. 719-589-5500 Fast Food ✓DRIVE-THRU	PAPA MURPHY'S 504 West Ave. 719-937-2933 Take-and-Bake Pizza ✓CARRY-OUT ✓DELIVERY	STARBUCKS 1310 Main St. 719-589-3765 Coffee ✓DRIVE-THRU
CAMPUS CAFÉ 435 Poncha Ave. 719-589-4202 Café ✓CARRY-OUT	LITTLE CAESARS PIZZA 2431 Main St. 719-589-6200 Pizza ✓CARRY-OUT	PIZZA HUT 814 Main St. 719-589-3693 Pizza ✓CARRY-OUT ✓DELIVERY	STARBUCKS 1310 Main St. 719-589-3765 Coffee ✓DRIVE-THRU
CHILI'S GRILL & BAR 3231 Main St. 719-589-1991 American ✓CURB-SIDE PICK-UP	LONG JOHN SILVER'S/TACO BELL 2435 Main St. 719-589-2140 Fast Food ✓DRIVE-THRU	PURPLE PIG PIZZERIA & PUB 624 Main St. 719-937-2880 Pizza ✓CARRY-OUT ✓DELIVERY	STARBUCKS 1310 Main St. 719-589-3765 Coffee ✓DRIVE-THRU
CITY MARKET DELI 131 Market St. 719-589-2492 Deli ✓CARRY-OUT	LOCAVORES 2209 Main St. 719-589-2157 Farm-to-Table Fast Casual ✓CURB-SIDE PICK-UP ✓DELIVERY	ROAST COFFEE & LIBATIONS 420 San Juan Ave. 719-587-2326 Coffee/Café ✓CARRY-OUT	STARBUCKS 1310 Main St. 719-589-3765 Coffee ✓DRIVE-THRU
CRAZY CORNER CAFÉ 823 8th St. 719-589-3873 Mexican/American ✓CARRY-OUT	MAY-WA CHINESE RESTAURANT 620 Main St. 719-589-9559 Chinese/Vietnamese ✓DELIVERY (\$30 or more) ✓CARRY-OUT	RUBI SLIPPER 506 State Ave. 719-589-2641 Mexican/American ✓CURB-SIDE PICK-UP ✓CARRY-OUT	STARBUCKS 1310 Main St. 719-589-3765 Coffee ✓DRIVE-THRU
DOMINO'S 1109 6th St. 719-589-9091 Fast Food ✓DELIVERY ✓DRIVE-THRU	MCDONALD'S 100 Craft Dr. 719-589-2228 Fast Food ✓DRIVE-THRU	SAFeway DELI 1301 Main St. 719-589-3075 Deli ✓CARRY-OUT	STARBUCKS 1310 Main St. 719-589-3765 Coffee ✓DRIVE-THRU
EI CHARRO CAFÉ 1601 Main St. 719-589-2262 Mexican ✓CARRY-OUT	MILAGRO'S COFFEEHOUSE 529 Main St. 719-589-9299 Coffee/Café ✓CARRY-OUT	SAN LUIS VALLEY BREWING 631 Main St. 719-587-2337 Brewery & Grille ✓CARRY-OUT	STARBUCKS 1310 Main St. 719-589-3765 Coffee ✓DRIVE-THRU
EL SUPER TACO 415 Main St. 719-589-2853 Mexican ✓CARRY-OUT			STARBUCKS 1310 Main St. 719-589-3765 Coffee ✓DRIVE-THRU

Comics

CROSSWORD PUZZLE

- ACROSS**
- 1 Conniving
 - 4 Supplement
 - 7 Spy org.
 - 10 "The Bells" poet
 - 11 Siren, e.g.
 - 13 Flow back
 - 14 Play section
 - 15 Composure
 - 16 Ad- —
 - 17 Safari sights
 - 19 Tortilla dip
 - 21 Politico — Landon
 - 22 Tattered cloth
 - 23 Easy mark
 - 26 Oats holder (2 wds.)
 - 30 Is off base
 - 31 Overly
 - 32 Van Gogh medium
 - 33 Kind of system
 - 34 Moist
 - 35 Cipher
 - 36 Funny — Diller
 - 39 "Wonder —"
 - 40 — on a limb
- 41 Put-on**
- 42 Pursuit
 - 45 Fracas
 - 48 German conjunction
 - 49 Expel
 - 51 Badges and such
 - 53 Had some lunch
 - 54 After
 - 55 By way of
 - 56 Hither and —
 - 57 Ms. Zetterling
 - 58 Hedge shrub
- DOWN**
- 1 Health club
 - 2 Nessie's hangout
 - 3 Abominable Snowman
 - 4 Cool in manner
 - 5 Lectern's place
 - 6 AMA members
 - 7 Small room
 - 8 Sacred bird of Egypt
 - 9 Mr. Eban

G	R	E	E	D		S	C	A	B		
P	A	R	D	O	N	R	O	O	F	E	D
A	W	E	I	G	H	E	L	P	A	S	O
			F	E	L	I	N	E	R	T	E
G	O	Y	A	D	E	M	O				
R	I	P	R	O	E	N	A	G	S		
A	R	I	N	A	B	K	E	N	T		
E	T	N	A	A	L	E	N	O	D		
H	E	R	A	I	T	A	I	R	S		
		T	U	N	S	F	L	E	E		
B	O	G	R	E	M	O	R	A			
Y	O	O	H	O	O	F	A	M	O	U	S
U	P	T	U	R	N	T	I	E	R	R	A
S	H	E	A			D	R	A	N	O	

- 11 Try for a job
- 12 Southwest scenery
- 18 Not flunk
- 20 Get older
- 22 Carrot or beet
- 23 Steal a glance
- 24 Graceful entryway
- 25 Priam was its king
- 26 Proposal killers
- 27 Cannon roar
- 28 Verdi's princess
- 29 Hidden valley
- 31 Kid
- 35 Machine teeth
- 37 Spanish article
- 38 Pear-shaped instruments
- 41 Handbag logo
- 42 Dock
- 43 Golden Rule word
- 44 Shangri-la
- 45 Singer — Turner
- 46 Roman historian
- 47 McClurg of sitcoms
- 50 Spirit
- 52 Got a load of

ALLEY OOP

EXCUSE ME, SIR. WE'RE LOOKING FOR A PYRAMID THAT IS UNDER CONSTRUCTION.

ARE YOU WITH THE LABOR UNION? OH, OR ARE YOU IN THAT PENTAGONAL PYRAMIDIST CULT? THOSE GUYS ARE THE WORST.

UM, NO.

AND YOU'RE NOT JUST GOING THERE SO YOU CAN HIDE OUT INSIDE TO WAIT FOR ALL THE GOLD AND TREASURE TO BE BROUGHT IN AND THEN LATER ON STEAL IT ALL AND BREAK OUT?

DEFINITELY NOT.

IN THAT CASE JUST HEAD THAT WAY FOR ABOUT 7,000 CUBITS.

ARLO & JANIS

FOR HEAVEN'S SAKE!

WHY DON'T YOU JUST MAKE HIM MOVE?

BIG NATE

WAYNE, IF CLASSIC KOMIX SPONSORS OUR TEAM, IT'S FREE ADVERTISING FOR YOU!

WE COULD EVEN INVENT A TEAM NAME THAT WORKS FOR BASEBALL AND COMICS! LIKE "BATMEN"! GET IT?

MUMBLE MUMBLE MUMBLE MUMBLE MUMBLE MUMBLE MUMBLE MUMBLE

A BAT IS THE STICK THEY USE TO HIT THE BALL... YIKES.

THE BORN LOSER

DO YOU HAVE ANY SPECIALS TODAY?

WE HAVE OUR THROWBACK THURSDAY SPECIALS!

YOU MEAN, LEFTOVERS?

YUP!

FOR BETTER OR FOR WORSE

I SHOULD REALLY CLEAN OFF THIS WINDOW-SILL!

A CLEAN WINDOW-SILL DOESN'T LOOK GOOD BESIDE DIRTY CURTAINS.

NOW THAT I HAVE THE CURTAINS DOWN, I REALLY SHOULD WASH THE WALLS.

WHATCHA DOING, MOM?

WISHING I HADN'T WASHED THE WINDOW-SILL!

FRANK & ERNEST

THE JACKSON POLLOCK EXHIBIT REMINDED ME THAT I NEED TO CLEAN THE MICROWAVE.

GARFIELD

IF I TRIED I COULD CHANGE THE WORLD!

OH, I BELIEVE THAT YOU COULD, JON.

...MAKE IT MORE BORING, THAT IS

THE GRIZZWELLS

GROAN! EVERY BONE IN MY BODY ACHES!!

YEAH... GETTING ON IN YEARS IS RUGH.

BUT IT'S BETTER THAN FALLING OFF.

TRUE THAT.

PEANUTS

YOU KNOW WHAT?

WHEN I'M WITH YOU, I'M SO HAPPY THAT I'M AFRAID MY HEART IS GOING TO POP.

DON'T WORRY ABOUT IT...

NO ONE HAS EVER DIED OF "HEART POP"!

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

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

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

HERMAN

"Lily, run upstairs and see if this guy's gas barbecue is in our bedroom."

Transgender classmate isn't ready for romance with teen

DEAR ABBY: I'm 16 and have had trouble with romance for as long as I can remember. I've had almost 80 crushes since kindergarten. I counted.

Right now I am close to a relationship with a boy at my school who is a year older. I have had feelings for "Ben" for almost a year, and I found it was mutual a few months ago. He invited me to coffee but later canceled, explaining that he wasn't emotionally prepared, which was clear. He feels the way he does for a reason. Ben is a transgender male, and his mother disapproves, as do many of our classmates.

Two months ago, we agreed to be "just friends ... for now." Since then, no feelings have changed for either of us. However, I know Ben still isn't ready, largely because of his mother's and his classmates' influence.

I'm getting impatient. I've been in relationships before, the middle-school kind, and I know how my brain functions. Right now, I worry obsessively about how he feels. This will subside after a real relationship starts. But before that happens, the issue is all-consuming. I constantly rehash concerns we need to talk about in my mind, and I don't know how to ignore them until we can speak again. It makes my grades suffer.

I blame Ben's mother and classmates for the stress he's under. They're

the reason for his dysphoria and panic attacks. I'm angry. I want her to leave her son alone. How can I wait peacefully and get over my bitterness toward his mother? -- CRUSHING TEEN IN OHIO

DEAR TEEN: Anger, frustration and bitterness can make people sick. You need to find ways to get your mind off this budding romance and channel these negative emotions, if only because Ben isn't ready for what you have in mind. Bear in mind that he is on a long and complicated journey. (Give him props for honesty.) Then buckle down and concentrate on your schoolwork, find a sport or other activity you can involve yourself in and, if your school doesn't have a Gender and Sexualities Alliance, consider going online to gsnetwork.org and starting one at your school.

DEAR ABBY: I work in the medical field in a family practice. I love my job and helping people, but the problem is, my boss never tells the truth to our patients and overcharges them anytime he gets a chance. The sicker the patient, the more heartless he is with them. He has told some patients that we, the assistants, told him they owe him money.

It has reached a point where I cannot handle it anymore. Knowing that I see everything he does, and I know he doesn't and stress he's under. They're constantly criticizes every-



ABIGAIL VAN BUREN

thing I do. He has become verbally aggressive and abusive.

I know this is unhealthy for me. I have insomnia because of it, and when I get to sleep, I have nightmares about this situation. Abby, please help me because I do not know what service to contact to make a complaint against him. -- SCARED IN GEORGIA

DEAR SCARED: Document everything you have observed. Then talk to your local police about possible fraud being committed by your employer. Next, contact your state medical board and report what has been going on at the expense of the patients. If these patients are senior citizens, reach out to your Area Agency on Aging (aging.georgia.gov/locations), because the "good doctor" may be committing elder abuse, which could land him in the prison system.

Lifestyles

COVID-19 (coronavirus) Update from SLV Health Incident Command

ALAMOSA—San Luis Valley Health (SLVH) remains committed to taking care of our community's healthcare needs. There are no known patients with positive test results in the San Luis Valley as of March 18, 2020 at 3:00 p.m.

At this time, due to a limited amount of supplies and resources, we are prioritizing the way we deliver care. Our goal is to continue taking care of people who are ill. Starting today, all elective, routine, and well visits will be postponed through April 3, 2020. This is a fluid situation and the clinics and hospitals are not shutting their doors. Clinic staff are contacting

patients and consulting with providers. Please understand that this is due to a supply chain issue and not due to a surge in COVID-19 patients.

As of March 18, 2020, new visitor restrictions are in place in the hospitals per CDC guidelines. All visitors must check in at the front desk. Visiting hours will be limited to 8 a.m. to 10 p.m. No visitors under the age of 18 will be allowed. Only one visitor per patient will be allowed, and the visitor must stay in the patient's room at all times. Family and friends will not be permitted to enter the facility or wait in the lobby or common areas.

The cafeterias at both

the Regional Medical Center and Conejos County Hospital will be temporarily closed to the public. We appreciate the public's cooperation with these new guidelines as we all work together to keep our community safe.

If you have general questions about the coronavirus disease (COVID-19), please call CO HELP at 1-877-462-2911, which is available in both English and Spanish.

If you are experiencing COVID-19 symptoms, please call San Luis Valley Health's nurse line at 719-589-2511 and press 9. Please call this number or your provider before entering a healthcare facility. Please send an email

to virusFAQ@SLVRMC.org with your concerns and questions.

At this time, due to a limited amount of COVID-19 testing kits available and a slow turnaround time for results, tests will be prioritized as follows:

Hospitalized patients who receive an order from the attending provider; and

Medical staff, healthcare workers & first responders

who have symptoms and have been screened by a nurse or provider.

Additional Note: While a positive test result would provide information and an explanation for symptoms, it does not change the course of treatment; regardless of a positive or negative result, patients will be encouraged to self-isolate if they are safely able to do so.

If you have general questions about the coronavirus disease (COVID-19), please call CO HELP at 1-877-462-2911, which is available in both English and Spanish.

If you are experiencing COVID-19 symptoms, please call our nurse line at 719-589-2511

and Press 9. Please call this number or your provider before entering a healthcare facility.



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 number one 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, includ-

ing 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>.

ROCKY MOUNTAIN EYE CENTER

Diabetic? Protect Your Health

VISION HEALTH

Tip: If you have type 2 diabetes, an eye exam is a priority for ongoing good health. Exams can look for and diagnosis diabetic retinopathy, a disease in which high blood sugar damages the retina's blood vessels. A yearly dilation exam is also important to help identify signs of glaucoma.

Make your health a priority so you can keep seeing life better!

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*Rules apply. Visit Ohkay Winners Club for details.

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March 2020 LIVE ENTERTAINMENT LINEUP

- MARCH 20 FINAL VERDICT
- MARCH 21 BLU SOL
- MARCH 27 SLO BURNIN'
- MARCH 28 SEVERO

March entertainment schedule subject to change. Must be 21 or older with valid ID to enter Double O Bar & Nightclub.

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Western Living

Statement to Industry

The U.S. Department of Agriculture is rising to meet the challenges associated with the new coronavirus disease, Covid-19. As leaders of USDA's Food Safety and Inspection Service, Animal and Plant Health Inspection Service and Agricultural Marketing Service, we can assure you that the agencies are committed to ensuring the health and safety of our employees while still providing the timely delivery of the services to maintain the movement of America's food supply from farm to fork.

These agencies are prepared to utilize their authority and all administrative means and flexibilities to address staffing considerations. Field personnel will be working closely with establishment management and state and lo-

cal health authorities to handle situations as they arise in your community. As always, communication between industry and government will be key. We are all relying on early and frequent communication with one another to overcome challenges as they arise.

In this time of much uncertainty, we know that many of you have questions about how the department will continue to ensure that grading and inspection personnel are available. We have all seen how consumers have reacted to the evolving coronavirus situation and how important access to food is to a sense of safety and wellbeing. It is more important than ever that we assure the American public that government and industry will take all

steps necessary to ensure continued access to safe and wholesome USDA-inspected products.

As we come together as a country to address this public health threat, know that USDA remains committed to working closely with industry to fulfill our mission of ensuring the safety of the U.S. food supply and protecting agricultural health.

Dr. Mindy Brashears
USDA Deputy Under Secretary for Food Safety
Greg Ibach
USDA Under Secretary for Marketing and Regulatory Programs

Amid COVID-19 Outbreak Beef Producers Remain Vigilant

DENVER — Coronavirus Disease 2019 (COVID-19) is a serious and rapidly changing situation throughout Colorado and the entire United States. The virus and its impacts are being taken very seriously throughout the beef industry. The health of the public and our employees is of the highest priority, as well as our responsibility to produce and deliver safe and wholesome food throughout the nation and world.

"The United States food and beef supply is the safest and most abundant in the world. The beef industry remains committed to providing the same nutritious, safe, and wholesome products consumers expect, even during these stressful times", said Steve Wooten, Colorado Cattlemen's Association President. According to the Center for Disease Control (CDC), there is no evidence to support transmission of COVID-19 associated with food. However, it is always important to follow good hygiene practices (i.e., wash hands and surfaces often, separate raw meat from other foods, cook to the proper temperature, and refrigerate foods promptly) when handling or preparing foods.

With empty shelves and aisles in grocery stores throughout Colorado it may appear that the United States is running out of food. Be assured that there is plenty of food, it is just a short-term disruption of the food supply. "According to the North American Meat Institute, there is food being produced and there is food in warehouses," stated Sallie Miller, Chair of the Colorado Beef Council. "There is plenty of food available in the country." In particular, retail demand for beef remains high and beef suppliers are prepared to continue to meet consumer demands.

"Our thoughts go out to those impacted by COVID-19, and rest assured our industry is poised and ready to face the challenges presented by the onset of COVID-19," said Mike Veeman, Colorado Livestock Association President. While our industry is prepared to proceed with caution and take the necessary steps to limit the rate of infection of COVID-19, our producers will continue to fuel the economy through their actions in caring for livestock and ultimately bringing needed protein all across the state, nation, and world.

Irrigation Season for La Jara Creek and Trinchera Creek

LA JARA — The Division Engineer for Division 3 of the Colorado Division of Water Resources has announced that the irrigation season will begin: March 23, 2020, for irrigation structures within the drainage area of La Jara Creek (a portion of Water District 21).

March 24, 2020, for irrigation structures within the drainage area of Trinchera Creek (Water District 35).

This notice only pertains to irrigation rights within these areas. This announcement is to comply with the State Engineer's Rules and Regulations regarding the setting of an irrigation season in Division 3.

Future announcements will be made concerning the beginning of the irrigation season for other areas of the San Luis Valley.

If you have any questions, please contact the Division of Water Resources at 719-589-6683.

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2018 Toyota Avalon

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#P88201

2015 Chrysler 300S AWD

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#C7499A

2019 Jeep Cherokee

\$22,700



#P66213

2018 GMC Terrain

\$22,700



#P20425

2017 Ford F-150

\$27,800



#P77850

2016 GMC Sierra 1500

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#P57768

2019 Toyota 4-Runner

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#P47820

2018 Jeep Wrangler

\$35,300



#P25399

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