



Adventure awaits, even close to home

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Trump describes assassination attempt in speech accepting GOP presidential nomination

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LOCAL NEWS... LOCAL VIEWS

July 20, 2024

\$1

SLV Today

SLV Commissioners to meet Monday

ALAMOSA — The San Luis Valley County Commissioners Association will meet at 9 a.m. on Monday, July 22 at 8900 Independence Way, Alamosa. The meeting is open to the public in person or via Zoom with meeting ID 270-314-6874.

La Garita Arena Project meeting

CENTER — An informational meeting on the Saguache County La Garita Arena Project will be held at 5:30 p.m. on Thursday, July 28, at the Corzine Indoor Arena, 8101 County Road 45, Center. Hot dogs and hamburgers will be available.

Community Open Classes at SLV Fair

MONTE VISTA — Community members can exhibit their items at the San Luis Valley Fair next month via the Community Open Classes. People can compete in different indoor projects like quilting, photography, canned goods, leather crafts, baked goods, and gardening.

There is no fee, no pre-registration. Check-in is available on Sunday, Aug. 4, from 4-6 p.m. or Monday, Aug. 5, from 9-11 a.m.

For more information, contact Brandy Meyers at 719-849-1522 or Janae Naranjo at 719-480-4212.

Open Quilt Show returning to SLV Fair

MONTE VISTA — The SLV Fair is bringing back the Open Quilt Show. This is a show only; entries will not be judged. The goal is to showcase the wonderful talent in the San Luis Valley. It is open to all ages, and there is no entry fee. People can also submit the quilt's story, if there is one. People can bring their quilt on Tuesday, Aug. 6, from 8-10 a.m. For more information, call Janae Naranjo at 719-480-4212 or Brandy Meyers at 719-849-1522.

SLV WEATHER
Showers Likely 80/51
Wed: Sun/Clouds 85/ 48
Thurs: Cloudy 84 / 46

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'Legacy,' mental health in Colorado ag

By JOHN WATERS
Courier News Editor
MONTE VISTA

About 35 farmers, ranchers, and their friends attended a showing of the mental health documentary film "Legacy," at the Ski-Hi Complex in Monte Vista on the evening of July 18.

The film, a partnership between the Colorado Farm Bureau and the Colorado Department of Agriculture, depicts the

■ See LEGACY page 3



Courier photo by John Waters

After the showing of the film, 'Legacy,' which focuses on mental health issues in rural Colorado a roundtable discussion followed that was facilitated by Clinton Wilson with the Rocky Mountain Farm Bureau. From left to right are Tony Hass, farmer, Jacob Walter, farmer, George Whitten, Saguache County rancher, Chad Reznicek, LPC and Kristen Wulfsberg, LPC, and Robert Sakata, Colorado Department of Agriculture.

Crowds enjoy colorful floats

Martin Cattle Co. is Sweepstakes winner at Pioneer Days Parade

STAFF REPORT

MANASSA — Manassa's Main Street was lined three to five people deep on both sides for the annual Pioneer Days Parade on Friday, July 19.

The Friday morning parade boasted the essentials that have marked Pioneer Days for more than a century now, including horses, cowgirls, and floats galore. As is tradition, a second parade will be held on Saturday at 10 a.m.

A giant American flag was draped above Main Street by two local fire department ladder trucks near Manassa Town Hall. It was doubled over on itself due to a burst of wind for the first half of the parade but was unfurled and waving majestically as the parade made its way back for the second go-around.

Smiling and waving to the crowd from the Pioneer Princess float wearing a white dress was 2024 Miss Pioneer Princess Deja Valdez.

The Pioneer Days grand marshals Jerry and Sheryl Anderson and royalty were honored during a kickoff at Manassa Elementary on Thursday, July 18.

There were several intricate and colorful floats that made it difficult for the judges when it came to handing out awards. But in the end, the Martin Cattle Company's Goin' Fishin' was the Sweepstakes winner.



Photos by Brian Williams

Miss Pioneer Deja Valdez waves to the crowd during the Manassa Pioneer Days Parade on Friday.



Martin Cattle Company's Goin' Fishin' float captured the Sweepstakes award during the Manassa Pioneer Day Parade on Friday.

After the parade, people made their way to the always-popular Hamburger Stand for a bite to eat and sat on the grass in the shade of the trees on the sizable lawn of the Church of Jesus Christ of Latter-day Saints.

Nearby, live music was performed on the stage throughout the day and into the evening. The carnival area near the LDS Church was busy through the afternoon and night. The day also featured a rodeo at the fairgrounds at 6 p.m.

Saturday's festivities include a 5K run in the morning, followed by the parade at 10 a.m.

■ See PARADE page 3



Courtesy photo

Former principal of Ortega Middle School, Amy Ortega has been named new principal of Alamosa High School, continuing a 23 year career with Alamosa School District.

Amy Ortega takes over helm at AHS

Asst. Principal Nate Gonzales to take Ortega's place

By PRISCILLA WAGGONER
Courier Reporter

ALAMOSA — Amy Ortega, principal of Ortega Middle School (OMS), has been named the new principal of Alamosa High School (AHS). After a series of interviews, Alamosa School District (ASD) Superintendent Diana Jones and Assistant Superintendent Luis Murillo recommended Ortega for the position to the ASD Board of Directors. The board then ap-

■ See ORTEGA page 3

ASU visual art displays skateboard deck art

By ADAMS STATE UNIVERSITY
ALAMOSA — The Adams State University Visual Art Building is currently displaying skateboard decks, with serigraph prints, by many of the foremost contemporary street artists active today including Cryptik, Ron English, Barry McGee, Cleon Peterson, Mars1, Os Gemeos, Cope 2, D*face, Shepard Fairey, and Banksy.

As the newly appointed art gallery director, Anthony Guntren, assistant professor of art, shares a personal collection for the summer exhibit. He believes street art genre has its place among art movements and styles.

"For myself, as well as many of street artist of today, skate culture of the '80s

and '90s plays an influential role in the creative endeavors happening today. The graphics were fresh and cool, and thrust-ed low brow art in a new direction with fervent support of the youthful mindset of this time. Using bright acrylic-based paints, fiery imagery and stencil techniques; the skateboard print is quite literally an artifact of the street," he said.

The Visual Art Building is open from 8 a.m. until 5 p.m. Monday through Friday. The skateboard deck exhibit continues through Aug. 8.

A summer exhibit of skateboard deck art is currently on display in the Adams State Visual Art Building.

Courtesy photo



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Record

OBITUARIES

Ronny Dean Freel



Ronny Dean Freel, also known as Ron, Rod, and Hot Rod (as a young kid) passed away at his home in Belen, N.M., on April 30, 2024, at the age of 70. He was born in Alamosa, Colo., on May 9, 1953, to Harold (Pont) and Winifred Maxine (Feenie) Freel.

Ron was a proud father of two daughters, Tandy Freel (Todd Burt) of Sandia Park, N.M., and Blair (Brian) Lopez of Albuquerque, N.M., and especially proud of his two grandsons, Joseph and Alex Lopez of Albuquerque, N.M.

Ron graduated as valedictorian from Moffat High School where he enjoyed playing basketball. He also rode rough stock and bulldogged at high school rodeos. Outside of school, he worked at the family ranch driving heavy equipment and tractors, a love he never outgrew.

In 1974, Ron and his wife, Lynette, moved to Bloomfield, N.M. Ron worked at a gravel quarry

and Plateau Inc. before joining Giant Industries as a crude oil truck driver. Ron worked for Giant/Western Refining for over 20 years where he managed a fleet of crude trucks along with personnel and always loved to work and drive the big rigs. Ron was also an outdoorsman who loved fishing and hunting big game in Colorado and New Mexico.

In retirement, Ron lived on an 8-acre farm that he cared for with much passion. He tinkered with tractors, raised hay, cared for livestock, and maintained a great group of friends. He especially loved his "four-legged kids" that accompanied him during work and play, they were always by his side.

Ron was preceded in

Jane Moeller



Jane Moeller passed away on July 16, 2024, in Alamosa, Colo.

Jane, the daughter of Helen and B Howard Padgett, was born in Walterboro, S.C. She loved to share with everyone that she was a leap year baby. She worked that to her advantage as when there was a task she didn't particularly want to do, she was "too old". However, if it was something fun, she was just a "youngster"! She also enjoyed the fact that she and her daughter Amber turned 9 years old the same year!

After high school, Jane attended a two-year program at Columbia College in Columbia, S.C. This helped her land a secretarial (stenographer) position on the Robins Air Force Base in Warner Robins, Ga. Here she met her neighbor, a navigator named Frank Moeller. Love blossomed and she literally married the boy next door!

Once Frank left the Air Force, the couple moved to Alamosa, Colo., so Frank could obtain his teaching degree. They stayed in Alamosa and had their daughter, Amber. Jane loved reminding Amber that the doctor first diagnosed her as an ulcer and

that her rambunctious antics were what finally led her back into the work force, maybe the doctor was correct in his first diagnosis! Jane took a position with the Alamosa Court System in 1972, eventually retiring as the Clerk of Combined Courts in 1999.

Jane was young at heart and had many adventures during her lifetime. She lived in Germany for a while, skiing the Alps and touring castles! Frank, Jane, and Amber shared a close bond as all three were only children. Once Amber started showing horses, they all got involved and this led to many more adventures and many fond memories

death by his parents Harold L. and Winifred M. Freel, his two brothers, Terry (Ted) Freel and Robert (Bob) Freel, his brother-in-law, David (Dave) Stagner, and his "forever brother-in-law", Robbie Clark.

Ron is survived by two daughters, two grandsons, his sister, Linda Stagner of Moffat, Colo., and two sister-in-law, Bonnie Buzard of Tucson, Ariz., and Kathy Freel of Moffat, Colo. Ron is also survived by his nephews, Pete (Lynn) Stagner, Brady (Kelly) Stagner, Scott (Judy) Freel, Darrel (Kim) Freel, and Klint (Dana) Stagner, nieces, Amy Freel, Robbie Kay (Jay) Bertelsen, and Tina (Bill) Eastman, and several great-nieces and -nephews.

A grave side memorial service will be held on Aug. 3, 2024, at 10:30 a.m. at the Rito Alto Cemetery, County Road X, Moffat, Colo., with lunch to follow. In lieu of flowers, donations can be made to the Rito Alto Cemetery.

were made.

Jane was a kind, patient and loving person who was always ready to help family and friends. It was mentioned recently that she was known to the younger Air Force wives as "Mom Jane," a moniker she also embraced from several of Amber's friends.

Jane was preceded in death by an infant brother, her parents Howard and Helen Padgett, her in-laws Pauline and Gilbert Moeller, and her husband Frank Moeller.

She is survived by her daughter, Amber, several furry grand babies, as well as family and close friends.

Jane was buried next to Frank in a private ceremony in Delta, Colo. A memorial/celebration of life will be held early fall, date TBD.

In lieu of flowers, please consider donating to the American Diabetes Association or the local SLV Animal Center Dumb Friends League, 719-212-6500.

Arrangements have been made through Rogers Family Mortuary. To leave online condolences, remembrances or online condolences for Jane's family please visit Rogers-Funerals.com.

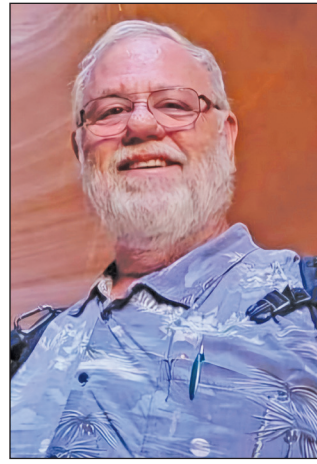
Mark Colman, 63, of Alamosa, Colo., passed away on June 28, 2024. He was enjoying the freedom of flight when his plane crashed in Big Creek, Idaho, and he succumbed to a fatal injury as a result.

Mark was born in Newfoundland, Canada, on June 24, 1961. He was married to Becky on Feb. 8, 1980; they were married 44 years.

Mark entered the Air Force in 1980, where he served proudly for 12 years and then as a civilian contractor before he

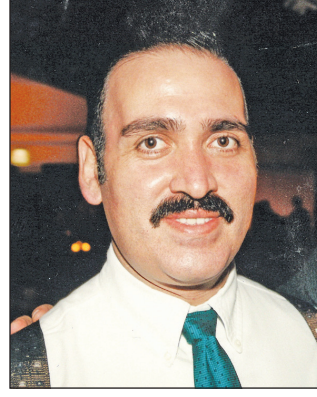


Mark Colman



moved to Alamosa in 1998 to join his father running Depot Avionics, Inc. He worked there for 7 years before taking over as owner and operator with his wife for an additional 19 years.

Lonnie Torrez



CENTER – The effervescent spirit of Lonnie Torrez, a man whose laughter echoed louder than any karaoke track, has taken his final bow on the stage of life, leaving behind a legacy of joy and selflessness. Lonnie, born under the Colorado skies of Monte Vista on Dec. 29, 1963, closed his eyes in the comforting embrace of his hometown, Center, Colo., on his 60th birthday, Dec. 29, 2023.

Lonnie's life was a vibrant mosaic of cherished moments, woven together with the threads of love, laughter, and the occasional off-key note that only made his performances more endearing. His journey began at Fruita High School, where he graduated with a flair that foreshadowed his future as the life of every party and the heart of every gathering.

He sashayed through life with a serving tray in one hand and a microphone in the other, turning the hospitality world into his personal stage. Lonnie wasn't just a waiter; he was a maestro of mirth, a purveyor of happiness, whose service came with a side of stand-up comedy and a generous helping of heart.

As an avid Denver Broncos fan, Lonnie's cheers

could be heard from miles away, his loyalty as steadfast as his ability to remember your favorite dish. His love for travel was only matched by his passion for singing, a combination that often led to impromptu karaoke sessions in far-flung locales, with Lonnie invariably stealing the show.

Not one to shy away from the spotlight, Lonnie was a proud member of The Gay Cycle Sluts, leaving a trail of glitter and giggles as he paraded through the streets on rollerblades or a motorcycle, his infectious energy drawing smiles from even the most stoic onlookers. His voice, a blend of gusto and gaiety, was a staple in the GBTL Gay Chorus, where he harmonized with his chosen family and spread a message of love and acceptance.

Lonnie's heart was as

His passion was flying, teaching, and people.

Mark is survived by his wife, Becky, his children, Douglas (Rebekah) and Christina (Justin), as well as his father, Robert (Peggy), brother, Steven (Melissa), and uncle, Bruce (Margaret).

Mark was preceded in death by his mother, Eleanor.

In lieu of flowers, memorial donations will be collected to form a scholarship fund to expand the joy of flying to aspiring pilots. Donations may be given to Christina Colman Memorial Scholarship@gmail.com, for more information.

open as his songbook, with a capacity for love that extended to his cherished family.

He is survived by Merilee Montoya, Ronnie Torrez, Mary Ann Martinez, Larry Torrez, and Debbie Torrez, along with a chorus of nephews, nieces, uncles, and aunts who sang along with him in the symphony of life.

Preceding him in death was his father, Joe Torrez, who undoubtedly greeted him with a standing ovation as he took his place among the stars.

A memorial mass of Christian burial will be held at 11 a.m. Saturday, July 27, 2024, at Saint Agnes Catholic Church Mission, 505 Gunnison St., Saguache, Colo. Father Eric Haarer will be conducting the mass. Per the families wishes, all are invited to attend a meal and fellowship following the memorial mass at the Saguache Community Building located at 525 7th St. in Saguache, Colo.

Rogers Family Mortuary is in the care of the arrangements. To leave online words of comfort, remembrances, and condolences for Lonnie's family, please visit www.Rogers-Funerals.com.

Local monuments from Del Norte Public Library find new home at museum

STAFF REPORT
DEL NORTE – With the Downtown Revitalization Project getting underway in Del Norte, the Rio Grande County Museum and Del Norte Public Library partnered on another project and saved two cherished monuments that would have been without a home.

While planning for the new sidewalk installation, engineers noted that both the Fremont and Del Norte Flouring Mill wheels in front of the library would need to be moved. Both monuments have been in front of the library for well over 70 years and were placed in front of the library by the local Daughters of the American Revolution (DAR) sometime in the 1950s.

The wheels were made with local quarry stone sourced from the original stone quarry outside of Del Norte. The grist wheels were used to make the first white flour in Del Norte in 1876. The land which the flouring mill was on was owned by J. Cary French but after an extended visit to Kansas for the birth of his daughter, Salome French, his claim on the land was jumped by Paul Steele.

Over the years, the land exchanged hands and in October of 1876 the mill was erected after \$16,000 was raised by the Town of Del Norte. The Oct. 6, 1876, Del Norte Prospector reads, "Del Norte is going to get its flouring mill. Outside the town a \$16,000 fund was raised to build the mill and Sam Kaucher, from Denver, was here to find a site and build the mill. Farmers are being urged to plant more



Photo by Lyndsie Ferrell

Two pieces of Del Norte's history were brought to the Rio Grande County Museum from the Del Norte Public Library for preservation. The Fremont Monument and the 150-year-old Del Norte Flouring Company original grist wheels are now on display.

wheat."

The Del Norte Flouring Mill was born but it didn't last long. Over the next 10 years, the mill fell into disrepair and was forgotten in the boom days of Summitville and the following silver boom in Creede. The wheels were moved at one point and were later found behind the library when the DAR organization came to install the Fremont Monument, according to sources.

The Fremont Monument is a Colorado Historic marker, marking the area in which Fremont and his doomed men camped as they wandered into the La Garita Mountains in search of the fastest and easiest route to reach California in 1848. The monument is on the state's historic register as monument No. 152 and represents a significant part of the Valley's unique history.

Both monuments have found a new home at the museum and are on display for people to see thanks to the many efforts of the Town of Del Norte Public Works Director Kevin Larimore, Del Norte Public Library Board President Glynnis Williams and the Rio Grande County Museum.

PENDING OBITUARIES

Kylee J. Cisneros-Gomez

Antonito resident Kylee J. Cisneros-Gomez, 22, was called home July 17, 2024. Arrangements are currently pending and will be announced through Romero Funeral Home of Alamosa.

Corey Fernandez

Alamosa resident Corey Fernandez, 34, passed away July 17, 2024. Arrangements are pending and will be announced through Romero Funeral Home of Alamosa.

Jose Louis Tarin

Monte Vista resident Jose Louis Tarin was silently born on July 11, 2024. Arrangements are pending and will be announced through Romero Funeral Home of Alamosa.

ALCOHOLICS ANONYMOUS MEETINGS

VALLEY — The San Luis Valley offers many Alcoholics Anonymous and Narcotics Anonymous groups.

A.A. and N.A. members primary purpose is to

stay sober and help other alcoholics/addicts to achieve sobriety.

There are AA and NA 12-Step Meetings throughout the valley. The 6th Tradition states that we are not affili-

ated with any outside organizations, but in the spirit of cooperation, we list these meeting schedules for friends and family. For information, call 719-937-5083 or see our website: slvaa.org

COURIER OBITUARY POLICY

The Courier charges \$75 for each obituary per day. Pending arrangements or death notices are free. This charge affects funeral homes, family or other representatives that place obituaries. All paid obituaries are published on www.alamosanews.com, for no additional fee.

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

School Menu
Monday
July 22, 2024
BREAKFAST Cereal Bar/Graham Crackers Fruit & Milk
ELEMENTARY Chicken Fajitas/Salsa Refried Beans Spice Bread Fruit & Milk
MIDDLE SCHOOL Chicken Fajitas/Salsa Refried Beans Spice Bread Fruit & Milk
HIGH SCHOOL Chicken Fajitas/Salsa Refried Beans Spice Bread Fruit & Milk
Breakfast & Lunch Free for all students Alamosa School District To sponsor the School Menu call 589-2553

Valley News

Ortega

Continued from Page 1

proved the recommendation during Thursday night's meeting.

The position of Alamosa High School principal was vacated in June when, after a decade spent in the position, Andy Lavier left to become the new assistant superintendent of the school district in Center.

Ortega has been with ASD since 2001. The first sixteen of those 23 years were spent in the classroom at Alamosa High School (AHS). Then, in 2017, she transitioned into administration at Ortega Middle School, first as the Dean of Students and then as assistant principal and principal.

"Ortega Middle School was a great experience," she told the Valley Courier. She also feels that experience will serve her well in her new role as AHS principal. "Having been at the middle school, I know a lot of the kids and a lot of the staff. I already have those connections to keep the good work going that I know they already have been doing and to have a growth mindset for any changes and keep moving forward."

During her tenure at OMS, Ortega garnered high praise from district administration for the significant strides she, her staff and students accomplished in "turning things around" at the middle school.

Now, just one day after being officially named as AHS principal, Ortega is already focused on what she'd like to do at the high school. "We have a grant for our eighth graders and ninth graders, and I was already working on the eighth grade piece. But we really want to increase freshman success that very first semester. That will be a goal for me to continue that work

on the freshman side, so that students feel successful right away in high school, which makes them more likely to graduate."

"Ms. Ortega has exhibited her leadership capabilities as she has led her school out of turnaround," said ASD Superintendent Jones. "She will continue her instructional leadership knowledge and skills at the high school level enhancing their current success."

In using the term "turnaround", Jones is referencing a designation used by the Colorado Department of Education to identify a school whose performance is in significant need of improvement.

"After two rounds of interviews," Murillo said, "Amy Ortega came out on top. She is a seasoned educator with a record of continuous improvement. Amy will continue that tradition of high performance at Alamosa High School. I look forward to collaborating to take Alamosa High School to the next step in the performance trajectory."

"I really enjoyed being at the middle school," Ortega said, "but I'm really excited to get back to Alamosa High School. It feels like I'm going home."

In hiring Ortega for AHS principal, a position as principal was vacated at Ortega Middle School. With student orientation for the 2024-2025 school year on Aug. 7, Jones and Murillo could have been pressed to find a qualified candidate in time.

But an emerging practice of, essentially, "growing their own administrators," allowed them to immediately connect with people who might be a good fit for the job at OMS. That strategy resulted in an announcement Friday afternoon that Jones and Murillo intend to recommend to

the Board of Education OMS Assistant Principal and Athletic Director Nate Gonzales to take over as principal.

A former Marine, Gonzales was previously the Dean of Students at Alamosa Elementary 3-5. That experience is part of a broader career as an educator that, to date, spans 19 years and includes having taught multiple subject areas at each grade level from kindergarten to 12th grade.

"We are thrilled to recommend Mr. Nate Gonzales for the Principal position at Ortega Middle School," Jones said in a statement to the Valley Courier. "Mr. Gonzales has been an integral part of the team at OMS over the last three years. His experience and demeanor are a huge asset to the school."

Interviews will begin next week to hire a new assistant principal at the middle school.

When asked to expand upon the "grow their own administrators" strategy, Murillo said, "We have open and honest conversations about empowering assistant principals to take on roles that come with more responsibilities. We work hand in hand with assistant principals and are intentional in providing experiences to prepare them to take on roles with greater responsibilities when those opportunities arise."

Murillo was asked if there were concerns about beginning school with two new principals being in their positions for less than three weeks. His answer - no concern, at all.

"I absolutely can assure staff, students and parents that the new school year will begin without any indication that there has been some recent transitions in staff. We'll be ready and looking forward to another great school year at ASD."



Photos by Brian Williams

Rock Ridge's Let Your Dreams Take Flight float was first at the Manassa Pioneer Days Parade on Friday.

Parade

Continued from Page 1

A car show is scheduled at 10 a.m. at Aspen Park. The carnival goes from 10

a.m. to midnight. There will be live music. A rodeo in the afternoon, the fan-favorite demolition derby at 6 p.m., followed at 9 p.m. by the lighting of M Mountain and fireworks.

Pioneer Days Parade Winners Sweepstakes — Martin Cattle Company
1 — Rock Ridge
2 — Standard Service
3 — Larry's Garage



Standard Service's Bee Kind or Buzz Off float took second at the Manassa Pioneer Days Parade on Friday.



Larry's Garage's Once Upon A Time float placed third in the Pioneer Days Parade on Friday.



Two horseback riders present the American Flag and the Colorado State Flag during the Manassa Pioneer Days Parade on Friday.

Legacy

Continued from Page 1

mental health struggles of ranchers and farmers in the state.

Earlier this month CDA Commissioner Kate Greenberg told the Valley Courier, "The film that we put together with the Farm Bureau is part of our continuing efforts to destigmatize asking for help. Ours is twofold, help increase access to [mental health] services."

"We're not a mental health service provider but we want to help people who need services, we want to connect people to providers in their communities. The second strategy is to destigmatize this. We are a tough bunch of folks, so many of you do it alone, you figure stuff out yourself. If people are struggling you don't have to do it alone, it is okay to struggle, and you don't have to do it alone."

Mental health issues in the rural agricultural community, where rugged individualism is a proud tradition, are often more pronounced in the non-agricultural sector. That "cowboy up" ethos results in a suicide rate among farmers and ranchers that is 3.5 times that of the non-ag population according to a study by the National Rural Health Association.

The film is a heart-wrenching journey into the factors contributing to rural mental health,

where fear of stigma and discrimination contribute to significant reluctance for people to seek treatment.

From paying bills to feeding their children, caring for the livestock and crops, retirement options, and even what they will be able to leave their heirs, the worry and anxiety can be overwhelming, and "Legacy," does an excellent job of showing these vexing anxieties.

In the film, rancher Tony Hass offered this assessment that may resonate well in the rural San Luis Valley describing why farmers are reluctant to seek counseling: "It's not like you're going to go for mental health to go see a shrink and they see your green Dodge pickup with the caved in front quarter panel that everybody knows, and your dog's sitting in the back."

Jacob Walter with the Walter Family Ranch said this about the numerous pressures of farming, "One of the things that really sticks in my mind was when I would see my dad sitting at that kitchen table until one or two in the morning crunching numbers and figuring out how you are going to make it work, how are you going to keep the family going, how are you going to keep that family legacy of agriculture going?"

He added, "Before I left, the last things my dad said to me were, 'Always remember, things

are never bad enough that you can't get help, you can always get help.' I told him I loved him; he told me he loved me, and I got in my pickup. I started driving for college and that was the last time that I talked to him."

Walter said the following morning his father committed suicide.

After the showing of Legacy, a panel discussion that included farmers, ranchers, and Licensed Professional Counselors Chad Reznicek, MA, PLC, and Kristen Wulfsberg, LPC who were featured in the film ensued.

In "Legacy," Wulfsberg speaks to the agony she has experienced with clients in ag who feel, "I'm a burden, I'm causing more problems, I can't see a future, I can only see pain, I can only see sorrow, I can only see disappointment. I have talked with a couple of people in ag who say when my horse is lame, I take it out to the back forty."

"So why can't I do that same thing to myself? Am I contributing enough, am I doing enough, am I enough? That is where it ends up going. And when the question is am I enough, that's where we get into concerning thought patterns and behaviors."

After the showing of "Legacy," in Monte Vista, Marlys Hersey, Licensed Professional Counselor said of the film, "It was very illuminating. Even as a therapist who works

with many clients with suicidal thoughts and actions, this film brought to light the many aspects of mental health specific to the agricultural community of which I was not aware. I particularly appreciated the emphasis on the need for all of us to cultivate social connections, and the need for all of us to ask for, receive, and give help within our communities."

Help is available.

Larry Brown with CSU Extension and JC Carrica with Valley-Wide Health, were in attendance and briefly discussed a local mental health partnership, the Coffee Break Project. Brown summed up the project with its mission statement, "Do you look after your neighbors as close as your crop or herd?"

The two will make a presentation on Monday to the San Luis Valley Commissioners Association regarding the partnership, and the Valley Courier will have an article about the project next Tuesday.

The film also notes that mental health services and sessions with therapists are increasingly available and includes a clip of a rancher in a pickup truck having a private session with a therapist, away from the glare of friends who otherwise might.

"Legacy," is available for free on the CDA YouTube page. Search: Legacy mental health in Colorado's modern-day



agriculture.

Resources

• The Colorado Agricultural and Mental Health Program (CAAMHP) is available to help with anxiety, depression, and other mental health issues and offers up to six free vouchers to visit with therapists. Visit: www.campforhealth.org for more information.

• The Colorado Agricultural Ability Project is an effort to help farmers, ranchers, agricultural workers, and their families affected by injuries, long-term illness, disabilities, and behavioral health concerns. The project is a partnership of CSU Engagement and Extension and Goodwill of Colorado. Visit www.argibility.colostate.edu/

• The Rocky Mountain Farmers Union AgWell program offers wellness resources for farmers, ranchers, agricultural

workers, and their families. In 2021, the farmers union partnered with the Western Regional Stress Assistance Program. Visit www.agwell.org.



ALMA PRESENTS SUNDAYS @ SIX JULY 21 Los Mucochetes Chicano Funk



COLE PARK ALAMOSA

Opinion

Scorching dog days of summer

The rain has been a welcome relief to the scorching dog days of summer that Dairy Queen often advertises.

But however hot the temperatures have been here in the Valley, in no way do they match Dallas, Houston, Los Angeles or Atlanta heat. Frying an egg on the hood of the car or on the asphalt is a telltale sign of the heat index in southern cities. Way back when, there was a time or two when I tried it on the sidewalk where I lived in salty aired Galveston.

Here we can tell how hot it is by reading the marquee at the banks or counting how many cars go to the Star Drive-In in Monte Vista. Sometimes it is so hot, not even the mosquitoes come out to watch the new movie "Fly Me To The Moon."

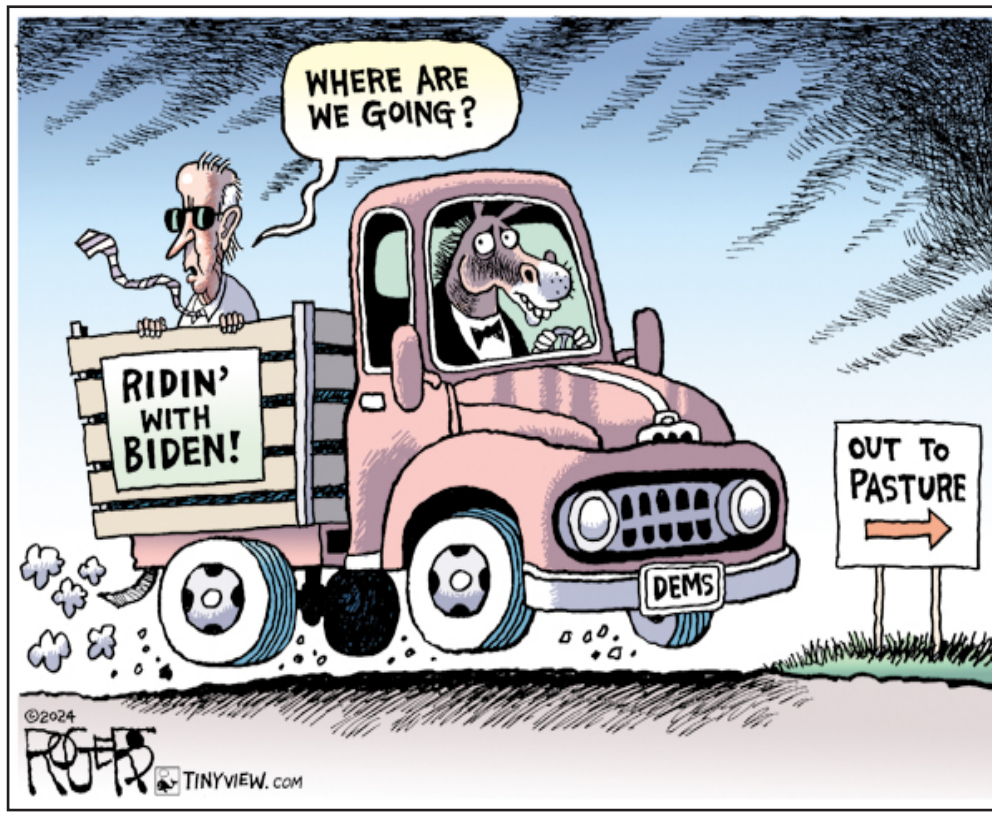
Saying "Hi" on the corner to a friend is quick and short otherwise foreheads, arms, and legs become dripping wet from the body's own mechanism to cool down.

At the Ski-Hi Stampede last weekend, I could tell how hot it was by how many times fans walked from one end

Movin' On with Nellie



Nelda Curtiss



of the bleachers to the other getting as much breeze built up around them as they could. Clothing also gives away the temperatures: more short-shorts, sleeveless tops and featherweight shirts or tunics. From YouTube how-to's, people are learning how to creatively make cut-outs on T's, too. I think that fashion also speaks to the heat.

Even the squirrels in the park are hot. You can tell the creatures are hot by how many nuts they hide in the ground and don't carry up to the nest in the pine. Sometimes if you look closely, you can see the Geico squirrel dashing in and out of the water sprinkler just like the kids on the corner do.

It is so hot in the Valley; I cannot even

tell you how hot it is. Cars are fighting back too. They are rumbling more when pulled up to the stoplight because they are cooler when they are vroom-vrooming through town than when they are parked or at a dead stop.

It is so hot that it is quite a task to think and to remember what is on schedule for the day or week. When it's hot in offices like the Driver's License office, clients have to use the driver's book to fan themselves as they congregate and wait their turns. A brief rain with hail-storm can sometimes take the degrees down one or two, though.

Sometimes it is so hot that toddlers go through three outfits in an afternoon. That of course means a long trip to the

To submit news, email:
news@alamosanews.com

To submit sports, email:
khamrick@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. We reserve the right to edit for clarity, civility and accuracy. Please limit letters to 500 words or less.

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."

DQ for the family and a huge ice cream cone or blizzard! If you add a fan in the other hand, you might sweep some of the cool temps from the treat to your face. Some families shop when the afternoon heat is sizzling; "It's cooler in Walgreens," some say. Or it's cooler at City Market than at home. I have gone shopping to cool off, too. Times like that I become well-read regarding product labels and versed in what the ripest cantaloupe is.

Whew, am I glad for the rain already!

Nelda Curtiss is a retired college educator and long-time local columnist. Reach her at columnsbynellie.com or email her at columnsbynellie@gmail.com.

Hey, are those bullets in your NPR tote?

By ANN COULTER

If you were worried that liberals would tone down the apocalyptic rhetoric about Donald Trump after Saturday's assassination attempt -- He's an existential threat to democracy! a fascist! an aspiring dictator! an authoritarian! Hitler! -- you can rest easy.

Apparently, the left has concluded that the best way to avoid political violence in the future is to ratchet up their dire warnings about the end of democracy presaged by a second Trump presidency. (That's almost as good as their plan to lower deficits by spending more.)

Two days after the shooting, Vox announced in a headline, "Yes, it's still fair to call Trump a threat to democracy."

President Joe Biden agreed, telling NBC's Lester Holt, "How do you talk about the threat to democracy, which is real, when [Trump] says things like he says." (Otherwise, it was a great interview except that the president kept calling Lester "Bryant." Amazingly, it's necessary to add: That's a joke.)

MSNBC's Joy Reid called Trump "the greatest purveyor and promoter of political violence, really, since anyone can remember." Pro tip for Biden defenders: Maybe don't bring up people's ability to remember things.

I'm not sure how to measure who the biggest "purveyor and promoter of political violence" is, but I can do a body count. And when it comes to political violence, the left beats the living daylights out of the right, so to speak.

Granted, we're only 248 years into this experiment, but so far, every single shooting of a national politician in the U.S. has been committed by a person on the left -- or someone even more deranged than a liberal.

A few would-be assassins were simply delusional nuts. Richard Lawrence, for example, was a house painter who thought he was King Richard III of England. He tried to shoot President Andrew Jackson because he thought the United States owed him money.

The rest were political activists who may have been crazy enough to be left-wingers but were not so crazy as to be-

lieve they were King Richard III.

Democrat, actor and peace activist John Wilkes Booth shot President Abraham Lincoln on April 14, 1865, because, as he explained in a letter to his family, he loved "peace more than life." (But he really wanted to direct.)

Charles J. Guiteau, who shot President James Garfield in 1881, had a long relationship with a utopian commune, the Oneida Community, where free love and communal child-rearing were practiced -- and this was before Hillary Clinton's "It Takes a Village"! Leon Czolgosz, who killed President William McKinley in 1901, was a socialist and anarchist inspired by socialist radical Emma Goldman.

Giuseppe Zangara plotted to kill both Republican President Herbert Hoover and President-elect Franklin Roosevelt, intending to assassinate "all capitalist presidents and kings." He just missed Roosevelt, killing Chicago Mayor Anton Cermak instead.

Lee Harvey Oswald, who shot President John F. Kennedy on Nov. 22, 1963, was a stone-cold communist since reading Communist propaganda as a teenager. He moved to the USSR, and when his application for Soviet citizenship was denied, slit his wrists. He then moved with his Russian wife and child back to the U.S., planning to move to Cuba and biding his time passing out "Fair Play for Cuba" leaflets.

Inspired by Communist and Socialist Party literature, Oswald first tried to kill Maj. Gen. Edwin A. Walker, a John Bircher; then former Vice President Richard Nixon; and finally did kill President Kennedy -- or so the mafia and the CIA would have us believe!

Upon his arrest, Oswald immediately called John Abt, lawyer for the American Communist Party, saying he wanted Abt to defend him so he could use the trial to showcase his Marxist beliefs.

Lynette "Squeaky" Fromme, who shot at President Gerald Ford in 1975, was part of Charles Manson's countercultural hippie cult. She pulled a gun on Ford because she was upset about the plight of the California redwood -- which put

her on the shortlist for a MacArthur "genius" grant. Sadly, a woman has to do twice as much as a man ...

Seventeen days later, Sara Jane Moore tried to kill Ford because, she said, "the government had declared war on the left."

(Remarkably, these two assassination attempts on her husband didn't lead Betty Ford into any sort of self-destructive behavior, thank goodness!)

In the entire history of the nation, only two senators and two congressmen have been assassinated. Three of the four were killed by "progressives" for political reasons.

The first member of Congress to be assassinated was Republican James M. Hinds of Arkansas. He was killed in 1868 by secretary of the Democratic Committee of Monroe County George A. Clark.

Sen. Robert Kennedy was killed on June 5, 1968, by Sirhan Sirhan, a Palestinian extremist angry with Kennedy for his support of Israel. (Luckily, that was the last recorded incident of extremist political violence by a Palestinian ever since, as far as I know.)

The most recent assassination of a member of Congress was in 1978, when Rep. Leo Ryan was killed by members of Jim Jones' left-wing cult in Guyana.

There are other, less homicidal comparisons to be made.

No conservative has ever run at a secretary of State, waving bloody hands in her face (Code Pink's Desiree Anita Ali-Fairooz at Secretary of State Condoleezza Rice when she was testifying before Congress).

No conservative has ever hit a Democratic politician in the face with a stupid sign, or attacked him as he mowed his lawn, breaking his ribs. (GOP Senate candidate Rand Paul in 2010; and again Sen. Paul in 2017).

No conservative has ever sneaked into a Democratic National Convention and heckled the speaker (Obama bundler Jodie Evans at Sarah Palin during the 2008 Republican National Convention).

No conservative has ever shot up the Democratic congressional baseball team

to protest a Democratic president, as a Trump-hating Bernie Sanders supporter did to Republicans in 2017 (James T. Hodgkinson, wounding five, Rep. Steve Scalise critically).

Before you start wailing about how we "almost lost our democracy on Jan. 6," that was the only right-wing mob violence in U.S. history. And we'll never hear the end of it. Your grandchildren will be in nursing homes and Jan. 6 will still be at the top of the news feed.

Pretty weak tea, compared to the epic violence exhibited the previous year by BLM protesters, ginned up by the police-hating media.

Jan. 6 carnage: One person died -- protester Ashley Babbitt, who was killed in cold blood by a black Capitol Police officer for trespassing; and \$2.7 million in property damage.

BLM carnage: 25 deaths, thousands of injured law enforcement officers, hundreds more hospitalized, \$2 billion worth of property damage, and torched stores, neighborhoods and police precincts.

Liberals accusing the former president of inciting political violence is factually incorrect, deeply ironic and slightly silly. (Other than that, good point!) Trump needs to hear Biden's thoughts on political violence like he needs another hole in the head.

Ann Hart Coulter is an American conservative media pundit, author, syndicated columnist, and lawyer.

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.

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Your FIRST Source for Local News

Religion

How to plan an interfaith wedding

Love knows no boundaries. Couples about to tie the knot are drawn to each other regardless of cultural differences, geographic proximity, age, or religious beliefs.

Wedding planning can be both exciting and overwhelming. There are many decisions to be made and a vast amount of coordination required when planning a wedding, and couples from different religious backgrounds may find they have some additional responsibilities.

The good news is that interfaith couples are not alone nor treading new waters. In a comprehensive study released in 2015, the Pew Research Center found that interfaith marriages have increased in recent decades. Couples married before 1960 were predominantly (81 percent) from the same religious group. However, that has been in steady decline. Thirty-nine percent of couples who tied the knot after 2010 did so in interfaith marriages. Furthermore, nearly half of unmarried couples living with someone else are inter-

faith couples. When navigating an interfaith wedding, these suggestions can make the planning go more smoothly.

- **Commit to inclusivity.** Some members of your families may feel that an interfaith wedding could dilute some of the traditions and beliefs they hold dear. These fears can be quelled by being more inclusive of feedback from parents, grandparents and other close relatives. Couples also can reassure others by mentioning the traditions they will be incorporating into the day's events.

- **Delegate tasks to loved ones.** Show family they are loved by delegating tasks that help them feel important rather than isolated. Explain certain customs of the other faith and involve them in the incorporation of these traditions, whether it is through creating favors or helping to pick out reception decor.

- **Pick key rituals.** In some instances, marrying someone from another faith means that

the marriage will not officially be recognized by the religious institutions of that faith. A Roman Catholic who is marrying a Hindu may not be able to have the ceremony in a Roman Catholic church, for example. However, there are ways to impart elements of rituals that would take place during religious ceremonies, such as reading specific Biblical passages or participating in the Haldi ceremony prior to the wedding day.

- **Ask for translations.** When interfaith weddings include different languages, it can be helpful to ask the officiant or officiants to translate for guests who may be unfamiliar. Also, think about including a list of which rituals may be included during the ceremony and their meanings in a printed program, so all guests can grasp their significance.

Interfaith weddings require negotiation, patience and a little extra planning. But the end result is a beautiful ceremony and a happy couple.



CHURCH DIRECTORY

Your Guide To Local Houses of Worship

- All-Denominational**
Emmanuel Chapel - Independent Bible Church
0432 Hwy 149, South Fork
719-873-5411
Sunday School, 9:30 a.m.
Worship, 10:45 a.m.
Sunday Evening Service, 6:00 p.m.
Wednesday Night Bible Study, 7:00 p.m.
- Church of the Living God**
11611 2nd Avenue, Hooper
719-378-2080
Sunday, 10 a.m. - Worship
Sunday, 6 p.m. - Book of Acts Study
Monday, 7 p.m. - Youth
Thursday, 7 p.m. - Bible Study
- San Luis Valley Christian Center**
305 S. Broadway (3rd & Broadway), Monte Vista
719-852-6168
Sunday, 10 a.m. - Worship
Tuesday, 6:30 p.m. - Bible Study
- Prayer House Church**
410 Main Street, La Jara
Pastor Jaime Flores - 719-298-0007
Sunday Morning Service, 10:30 am
Wednesday Family Ministry, 6:30 pm
Friday Night Bible Study, 7:00 pm
- Sargent Community Church**
6967 N. County Rd. 2 E., Monte Vista (across from Sargent School)
Pastor Stephen Burns • 719-852-2980
Sunday Worship: 10:00 a.m.
- Back Row Church - Church Community**
In the Alamosa Presbyterian Church Building
Alamosa
www.backrowchurch.com
Kim Nipple • 303-532-9342
Worship Service - Wednesday Evening at 5:00 pm
- Apostolic**
Alamosa Apostolic Church
510 First St., Alamosa
Meets Sundays 1-2 p.m.
2-3 p.m. - Lunch
3-5 p.m. - Worship Service
- Antioch Apostolic Church**
710 Main St., Antioch
Meets Sundays
11-12 p.m. - Sunday School
12-1 p.m. - Worship Service
- Apostolic Pentecostal**
Church of Champions, Acts 2:38
9056 Hwy 285 South, Alamosa - 719-587-3351
Dan Dawning Pastor, 719-588-7307
Sunday, 1:00 p.m. - Service
- Assembly of God**
River of Life Church
2602 Clark Avenue, Alamosa
Sunday, 10 a.m. - Worship
Wednesday, 7 p.m. - Service
- Center Assembly of God**
7th & Miles • P.O. Box 507, Center, CO 81125
Sunday School, 10:00 a.m.
Sunday Worship, 11:00 a.m.
Wednesday Bible Study, 7:00 p.m.
- Assembly of God**
Sons and Daughters of God Ministry
677 Madison Street, Monte Vista
Pastor Leonard Sandoval, 719-849-0212
Sunday 10:00 a.m. Service
Wednesday 7:00 p.m. Prayer
- New Life Fellowship**
520 7th St., Del Norte, 81132
719-657-3360
Adult Sunday School - 9:00 Services - 10:00
- Baha'i Faith**
meets every Wednesday at 7 p.m. on Zoom.
Email: harline@gogade.org for a Zoom invite
- Baptist**
Grace Community Baptist Church
431 Lincoln Ave., Monte Vista
Rev. Bill Walstrom, 719-937-1451
Worship: 9:30; Sunday School: 11:00 am
Wednesday Bible Study: 6:30 pm
- Living Water Bible Fellowship**
2910 Clark Street, Alamosa
719-589-6351
Sunday, 9:00 & 10:45 am Worship Services*
Sunday, 10:45 am Children's Ministry (PreK-5th grade)
Sunday, 10:45 am Teen Bible Study (6th-12th grade)
Tuesday 7:00 pm Young Adults College Group
Wednesday 6:30 pm Bible Quizzing (1st-8th grade)
Wednesday 6:30 pm Rejoice Youth Group (6th-12th grade)
Wednesday 6:30 pm Adult Bible Study**
Saturday 5:00 pm Worship Service**
Small Groups meet throughout week, please call for info
**Nursery is available (twice-week)
- College Heights Baptist Church**
2045 Church Avenue, Alamosa
719-589-6814
Pastor Jesse Ciccone
Sunday Worship, 11:00 a.m.
Sunday School, 9:45 a.m.
- San Luis Valley Baptist Church**
930 State Avenue, Alamosa
719-589-5938
Pastor R.L. McDonald
Wednesday 7 p.m. - Worship
Saturday, 2 p.m.
Sunday, 10 a.m. - Sunday School
Sunday, 11 a.m. - Worship
Sunday, 6 p.m. - Evening Worship
Spanish Ministry - Iglesia Bautista Rehobot
Pastor Sal Garcia, 589-3020
- Calvary Bible Chapel**
7160 Brush Lane, Alamosa
Sunday, 9:30 a.m. - Worship
Sunday, 10:20 a.m. - Sunday School
Sunday, 11 a.m. - Ministry of the Word
Small group studies meet during the week.
- Calvary Blanca**
Pastor Matthew Leonard - 719-379-3317
Sunday, 9:30 am - Bible Study
Sunday, 11:00 am - Service
Wednesday, 6:30pm - Community Get to Know You
- Calvary Baptist Church**
2160 Sherman Ave., Monte Vista
Sunday, 9:45 a.m. - Bible Study
Sunday, 11 a.m. - Worship
Tuesday, 6 p.m. - C.L.A.Y. Youth
Thursday, 6:30 p.m. - Ladies Bible Study
- South Fork Baptist Church**
0130 Four Seasons Dr.(Old Chizum Bldg), South Fork
(East side near laundromat & car wash)
Sunday School, 9:30am
Sunday, 10:30am - Worship
For more information - Pastor Paul Moon - 719-496-7702
- United Presbyterian Church of Antonito**
P.O. Box 865, Antonito
Office Hrs. Tues. 9:00am-12:00
Sunday - 9:45am - Sunday School
10:45am - Service
- Catholic**
Sacred Heart Church
715 4th Street, Alamosa
Saturday, 4:00 p.m. - Mass
Saturday, 6:00 p.m. - Spanish Mass
Sunday, 8 a.m. - Mass
Sunday, 10:30 a.m. - Mass
- Hooper Church**
3rd and Adams, Hooper
Sunday, 9 a.m. - Morning Worship
- Meditation, Kriya**
Mountain Institute
Alamosa - (575)759-5876
- United Church of La Jara**
522 Walnut, La Jara
719-274-5250
Terry Buckman, Pastor
Cell Phone: 339-8444
Office Hours: Mon. 9:00 am - 12:00
Sunday 9:00 am - Contemporary
Coffee Fellowship 10:00 am
- Christian Science Services**
400 Ross Avenue, Society Hall, Alamosa
Services - Sundays at 10:00 p.m.
The second Wednesday of each 4 p.m.
Thanksgiving Day 10 a.m.
- Pioneer United Church in Del Norte, Colorado**
A Congregation of Evangelical Covenant Order Presbyterians
630 Spruce St. (1.5 blocks south of Hwy. 160)
Adult Sunday School - 9:30 a.m. Sunday
Coffee Fellowship - 10:30 a.m. Sunday
Worship Service - 11:00 a.m. Sunday
- Church of the South Fork**
0116 Lenden Dr., South Fork, Co, 81154
Sunday are at 9 am - Services
School Room. Choir is held on Wednesday at 6pm during the summer months with a final practice at 8:15am on Sunday
- Christian**
Bethel Christian Church
Pastor Erik Lira
Worship Service Sunday 3:00 p.m.
Bible Study Wednesday 7:00 p.m.
Bilingual Services
Monday Free Music Classes
Instrumental Classes 7:30 - 8:30 p.m.
Voice & Bass Guitar 6:30 - 7:30 p.m.
- Word of Faith Christian Center**
401 Santa Fe, Alamosa
Sunday, 10:00 a.m.
Wednesday, 6:00 p.m.
Friday, 6:00 p.m. M.O.S.H. Youth Night
- The Peak Community Church**
510 San Juan, Alamosa
Sundays, 6 p.m. - Fellowship
Sundays, 7 p.m. - Worship & More
- Pentecostal**
Alamosa Pentecostal Church
184 East 2nd St., Alamosa - 719-589-0475
Pastor Carl Sutter
Bible Study Wednesday 7:00 p.m.
Sunday School Sunday 1:00-1:45
Worship 2:00-3:00
- Christian Fellowship Church**
The Door
1300 West 12th St., Alamosa
Pastor Martin Montoya • 719-587-6197
Sunday, 11:00 a.m. - Sunday School
Sunday, 11:00 a.m. - Worship
Sunday, 6:30 p.m. - Victory Service
Wednesday, 7:00 p.m. - Revival
- Christian Independent**
Alamosa Christian Church
410 McQuerry, Alamosa
Sunday, 9:30 a.m. - Sunday School
Sunday, 10:30 a.m. - Worship
Wednesdays, 7:00 p.m. - Family Night & Youth Group
- Christian Reformed**
Alamosa Christian Reformed, 719-589-3493
1861 Rd 10 S., Alamosa
Pastor Philip VanderWindt
Sunday, 9:00 a.m. - Sunday School
Sunday, 10:15 a.m. - Worship
- Churches of Christ**
Alamosa Church of Christ
408 Victoria Avenue, Alamosa
Sunday, 9:30 a.m. - Bible Classes
Sunday, 10:30 a.m. - Worship
Wednesday, 7 p.m. - Bible Study
Healing Hearts, a Bible-based 12 step group meets, every Friday at 7 p.m.
- South Fork Church of Christ**
205 Birch St., South Fork, 719-873-1259
Nathan Wheeler Pastor
Sunday School, 9:00 a.m.
Sunday Worship, 10:00 a.m.
- Central Church of Christ**
200 Franklin Street, Monte Vista, 719-852-3811
David L. Baker Preacher
Sunday, 9:30 a.m. - Bible Class
Sunday, 10:30 a.m. & 6 p.m. - Worship
Wednesday, 7 p.m. - Bible Study
- San Luis Valley Church of Christ**
704 Del Sol, Alamosa, 719-589-2114
Sunday Bible Study 9 am
Sunday Worship 10 am
Wednesday Bible Study 6 pm
- Cornestone Community Church**
Hwy. 160 Del Norte next to Rio Grande Medical Clinic
Pastor Mark 719-657-9107
Sunday 9:50 a.m. free breakfast
Sunday 10:20 a.m. Contemporary
Worship & Children Sunday
- Episcopal**
Saint Thomas Episcopal Church
607 4th Street, Alamosa
Sunday, 9 a.m. - Service
- Saint Stephen the Martyr**
729 3rd Avenue, Monte Vista
Sunday, 10 am Service
- First Christian Church**
518 First St. (First & State) Alamosa
589-6805
Sunday, 9:15 a.m. - Sunday School
Sunday, 10:00 a.m. - Church Service
Wednesday, 6:30 p.m. - Bible Study
- Valley Fellowship**
240 East 5th Street, Center - 719-754-3004
Sunday, 10:30 a.m. - Contemporary
Worship, Prayer and Bible Study
*Bible Studies during the week, call for information.
- First United Methodist**
First United Methodist Church
2005 Mullins Ave., Alamosa - 719-589-2243
"Open Hearts, Open Minds, Open Doors"
Morning Worship - Sunday, 11:00 am
Children's Church - Sunday, 10:30 am
Community Churches
United for Christ Community Church (SBC)
"Community Centered Around Love"
7th & Broadway in Blanca - 719-379-3317
Sunday School 9:30-10:30
Worship Service 11am
- Bible Believer's Community Church**
11762 E US HWY 160, Alamosa, Co 81101
719) 206-3239
Sunday worship 10:30
Wednesday Bible Study 7 pm
www.bbcchurch.co
- Presbyterian**
Alamosa Presbyterian Church
330 San Juan Avenue, Alamosa
Sunday, 10:30 a.m. - Traditional Worship
- Hispanic Pentecostal**
Iglesia Believer's Community Church
907 Tenth St., Alamosa - 719-587-3546
Guadalupe Salazar Pastor
Wed. 7:00 p.m. Service
Sat. 7:00 p.m. Youth Service
Sun. 10:00 a.m. Sunday School
Sun. 5:00 p.m. Worship
- New Hope Church**
"The Church on the Hill"
25258 Hwy 160, South Fork, Co. 81154
Pastor John Jayne • 719-873-1202
www.newhopest.com
Morning Worship - 10:00 am
Sunday School for all ages - 9:00 - 9:45
- Anabaptist Fellowship of Alamosa**
330 San Juan Ave., Alamosa, CO 81101
alamosafellowship@gmail.com
Sunday 4:30 PM Worship in the north wing of the Alamosa Presbyterian Church
- Independent, Fundamental Baptist**
First Baptist Church of Costilla County
9717 County Rd H, Mesita - 719-206-0011
Pastor Paul Jones
Sunday, 9:45 am - Sunday School
Sunday, 10:45 am - Morning Worship
Sunday, 12 Noon - Potluck Dinner
Sunday after dinner - Afternoon Worship
Thursday, 7:00 pm - Mesa, Bible Study and Prayer meeting
- DEAF MINISTRY FOR ALL SERVICES**
Jesus Christ of Latter Day Saints
Church of Jesus Christ of Latter Day Saints
Alamosa Y S A Ward
300 Richardson Avenue, Alamosa
Sunday, 12:30 p.m. - 2:30 p.m. Alamosa Second Ward
927 Weber Drive, Alamosa
Sunday, 9:00 a.m. - 12:00 p.m. Alamosa Third Ward
300 Richardson Avenue, Alamosa
Sunday, 9:00 a.m. - 12:00 p.m. Alamosa Fourth Ward
927 Weber Drive, Alamosa
Sunday, 11:30 a.m. - 2:30 p.m. Sierra Vista Branch (Spanish Language)
300 Richardson Avenue, Alamosa
Sunday, 10:15 a.m. - 1:15 p.m.
- Lutheran**
St. Peter's Lutheran Church & School
Church: 1821 Grande Avenue, Monte Vista
School: 330 Faraday Street, Monte Vista
Sunday, 10:15 a.m. - Services
School: K-8, Monday-Thursdays
- Trinity Lutheran Church & School**
52 El Rio Drive, Alamosa
Sunday, 8:45 a.m. - Bible Study
Sunday, 10 a.m. - Worship
Small Bible Study Groups Throughout the Week
-Pre-School through 5th grade
Church: 589-4611, Church: 589-3271
Conejos Canyon Community Chapel
20062 State Hwy. 17 (between mile posts 21 and 20)
Fellowship Sunday, 8:30 a.m.
Sunday, 9:00 a.m. - Worship Service
- Mountain Valley Church**
408 State St., Alamosa
Pastor: Richard Pinkerton
589-2899 or 588-7682
Sunday, 9:30 a.m. - Sunday School
Sunday, 10:30 a.m. - Worship Service
- Presbyterian Church of Monte Vista**
702 Second Avenue, Monte Vista
(719) 852-2555
Sunday, 9:45 a.m. - Sunday School
Sunday, 11 a.m. - Sunday Worship
- Seventh-day Adventist**
Seventh-day Adventist Church
315 Craft Drive, Alamosa
Saturday, 9:30 a.m. - Bible Study
Saturday, 11:00 a.m. - Worship
- United Methodist**
Mosca United Methodist Church
538 Barker Street, Mosca
970-270-3078
Pastor Steve Dunkel
Sunday Worship: 8:00 a.m.
- Unitarian Universalist**
Unitarian Universalist Fellowship
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9851 CR 4 S., Alamosa, CO
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Randy Brown - 719-588-7004
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Bible Digest

Saturday, July 20, 2024

"For what shall it profit a man, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul?" (Mark 8:36-37 AKJV)

There is nothing more important than the soul of man. Put it in God's capable Hands.

Sunday, July 21, 2024

"Hatred stirs up strife; but love covers all sins." (Proverbs 10:12 AKJV)

Enough of the hate. Let's allow the love of the Lord to take hold of our hearts.

Monday, July 22, 2024

"And he sat down, and called the twelve, and said to them, If any man desire to be first, the same shall be last of

all, and servant of all." (Mark 9:35 AKJV)

Servants are a blessing and are blessed.

Tuesday, July 23, 2024

"And whoever shall offend one of these little ones that believe in me, it is better for him that a millstone were hanged about his neck, and he were cast into the sea." (Mark 9:42 AKJV)

Those who stand in the way of children who want the Lord are in big trouble with God.

Wednesday, July 24, 2024

"But from the beginning of the creation God made them male

and female." (Mark 10:6 AKJV)

It's really that simple.

Thursday, July 25, 2024

"God is our refuge and strength, a very present help in trouble." (Psalms 46:1-4)

God is not far away. He is near. Let Him meet the needs of your life.

Friday, July 26, 2024

"Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth." (Psalms 46:10 AKJV)

Don't forget. God is still on the throne.



The World Can't Give It to You

People search for happiness in a lot of places. They look to things like relationships, money, vacations, houses, clothes, and even open doors of opportunity. Yet, while these things can bring a degree of excitement for a period of time, happiness is based on what is happening "in the moment."

I was a Christian for several years before I understood that enjoying true peace, joy and fulfillment is the most important thing in life. It's something that goes far beyond happiness to a deeper joy, regardless of our circumstances. And no matter what we own, where we go, or what we do, only one thing can give us this true satisfaction—God.

Simply put, without God, we will never truly be able to have everyday joy.

Psalms 27:4 has become one of the foundational scriptures of my life. It says, "One thing have I asked of the Lord, that will I seek, inquire for, and [insistently] require: that I may dwell in the house of the Lord [in His presence] all the days of my life, to behold and gaze upon the beauty [the sweet attractiveness and the delightful loveliness] of the Lord and to meditate, consider, and inquire in His temple."

Seek is a strong word. It means "to crave, pursue, and go after something with all of your might." Many people want a greater relationship with God—and they want to have the immense joy and fulfillment that comes with it—but they don't *crave* and *pursue* Him or lay aside other things in order to have it."

I love Psalm 16:11. It says, "You

will show me the path of life; in Your presence is fullness of joy, at Your right hand are pleasures forevermore."

The Lord desires for us to *live* with His joy—to be permanently, *consistently* satisfied. This all comes from spending quality time with God...from reading and studying His Word, talking to Him in prayer, or simply sitting quietly in His presence.

The truth is everything we need to live a joyful, successful life is waiting for us in His presence. Because of the sexual abuse I suffered as a child, I was forced to grow up quickly and worry about things a child should never have to worry about. As a result, I never had the chance to be a kid—to enjoy life care-free and simply have fun. As far back as I could remember, I was always tremendously serious and intense.

Maybe you can relate. Maybe life has thrown you some curves and left you joy-less. Or maybe you are so caught up in the hurry and worry of everyday life that you've forgotten how to simply stop, have fun, and enjoy yourself. If so, I want you to look at Matthew 11:28. Jesus says, "Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.]"

Jesus offers us *rest and relief*. It's the rest we need to live in the world and deal with stressful situations without letting them upset us, ruin our health or steal our joy. It's a supernatural rest we can only find through a personal relationship with Him—it's not something we can find in the

Moving Up Higher
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world.

What is our part? We simply need to go to Him! Jesus never promised us we'd have a trouble-free life, but He said we can live above our circumstances. With His grace, wisdom, peace and strength, we can deal with stress and trouble and maintain a good attitude. His rest is a rest we can have in our souls—our mind, will and emotions.

Having this rest is like giving your soul a vacation. It means that no matter what's going on, you don't have to worry about it and try to figure everything out. It's a wonderful place to be, because when your soul is at rest in Christ, your emotions are stable and you have peace and joy.

For more on this topic, order *Joyce's three-part teaching resource Joy and Enjoyment*. You can also contact us to receive our free magazine, *Enjoying Everyday Life*, by calling (800) 727-9673 or visiting www.joycemeyer.org.

Joyce Meyer is a New York Times bestselling author and founder of Joyce Meyer Ministries, Inc. She has authored more than 140 books, including BATTLEFIELD OF THE MIND and OVERCOMING EVERY PROBLEM (FaithWords). She hosts the Enjoying Everyday Life radio and TV programs, which air on hundreds of stations worldwide. For more information, visit www.joycemeyer.org.

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Lifestyle



Adventure awaits, even close to home

It's not uncommon for individuals to think that the ultimate vacation adventure requires venturing far and wide. But there are plenty of exciting ways to get your thrills even if you don't stray too far from home. Here is how to plan a summer adventure right in your own neighborhood.

- Visit an amusement or theme park. Spending a day or two at a theme park or amusement park can expose travelers to different rides, sights, attractions, food, and people. Six Flags Entertainment Corporation operates 27 parks across the United States, Mexico and Canada. Water parks, summer carnivals and local theme parks also can make for fun excursions.

- Scale great heights. Figure out what is the highest peak where you live and then hike to the top of that lookout. Many of the tallest peaks in North America are along the border between the state of Alaska and Canada, but there are plenty of

lofty elevations elsewhere on the continent.

- Try a new food. Experience a new culture by visiting a restaurant that serves food from a country that you've never visited. You can score even more brownie points if you opt for an ingredient that is new to you as well.

- Go rafting or tubing. The power of moving water is very impressive. Rafting and tubing enables people to get swept away by rapids and see the landscape as it goes rushing by. Choose a pace that suits you and build up rapid size and speed as you gain more experience.

- Try a new water sport. Stand-up paddleboarding or kayaking can be entertaining ways to enjoy the water. These are not only great adventurous activities, they're also solid workouts for many parts of the body.

- Go fishing. Fishing may seem like a slow-paced sport, but your adrenaline soon will be pumping when a fish bites and you're reeling in a

monster catch. Some of the best times to fish are at dawn and dusk when fish are more likely to hit.

- Swim in the ocean. Head to the coast and dive through the waves. The summer months are the perfect times to take a dip as the ocean water becomes a more comfortable swimming temperature. Always swim in locations where lifeguards are present, and be sure to check red flag warnings for rip currents or rough surf. Keep an eye out for marine life as well.

- Catch a baseball game. Purchase tickets to a game at a stadium near you and cheer on the team with thousands of other fans. In addition to watching Major League Baseball, there are many minor league teams with impressive stadiums. Tickets for minor league games may be easier to come by and softer on the wallet.

Summer adventures do not have to require traveling far. There are plenty of exciting ideas close to home.



Get summer road trip ready

Road trips can present a perfect escape any time of the year, but they're especially popular during the summer when people have time off from school and work. According to a 2024 summer travel survey from The Vacationer, 82 percent of Americans were planning to travel this year, and driving is the most popular method of getting around. Seventy-five percent of those in the U.S. intend to take at least one road trip this summer. The 2024 Blue Cross Travel Study revealed that more Canadians are optimistic about travel and are planning more trips this year.

Perhaps road trips are so popular because they don't require booking tickets, complicated transportation to and from airports and rigid itineraries. Many road trips can be spur of the moment, explore-as-you-go excursions. But it still pays to prepare a bit for an upcoming road trip. These guidelines can get you started.

- Create a generalized itinerary. While it may be tempting to fill up the gas

tank and see where the ride takes you, an itinerary will ensure that you know distances between stops so that you will not get burnt out by driving. Use mapping apps to research the trip before departure and plot out points of interest and where you will rest, fuel up (both body and vehicle) and stay overnight.

- Slow is pro. A large part of the road trip is about the ride itself. Resist the temptation to speed and rush through various towns. Get out and stretch your legs as much as possible and take advantage of roadside attractions, tourist traps, rest stops, restaurants, and so much more.

- Find your inspiration to travel. Check out travel blogs, online videos and magazines or get recommendations from friends and family regarding spots of interest. Maybe you've always dreamed about seeing the California Redwoods but you live on the East Coast? It may take several days, but an epic road trip adventure can get you to your destination no matter how far away it

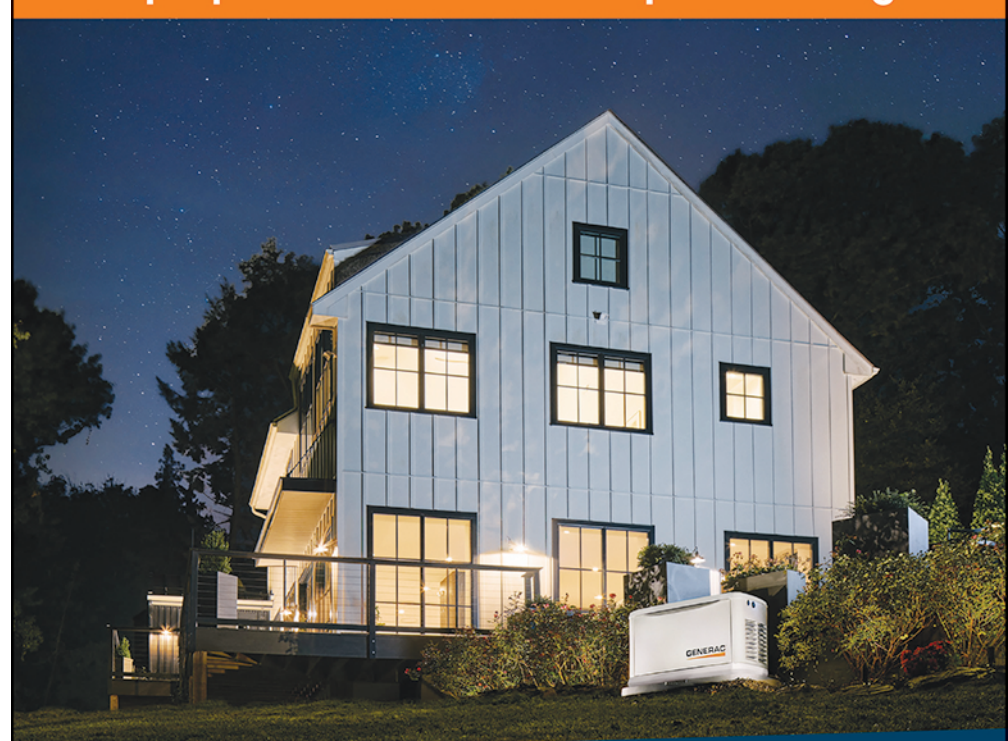
might be.

- Emphasize fuel efficiency. Fuel is one of the biggest expenses on a road trip. Before setting out on the trip, ensure that the vehicle is inspected and road-ready. This means that oil and fluids have been changed and the tires are in good shape (with a spare on hand). While driving, stick to the speed limit and do not over-pack the vehicle, as more weight leads to greater fuel consumption.

- Research everything about your destination(s). Who can forget the deep disappointment when the Griswold family reaches Wally World, billed as "America's Favorite Family Fun Park," after a cross-country trip from Chicago only to discover it is closed for the next two weeks for repairs? Before such mishaps happen to you, make sure you know the hours of places you plan to visit, as well as any scheduling changes that may be happening while you're traveling.

These are just a few tips for having a road trip to remember this summer.

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Lifestyle

6 tips for staying hydrated this summer

Summer is marked by hot and humid conditions. After all, the band The Lovin' Spoonful didn't sing, "Hot town, summer in the city. Back of my neck getting dirty and gritty" because the summer weather is crisp and cool. Although summer temperatures can make a day at the beach or in the pool ideal, that rising mercury also can contribute to dehydration.

The Mayo Clinic advises that water is critical to every cell, tissue and organ in the human body. The body relies on water to function properly. Water helps to regulate body temperature, flush waste from the body, lubricate and cushion joints, and promote healthy digestion. And that's just the start. So when temperatures climb and the body begins sweating to cool off, it is vital to replenish lost fluids at a faster rate. The U.S. National Academies of Science, Engineering and Medicine says women should consume 2.7 liters of fluid per day, while men need 3.7 liters. These amounts increase if one is exercising, sweating, has an illness like a fever, or is vomiting.

The following are six ways to stay properly hy-

drated to avoid adverse reactions during hot summer days.

1. Consume a glass of water when you wake up. Start the day off with some water to give you an energy boost and get your metabolism moving.
2. Coffee and tea count toward fluid intake. Drinking your favorite tea or coffee is another way to take in fluids. A 2016 meta-analysis published in the Journal of Science and Medicine in Sport found that caffeine doesn't contribute to dehydration for healthy adults, so having a cup or two should be fine.
3. Certain foods are hydrating as well. Hydrating foods include cucumbers, celery, tomatoes, watermelon, strawberries, grapefruit, and peppers. The Mayo Clinic says the average person gets 20 percent of his fluid intake from food.
4. Make water more fun. Add unsweetened flavoring to water if you find plain water too bland. You can squeeze in lemon or lime juice, or float cucumber or apple slices in the water for some flavor.
5. Reach for calorie-free beverages before food. It's easy to mistake the signs



of dehydration for hunger. By drinking a glass of water or another unsweetened beverage prior to every meal, you can stay hydrated and reduce the amount of food you eat. This can be part of a healthy weight loss plan.

6. Occasionally consume electrolyte powders and drinks. Working out in the heat or sweating profusely can unbalance electrolytes in the body. The Cleveland Clinic says electrolytes are substances that help the body regulate chemical reactions and maintain balance between fluids inside and outside of your cells. They include sodium, calcium and potassium. An electrolyte-infused beverage can help replenish these lost substances.

Staying hydrated is essential at all times, but it's especially important when summer temperatures can make loss of body fluid more significant.

Boulder named one of six finalists to host the iconic Sundance Film Festival

By JASON BLEVINS
Colorado Sun

Boulder is one of six finalists to host the Sundance Film Festival beginning in 2027.

After asking potential host cities to submit proposals, the Sundance Institute on Friday announced six potential new locations for the 10-day festival, which has been held in Park City, Utah, since it was created in 1985 by Robert Redford as a venue for up-and-coming filmmakers.

In a statement, Colorado Gov. Jared Polis, a Boulder resident, said he was "so excited" that Boulder made the cut for final review.

"With the beautiful backdrop of the Flatirons, Boulder's historical ties to the Redford family, and the capacity to support a growing, inclusive festival, we are confident that Boulder, Colorado, is the right home for the Sundance Film Festival," Polis said. "I am thrilled the Sundance Institute recognizes the potential in relocating to my hometown and look forward to the many benefits this would bring to the entire state, as well as to the fes-

tival." Boulder is competing against bids from Atlanta, Cincinnati, Louisville, Kentucky, and Santa Fe, and a combined proposal from Park City and Salt Lake City.

Ebs Burnough, the chair of the Sundance Institute board, and Amanda Kelso, the acting CEO of the institute, issued a statement saying the six finalists offer a sustainable future for the festival and "build upon its legacy while continuing to support the next generation of storytellers and highlight bold new works of art."

"For over 40 years, Sundance has supported, sustained, and helped shine an essential spotlight on independent filmmakers and their work," reads the joint statement, which noted that Sundance organizers would soon visit each of the cities.

The Colorado Economic Development Commission last month gave Boulder organizers a \$1.5 million grant to help lure the Sundance Festival for 10 years beginning in 2027. The Boulder coalition includes Visit Boulder, city officials,

the Boulder Chamber, the University of Colorado and the yet-to-be-built Stanley Film Center at the Stanley Hotel in Estes Park.

Last year, state economic boosters put up \$300,000 to help the hotel and Estes Park land the Sundance Institute Directors Lab for the next two years.

Last month, Polis said "the evolution from Park City to Boulder is a logical one" for the film festival, noting that Redford attended CU Boulder.

Film industry champions in Colorado say the Sundance Film Festival could bring 40,000 to 50,000 visitors to Boulder and Denver in the middle of the typically slow season of late January and early February. The event could generate \$5 million in annual tax revenue for Boulder with economic impacts reaching \$50 million a year as attendees explore Colorado's winter landscapes beyond the festival.

The Office of Economic Development and International Trade said that number could be closer to \$100 million, based on economic reports from Park City.

Colorado groups applaud new BLM oil and gas rule to protect wildlife

By CHASE WOODRUFF
Colorado Newswire

Colorado conservation advocates are applauding a new plan by the Bureau of Land Management to enact stricter wildlife protection rules for oil and gas operations on 13 million acres of public land across the state.

BLM officials and conservation groups say the new policies, which were formally proposed Thursday after a two-year environmental review period, will help mitigate the risks that oil and gas activity poses to high-priority big game habitat and in particular will address growing concerns from state wildlife officials about the sustainability of Colorado's elk herds.

"The BLM is at the forefront of big game habitat conservation efforts for public lands in Colorado, taking this transformational step to align management with the State of Colorado, which has some of the strongest protections for wildlife in the U.S.," Doug Vilsack, the agency's Colorado state director, said in a press release. "We will partner with stake-

holders to achieve thriving big game populations while maintaining multiple uses of the public's lands."

The proposal would amend a dozen so-called resource management plans used by local BLM field offices to administer agency-managed lands and subsurface rights across Colorado. The new rules would require oil and gas operators to follow the more stringent state-level wildlife protections mandated by the Colorado Energy and Carbon Management Commission and limit drilling activity to a density of one location per square mile or less.

"Public lands provide critical habitat for Colorado's big game herds, and the BLM has a responsibility to ensure it remains connected and functional," John Rader, the public lands program manager at the San Juans Citizens Alliance, said in a statement. "We support the BLM's efforts to align with state policy and mitigate impacts to big game habitat from oil and gas development."

Long considered a conservation success story, elk populations in Colorado rebounded over the 20th

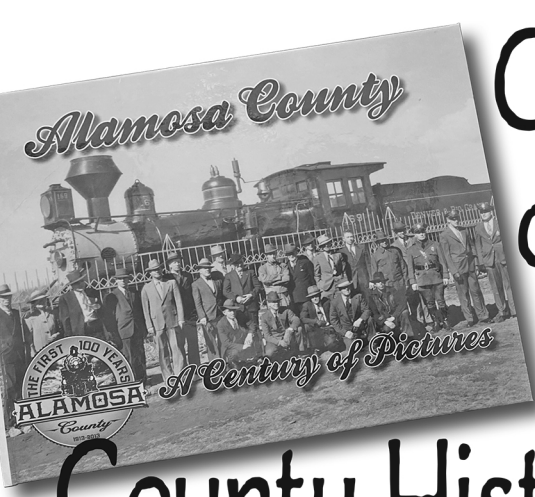
century due to strict state hunting regulations, growing from less than 1,000 animals in the early 1900s to over 300,000 today. But since peaking in the early 2000s, elk populations in western Colorado have declined due to habitat loss, drought, reduced calf survival rates and other factors, officials from Colorado Parks and Wildlife wrote in an update to the region's herd management plans last year.

"How many elk Colorado can support in the future given current and expanding levels of anthropogenic disturbance and influence is currently in question," CPW officials wrote.

More than half of the land managed by the BLM in Colorado is considered high-priority habitat for elk, according to the agency. The proposal also aims to better protect habitat for mule deer, pronghorn and bighorn sheep.

Thursday's announcement of the agency's proposal begins a 30-day protest period and a 60-day review by Colorado Gov. Jared Polis, after which the new policies will take effect.

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Classifieds

221 - HELP WANTED

MONTE VISTA SCHOOL DISTRICT is accepting applications for a MAINTENANCE EMPLOYEE. This is a full-time position with benefits. Monte Vista School District offers a competitive salary and an excellent benefit package including employee health, dental, vision, and life coverage. The salary for this position will be paid from the current MVSD Maintenance and Custodial Salary Schedule, which can be viewed on the district website - Employment Opportunities page. Placement on the salary schedule will be determined by experience at time of hire. Applications may be submitted through our online employment application <https://www.pirates.monte.k12.co.us/employmentopportunities> by July 18, 2024 or until the position is filled. (7/24/24)

JR/SR HIGH LANGUAGE ARTS TEACHER needed at DEL NORTE JR/SR HIGH SCHOOL. Applicants must have a bachelor's degree or higher and possess or be able to obtain a Colorado Teaching License with a secondary Language Arts endorsement. Please submit your application, resume, and cover letter to: Annie Hardy, DNHS Principal at ahardy@urtigers.co or contact Mrs. Hardy at 719-657-4020. Applications can be picked up at the District Office or online at www.urtigers.co. (8/7/24)

DEL NORTE ELEMENTARY SCHOOL is seeking an energetic, caring individual to serve as a SPECIAL EDUCATION PARAEducator. Applicants must have a high school diploma and prior experience working with students with special needs is preferred. Please submit your application to Amy Duda, DNES Principal at 950 French Street, DEL NORTE, CO 81132; aduda@urtigers.co; or call at 719-657-4050. The position will be open until filled. You can pick up an application at the District Office or on-line at urtigers.co. (8/6/24)

DEL NORTE JR/SR HIGH SCHOOL is looking for an energetic and experienced candidate to serve as the district's STRENGTH & CONDITIONING COACH. This position will assume the responsibility and obligation of establishing and maintaining a strength and conditioning program for all sports. Additional responsibilities include teaching junior high school physical education and high school physical education/weight training courses. Applicants must have a bachelor's degree and either possess or be able to obtain the appropriate Colorado teaching license. Please submit your application, resume, and cover letter to: Annie Hardy, DNHS Principal at ahardy@urtigers.co or contact Mrs. Hardy at 719-657-4020. Applications can be found online at www.urtigers.co. (8/6/24)

THE TOWN OF CENTER is excited to announce an opening in our PUBLIC WORKS DEPARTMENT. We are seeking a motivated and skilled individual to join our team. This position offers the opportunity to directly serve the Center community, playing a vital role in Serving as the town's Enforcement agent in code, building and animal control. It is a full-time position. We are recruiting for one ENFORCEMENT OFFICER. Applicant must also have the ability to interact with customers and possess good communication skills. Applicant must also pass a background check and pre-employment drug testing. The candidate will also be subject to random drug testing. The job description and the application is on the Towns website, townofcenter.colorado.gov. Please submit your application to Town Hall or email to jhurtado@centerco.gov. The deadline is until positions are filled. (7/20/24)

221 - HELP WANTED

CENTER IN NEED OF WORKERS. There are SEVERAL POSITIONS AVAILABLE. Hours 8:00 am-???. Competitive wages. Please inquire at MOUNTAIN KING SPUD GROWERS, 1090 South Miles Street, Center, CO. (8/7/24)

EDUCATION MANAGER: CENTER HEAD START is searching for an EDUCATION MANAGER. Applicants must have a Bachelor's degree in Early Childhood Education or equivalent, experience working with diverse children and families, knowledge of Early Childhood development and ECE reports. Highly advised that applicants have good communication skills, leadership skills and ability to plan and problem solve. Applications can be picked up at the Center Head Start Office or on the website. Questions please call the office at 719-759-9259. (7/31/24)

FAMILY SERVICES MANAGER: CENTER HEAD START is looking for a highly motivated FAMILY SERVICES MANAGER. Applicants must have strong interpersonal and communication skills. Required to have a degree, certificate or credential in social work, human services, family services, or counseling related field at hire or within 18 months of hire. This position works closely with our families to help them reach their goals and create community partnerships. Highly preferable if bilingual (English/Spanish). Applications can be picked up at the Center Head Start Office or on the website. Questions, please call the office at 719-759-9259. (7/31/24)

SANGRE DE CRISTO has openings for the following positions: SCHOOL COUNSELOR; K-12 MUSIC TEACHER; MS FOOTBALL; HS BOYS & GIRLS BASKETBALL; NUTRITION STAFF. Please contact Dave Crews for more information 719-420-1422 or Jenna Mondragon at 719-717-0871. (7/24/24)

RIO GRANDE COUNTY is hiring! Available full-time positions with competitive pay and benefits include: ASSESSOR'S OFFICE APPRAISER TRAINEE; PUBLIC HEALTH NURSE; ROAD & BRIDGE EQUIPMENT OPERATOR; SHERIFF'S OFFICE DETENTION/DISPATCH DEPUTY; Sheriff's Office DETENTION/DISPATCH SERGEANT and CORPORAL; Sheriff's Office ROAD DEPUTY; Sheriff's Office JAIL COOK; SOCIAL SERVICES LEGAL TECHNICIAN MANAGER. Benefits include medical, retirement, and paid time-off. Visit www.riograndecounty.org for details including applications and job descriptions or pickup at Human Resources; 925 6th St., Rm. 200, DEL NORTE, CO. (7/26/24)

304 - LAWN & GARDEN

SPRINKLER REPAIR & INSTALLATION. Quick Service!! Call evenings & weekends: 719-580-0033 or 719-376-2593. (8/2/24-monthly)

324 - SEED & FEED

HORSE & COW HAY: GRASS, GRASS/ALFALFA, ALFALFA. 3x3 bales, various quality and pricing. 719-850-8917. (8/7/24-monthly)

HAY FOR SALE: \$7 bale. 719-274-0380. (8/6/24)

341 - GARAGE SALE

MULTIFAMILY GARAGE SALE: Friday, July 19th & Saturday, July 20th. 7:00am-1:00pm. 721 Diamond Drive, ALAMOSA. Kids toys and lots of misc. items. (7/20/24)

341 - GARAGE SALE

YARD SALE-LOTS OF miscellaneous items including clothes, household goods and lots more. 8-2 at 8544 Ironfield Road in ALAMOSA. (7/20/24)

YARD SALE: SATURDAY, 7/20/24, 8AM, 4726 State Hwy. 17, ALAMOSA. Something for everyone! (7/20/24)

HUGE MULTI-FAMILY ESTATE SALE: Ammunition, tools, clothes, bedding, appliances, & much more. 20 Meadow Lane, MONTE VISTA. Friday 7/19 8am-4pm & Sat. 7/20 8am-noon. (7/20/24)

ESTATE, RETIREMENT & MOVING SALE - Thursday 7/18 - Sunday 7/21. 8:00 to 4:00 daily - Lots of collectables. If you can't find something here, you don't need anything else!!! COUNTRY LINE & LANE 8 NORTH- watch for signs. (7/20/24)

GARAGE SALE: FRIDAY 7/19 & Saturday 7/20, 8AM-2PM, 307 14th, ALAMOSA. Lots of women's clothing! (7/20/24)

SECOND CHANCE INDOOR YARD SALE. Saturday, July 20th, 8am-2pm. BREAKFAST BURRITOS & Grannie's BAKE SALE, & FREE COFFEE. Sacred Heart Church, 709, 4th St., ALAMOSA. (7/20/24)

360 - MISC. FOR SALE

ZACH'S EUROPEAN MOUNTS. Professional work, low prices. 719-580-0398. (TFN-AS)

368 - PETS & SUPPLIES

AKC FRENCH BULLDOG Puppies, Ready to go Aug. 7, full DNA, chipped, wormed, shots, 30 days insurance, lifetime support \$3,500 719-640-6404 www.DuneView-Frenchies.com. (8/3/24)

401 - BUSINESS PROPERTIES

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426 - MOBILE HOMES FOR SALE

FOR SALE IN ALAMOSA COUNTY: 1980 GLENWOOD TRAILER HOUSE \$6,700. Must be moved. 402-269-7172. (E-TFN-AS)

601 - APARTMENTS FOR RENT

NICE 1 BEDROOM with W/D, across from ASU. Call 719-251-3597. (7/27/24)

REDUCED: EAST ALAMOSA, 1 BEDROOM, \$645/ month, \$700/ deposit, utilities included. Employment required. 719-580-3710. (7/27/24)

2 BEDROOM NEAR ASU/ Hospital, 1204 Lincoln. No smokers/vapors. 1 year lease, references. 719-588-1422. (7/26/24)

Accepting applications for 1 bedroom apartments. Must be 62 or older or disabled **Cielo Vista**

Apartments 166 S. Wills Center, Colo 754-3664

TTY 1-800-659-2656 This institution is an equal opportunity provider & employer

Accepting Applications for 2 & 3 bedroom family units **Valley Grande Apts.** 2256 E. Drive Monte Vista, CO 852-4302

TTY 1-800-659-2656 This institution is an equal opportunity provider & employer

601 - APARTMENTS FOR RENT

Accepting Applications for waiting list for 2 & 3 bedroom apartments. Family units available

West View Villas 510 Dunham Monte Vista, Colo 852-3949

TTY 1-800-659-2656 This institution is an equal opportunity provider & employer

Accepting applications for 2 & 3 bedroom apartments. Rent based on income for qualifying households.

Gomez Manor Apts. 804 State St. Antonito, Colo. 376-2388

TTY 1-800-659-2656 This institution is an equal opportunity provider and employer

Accepting applications for 2 bedroom apartments. Family living at an affordable price.

Guadalupe Hacienda Apts. 404 W. 8th Antonito, Colo. 376-2025

TTY 1-800-659-2656 This institution is an equal opportunity provider and employer

611 - HOMES FOR RENT

2 STORY HISTORIC RENOVATED 4 BEDROOM, 2.5 BATH. Appliances furnished. Deck, shop, garage, large fenced in backyard. Excellent neighborhood; 416 2nd Ave., MONTE VISTA. \$2150/month, plus utilities. Yearly lease; available now. Contact 719-852-5101 or 719-852-5350. (8/17/24)

701 - AUTOS FOR SALE

THE ADDIDITS JOB. THANK YOU. MARK



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Comics

CROSSWORD PUZZLE

NEA Crossword Puzzle

- ACROSS**
- 1 Comedian — Leno
 - 4 Hit B'way sign
 - 7 Actress — Thompson
 - 11 The "I"
 - 12 Retained
 - 14 Mournful sound
 - 15 — Claire, WI
 - 16 Nautical word
 - 17 Slithered
 - 18 Pragmatic
 - 21 Isle of —
 - 22 Snapshot, for short
 - 23 Circle portion
 - 25 Meat and dairy shunner
 - 28 Discompose
 - 32 Miscalculate
 - 33 Shore bird
 - 35 Lamb's pen name
 - 36 Eager
 - 38 Mattress option
 - 40 Priestly vestment
 - 41 Found
- DOWN**
- 1 Military wheels
 - 2 Kanten
 - 3 "I Never Promised — Rose Garden"
 - 4 Winter fun
 - 5 Object from antiquity

Answer to Previous Puzzle

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

- 6 Energy cartel
- 7 Print measures
- 8 Biology variety
- 9 Some is spam
- 10 Actor — Garcia
- 13 Oolong
- 19 Books pro
- 20 Roman household god
- 24 GPS suggestion
- 25 Calf meat
- 26 Therefore
- 27 Market offerings
- 28 Trudge
- 29 Sprite
- 30 Small brook
- 31 Infant
- 34 Take advantage of
- 37 Opening
- 39 Like some professors
- 42 Scot's cap
- 44 Say further
- 46 Expel
- 47 Imperfection
- 48 River in Yorkshire
- 50 Out sick
- 51 Make airtight
- 52 Stickum
- 53 Sign over a diner
- 54 Colorants
- 56 Took a load off

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	

SUDOKU

DIFFICULTY RATING: ★★★★★

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

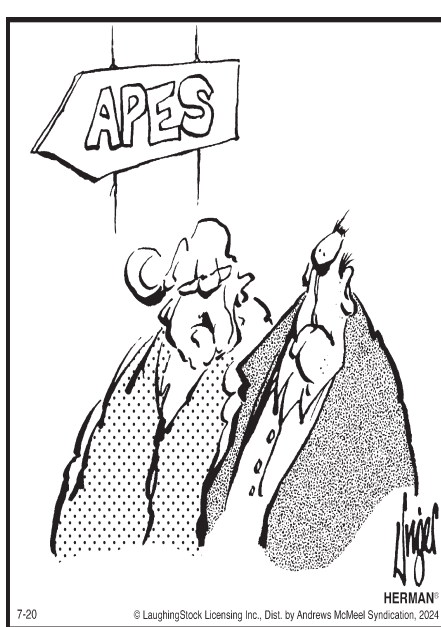
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PREVIOUS SOLUTION

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

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

HERMAN



"I wonder if they'll remember you."

Son's family won't accommodate grandma when she visits

DEAR ABBY: My son and his family live six hours from me. I can afford the gas to drive there, but paying for a hotel room for two nights is beyond my means. My son is a stay-at-home dad of seven children. When I asked his wife if I could stay at their place, thinking one child could make a pallet on the floor, giving me their bed, she said she didn't want to put their child out.

At my age, I can't sleep on the floor because I have some health issues. This means I can't see my son and his family. They don't offer to help pay for a room. I remember when someone stayed in my parents' home, they gave up their bedroom to the guest. I don't expect my son and his wife to give up their room, but one of the children should. It makes me feel sad, disrespected and uncared for since, in the past, my son said he wanted me to get closer to his children. Is there any answer? -- DENIED GRANDMA IN WASHINGTON

DEAR GRANDMA: This may not be a case of being uncared for or disrespected. From what you have described, your daughter-in-law makes the decisions in that household rather than your son. The reason may be that she's the one financially sup-

porting the family. If you (and your son) want you to grow closer to your seven grandchildren, perhaps a foldaway cot could be purchased for you to use when you visit. It shouldn't cost more than a few nights in a hotel. (Have you ever ASKED them if it would be possible for them to pay part of the cost of a hotel stay?) If a cot is out of reach, consider sleeping on a sofa or in an easy chair, if one is comfortable enough.

DEAR ABBY: A co-worker and I have developed a mutual friendship with a co-worker who lives in a different town. They're a beautiful human with the hugest heart. They escaped an abusive relationship and are currently a single parent to their special-needs child. They're also severely isolated due to the abuse they suffered.

We've all been friends for almost a year and have gone out on the town, but I hadn't seen this particular co-worker's living quarters until recently. The place is horrendous. There's trash and dirty dishes everywhere, food left out and a pungent odor that lingers on your clothes once you've left. I'm not one to judge, as I know there's always another side to the story, but it was easily the worst conditions I've ever seen.

I've chatted with our mutual friend/co-worker.

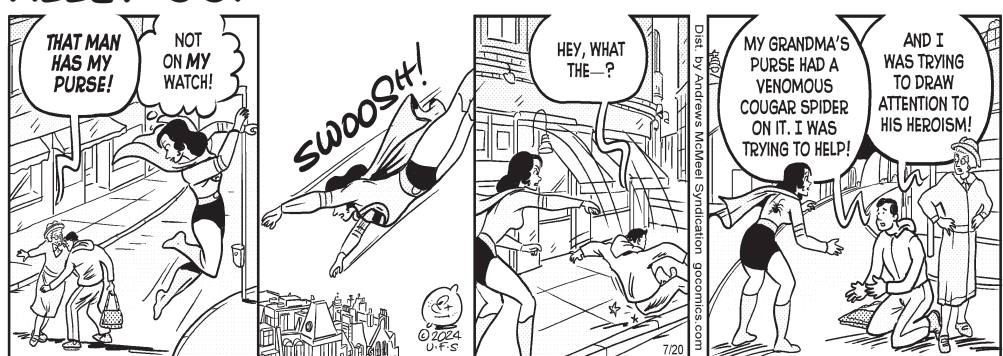


ABIGAIL VAN BUREN

We both want to help as best we can. Given the current disrepair of the house, I feel it'd be easier to pay for a cleaning crew to come than tackle it ourselves. How do we approach that conversation without causing offense? -- CONCERNED CO-WORKER IN MICHIGAN

DEAR CONCERNED: You are right to be concerned. It is not healthy for a child to live in the kind of home you have described. Although it is a touchy subject to approach, you and the mutual friend should have a private, face-to-face discussion with your co-worker and volunteer to have a crew come in to help the person handle something that has clearly gotten out of control.

ALLEY OOP



ARLO & JANIS



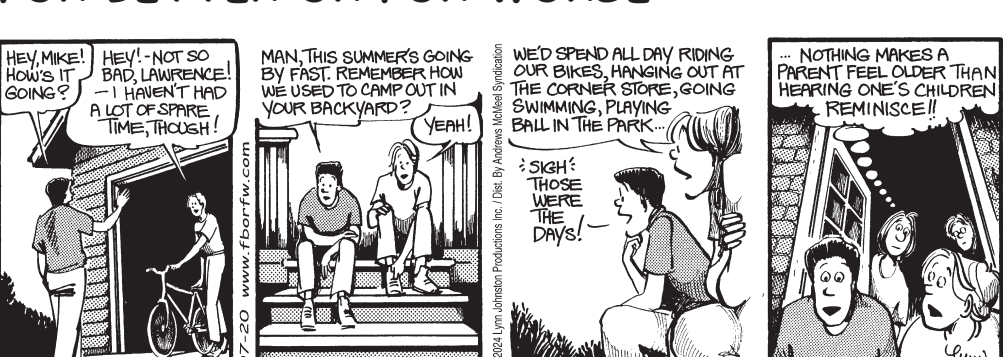
BIG NATE



THE BORN LOSER



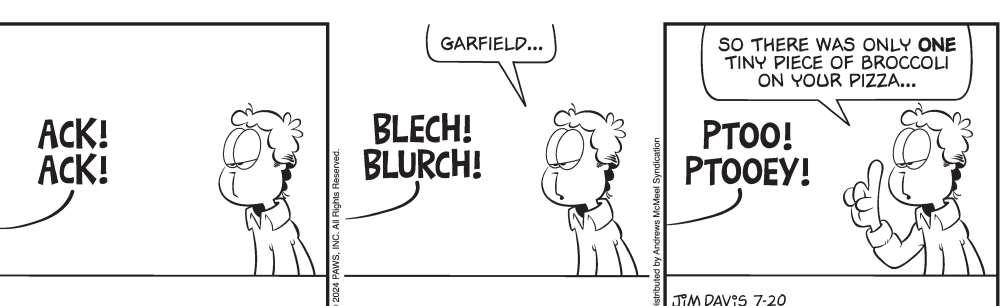
FOR BETTER OR FOR WORSE



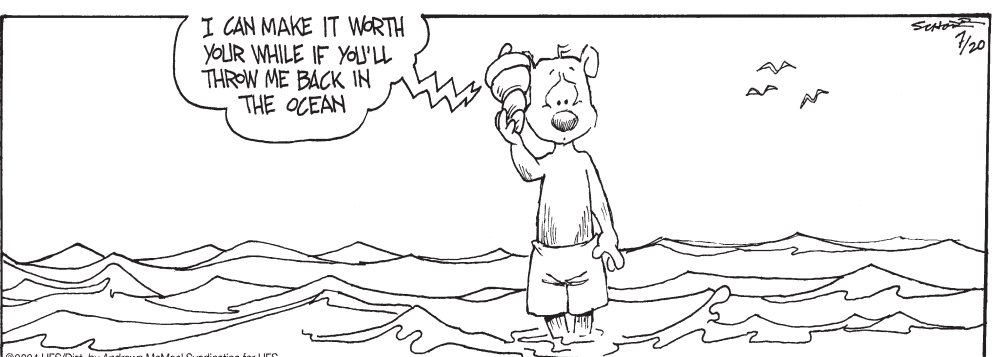
FRANK & ERNEST



GARFIELD



THE GRIZZWELLS



PEANUTS



Lifestyle

Trump describes assassination attempt in speech accepting GOP presidential nomination

By JENNIFER SHUTT and ASHLEY MURRAY
Colorado Newswire
MILWAUKEE

Donald Trump in an unusual speech accepting the GOP presidential nomination Thursday at the fourth and final night of the Republican National Convention gave a detailed account about the attempt on his life last weekend when a gunman shot at him during a campaign rally in Pennsylvania.

"I will tell you exactly what happened. And you'll never hear it from me a second time because it's actually too painful to tell," Trump said in his first public remarks about the shooting that killed one rally goer and injured two others. The gunman was killed by law enforcement at the scene.

Turning his head to look at a chart, which was later displayed on multiple screens inside the Fiserv Forum, is what saved his life, Trump said.

"I heard a loud whizzing sound and felt something hit me really, really hard on my right ear," Trump recalled. "I said to myself, 'Wow, what was that? It can only be a bullet.' I moved my hand to my right ear, brought it down, and my hand was covered with blood."

Trump said he knew immediately that he was "under attack" and praised the Secret Service agents for rushing on stage to shield him with their own bodies, calling them "great people" who took "great risk," to applause from the crowd.

He thanked the supporters in attendance last weekend for not panicking and stampeding, which can cause injuries and deaths during a mass shooting.

Trump in his 90-minute remarks appeared to seriously reflect on how close he came to being killed at one point, commenting that he wasn't sure he was meant to survive the attack.

"I'm not supposed to be here tonight," Trump said, before the crowd began chanting, "Yes, you are!"

"I stand before you in this arena only by the grace of Almighty God," he added.

Republicans' bestowal of the nomination on Trump at the finale of their convention is significant in that he becomes the first convicted felon to accept a major political party's presidential nod. Trump still faces charges in multiple criminal cases after one of the cases was dropped earlier this week.

Divine intervention seen

Trump's comments about being saved by God followed days of politicians from throughout the country claiming the bullet only grazing his ear was an act of divine intervention.

Pastor Lorenzo Sewell, from Detroit, said earlier in the night that people

"can't deny the power of God" in Trump's life.

"You can't deny that God protected him, you cannot deny that it was a millimeter miracle that was able to save this man's life," Sewell said. "Could it be that Jesus Christ preserved him for such a time as this?"

"Could it be that the King of Glory, the Lord God, strong and mighty, the God who is mighty in battle, protected Donald Trump, because he wants to use him for such a time as this?" Sewell added.

Tucker Carlson, former Fox News television personality and conservative pundit, said that "a lot of people" are wondering what's going on following the shooting on Saturday.

"Something bigger is going on here. I think people who don't even believe in God are starting to think, 'Well, maybe there's something to this,'" Carlson said. "And I'm starting to think it's going to be okay, actually."

Trump wore a white bandage on his right ear concealing the wound he received last Saturday before Secret Service agents rushed to shield him from bullets.

Trump spoke about Corey Comperatore, a former fire chief attending the rally with his family, who was killed in the shooting as well as the two people who were injured.

Trump called Comperatore a "highly respected" fire chief before walking over to his fire jacket and helmet, which had been placed on the stage, and kissing the helmet in a solemn moment.

Trump said he spoke with Comperatore's wife as well as the two injured people earlier in the day, who were doing "very well" in recovering from their injuries. The convention then observed a moment of silence for Comperatore.

GOP seeks unity as Democrats debate Biden's fate

The Republican National Convention and Trump's acceptance speech provided a prime opportunity for the GOP to show unity as Democrats increasingly questioned whether President Joe Biden should formally become their nominee in the weeks ahead.

Trump repeatedly criticized Democrats' policies and said they were a threat to the country's future, though he only mentioned Biden once, saying the damage the current president could inflict on the country is "unthinkable."

"If you took the 10 worst presidents in the history of the United States... and added them up, they will not have done the damage that Biden has done," Trump said.

Voters, he said, must "rescue our nation from failed and even incompetent leadership" by voting for him and Republi-

cans during November's election.

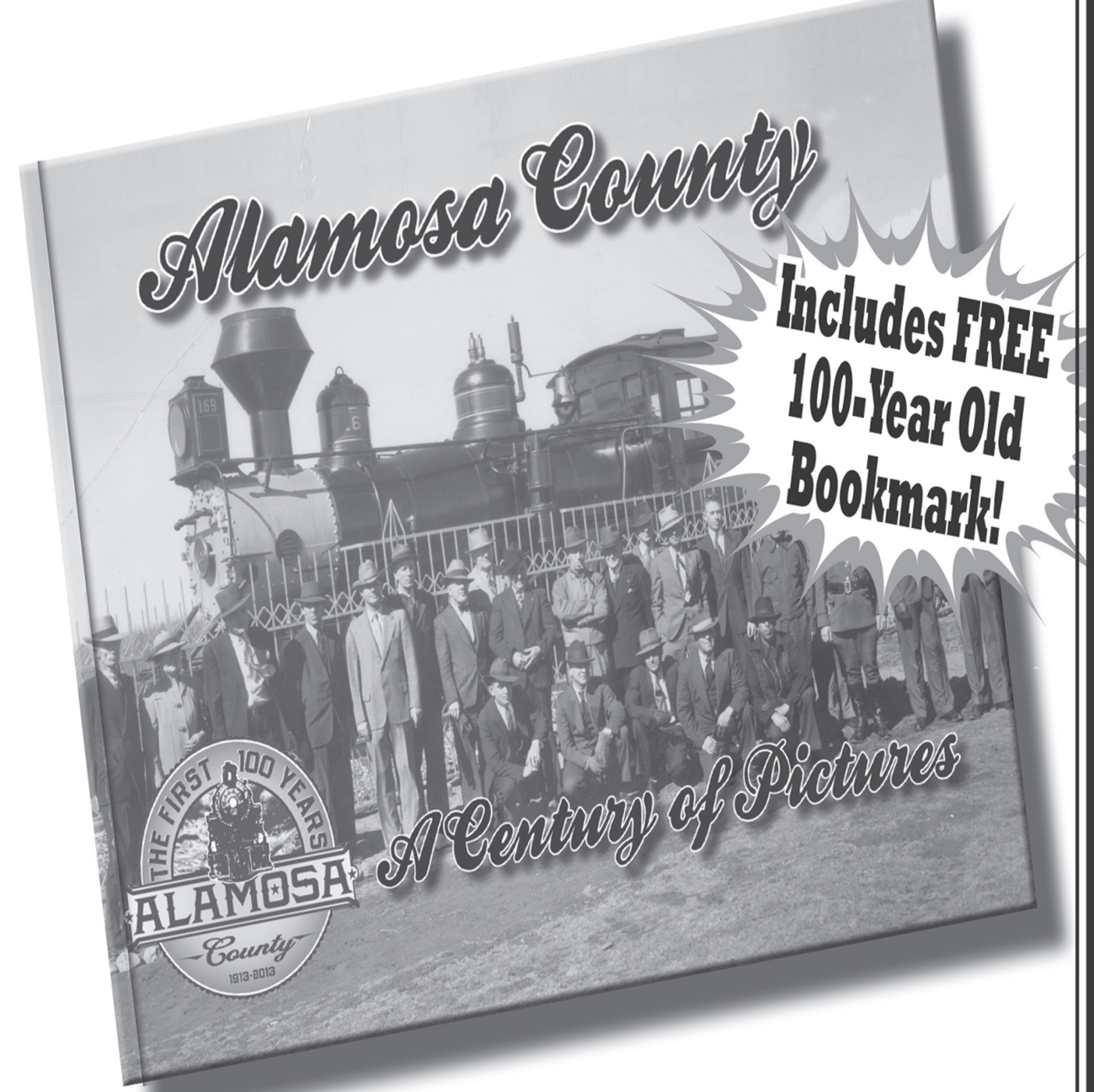
"This will be the most important election in the history of our country," Trump said.

Former first lady Melania Trump joins Republican presidential nominee, former President Donald Trump on stage after he officially accepted the nomination on the fourth day of the Republican National Convention at the Fiserv Forum on July 18, in Milwaukee.

Photo by Andrew Harnik/Getty Images



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