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Newcomer's Guide to Gardening in the Valley

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LOCAL NEWS... LOCAL VIEWS

October 4, 2024

\$1

SLV Today

SLV AHEC to receive opioid grant

CONTRIBUTED

LOVELAND — The Colorado Department of Law has awarded \$8.25 million in funding to combat the opioid crisis statewide and within county jails, Attorney General Phil Weiser announced today at the third Colorado Opioid Abatement Council Conference in Loveland.

In Alamosa, San Luis Valley Area Health Education Center (SLV AHEC), will receive \$295,000. The program will increase syringe access, peer recovery services, and naloxone distribution to the most isolated communities in the San Luis Valley. The funds will be used for Medications for Opioid Disorder, naloxone, and other services.

Nineteen organizations were awarded Opioid Response Strategic Impact Grants, while five jails received \$50,000 each in recognition of their leadership in providing medications for opioid use disorder (MOUD) and ensuring community support for individuals after release. Weiser also announced the department's commitment to provide support for the Naloxone Bulk Purchase Fund, ensuring that this life-saving treatment remains available in Colorado.

"Our approach to managing opioid settlement funds is widely hailed as one of the best in the country, and that's thanks to the tireless work of leaders across Colorado," said Weiser. "As we move forward, our mission is clear—to improve and save lives by working to make treatment available when and where it's needed, as well as preserving access to life-saving naloxone, which can reverse an opioid overdose. We will continue to innovate, collaborate, and build stronger, safer communities across Colorado."

Providing MOUD in criminal justice settings is one of the most effective ways to reduce overdose death rates. In Rhode Island, for example, the implementation of MOUD in jails led to a remarkable 61% decrease in post-release overdoses within the first year, a testament to the

■ See GRANT page 3

SLV WEATHER

Areas of Frost, Sunny, Light Wind 79/36

Sat: Sunny, Breezy 78/35

Sun: Sunny, Breezy 77/35

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Healthy debate related to Downtown Design Plan

By PRISCILLA WAGGONER
Courier Reporter

ALAMOSA — Alamosa City Council continues to set their sites on working toward the future and Wednesday night's meeting was no different.

A number of ordinances were up for discussion but one led to a discussion that was lengthy and revealed varying opinions on the subject at hand. It was specifically related to Ordinance no. 21-2024, to

■ See DEBATE page 3



Courier photo by Priscilla Waggoner

Members of city council listen to public feedback on an ordinance setting a minimum number of hours a business on Main Street must be open. Ultimately, the ordinance passed but the section addressing minimum hours was amended out. From left to right: Councilor Carson, Councilor and Mayor Pro Tem Liz Hensley, Councilor Jackie Vigil, Mayor Ty Coleman, Councilor Dawn Krebs, Councilor Jan Vigil, and Councilor Jamie Dominguez.

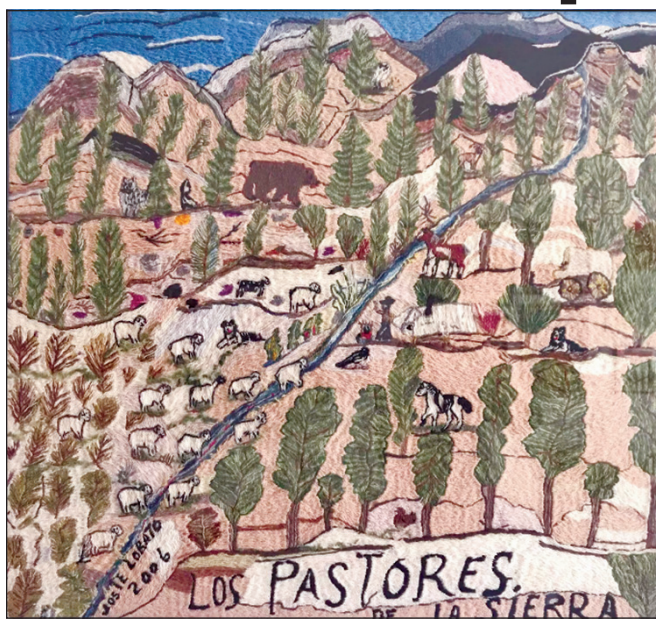
Mi Vida en Colcha — My life in Colcha — Josephine Lobato

By ADRIENNE GARBINI
The Range and JOHN WATERS
Courier News Editor

DENVER — SLV native and colcha artisan, Josephine Lobato will be celebrated with an art showing in Denver.

This fall, the University of Denver will host a significant event in the art world. The retrospective exhibition, Mi Vida en Colcha, by San Luis native and colcha embroidery artist Josephine Lobato, will be a celebration of our cultural heritage.

The exhibition will open with a reception on Thursday, Oct. 24, from 5 to 7 p.m. at DU's Shwyder Art Building, and will



Los Pastores depicts land battles in Costilla County.

continue to inspire and connect us with our past until Wednesday, Dec. 4.

Colcha embroidery uses wool on cotton or linen

■ See COLCHA page 3



Courtesy photos

Josephine Lobato with her colcha embroidery, Padre Garcia.

Local DFPC crew honored for fire rescue

CONTRIBUTED

ALAMOSA — The rescue of a man from a burning home on Bell Avenue in February has earned a San Luis Valley fire fighting unit the Directors

■ See DFPC page 3



Vaughn Jones, Section Chief of Wildland Management for DFPC (far right), honors members of the SLV Division for DFPC at Wednesday's quarterly awards ceremony at the Pueblo Convention Center. The honorees were, from left, Deputy Section Chief Paul Duarte, Matt Page, Capt. Zach Cerny, Deputy District Chief Devin Haynie, Landon Tolsma, Capt. Cody Sullivan, Daniel Macias and Battalion Chief Matt Nolting.

Courtesy photo

Caffeine, conversation and connecting with a cop

By PRISCILLA WAGGONER
Courier Reporter

ALAMOSA — Customers of 7 Brew Coffee, the drive-thru beverage stand located on Main Street, were surprised on Wednesday morning when officers with the Alamosa Police Department (APD) engaged them in conversation while they moved through the line to order coffee.

According to information from 7 Brew, the event, which was actually part of national Coffee with a Cop Day, was

"an effort to promote meaningful conversations between community members and local law enforcement...and the public is invited to join us in the drive-thru for candid conversations over delicious beverages."

"It affords us the opportunity to interact with the public in something other than a law enforcement capacity," said Officer Sanchez. "I think that's a good thing."

Sanchez was conversing with Jazmyn Braidon. When asked what she

■ See COFFEE page 3



Courier photo by Priscilla Waggoner

Jazmyn Braidon and APD Officer Sanchez engaged in a conversation on Coffee with a Cop Day at 7 Brew Coffee in Alamosa.



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Record

OBITUARIES

Debra Ann (Puzick) Hallisy

Debra Ann (Puzick) Hallisy passed away on Sept. 24, 2024, at her home in Del Norte, Colo. She was 70 years old.

Deb was born in Colorado Springs, Colo., on Nov. 26, 1953. She graduated from Wasson High School in Colorado Springs in 1971.

While Deb had several interests— from skiing the moguls at Monarch, to fly fishing the Rio Grande and Arkansas rivers, hiking, and traveling — her greatest passion was evident her artwork. Whether it was acrylic paintings, jewelry, or “found art” created from assorted objects and artifacts, she had an eye for beauty and the hand to make something lovely. She had a knack, too, for turning a basic apartment or townhome into something that approached a small art gallery and studio.

Deb would not like the word, but she truly leaves a legacy. Deb touched many women's lives as they began their journey in recovery. The love, compassion, empathy, and care that she extended to others has deep roots.

Through the art that she gifted to the world, and the new lives she helped women build,



those roots will have offshoots and flourish.

Her greatest legacy, of course, is seen in her two sons, Conor and Nick. She loved them both fully and unconditionally. When Nick moved to the San Luis Valley, she was able to spend time with him while they both painted and created. Before her passing, Deb had the great delight to FaceTime with Conor and his wife, Ariana, and their new son, Sebastian.

Debra is survived by her son, Nicholas in Alamosa; her son, Conor, daughter-in-law, Ariana, and grandson, Sebastian in Houston; brother Steve (Trude) in Colorado Springs, Colorado; brother, Phil (Marsha) in Alex-

andria, Virginia; brother Vince (Jannetta) in Colorado Springs; nephews Martin, Andrew, Jim, and Terry; nieces Rebecque, Denise, and Jessica. She was preceded in death by her father, Eli; mother, Betty; and sister, Janie.

Although Deb was born and raised in Colorado Springs, she felt truly at home in the San Luis Valley. On Saturday, Oct. 19, her San Luis Valley friends are invited to attend a Celebration of Life at the High Valley Community Center, 595 Grand Ave., Del Norte, Colo., from 1 to 3 p.m.

True to her spirit, Deb said, “to honor me, run in the rain, run through crisp autumn leaves, sit awhile at the river, listen to the thunder.”

In lieu of flowers, the family asks that you support a local artist, art studio, or gallery in your community — particularly one that encourages young people to pursue their creative expression.

Rogers Family Mortuary of Monte Vista is in care of the arrangements. To leave online condolences, remembrances, or words of comfort for Debra's family, please visit www.RogersFunerals.com.

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 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 Saturday, Oct. 5, 2024, at 1 p.m. (MST) at the Society Hall in Alamosa, Colo. The service will also stream on the “Society Hall - Alamosa” Facebook and YouTube Channels.

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

Amber would like to thank Rogers Family Mortuary for their support and excellent care of her mom, Jane.

SLV 4-H Judging Teams shine in Texas

By MARIE MCCOLM MONTE VISTA — On Friday, Sept. 20, the SLV 4-H Livestock Senior and Junior Judging Teams competed in the Tri State Fair Livestock Judging Contest in Amarillo, Texas.

The Senior Team placed eighth out of 54 teams and the Junior team placed 16th out of 42 teams, according to a press release from the Colorado State University San Luis Valley Area Extension Office. The teams were coached by Eric Hinton and Janae Naranjo. There were 121 total participants in the competition.

The SLV 4-H Junior Team (ages 8-13) was comprised of Tynnley Burh, Macklie Sims, and Ashley Entz. Burh placed second highest in the individual “Sheep and Goats Category,” and Entz placed 10th in “Oral Reasons.”

The SLV 4-H Senior Team (ages 14-18) was comprised of Durae Naranjo, Emily Seger, Tiffany LePlatt, and Darian Vance. The team came in first in the “Swine Category,” second in the “Sheep and Goats Category,” and fifth in “Reasons.” The team also placed 10th in the “Beef Category.”

Durae Naranjo was the “High Point Individual” in “Swine,” second in the category of “Sheep and Goats,” and fifth in “Reasons.” She was also the High Point Individual “Overall” for the Senior Division.

After attending the Tristate Fair, the team then toured West Texas A&M University and its Agriculture Department and received information about options and opportunities for their futures.

Jesse Entz, who traveled with the team, spoke about the kids, and what they accomplished on the trip, “The group of kids on the team are so incredible and blew me away with how they performed. These opportunities are made possible with the generous sponsorships of many businesses and people including, Poole Chemical, the Jean Ann Consaul Foundation, Steve Cordova, MPK Show pigs (Kole and Nikol Kelley, EGE Products (Brady Boyd), Ben and Sara Seger, Bountiful Meats and Processing and all those who have supported this teams' efforts.”

Entz added that the team is in the process of offering a fundraising event, called the Leaf and Pine Needle Raking Fundraiser.

For more information on the fundraiser, contact



Courtesy photos

SLV 4-H Senior Livestock Judging Team member Durae Naranjo, center, was the “High Point Individual” in “Swine,” second in the category of “Sheep and Goats,” and fifth in “Reasons.” She was also the High Point Individual “Overall” for the Senior Division. Pictured left is Coach Eric Hinton and right is Coach Janae Naranjo.



SLV 4-H Junior Livestock Judging Team: Coach Eric Hinton, Ashley Entz, Tynnley Burh, Macklie Simms, holding team mascot Steno, and Coach Janae Naranjo.



SLV 4-H Senior Livestock Judging Team from left to right: Coach Eric Hinton, Durae Naranjo, Emily Seger, Darian Vance, Tiffany LePlatt and Coach Janae Naranjo.

Janae Naranjo at 719-480-4212 or Jesse Entz at 719-588-9526 to schedule a yard cleaning.

Livestock Judging is one of over 200 activities that 4-H members can participate in. To join 4-H or for more information about 4-H, contact the

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PENDING OBITUARY

Anthony Joseph Brunello

Longtime Capulin resident Anthony Joseph Brunello, 72, was called home Oct. 2, 2024. His arrangements are currently pending and will be announced through Romero Funeral Home of Alamosa.

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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.

Valley News

DFPC

Continued from Page 1

Award from the Colorado Division of Fire Prevention and Control (DFPC).

Eight members of the SLV Region of DFPC were honored Wednesday night at the quarterly awards and badging ceremony held at the Pueblo Convention Center. Based in Alamosa but responding to fire and rescue incidents across the valley, members honored include Deputy Section Chief Paul Duarte, Battalion Chief Matt Nolting, Deputy District Chief Devin Haynie, Captains Zach Cerny and Cody Sullivan, and firefighters Matt Page, Daniel Macias and Landon Tolsma.

According to a report in the Valley Courier, "A man believed to be in his mid-60s was rescued from a burning

home at 1214 Bell Avenue around 11:30 a.m. on Feb. 9, 2024."

The day of the fire, Captain Cerny said the fire was believed to have been accidentally started and the home suffered severe damage and was not livable.

Vaughn Jones, Section Chief of Wildfire Management for DFPC, honored the local firefighters at Wednesday's ceremony attended by agency personnel and their families from across the state.

"On Feb. 9, 2024, the Alamosa Fire Department was dispatched to a structure fire with a trapped victim in Alamosa," Jones said. "Due to an automatic aid agreement between the two agencies (AFD-DFPC), both Type 3 engines (DFPC) responded for assistance.

"Captain Zach Cerny immediately initiated Incident Command and began the process of scene size up and tacti-

cal deployment."

Jones report continued that Captain Sullivan and firefighters Page, Tolsma and Macias forced entry into the fully involved structure and began suppression operations and a primary search for the victim. The victim was removed from the structure and transferred to Alamosa EMS for transport and care.

"The actions of the five members of this crew showed remarkable professionalism, courage and reflects on their dedication to serving the citizens of the State of Colorado," Jones said. "They made a difference in the outcome of this incident and the life of the entrapped victim as they had completed the above tasks before any apparatus of the Alamosa Fire Department was on scene.

"I cannot relay to the full extent of how proud I am of the work that they did that day."



Courtesy photo

Alamosa's Ben Herrera was among more than a dozen firefighters and civilians receiving badges at the quarterly awards ceremony by the Colorado Division of Fire Protection and Control. He was honored to be 'badged' by his young son Dak.

During Wednesday's DFPC badging ceremony, firefighter Ben

Herrera of Alamosa was among more than a dozen firefighters and civil-

ians honored. Herrera received his badge from his young son, Dak.

Colcha

Continued from Page 1

fabric and began in the southwestern United States. Early examples date back to 1776 and appeared in Spanish colonial churches in New Mexico.

Colcha motifs include personal stories, churches, or events in the region and include scenes of Spanish, Mexican and Native American culture.

Lobato's colcha work, "Padre Garcia," includes a local Catholic church. According to PieceWork Magazine, her "Los Pastores de La Sierra," includes the history of sheep herding on land called "Puertocito," that originally were Spanish Land grants and are now fenced off and deny access to the descendants of the original Spanish settlers in the Valley. At the top of the piece are mountains that represent freedom.

Mi Vida en Colcha is the first comprehensive survey of Lobato's art, providing the rare opportunity to view the life's work

of one of Colorado's most significant artists. In 2019 Lobato was awarded the prestigious National Heritage Fellowship from the National Endowment for the Arts in recognition of her exceptional contribution to American folk and traditional arts. She is the only living Colorado artist to receive this honor.

Lobato was born in San Luis in 1936. She lives and works in Westminster.

She is a storyteller, a great-great-grandmother, a teacher, and a historian. She had a long career as a curator and director in the San Luis Valley at the Fort Garland Museum. She was instrumental in starting the Sangre de Cristo Heritage Museum in the town of San Luis. Lobato graduated from Mercy High Catholic School in San Luis and received an Associate of Arts degree from Adams State College. She was married to her husband Eugene Joseph "Buddy" Lobato (1932 - 2022) for 68 years. She is the mother of eight accomplished children.

Mi Vida en Colcha is

a comprehensive retrospective of the textile art Lobato began creating in 1988. Colcha embroidery came to the San Luis Valley from Northern New Mexico in the 19th Century and has been shaped by revival movements in Colorado and New Mexico into a pictorial narrative artform. The term colcha refers to the Spanish word for bed covering. In the United States, colcha embroidery refers to a textile that primarily uses the colcha stitch, a couching stitch - the oldest embroidery stitch in the world. Lobato uses colcha embroidery to depict the stories and folklore of her life and community, keeping their legacy alive with her art.

Lobato has taught colcha embroidery workshops across Colorado, honoring the Hispanic heritage of Southern Colorado and its connections across regions and generations. As a colcha embroidery teacher, Lobato shared her skills with her family and with people of diverse backgrounds and ages. For her, it was not only the passing

on of a traditional craft but also reaching towards integrating the cultures, skills, education, and experiences of an entire community.

Mi Vida en Colcha will feature forty-four colcha embroideries accompanied by texts that offer insight into the stories they depict, alongside family photographs and a video that provides a biographical portrait of the artist. The exhibition is dedicated to the memory of Michael Lobato, Lobato's grandson, who passed away on August 19, 2024. Colcha embroideries made by Lobato's daughter Rita Lobato Crespin and granddaughter Rachelle Varela are included, further reflecting the generations of family connected

through the artwork.

Mi Vida en Colcha is curated by Lobato in collaboration with Adrienne Garbini, Dr. Suzanne MacAulay, Trent Segura, and the San Luis Valley Colcha Embroidery Project. The San Luis Valley Colcha Embroidery Project is a partnership between The Range in Saguache, HEART of Saguache, and artists in the Valley that supports exhibitions, workshops, and scholarship. The University of Denver Department of Art and Art History is partnering with the San Luis Valley Colcha Embroidery Project to host this important retrospective exhibition that honors Lobato's unique artistry in preserving her memories, textile traditions, and the history

of the San Luis Valley.

The University of Denver Davis Gallery is located in the Shwayder Art Building at 2121 E. Asbury Ave. The University of Denver Chambers Center for the Advancement of Women is located at 1901 E. Asbury Ave. Mi Vida en Colcha is open to the public at both locations from Oct. 24 through Dec. 4. To make an appointment to view the exhibition, call Lauren Anuszewski at 970-987-4858 or email lauren.anuszewski@du.edu.

Mi Vida en Colcha will result in an exhibition catalog published by the San Luis Valley Colcha Embroidery Project. For more information, contact The Range at info@therangeinternet.com.

Debate

Continued from Page 1

amend the Unified Development Code.

As stated in the council communications, the Main Street Advisory Committee (MSAC) provides input on the implementation of the Downtown Design Plan, and acts as a deliberative and review body representing the interests of the Central Business area of downtown to create a more vibrant and welcoming downtown.

As was reported during the council meeting by Rachel James, director of Development Services, the committee has regularly brought up items if addressed, would have a positive impact in shaping the future of downtown and be more in accordance with the Downtown Design Plan.

Specifically, the issues brought up and addressed in the ordinance related to first floor businesses not being open for walk-in hours, several issues with, real estate offices occupying space on Main Street but never being open and temporary banners being in place for too long to a degree that they are, essentially, no longer "temporary" and are beginning to be a

less than attractive sight on Main Street.

The reclassification of real estate offices as professional services offices was addressed and agreed to on a unanimous basis as was the issue with the term "temporary banners" being more clearly defined in terms of materials that may be used and how long they can be in place until a permanent sign is installed.

But the issue of requiring businesses to be open for a minimum of 60 hours most definitely drew comments from both members of the public and members of council.

As outlined in the communication, in the Central Business District it is required that Retail Services Type 1, Retail Services Type 2, and Personal Service uses to be open for a minimum amount of time for walk-in traffic.

Staff had added a threshold of 60 hours per month in order to provide a clear threshold while also providing reasonable flexibility.

The common opposition to this section of the ordinance addressed the over-reaching nature of a city council setting a minimum number of hours on a business that was privately owned. Again, the need for businesses to be open in or-

der to encourage a more "vibrant" downtown area was not disputed; differences focused on what message was being sent to the public when city council mandated the hours of service - not per day but total per month. The fact that the suggestion was brought forth not by council itself but by the Main Street Advisory Committee, which is comprised of individuals who are business owners, was not considered to be a major factor in the discussion.

After significant discussion, a motion amending the ordinance with the section addressing the 60-hour threshold was made by Councilor Hensley (who is the council representative on the Main Street Advisory Committee) and seconded by Councilor Jan Vigil.

In observing the discussion, it was noted that "vibrant" was an apt word to describe council interactions. It was both encouraging and affirming to see a very diverse council have a spirited discussion with opposing viewpoints and still find a consensus on which to agree that seemed to satisfy all parties involved.

Since that was a second reading on the ordinance, the unanimous vote made it effective immediately.



Courier photo by Priscilla Waggoner

Officer Khoketkhan says he heard both compliments and complaints. 'It's good to hear people's concerns,' he says. APD Officers who were present but not pictured include Officer Aziz, Officer Linares, Sgt. Squires and APD Chief George Dingfelder.

Coffee

Continued from Page 1

thought of the event, she laughed. "It's fine because they're not asking me for my license and registration."

Another customer said the experience "was cool."

Cpl. Dominic Khoketkhan, who has been with APD for eight years,

said participating in the event was something he and the manager of 7 Brew worked on together. "Everyone is joking around with us and it's fun. We're getting compliments and complaints. It's good to hear people's concerns," Khoketkhan said. "It gives us the chance to address them because we can take them back to others

at the police department and talk about what we should do."

In addition to Sanchez and Khoketkhan, Community Services Officer Pablo and Officer Aziz were on site and conversing with customers. It's not known how many customers APD officers spoke with, but all who participated seemed to enjoy the experience.

Grant

Continued from Page 1

effectiveness of this program.

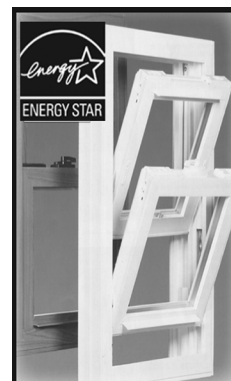
In Colorado, 20 county jails were nominated for recognition by jail staff, sheriffs, community members, and formerly incarcerated individuals for their outstanding work in providing MOUD and post-

release care. Grants of \$50,000 each were awarded to Moffitt's offices in Summit, Sherriff, Morgan, Pueblo (pending), and Arapahoe (pending) counties.

In his keynote address at the conference, Weiser emphasized his administration's commitment to ensuring the ongoing availability of naloxone. Starting in the summer

of 2025, the department will collaborate with state partners to provide one-time funding for the state's Naloxone Bulk Purchase Fund, with details on the amount to be finalized. Additionally, his office will work with state agencies to explore strategies that secure the necessary resources for this life-saving initiative, preventing any gaps in funding.

Additionally, the Opioid Response Strategic Impact Grant will provide support to government and community organizations working to fight Colorado's opioid crisis. The Attorney General's office launched the application process in January 2024, receiving 83 applications totaling nearly \$48 million in funding requests by the March 2024 deadline.



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Opinion

Coulda been worse

The past weeks have been a real hardship on Ol' Dutch.

What with the loss of Cooper the Yorkie, and then my father it's been hard. Neither was unexpected but somehow that does not make it any easier.

Whenever we go through any kind of hardship it brings out the "well meaning" in people. I guess they do their best to comfort a person in these times, but it often falls short.

I have made this observation before, but I think it bears repeating. Especially since some folks are not listening to my wisdom.

No hard times that people experience can ever feel the same or affect friends and family in exactly the same way. But, for lack of better things to say in times of loss, many have fallen back on saying "well, it could have been worse."

I gotta give it to you on that one. Yes, of course it could. I mean a person in a car wreck and barely surviving has to know it may have been worse. But then again, if worse was "dead" is that really bad? Especially knowing Heaven awaits us on the other side, which must be better than here. Hence that conundrum

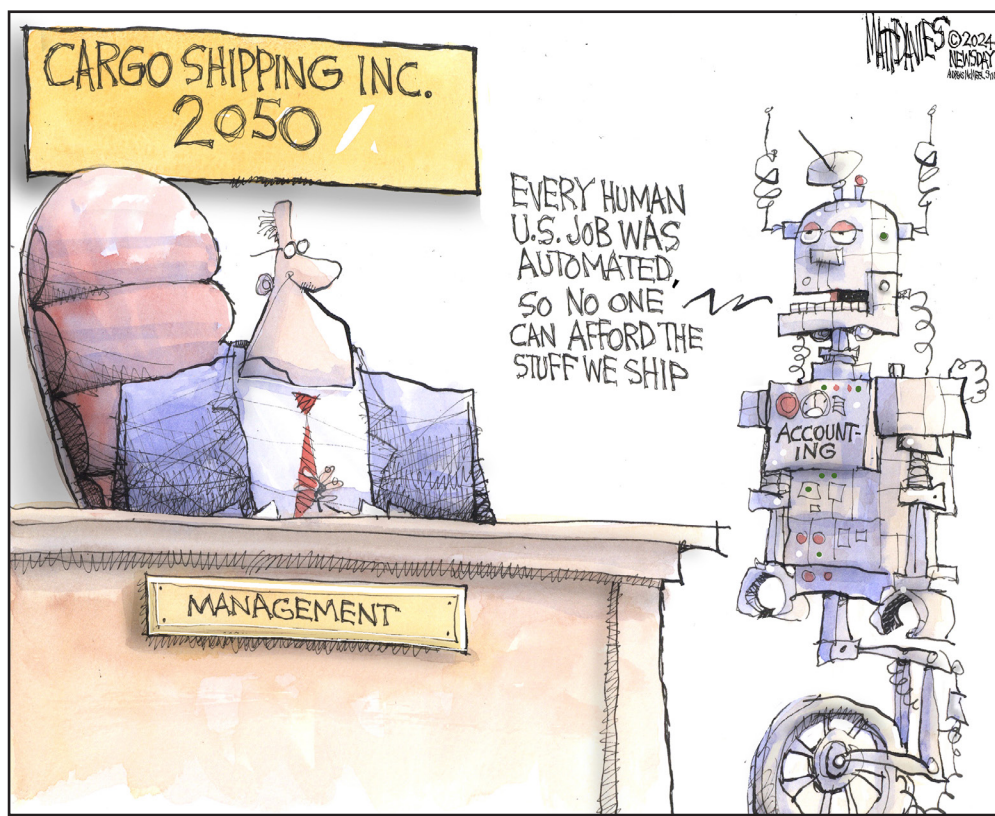
My hatred for "it coulda been worse" began long ago when the wife ran off and I ended up homeless of a sort. Yes, I did get an apartment then an RV but lost my farm and the house I had built with my own two hands.

My fair-weather friends, some with two homes were sure to point out how "lucky" I was as, yup, you got it. "It coul-

Trout Republic



by Kevin Kirkpatrick



da been worse."

I think what's funny about that is that these well-meaning folks feel better about themselves if they have assured you that where you are really isn't so bad.

They feel so good about uttering useless platitudes, in fact, that they no longer feel the need to help you in any way.

In my situation, I have now lived 12 years full-time in an RV. When I talk about not having a home, they are always sure to point out just how "lucky" I am to live on the road.

And "we sure wish we could do that." That one deserves a reply that can't be printed in this family friendly column.

When Cooper died rather suddenly a few weeks ago, instead of saying what a great dog he was or how much they enjoyed seeing him, several people said that they, too, had lost a dog 20 years ago and knew just how I was feeling. But they didn't know how I was feeling.

They could only know their own experience, not mine.

I think the icing on the cake was when my dad passed two weeks ago and here came a tsunami of sympathy.

Since my Dad was 93, a well-wisher told me that I should feel so lucky because their own Dad passed away at a much younger age.

Which of course turns the conversation to them and their loss some years ago.

Or a long litany of: it could be worse. He could be in a home with dementia. Or, he could be suffering. Or just be thankful you got to see him at the last. I never did with my dad. Which implies of course, "it coulda been worse."

Now Ol' Dutch has been around long enough to know that people are well meaning but I think maybe, just maybe we need a few lessons and phrases we can pull out of the hat when tragedy strikes a friend.

Interests outside work will fuel a happier retirement

By GENE LYONS

Odds are I won't have to deal with it: the latest thing men are doing wrong according to the (largely female) writers of The Washington Post's Well+Being: Healthy Living articles.

"It" being the shame of living alone, "a retired, forgotten old man who dithers away the days," as one retired physician described himself in the Journal of the American Geriatrics Society last May.

My wife's maternal grandmother lived to be 102; her mother to 97. So, chances are she'll be the one left to mourn me. Apart from her diminished eyesight (macular degeneration), she's in good health for somebody who is 81 years old. A litany of minor complaints, but Diane has a small army of friends, and she stays busy maintaining her relationships and bickering with her great nemesis, that smug bitch Siri.

Me, I make the coffee, pour the wine and serve dinner, tasks she can't do for herself anymore. I also run a neighborhood-only taxi service, do the grocery shopping and load up all four dogs for their daily outing to the dog park. Martin the cat pretty much takes care of himself. Our older son Gavin drives Diane around on errands outside the neighborhood. I quit driving on the freeway a couple of years ago. Too fast; too

many aggressive jerks.

I also quit riding horses. Got dumped, broke three ribs, retired.

I'm also 81, see, and ever mindful of Philip Roth's observation that "Old age isn't a battle: old age is a massacre." We've been married since 1967, and if I close my eyes, I can still see her standing there in a little shirtwaist dress at a reception for new graduate students at the University of Virginia. I think it's imprinted on my retinas. I confess to having had what our spiritual advisors would have called an "impure thought," and often enough I still do.

I definitely wouldn't want to have to face life without her. But if I had to, I could. I'm pretty much never bored; along with a houseful of books, Amazon says I have 779 titles on my Kindle.

My own health was perfect until earlier this year, when a bout of COVID left me with a number of tiresome but treatable maladies that had me visiting more physicians over six months than the previous seven decades. Even so, it's all systems go, and I experience no serious pain. So as the Joe Walsh song goes: "I can't complain, but sometimes I still do."

Now then, from my point of view, what appears to have left the old duffers whom Washington Post columnist Judith Graham describes as bereft and

lonely is that they took work too seriously all along.

A physician or marketing executive accustomed to 80-hour work weeks pretty much loses the capacity for entertaining himself away from the job. Being widowed or divorced on top of that leaves them entirely at a loss for things to do and people to talk to. Often, their wives appear to have been their only portals to the outside world.

"He had no friends or hobbies," reads one profile. "[H]is work as a doctor had been all-consuming. Former colleagues didn't get in touch, nor did he reach out."

The same fellow lamented that the deaths of his three dogs left him all alone in the world. So why not adopt a couple more? The shelters are overrun with needy animals eager to be your best friend. They make you get out and about, dogs do. They help start conversations among strangers -- turning them into friends.

Also, this is why you should have taken all those "pointless" liberal arts courses in college. Or today. Keep learning. Study French. Or art history. Me, I took it a bit far. Reading storybooks was my childhood pastime, then my profession, and now my principal hobby. One thing I've found is that re-reading classic books decades later is to encounter

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."

To the people who simply said, "I am so sorry" or "I know how much he must have meant to you" and "if you ever need someone to talk to, I am always there for you." And finally, "what a terrible loss for you at this time." To all of you, I salute you!

Words won't alleviate any of the pain a person is feeling, but these simple phrases do help to keep us grounded in reality rather than being place in a hypothetical torture scenario of "it could have been worse."

If I'm going to think about fictional scenarios, I would much rather live in a world that, coulda been better, not worse.

Kevin Kirkpatrick spends his days fishing, hunting, ATVing, hiking or making people laugh. His email is Kevin@TroutRepublic.com. Additional news can be found at www.troutrepublic.com or on Twitter at TroutRepublic.

them again for the first time.

Also, watching Boston Red Sox games. If push came to shove, I could make new friends at any bar in New England. Are they really going to let Triston Casas go? How can we stop them?

Not that I could live there. I'm not a fan of Massachusetts winters.

I think it's broadly true what research psychiatrist Robert Waldinger told the Post columnist. "Men have a harder time being connected and reaching out." Waldinger directs the Harvard Study of Adult Development, which has studied men's lives over eight decades.

The men who did worst, he said, "didn't have friendships and things they were interested in -- and couldn't find them." For all my smugness, it will be noted that my own major pastimes are largely solitary. (I partly blame living in Arkansas, where I've never quite fit in.) But as I say, I'm never bored and remain engaged.

Could I handle it alone? I pray I never have to find out.

Arkansas Times columnist Gene Lyons is a National Magazine Award winner and co-author of "The Hunting of the President" (St. Martin's Press, 2000). You can email Lyons at eugene-lyons2@yahoo.com.

LETTER

Governance by retribution

Editor,

One of the favorite campaign phrases of candidate Trump these days is: "I am your retribution." It is part of his desperate, angry and confused reaction to the litany of legal and political trouble he has created for himself. He doesn't like being held accountable for what he has

said and done, so he lashes out at anyone whose questions or actions challenge or annoy him. He also promises retribution against our system of law and order, which he puts himself above. He has vowed to go after and destroy anyone and anything opposing him.

A fundamental basis for a successful

democratic society is the free and open exchange of ideas in both our public and private lives. The First Amendment to our Constitution includes freedom of speech, of the press, of the right to assemble, and the right to address grievances to the government and to ask for positive change. Retribution prevents

all those means of peaceably resolving the issues or disagreements that societies face. Retribution is a threat to "shut up or else."

The people of Russia, China, North Korea and other dictatorships are forced to live within the boundaries of silence. A system of retribution requires a constant stream of informants sending allegations and information to the dictator and those supporting (him) so that people can be punished for whatever they think and do that is not accepted by the boss. In that system of governance everyone is a potential informer who can get you arrested or thrown off a tall building, as frequently occurs under Putin's rule in Russia, it is a society ruled by fear and not by ideas.

There is a reason Trump admires, endorses, and befriends so many dictators around the world. It is the club he still aspires to join and, if given the opportunity, he will use that kind of power forcefully against any and all. He says this over and over in his campaign.

The one sure way to prevent that from happening is our vote. Don't let him return to office.

David Lenderts
Alamosa

Valley Courier

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Brian Williams
Managing Editor

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Your FIRST Source for Local News

Lifestyles

Evergreen Nursing Home welcomes new director of nursing

CONTRIBUTED
ALAMOSA — In August, Evergreen Nursing Home, a skilled nursing and rehabilitation center, welcomed Amy Lopez as its new director of nursing.

Lopez comes to the position with several years of experience working in health care. She previously worked at Evergreen as a certified nursing assistant before earning a bachelor's degree in nursing and tran-

sitioning to labor and delivery hospital care. In October 2023, she returned to long-term care at Evergreen, working as a floor nurse until she was promoted to director of nursing.

"So far, this team has been one of the best I have worked with," Lopez said about her experience at Evergreen. "They all work together and communicate effectively. The residents are all great, and I love be-

ing able to interact and provide a positive home environment for them."

When asked about her job as director, Lopez expressed her love of caring for residents and seeing her staff interact and care for them. Looking ahead, her goals are to continue helping her team work together to provide residents with the highest quality of care possible, and she is looking forward to the future.

"I am excited to step into this role and help people in the community have another place that feels like home when they need skilled nurs-

ing or long-term care," she said.

Located at 1991 Carroll Ave., Evergreen Nursing Home is one of 22 skilled nursing and rehabilitation facilities in Colorado managed by Life Care Centers of America.

Founded in 1976, Life Care is a nationwide health care company. With headquarters in Cleveland, Tennessee, Life Care manages nearly 200 nursing, post-acute and Alzheimer's centers in 26 states. For more information about Life Care, visit lcca.com.



Amy Lopez

Alamosa Senior Citizens October

CONTRIBUTED
ALAMOSA — The Alamosa Senior Citizens Center is proud to announce that this month we are hosting the CSU Extension's Olli Classes on Mondays at 1 p.m., and the RSVP Speaker Series: Thriving Through the Holidays on Oct. 8 at 1 p.m., a fall trip to Salida for shopping and lunch, and a Flu/COVID/RSV Shot clinic on Oct. 17 from 2 to 4 p.m.

Our usual offerings are as follows: Laughletics Yoga will be Oct. 17 from 10 to 11 a.m. Strong Bones and Bingo on Mondays, Wednesdays, and Fridays. Texas Hold 'Em on Tuesdays, Dominos on Thursdays (they're playing Mexican Train), and the card game Golf on Friday afternoons at 1 p.m. Women of Joy Bible Study is on Thursday mornings, and Mahjong is on Wednesday

afternoons. Our sewing/knitting/crocheting club meets on the first and third Tuesdays of the month.

As always, we are doing lunch from South-Central Colorado Seniors from 12 to 12:30 p.m. Monday through Friday. If you wish to eat, you must make a reservation at least 24 hours in advance by calling them at 719-589-4511. Meals are a suggested donation of \$4 each for people over 60. If you are under 60 you must pay \$9 to have a meal.

Beginning in November, there will be a computer person at the center on Nov. 6 and 20 to help you navigate your phone, tablet, or answer computer questions.

If anyone would like additional information about any of these topics, they can call us at 719-589-3277.

Rio Grande County Museum to host cemetery tour with URGSD

By **LYNDSIE FERRELL**
DEL NORTE — The Rio Grande County Museum in partnership with the Upper Rio Grande School District and the Del Norte High School Theatre Group will be hosting a cemetery tour on Saturday, Oct. 12 from 1 to 3 p.m. at the Del Norte Cemetery to honor local Civil War Veterans.

This event offers a wonderful opportunity to step into the past and learn about he lives and accomplishments of some of the first settlers to come to the San Luis Valley after the Civil War and to honor those who served. Del Norte Theatre students will be reenacting some of the characters buried in the Del Norte Cemetery, opening a window into the past and bringing light to those in the present.

Several of the founding fathers of the San Luis Valley served in the Civil War and once the war was over, ventured to this area for a fresh start and a new way of life in the West. Thanks to the research conducted by both the Rio Grande County Museum and local historian Roselind Weaver, the event will be an educational experience for guests of all ages.

Guests are encouraged to come to the cemetery located at 1704 County Road 13, in Del Norte at 1 p.m. Most of the event will be held in the G.A.R. Block where a majority of Civil War Veterans are buried. Students will present characters to the

attendees and then be encouraged to continue on their journey with a scavenger hunt that highlights other Civil War Veterans in the cemetery.

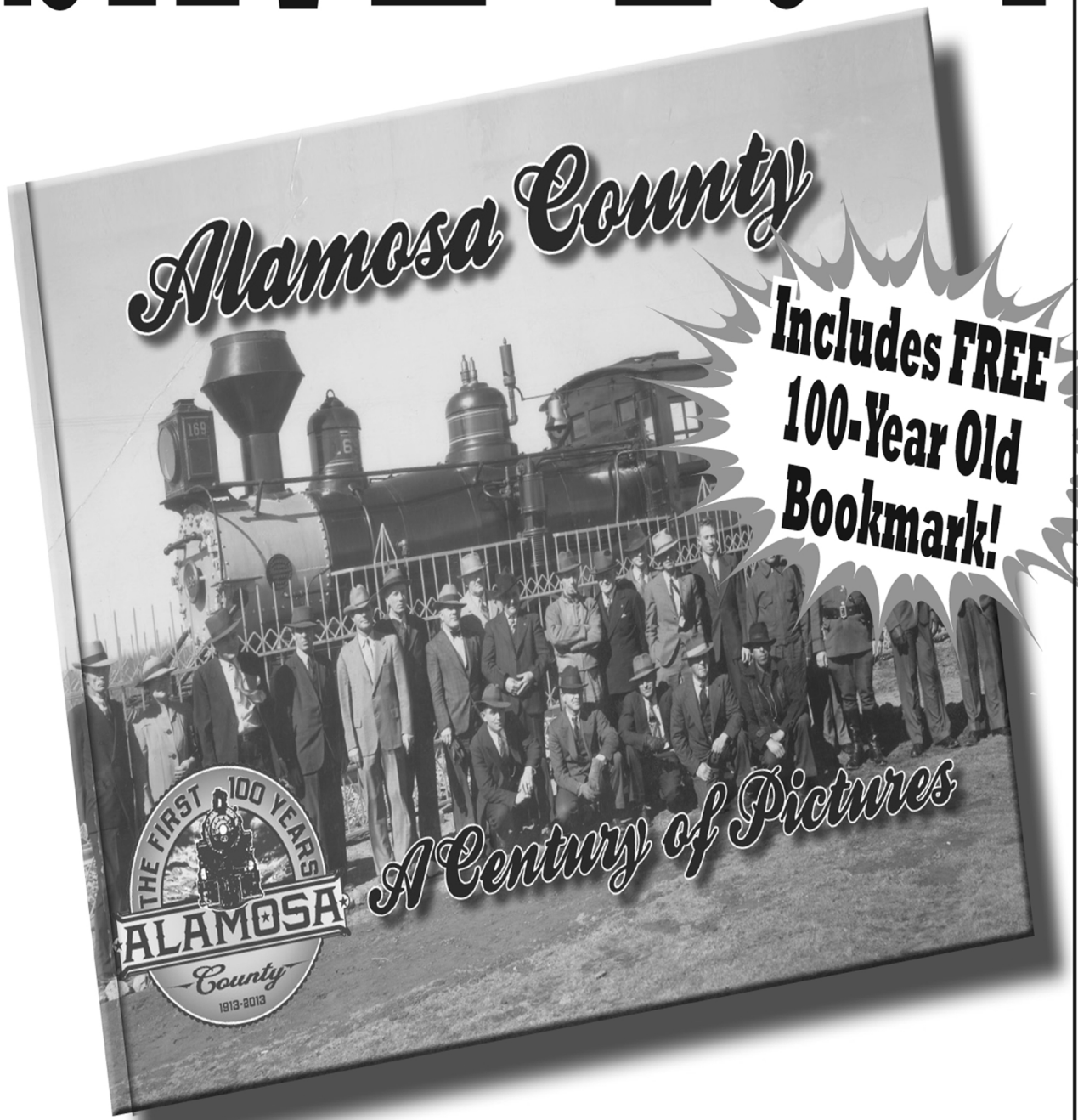
One of the many Veterans that will be highlighted during the event is Founding Father of Del Norte James Cary French. French was born Feb. 1, 1837, in Bangor, Maine. French entered the military during the Civil War, serving as captain in Company F, 2nd Kansas Cavalry. French died in Del Norte on Dec. 28, 1889, and was credited with naming Del Norte after traveling west in the 1870s.

Another character that will be highlighted is Henry Foote. Foote was born in New York in 1830 and served in the Civil War for the Union Army. Foote came to Del Norte in 1874 from Leavenworth, Kan., and was instrumental in erecting the Windsor Hotel in Del Norte which was originally called the Winslett Hotel. In 1880, Foote purchased the hot springs in what was later to become Pagosa Springs and was involved in the development of the town.

The event will feature many Civil War Veterans throughout the history of the Valley and will be open to anyone. Light refreshments will be provided. Prizes will be awarded to participants who complete the scavenger hunt by the Rio Grande County Museum.

For more information or questions, call the museum at 719-657-2847.

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Alamosa

Sports

Lady Mean Moose fall to Lady Meloneers

By **KEN HAMRICK**
Courier sports editor

ALAMOSA – The Alamosa High School softball team hosted sixth-ranked Rocky Ford Tuesday at the Adams State University softball field.

The Lady Mean Moose stayed with the Lady Meloneers for two innings, however, Rocky Ford used two big innings to send Alamosa to a 12-3 defeat.

“You can lead a horse to water, but you can’t make him drink,” said Alamosa coach Dominic Lomeli. “That’s the way the season’s gone so far.”

Rocky Ford took a 2-0 lead in the top of the first inning. Deja Warman singled and then Leticia Garcia hit a two-run inside-the-park home run.

Alamosa duplicated that effort in the bottom of the first. Leah Higareda led off with a walk, and Araceli Molina also slammed a two-run inside-the-park homer to deadlock the score at 2-2.

After a scoreless second inning, the Lady Meloneers struck for five runs in the top of the third. Alysia Marquez led off with a single, and she came all the way around to score on Warman’s double. Anneysiah Camacho also doubled to send Warman home, and Garcia singled to plate Camacho for a 5-2 lead.

Ashlyn Berg doubled home Benni Martinez, who was courtesy running for Garcia. Berg took third on Raelynn Geist’s fly ball, and Berg scored on Kamil Lovato’s sacrifice fly.

The fourth inning was also scoreless, but Rocky put another run on the board in the fifth. Garcia and Berg both singled, and Geist was called out on the infield fly rule. The ball dropped in the infield, and Martinez, who again courtesy ran for Garcia, and Berg both advanced on the play. Martinez came home on Kamil Lovato’s groundout and the Lady Meloneers led 8-2.

Rocky Ford scored four more times in the sixth. Warman singled and advanced to second on the throw back to the infield. Camacho singled home Warman, followed by Garcia’s double. Berg’s double plated Lexi Baca who was pinch running for Camacho, and Martinez who again ran for Garcia. Geist was safe on an error and Tatiana Mejia, who was pinch running for Berg, scored and the Lady Meloneers led 12-2.

The Lady Mean Moose scored once in the bottom of the sixth to avoid the 10-run rule. Molina singled, stole second and took third on an error. Lexany Heredia singled home Molina.

There was no scoring in the seventh. Alamosa managed only five hits and were led by Molina who went 3-3 with a home run and two RBIs. Heredia went 1-2 with one RBI, and Kennedy Hillis also went 1-2.

Shea Jordan went the distance as the Lady Mean Moose pitcher and she took the loss. She allowed 12 runs and 17 hits and she had four strikeouts and only one walk.

Alamosa (10-11, 0-6) has two more games left on its regular season roster. On Saturday, the Lady Mean Moose will travel to Lamar with game time scheduled for 11 a.m. at Citizens Field. On Tuesday, they will host La Junta with first pitch at 4 p.m. at the ASU softball field.

“Two tough teams who are both ranked,” Lomeli said. “La Junta’s in the Top 15 and Lamar’s in the Top 5. We have to figure some things out or it’s going to be the same result.”

Rocky Ford 12, Alamosa 3

Rocky Ford	205	014	0	–	12	17	1
Alamosa	200	001	0	–	3	5	3

Garcia (W) and K. Lovato, Jordan (L) and Quinlan. HR – RF: Garcia (1st inn., 1 on, 1 out); A: Molina (1st inn., 1 on, no outs).



Courier photo by Ken Hamrick

Alamosa High School catcher Makissa Quinlan makes an acrobatic catch in foul territory in Tuesday’s game against Rocky Ford at the Adams State University softball field. The Lady Mean Moose lost to the Lady Meloneers 12-3.

Rocky Mountain Athletic Conference standings

As of Tuesday

FOOTBALL

Team	Conf. W-L	Overall W-L
Colorado State Pueblo	3-0	4-1
Colorado School of Mines	2-0	4-0
Western Colorado	2-0	4-0
South Dakota Mines	2-1	3-2
Black Hills State (S.D.)	1-1	2-2
Colorado Mesa	1-1	2-2
Chadron State (Neb.)	0-2	1-3
Fort Lewis	0-2	1-3
Adams State	0-2	0-4
New Mexico Highlands	0-2	0-4

MEN’S SOCCER

Team	Conf. W-L-T	Overall W-L-T
Colorado-Colorado Springs	0-0-0	7-0-1
Fort Lewis	0-0-0	4-0-4
Colorado State Pueblo	0-0-0	5-2-1
Westminster (Utah)	0-0-0	4-2-2
Colorado Christian	0-0-0	2-1-5
Colorado Mesa	0-0-0	3-3-1
Adams State	0-0-0	2-2-1
Metropolitan State-Denver	0-0-0	3-4-1
Regis	0-0-0	1-2-5
Colorado School of Mines	0-0-0	1-7-0
South Dakota Mines	0-0-0	0-7-0

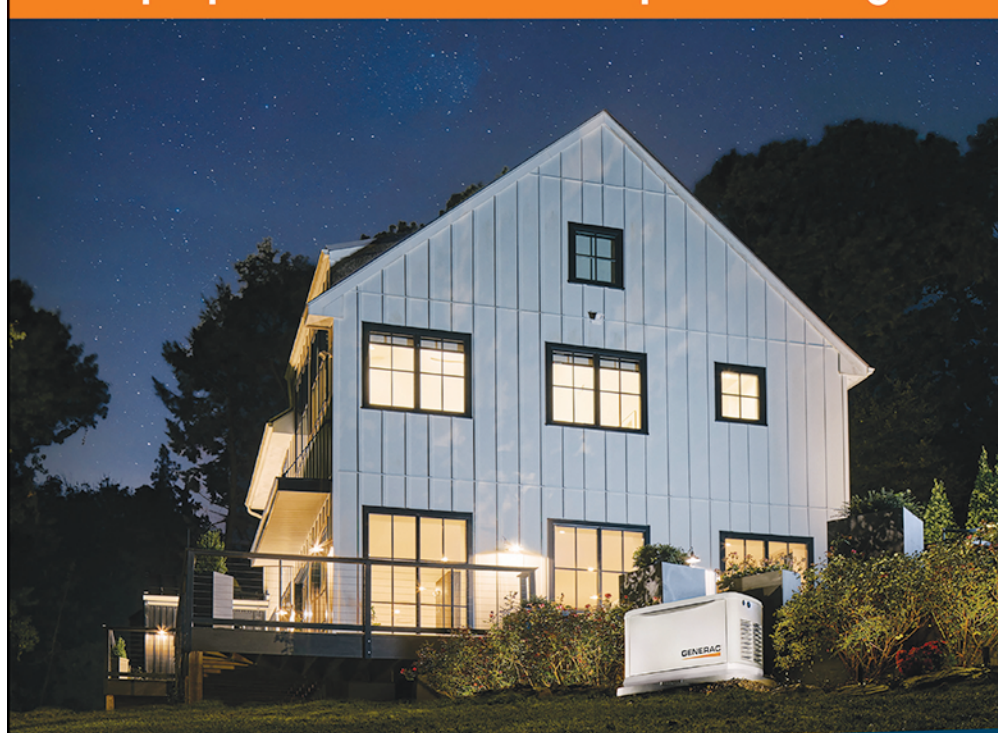
WOMEN’S SOCCER

Team	Conf. W-L-T	Overall W-L-T
Colorado School of Mines	2-0-0	8-0-0
Westminster (Utah)	2-0-0	4-1-1
Colorado Mesa	2-0-0	4-1-2
Metropolitan State-Denver	2-0-0	3-1-4
Fort Lewis	1-0-0	4-1-1
Western Colorado	1-0-0	2-4-1
Colorado Christian	1-1-0	2-4-1
Regis	1-1-0	2-5-1
Colorado-Colorado Springs	0-2-0	2-4-2
Adams State	0-2-0	2-4-1
New Mexico Highlands	0-2-0	2-5-1
Colorado State Pueblo	0-2-0	1-5-2
Black Hills State (S.D.)	0-2-0	0-5-2

WOMEN’S VOLLEYBALL

Team	Conf. W-L	Overall W-L
Metropolitan State-Denver	4-0	12-1
Colorado State Pueblo	4-0	10-3
Colorado Mesa	3-1	10-3
Colorado Christian	3-1	8-5
South Dakota Mines	3-1	7-6
Regis	3-1	5-7
Colorado-Colorado Springs	2-2	7-6
Westminster (Utah)	2-2	6-6
Colorado School of Mines	2-2	5-7
Adams State	1-3	4-10
Western Colorado	1-3	4-10
Fort Lewis	1-3	3-9
New Mexico Highlands	1-3	2-10
Black Hills State (S.D.)	0-4	4-8
Chadron State (Neb.)	0-4	3-10

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Sports Bulletin

Follow sports editor Ken Hamrick on X. His handle is @KenHamrick1.

SCOREBOARD TUESDAY

Prep girls softball
Rocky Ford 12, Alamosa 3

THURSDAY

Prep girls volleyball
Centauri at Sanford – late
Mountain Valley at Sangre de Cristo – late

SCHEDULE FRIDAY

Prep football
Norwood at Sanford, 4 p.m.
Dolores at Sargent, 6 p.m.
Primero at Sierra Grande, 6:30 p.m.
Alamosa at Bayfield, 7 p.m.
Center at Monte Vista, 7 p.m.
Ignacio at Centauri, 7 p.m.
Sangre de Cristo at Fowler, 7 p.m.
Trinidad at Del Norte – canceled
Prep boys soccer

Bayfield at Alamosa, 3 p.m.

Prep girls volleyball
Centennial at Mountain Valley, 11 a.m.
Center at Dove Creek, 3 p.m.
Primero at Sierra Grande, 4 p.m.
South Park at Del Norte, 5 p.m.

College cross country
Adams State at Joe Plane Notre Dame Invitational, 11:15 a.m.

College women’s soccer
Adams State at Western Colorado, 3 p.m.
College women’s volleyball
Fort Lewis at Adams State, 6 p.m.

College swimming
Adams State, Texas-Permian Basin at McMurry (Texas), TBA

SATURDAY

Prep football
Antonito at Cotopaxi, 6 p.m.
Prep cross country
Alamosa, Centauri, Del Norte, Monte Vista at Pagosa Springs Invitational, 9 a.m.
Centennial, Center, Monte Vista, Sierra Grande at Salida Classic, 9:30 a.m.
Prep girls gymnastics
Alamosa at Pueblo

Central, 10 a.m.

Prep girls softball
Alamosa at Lamar (at Citizens Park), 11 a.m.

Prep girls volleyball
Creede, Dove Creek at Ouray, 10 a.m.
Center at Sanford, 11 a.m.
Sierra Grande at Trinidad, 11 a.m.
Centauri at Colorado Springs Christian, noon

Monte Vista at South Park, 1 p.m.
Pagosa Springs at Alamosa, 1 p.m.

Antonito at Cotopaxi, 4 p.m.
Mountain Valley at Sargent, 5 p.m.

College football
Adams State at Chadron State, noon

College swimming
Adams State, Texas-Permian Basin at McMurry (Texas), TBA

SUNDAY

College women’s golf
Adams State at Farmers Insurance Sam Proal Invitational (at Pueblo), TBA
College men’s soccer
Adams State at Colorado Christian, 1 p.m.
College women’s soccer
Fort Lewis at Adams State, 1 p.m.

Lifestyle

Newcomer's Guide to Gardening in the Valley

In the Weeds

By **EMILY FOLZ**
CSU Extension, Colorado Master Gardener

SAN LUIS VALLEY

— This summer, my garden reminded me of what helps and what hinders in the management of weeds.

Early in the summer, we took out a section of old fence for an outdoor project. This created an area of bare soil in the yard and it's where we stacked building materials used during the project.

Weeds love bare soil! They don't have to compete with healthy plants for sunlight, nutrients or space. And this summer we had so much rain, which I was grateful for but so were the weeds. The combination of bare soil and rain, the disruption of the soil when we removed the fence, and the opportunity the weeds had to grow undisturbed (we went on vacation), well it was a weed party! Fortunately, a small party, but one nonetheless.

Weed seeds get into our gardens a number of ways, from birds and animals carrying them in, to the wind blowing them, to tumbleweeds dropping as they roll on by. Occasionally, we bring them in inadvertently when we add topsoil or mulch that contains weed seeds. It's disturbing to realize that a single weed can produce thousands of seeds. It's also discouraging and honestly a bit alarming to realize that soil itself contains millions of weed seeds, the

so-called weed seed bank, with some seeds surviving underground for decades just waiting for the opportunity to sprout. It's a reminder to disturb our garden soils as little as possible.

Management can be broadly divided into cultural and chemical methods. Cultural methods include hand-weeding, hoeing, mulching, and mowing. Early in the season, it's easy to pull up small weeds by hand without disturbing too much soil. Later in the season, larger weeds can be cut off at the soil level. Many annual weeds will die when cut this way. Perennial weeds have a network of roots and rhizomes that allow them to survive this, but over time (often years) without leaves above ground, the roots will weaken and some perennial weeds will die.

The other half of my summer story involves the areas where I had used good cultural methods to prevent weeds, most notably use of mulch, and I'm glad to report the results were good.

I cannot praise the value and benefits of mulch enough. In addition to helping reduce water use, decreasing wind erosion, and giving a more finished appearance to our gardens, mulch provides a great barrier to weeds. Three to four inches of weed-free mulch blocks sunlight from reaching the soil, preventing weed seeds from germinating. And it smothers any small annual weeds attempting to grow.



Photo credit Dr. Phil Westra, Colorado State University

Hundreds of seeds from a single kochia tumbleweed produced this line of weeds. What is a weed: A plant out of place and not intentionally sown. A plant growing where it is not wanted. A plant whose virtues have not yet been discovered (R. Emerson). A plant out of place and not intentionally sown. Plants that are competitive, persistent, and interfere negatively with human activity or management.

A healthy lawn and landscape plants are great weed deterrents as well because they can often outcompete weeds. Using a schedule of deep, infrequent watering benefits lawns and gardens, and is hard on shallow-rooted weeds. Mowing grass to a height of 2 1/2 to 3 inches and leaving grass clippings on the lawn contribute to a healthy lawn. In the areas where I had ample mulch, and a healthy lawn and landscaping, there were only a few weeds when we returned from vacation, but no

weed party.

Although our gardens will never be weed-free, we can have a positive impact on weed control by thinking about ways to stop weed seeds from germinating (no bare soil, minimal disruption of soil, mulch) and ways to prevent weeds from producing seeds by pulling them when small or cutting them off at the soil level before they set seeds. Limited use of selective herbicides can at times be used to supplement cultural methods, taking care to read labels and apply them correctly.

Let me know what control you've used. Send me an email at SLVgardening@gmail.com. Please share any helpful hints for weed control you've used. Send me an email at SLVgardening@gmail.com.

Creede School selects new principal

CONTRIBUTED
CREEDE – The Creede School District is excited to announce the recommendation of hire of Cindy Haberman as Creede Schools K-12 Principal.

Haberman began her educational career in the East Otero School District in 1988 as an Elementary, Special Educational Teacher at East Elementary School.

Haberman spent 14 years teaching within the district as a Special Education Teacher, second and third grade teacher at both East Elementary and West Elementary in La Junta. She then served as a Disabilities and Mental Health Manager for Otero Junior College/Child Development Services Head Start for 13 years.

In 2015, Haberman returned to East Otero School District as the Primary School Principal (K-2) for four years.

Her educational experiences have afforded her the opportunity to collaborate with a diverse group of people to meet a common goal of increasing student achievement and well-being. Her educational philosophy is based on her uncompromising belief that all students can learn, given a positive learning environment, strong and knowledgeable leadership, a committed and focused educational team, and an encouraging community, and a supportive family.

Haberman received a dual bachelor's degree in Elementary and Special Education from Adams State University in 1988. She attended the University of Northern Colorado where she received her master's degree in Elementary Special Education in 1993. After several years of teaching, she returned to Adams State University,

where she achieved her Educational Leadership Endorsement in 2009.

Haberman retired from East Otero School as a school principal in 2019. She enjoys spending time with her spouse, John Haberman (retired high school principal), three children and five grandchildren.

The Huberman family has had a cabin in Creede for over five decades where they enjoy spending their time.

Cindy Haberman accepted a position in the Creede School District, as the K-12 principal, where she looks forward to the opportunity of building relationships with students,

staff, parents, and the community. Her first official day will be Oct. 8.

"We are excited to welcome Mrs. Haberman to the Creede Schools family and to welcome both Mr. and Mrs. Haberman to the Creede community as full-time residents. Go Miners," district officials stated.

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NOTICE

The Town of Antonito will be having a public hearing (special review use application) before the Board of Trustees on September 10th, 2024 at 5:30 pm to discuss a possible variance for set back requirements less than is authorized by zoning (from 25 ft to 17 ft on the sw side corner, and from 30 ft to 15 ft on the W side) of property owned by the Alberto & Krissianna Martinez at 107 E. 8th Ave. No. 4160.
Published in the Valley Courier on October 4, 2024.

County Court Rio Grande County, Colorado

Court Address: 925 6th St., Room 204, Del Norte, CO 81132
In the Matter of the Petition of:
Parent/Petitioner: Maria Tania Soto Renteria
For a Minor Child: Aiden Daniel Soto
For a Change of Name to: Aiden Daniel Soto Martinez
DATE FILED
September 12, 2024 11:32 AM
COURT USE ONLY
Case Number: 2024C64
Division Courtroom
PUBLIC NOTICE OF PETITION FOR CHANGE OF NAME
Public Notice is given on 10/02/2024 (date) that a Petition for a Change of Name of a Minor Child has been filed with the Rio Grande County Court.
The Petition requests that the name of
Aiden Daniel Soto
First Name Middle Name Last Name
Be changed to
Aiden Daniel Soto Martinez
First Name Middle Name Last Name
By Dawn M. Mezco /s/
Clerk of Court/Deputy Clerk
No. 4165.
Published in the Valley Courier on October 4, 11, & 18, 2024.

221 - HELP WANTED

DEL NORTE BANK is seeking to fill a full-time position for a TELLER in the CREEDE BRANCH. Duties will be to accept deposits, loan payments and process withdrawals while maintaining a balanced cash drawer. Must be personable and pleasant answering the phone and greeting customers. Many other duties will be assigned as needed. The position is permanent, full-time, M - F, 8am - 4:30pm, an hourly rate range of \$14.42 to \$17.00, with a robust benefits package. Application available at TrueLocalBank.com/careers or inquire at 117 N. Main St, Creede or call 719-657-3376 and ask for Dawn. EOE. (11/6/24)

221 - HELP WANTED

THE BOARD OF Education of the SANFORD SCHOOL DISTRICT 6J is now accepting applications for JUNIOR HIGH GIRLS BASKETBALL COACH for the 2024-2025 School Year. Qualifications: Must be at least 18 years of age with a high school diploma or equivalent, or such alternative to the above qualifications as the Board of Education may find appropriate and acceptable. All candidates must pass background checks. Letters of Application should be submitted to: Mr. Jared Morgan, Superintendent, Sanford School District 6J, 755 Second Street, SANFORD, CO, 81151. Application Deadline: Until position is filled. SANFORD SCHOOL DISTRICT 6J is an equal opportunity educational institution and will not discriminate based on race, color, national origin, sex, age, handicap and marital status in its activities, programs or employment practices as required by Title VI, Title IX, and Section 504. For information regarding civil rights or grievance procedures, contact Mr. Jared Morgan, Superintendent; telephone number (719) 274-5167. (10/19/24)

SIGNING BONUS-\$1,500 AT hire. CONEJOS COUNTY is seeking a CASEWORKER for the DEPARTMENT OF SOCIAL SERVICES. Annual Salary starting at \$42,500, DOQ. Duties include: Intake and/or ongoing social casework services to families/adults. Bachelor's Degree required. One-year experience preferred. Applications accepted until filled and available on line at conejoscounty.colorado.gov, County Human Resources or via email upon request at cricei@co.conejos.co.us. Inquiries, call (719) 376-6799. EOE. (10/9/24)

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221 - HELP WANTED

THE CHILDREN'S GARDEN EARLY LEARNING CENTER is seeking energetic and experienced PRE-SCHOOL TEACHERS to join our staff. In this position, you will help lead teacher-developed curriculum for the various age groups of our student population. You will implement lesson plans throughout the school day, work with our community to bring quality child care and schooling, as well as have a chance to grow personally and professionally. To express interest in joining our team, please call: 719-937-4654. Applications can be picked up at 1304 San Juan Ave, ALAMOSA, CO 81101 or send Resume to: BOD@childrensgardenalamosa.com. (10/18/24)

VENDOLA PLUMBING & HEATING hiring full time experienced HVAC TECH with paid health insurance and full benefits. Send resume to rhonda@vendola.com, or apply in person at 185 1/2 Broadway, ALAMOSA. (10/5/24)

221 - HELP WANTED

THE NORTH CONEJOS ALTERNATIVE PROGRAM is accepting applications for (1) NCAP PARAPROFESIONAL and (1) NCAP SECONDARY EDUCATION TEACHER. Contact Susan Hamilton for details at 719-580-5864. Applicants for the teaching position must hold a current Colorado Teaching License or be able to obtain proper endorsement. NCSD offers a competitive salary, great discipline and environment for staff and students, and up to \$915 monthly towards health insurance. Applications are available at the District Administration Office, 17887 US Hwy 285, La Jara, CO 81140 or can be downloaded at www.northconejos.com. Submit application to Mr. Darren Edgar, Superintendent. Application deadline is until position is filled. EOE. (10/12/24)

POLICE OFFICER FOR the MANASSA POLICE DEPARTMENT, must be POST certified. Please pick up an application at the Town Hall during business hours, Monday-Wednesday 8-4. (11/5/24)

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Classifieds

221 - HELP WANTED

SECONDARY PARAPROFESSIONAL NEEDED: SARGENT SCHOOL DISTRICT is seeking a dedicated Paraprofessional for the 2024-2025 school year. If you're passionate about working with young learners, we'd love to hear from you! Salary starts at \$21,035.19 on the Paraprofessional's salary schedule. New employees to the district may be granted up to 8 years of experience at the discretion of the superintendent at the time of hiring. Benefit package including employee health, dental, vision, optional \$1,200 a year toward an HSA, and life insurance coverage. Free admission to all home athletic events, staff wellness room, discount rates to Monte Vista Athletic Club, Sand Dunes Swimming Pool, and Monte Vista Golf Course. Please complete the non-certified application and submit with resume. For more information and to apply, visit www.sargent.k12.co.us or call 719-852-4023. Application Deadline: 10/19/24 or until position is filled. EOE. (10/19/24)

FOOD SERVICE COOK: SARGENT SCHOOL DISTRICT is seeking a dedicated food service cook for the 2024-2025 school year. If you're passionate about nutrition and would love to join a great team, we'd love to hear from you! We have a FULL TIME 8 HOUR position and a PART TIME 4 HOUR position available. Starting rate is \$14.61 on the cook salary schedule. New employees to the district may be granted up to 8 years of experience at the discretion of the superintendent at the time of hiring. Full time employee benefit package including employee health, dental, vision, optional \$1,200 a year toward an HSA, and life insurance coverage. Free admission to all home athletic events, staff wellness room, discount rates to Monte Vista Athletic Club, Sand Dunes Swimming Pool, and Monte Vista Golf Course. Please complete the non-certified application and submit with resume. For more information and to apply, visit www.sargent.k12.co.us or call 719-852-4023. Application Deadline: 10/19/24 or until position is filled. EOE. (10/19/24)

HARDWARE MANAGER - RANDALL LUMBER & HARDWARE, INC. Department: Hardware & Ranch Departments. Supervisor: Paula Ervin. General Job Description: MANAGE HARDWARE/RANCH DEPARTMENT of RANDALL LUMBER & HARDWARE, INC. Job Description: The Hardware, Ranch & Feed manager will lead and manage employees including hiring, training and development; They will manage inventory and pricing, Managing P&L performance will also be a duty of the Hardware Manager; Vendor and customer relations, new business development, marketing, analysis, forecasting and budgeting are also areas of responsibilities for this position. Qualifications For The Job: Education: Bachelor's degree in business (preferred) Or equivalent experience (5 Years in management position with similar Responsibilities); Strong leadership skills and creative thinking would be great. Physical Requirements: Ability to lift 40 lbs. and the ability to physically move throughout the Hardware Store facility. This is a FULL-TIME position Supporting a Monday through Saturday store schedule, with a Salary commensurate to experience, + benefits If interested, please submit a cover letter, resume & 3 References to pervin@randalltaos.com For more information or answers to questions, please contact Paula Ervin directly, 575-758-2271. (10/30/24)

221 - HELP WANTED

GRANT SPECIALIST. ACADEMIC AFFAIRS at ADAMS STATE UNIVERSITY seeks a full-time GRANT SPECIALIST to facilitate, write, review, and prepare grant proposals. The applicant must have a bachelor's degree and proven experience in grant writing, budget preparation, and securing federal, state, and/or private grants. Position open until filled. More information at: Adams State's Human Resources Employment Opportunities webpage, <https://www.adams.edu/hr/employment/> or [\(10/5/24\)](https://adams.wdl.myworkdayjobs.com/ASU)

THE ALAMOSA SCHOOL DISTRICT is now accepting applications for a PAYROLL/HUMAN RESOURCES CLERK. Qualifications: High School Diploma, computer Literate, accuracy and typing skills, Understanding of payroll and Federal and State procedures, Two (2) years payroll experience, good communication skills. Application, Job Description and Salary Schedule available online at <http://www.alamosaschools.org>. For more information please contact Tracy Vigil at 719-587-1600 or tvigil@alamosaschools.org. Application deadline is until filled. EOE. (10/4/24)

ALAMOSA COUNTY ASSESSOR is seeking a PERSONAL PROPERTY CLERK. This position maintains records for commercial businesses to determine the value of their personal property for taxation purposes. The successful candidate will track existing businesses and actively look for new businesses within the County, meet with owners, managers and/or tax agents and perform other duties as assigned. One-year experience in an office setting is desired. Must have strong computer and math skills, strong organizational skills and good penmanship. A valid Colorado driver's license is required. Applications may be picked up at the Assessor's Office, 8999 Independence Way, Suite 105. The starting pay rate is \$18/hour. A cover letter and resume must accompany the completed application. Deadline to apply is October 9th, 2024. (10/09/24)

ELEMENTARY PARAPROFESSIONAL NEEDED: We are seeking a dedicated Paraprofessional for the 2024-2025 school year. If you're passionate about working with young learners, we'd love to hear from you! Salary starts at \$21,035.19 on the Paraprofessionals salary schedule. New employees to the district may be granted up to 8 years of experience at the discretion of the superintendent at the time of hiring. Benefit package including employee health, dental, vision, optional \$1,200 a year toward an HSA, and life insurance coverage. Free admission to all home athletic events, staff wellness room, discount rates to Monte Vista Athletic Club, Sand Dunes Swimming Pool, and Monte Vista Golf Course. Please complete the non-certified application and submit with resume. For more information and to apply, visit www.sargent.k12.co.us or call 719-852-4023. Application Deadline: 10/8/24 or until position is filled. EOE. (10/15/24)

COLORADO STATE UNIVERSITY SAN LUIS VALLEY RESEARCH CENTER in CENTER, CO, seeks FARM MANAGER, full-time salaried w/ benefits. Min. requirements include experience managing an entity involved in research, agricultural production or related commercial enterprise environment. Read full job description and apply online by 09/30/2024 for full consideration at: <https://jobs.colostate.edu/postings/150505>. CSU is an EO/EA/AA employer and conducts background checks on all final candidates. (10/25/24)

221 - HELP WANTED

MOUNTAIN VALLEY SCHOOL is accepting applications for a HEAD WRESTLING COACH for HIGH SCHOOL and MIDDLE SCHOOL as well as ASSISTANT COACHES. Please contact Larry Hunt at Mountain Valley School 719-655-2578. (10/16/24)

SAN LUIS VALLEY HEALTH is looking for an EMERGENCY PREPAREDNESS MANAGER. This position is responsible for creating and overseeing emergency preparedness and response plans and involves assessing risks, coordinating training and drills, and ensuring compliance with relevant regulations to protect the organization's assets, personnel, and operations in the event of emergencies. To learn more about this opportunity check out our careers page at www.slvh.org or call 719-587-1200. (10/01/24)

RIO GRANDE COUNTY is seeking a LAND USE CODE COMPLIANCE INSPECTOR w/without building inspector duties to join our team. The land use code compliance inspector performs duties related to the enforcement of the Rio Grande County land use development code and building codes. Performs inspections of vacation rental properties and maintains records relating to vacation rentals. Performs field verification of building setbacks. Maintains address and zoning permit database and assigns new addresses and issues agricultural building permits. Assists with building construction inspections as assigned. This is a full time, non-exempt position, that will receive county benefits of annual & sick leave, retirement and health insurance. Wage/salary range is \$20.19 - \$29.26 per hour doe. Check out the employment section on <https://riograndecounty.colorado.gov/>. Submit applications to humanresources@riograndecounty.org or drop it off at 925 6th Street, Rm 200, DEL NORTE, CO 81132. Job will remain open until filled. (10/9/24)

ADAMS STATE UNIVERSITY is seeking applications for the Full-Time position of CONTENT STRATEGIST. Salary Range is \$42,252-\$48,060, commensurate with education and experience. Benefits include Health, Dental, Vision, Life Insurance, Retirement, PTO, Paid Holidays. This position provides key decision support in developing and implementing a cohesive, integrated communication strategy across multiple platforms, including social media, web, print and digital, that tell Adams State's story in a compelling, visually engaging and consistent manner. Review of applications will remain open until position is filled. For more information and application please visit <https://www.adams.edu/hr/employment/>. (10/9/24)

RIO GRANDE COUNTY is seeking a GRANT SPECIALIST to join our team. The Grant Specialist will work with federal, state, and private grants to manage programs and secure funding. They often work with a variety of staff, including department heads, financial staff, and others. Grant specialists may also be responsible for special projects. The Grant Specialist will report to the Chief Financial Officer, is an Exempt Full-Time Position, will receive County benefits of Annual & Sick Leave, Retirement and Health Insurance. Wage/Salary Range is \$59,133.00 - \$65,248.00 per year DOE. Please submit your application to humanresources@riograndecounty.org or drop it off at 925 6th Street, Rm 200, DEL NORTE, CO 81132. Deadline to apply for the Grant Specialist position is 4PM on October 11, 2024. (10/9/24)

BUSY POTATO WAREHOUSE hiring full time PERMANENT BAGGERS/STACKERS. Apply at WORLEY & McCULLOUGH, 2471 East CR 7 North, MONTE VISTA, CO. 81144. (10/5/24)

221 - HELP WANTED

SOUTH CONEJOS SCHOOL DISTRICT is seeking a MIDDLE SCHOOL & HIGH SCHOOL ATHLETIC DIRECTOR for the remainder of the 2024-2025 school year. Please submit a district application, resume, and cover at <https://www.southconejos.com/page/how-to-apply>. (10/4/24)

SAN LUIS VALLEY HEALTH is seeking a DIRECTOR OF HUMAN RESOURCES. Leading a team of six, this position is directly responsible for the management, administration, coordination, and evaluation of Human Resource services and functions for all departments and the 765 employees of San Luis Valley Health. To learn more about this incredible opportunity check out our careers page at www.slvh.org or call 719-587-1200. (10/9/24)

IST SOUTHWEST BANK, a locally owned CDFI community bank, is seeking a COMPLIANCE DIRECTOR. FSWB offers competitive compensation, generous benefits, & career development. Join FSWB's award-winning team dedicated to supporting rural Colorado's agricultural, nonprofit, and small businesses. For details and to apply, visit fswb.bank/about/careers. EOE. (10/4/24)

CDL DRIVER: JT TIMBER FALLING is hiring a full-time LOG TRUCK DRIVER. CLASS A CDL. Based out of BLANCA, CO. Local destinations and home every night. A Comprehensive benefits package is available. \$23-\$30/hr, depending on experience. Call 719-379-4066 or visit jttimber.com for more information. (10/16/24)

DEL NORTE ELEMENTARY SCHOOL TEACHER needed at the URGSD. We are seeking a hardworking and enthusiastic teaching professional to join our dynamic, vibrant and fun-loving team for the 2024-2025 school year. Applicants must have a bachelor's degree or higher and possess or be able to obtain a Colorado Teaching License. Please submit your application, resume and cover letter to: Amy Duda, Principal at aduda@urtigers.co or contact Amy at 719-657-4050. Applications can be picked up at the District Office or online at: urtigers.co. (10/4/24)

WOLF CREEK SKI AREA is accepting applications for ALL DEPARTMENTS: lifts, ski school, base operations, food & beverage/bakers & baristas, rental, retail, ticket office, snow reporting/guest services, ski patrol, grooming, snow removal, custodial building maintenance, and a freelance photographer. To download an application and see job descriptions please visit the employment page of WolfCreekSki.com. Send resumes and applications to wolfcreekski@wolfcreekski.com or P.O. Box 2800, Pagosa Springs, CO 81147. All jobs are winter seasonal (November - April) with skiing privileges. Starting wage of \$19/hour with merit increases based on performance and experience. (10/30/24)

304 - LAWN & GARDEN

TROY - BUILT CHIPPER SHREDDER CS4265, \$450. Max 719-379-3123. (10/19/24)

SPRINKLER REPAIR & INSTALLATION. Quick Service! Call evenings and weekends: 719-580-0033 or 719-376-2593. (10/11/24-monthly)

324 - SEED & FEED

HORSE & COW HAY: GRASS, GRASS/ALFALFA, ALFALFA. 3x3 bales, various quality and pricing. 719-850-8917. (10/18/24-monthly)

330 - FREE

FREE: RUBBER TIRES from older vehicles. Call/text 719-942-3567. SALIDA. You pick-up. (10/5/24)

341 - GARAGE SALE

HUGE YARD SALE, MULTI-FAMILY: furniture, tools, housewares, propane stoves, lot's misc. Sat/Oct.5th, 9to3, 10439E.Hwy.160, next to Southway Construction. (10/5/24)

YARD SALE IN MONTE VISTA! 139 Washington St, Monte Vista, CO 81144. Saturday, October 5th, 8:00 a.m. sharp. Crafting galore, fabric, yarn, card making materials, stamps, embroidery, knitting, books, crafting books, clothes, furniture, linens, household items, and lots more! Head East on Highway 160, turn right on Washington St, #139. Rain or shine. (10/5/24)

360 - MISC. FOR SALE

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401 - BUSINESS PROPERTIES

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415 - HOMES FOR SALE

FOR SALE BY Owner. HOMESTEADER'S CABIN: 3 out buildings, 16.85 acres, SAN LUIS VALLEY, COLORADO. \$40,000. 720-483-2725. (10/9/24)

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)

525 - GUNS

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

601 - APARTMENTS FOR RENT

ONE BEDROOM APARTMENT, DOWNTOWN ALAMOSA. \$700/month includes basic utilities. Interested? Email slvcbrental@yahoo.com. Available October 1st. (10/12/24)

CLEAN COZY TWO BEDROOM, MONTE VISTA, apartment for rent. Only serious inquiries. Call 719-588-2840, 719-588-2284. (10/16/24)

2 BEDROOM DUPLEX available for rent. W 7th St, ALAMOSA. \$1,200/month; \$1,200 security deposit. Water, trash and sewer are included. Tenant is responsible for gas, electric, internet. 719-587-6960 or email manuelm@slvbhg.org. (10/9/24)

3 BEDROOM, 2 BATH duplex in BLANCA. Call 719-588-5900. (10/9/24)

611 - HOMES FOR RENT

3 BEDROOM 2 BATH HOME for rent. W/D hook up, fenced-in back yard and front yard. \$1600 per month plus utilities. Pets negotiable. Please call 719-588-0009 for more information. (10/12/24)



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CROSSWORD PUZZLE

NEA Crossword Puzzle

- ACROSS**
- 1 Champagne cork sound
 - 4 Does a farm job
 - 8 Chutzpah
 - 12 Eden resident
 - 13 Clever remark
 - 14 Port city in Pennsylvania
 - 15 Spigot
 - 16 Compulsion
 - 17 Dollar bills
 - 18 Omega's opposite
 - 20 Exit
 - 22 Pinna
 - 23 Pooch
 - 24 Sawbones
 - 28 Crowbar
 - 32 Yoko —
 - 33 Look at books
 - 35 Pother
 - 36 Trash can
 - 37 Aid and —
 - 38 Account exec
 - 39 Calm

- 41 Singer — Cash
 - 44 Invite
 - 46 Yale student
 - 47 — Tea Party
 - 50 Discernment
 - 53 Touch on
 - 54 Drop
 - 57 In what way?
 - 58 Achy
 - 59 Steal
 - 60 Sooner than
 - 61 Prophet
 - 62 Suffix with hip or hoop
 - 63 — Moines, Iowa
- DOWN**
- 1 Animal rights org.
 - 2 Track shape
 - 3 Pizza topping
 - 4 Plaza
 - 5 "— Town"
 - 6 Fake hair

Answer to Previous Puzzle

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

- 7 Drive too fast
- 8 Beatle — Harrison
- 9 British composer
- 10 Fibs
- 11 Minus
- 19 Crone
- 21 Olympic medal
- 24 Shows sorrow
- 25 Military group
- 26 Ball
- 27 — do-well
- 29 Like some floors
- 30 Paradise
- 31 Lariat
- 34 From — — Z
- 37 In addition
- 40 Former partner
- 42 Hunting dog
- 43 In the style of
- 45 Ties
- 47 Singing voice
- 48 Woodwind instrument
- 49 Certain
- 51 Split
- 52 Lambs' moms
- 55 Yoga need
- 56 DDE's nickname

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		

SUDOKU

DIFFICULTY RATING:☆☆☆☆

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

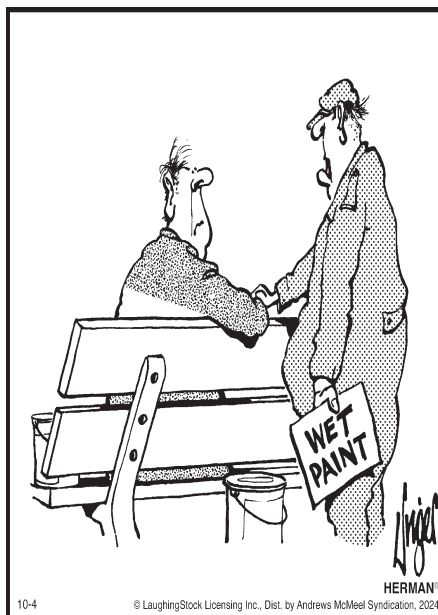
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PREVIOUS SOLUTION

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

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

HERMAN



"Are you a good runner?"

Relatives like to drop in with no notice

DEAR ABBY: Some relatives come once or twice a year from out of state to stay at my in-laws' house. For the past 20-plus years, it has been the same routine. They show up, but we never know ahead of time when or how long they are staying. We are expected to drop everything to go over there to visit with them as long as they are in town. There are no plans and no schedule; we just sit around waiting for them to decide what they want to do.

I'm so tired of it. I would prefer knowing ahead of time so I won't have to cancel my previous plans when they show up. It's nice to chat, but I'd like to know beforehand that they are coming so I can meet them for a meal or activity rather than sit for hours. Can I make this request now that it has been going on for so long? -- **BURDENED IN THE MIDWEST**

DEAR BURDENED: Yes, you can make your wishes known. What you are proposing is common sense and common courtesy. Tell these relatives you love seeing them but would like some advance notice when they plan to be in town so you can adjust your schedule and take them somewhere rather than sit for hours at your in-laws'. It's entirely pos-

sible that these relatives -- **AND** your in-laws -- would appreciate it.

DEAR ABBY: I am a widower aged 72, and I'm wondering if it would be inappropriate to contact an old girlfriend from my college days. Yes, it has been more than 50 years, and she is married with grown children. I'm just wondering what your position is on this.

It would be nice to talk and catch up on our lives, etc. She lives 400 miles from where I do, but I would like to speak with her and talk about our lives. Since we both are in our early 70s, there's obviously not a lot of time left. -- **CATCHING UP IN GEORGIA**

DEAR CATCHING UP: My position is don't dip your hook in the water unless you plan to keep whatever you catch. Your old girlfriend is a married woman with a family. If your motive is to simply sing a chorus of "Auld Lang Syne," go ahead and reach out. If you are lonely and there is ANYTHING more to it, then don't.

DEAR ABBY: For the past two years, my husband and I have attended a holiday concert with our good friend "Ellie," who lives two hours away. Ellie recently told a friend of hers how wonderful the concert was, and now the



ABIGAIL VAN BUREN

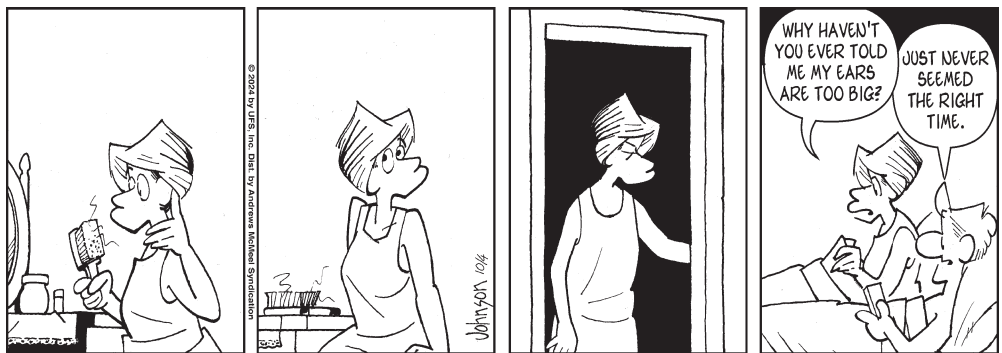
friend wants to come to town to see it. The problem? We do not like this person for several reasons, but Ellie has chosen to invite this friend to attend the concert with her. We feel slighted. How should we approach this with Ellie? -- **OUT OF TUNE IN ARIZONA**

DEAR OUT: I recommend you not do that. You may be close with Ellie, but you shouldn't try to dictate who she invites to be her guests to events. If you do, you will alienate her. Accept that if you want to attend the next concert you will have to buy your tickets separately, and when you encounter Ellie and her friend whom you abhor, be cordial.

ALLEY OOP



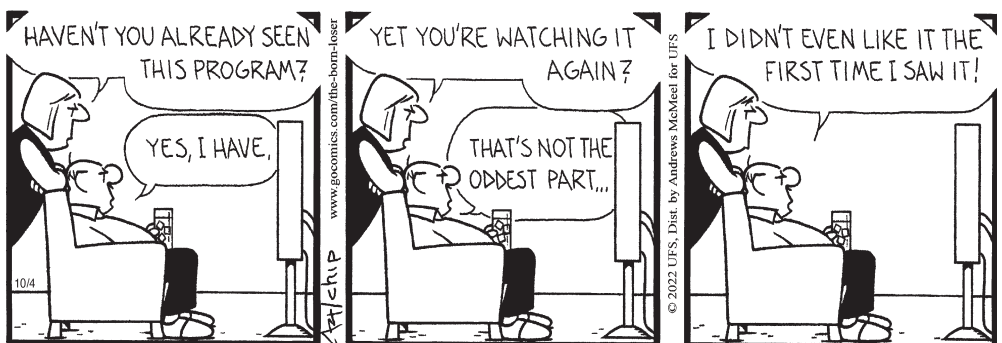
ARLO & JANIS



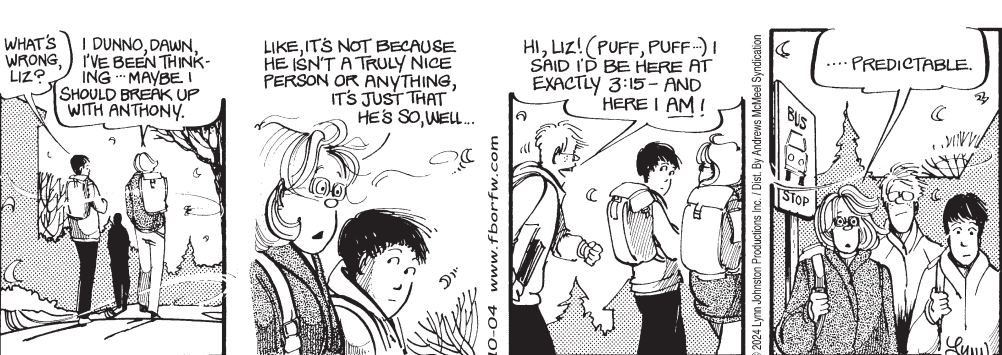
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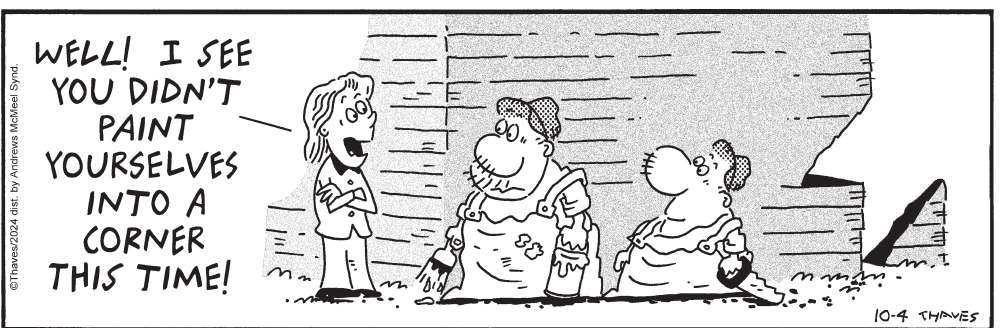
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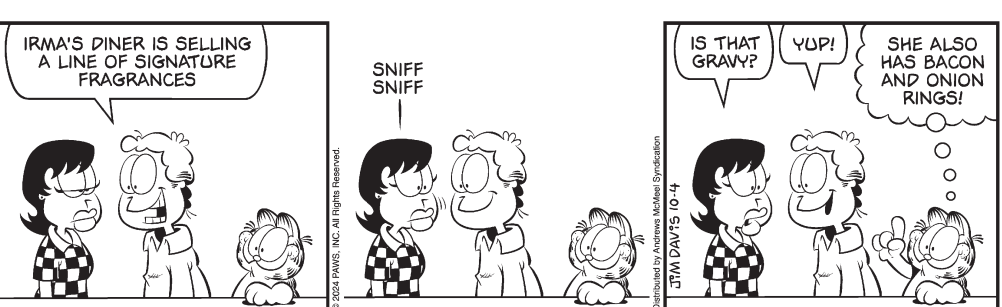
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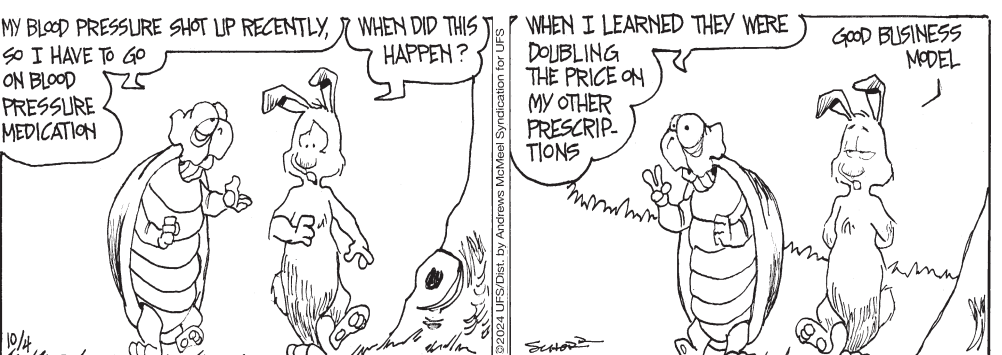
FRANK & ERNEST



GARFIELD



THE GRIZZWELLS



PEANUTS

