



PAGOSA SPRINGS, ARCHULETA COUNTY, COLORADO 81147

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When basketball ends, the sportsmanship continues

By Randi Pierce
Staff Writer

Few could have predicted the end to the Colorado 3A basketball season.

After competing in the Great 8 at the University of Denver's Hamilton Gym, the winning teams — including the Pagosa Springs High School Lady Pirates — weren't left to determine how to best compete against their next opponent in the Final 4.

Instead, they were told the remainder of the tournament would not be played after the Colorado High School Activities Association (CHSAA) office was informed by the University of Denver that the school would no longer be able to host the

■ See Lesson A8



The Pagosa Springs High School Lady Pirate basketball team ended its run for a state title in an unusual way: heading home with the final two days of the tournament canceled due to the ongoing coronavirus pandemic.

Photo courtesy Michael Pierce

COVID-19 testing criteria changes locally

Preparations continue for possible influx of serious cases

By Randi Pierce
Staff Writer

Medical providers continue to make changes as the COVID-19, or coronavirus disease 2019, pandemic continues to evolve, with emergency orders in effect at the local, county, regional, state and national levels.

Locally, medical providers continue to be cautious testing individuals due to the shortages of test kits, masks and other protective equipment.

As of mid-day Wednesday, Pagosa Springs Medical Center (PSMC) CEO

■ See COVID-19 A8

First responders taking extra precautions due to COVID-19

By Chris Mannara
Staff Writer

As the COVID-19, or coronavirus disease 2019, pandemic affects the world and country, local law enforcement agencies are taking extra precautions to keep themselves and the public healthy.

Pagosa Springs Police Chief Bill Rockensock explained in an interview on Monday that the Pagosa Springs Police Department (PSPD) has not changed how it operates, "other than officers are being advised to use universal precautions and be more smart about what they do as far as keeping themselves healthy."

Those universal precautions include hand-washing and hand sanitizing, as well as keeping equipment clean.

"Just, more or less, they've been given some more advice about keeping their workplace clean, their cars clean, keeping their selves healthy so that they can properly respond," he said.

In the event of a case of COVID-19 in the town or Archuleta County,

Rockensock explained that the directions to PSPD staff will depend on how severe the situation is.

"If it's just one case, it's probably the same thing. If we have something more than that and it starts to spread, then we're going to have to look at some different options," he said. "But as of right now, we're not shutting down, we're not limiting contact as of right now."

All PSPD officers have personal protective equipment (PPE) and they are all trained on how to use it, Rockensock noted.

These PPE items include masks, face shields, gloves and shoe protectors, Rockensock described.

"It's standard-issue equipment. We have it all the time. We just don't use it all the time," he said.

If PSPD had to interact with an individual who had COVID-19, the department would make it mandatory to use those PPE items, he explained.

According to a press release from the Centers for Disease Control and

■ See Precautions A8



SUN photos/Terri House

Pagosa Springs Medical Center hosts a meeting with regional governmental entities to support community-wide preparation to address COVID-19 on March 12. Attendees contributed to a community preparedness discussion including controls or closures that would help the community stay well and minimize a spike in cases that could exhaust the available hospital care in southwest Colorado.

Photos courtesy Jeff Laydon

Ilona Huck holds up a package of toilet paper to be auctioned off at the Pagosa Springs Girls Choir's annual fundraiser on Friday. Inset: Huck gives her grandfather, Tom Audetat, a hug for making the high bid of \$350 in support of the choir's educational programs.



Local schools close, move to online learning in response to COVID-19 pandemic

By Chris Mannara
Staff Writer

With Archuleta School District (ASD) closing school for students and staff on March 17 due to the COVID-19 pandemic, Superintendent Linda Reed gave an update to The SUN on March 17 via email on how the district is handling the situation.

ASD announced on March 15 that the district would be in session and operating under its regular schedule on March 16, according to ASD's website.

However, on March 17, the district would begin "distance learning" for its students, according to ASD's website.

This closure extends into the week of March 23, which is the district's spring break, the district's website states.

Currently, ASD is planning on having staff and students report to

the buildings on March 30, Reed explained in her email.

"We have communicated to parents and staff to monitor their email towards the end of spring break to see if those plans are still in place," Reed wrote.

However, due to the fluidity of the COVID-19 pandemic, ASD is being vigilant and will follow directions from national, state and local governments as they are received, Reed added.

In conjunction with San Juan Basin Public Health (SJBPH), ASD made the determination to close school, Reed explained.

"I was in regular communication with the director of San Juan Basin Health during last week and over the weekend. Because there were no active cases, we were trying to follow the guidelines that were established

■ See Schools A8

Index

Opinion	A2
Letters	A3
Obituary	A5
Steven Dale Oelschlaeger	
Business	A6
County unemployment rises to 3.6 percent in January	
Sports	A10
Lady Pirates end shortened season with win at state playoffs	
Public Notices	A16-A17

PREVIEW

SUDOKU	12
Word Search	13
Crossword	18
Classifieds	24

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Letters



Letters to the Editor are printed as received and are not edited for grammar or punctuation, but may have been edited for content or style.

Valle Seco land exchange

Dear Editor:
It came to mind after I read the guest editorial by Kara Chadwick, the Forest Supervisor of the San Juan National Forest, extolling the virtues of the Valle Seco Land Exchange. Not one mention of anything negative, like losing the entire length of FS road 660a to private ownership, which both the public and hunters now enjoys. Like losing an entire meadow that is well known to hunters. Like losing four campsites in an area where campsites are at a premium. This will take place in only one area(7) of the eleven areas being traded. And remember that in order to gain control of the Valle Seco area, the forest service loses control of 472 acres that will become private ownership. Gates will go up, fences will be built, and no trespassing signs will appear. The guest editorial suddenly appeared in both the Pagosa Sun and Durango Herald after the Forest Service received nearly 3000 signed letters of opposition to the exchange.
It is my understanding that the Forest Service is supposed to remain neutral during the initial phases of a land exchange. Neutral? Hardly. It would appear that Forest Supervisor Chadwick already has the "approved" stamp in her hand.
Thomas Butler

the flu pandemic of 1918-'19, cities that prepared themselves properly, informed populace who brought themselves to enact intelligent regard for physical proximity as well as sanitary habits to usher out the pathogen that did not spare a visit to any corner of the globe, curtailed incidents of infection by 50% in their communities. Other townships taking a more blasé approach suffered twice the trauma.

It is my hope through the next months, despite the social distancing being emphasized, and the new habits being recommended, which will break us away temporarily from customs of affection and familiarity ... that we ironically, and actually, will come together as a community. That we will eventually come to look back upon this hardship as something we faced and overcame collectively, a story about an achievement that one day we'll be proud to tell: We helped each other and became a stronger community through this. Apropos, I believe, is the determination we will need as well to effectively confront the climate crisis.

Turn a challenge around and let it be a mark of character, a test of maturity that was passed. Let's be the kind of town and community that doesn't just let the fire burn but gets on it. Let's be exemplary.

Jonathan Dobson

Short-term rentals

Dear Editor:
Response to Summer and Chris

Pierce letter from March 12 issue
My family and I love visiting the Pagosa area from the Texas hill country and really enjoy the local newspaper where I always read the local letters and articles. Your letter caught my attention, as well as the story about local politicians begging for new money sources (nothing new there) ironically after record sales tax revenue, but I digress.

My long block in Pagosa Lakes probably has 100 homes on it and I couldn't tell you which homes are STR's a "gold rush" ... I think not. Your quality of life has been desecrated? Desecrated ... really. A home with a family of four to six guests is 'in reality a hotel' ... I think not.

You state the 'majority of profits' are spent in the property owner's state. How do you know the majority or maybe even a plurality of property owners aren't from Denver or Colo Springs, etc.? Why does it matter what state they live in anyway? What about the obscene profits from the [hot springs] admission or the lift ticket or the snowmobile tour or the horse-back ride or the hot-air balloon ride or the restaurant tab, etc., etc.? After all, this is the real money (locally spent profit).

I think you ought to know, your HOA can't just make up new rules to please you unless (most likely) they get a super majority of HOA members to agree to your rule-change. I reject an HOA or a city council telling what I can do with my property. Unless, of course, those HOA restrictions were pres-

ent when I purchased there.
You must know the three property owners on your "short block" well enough to ask them to 'let you know their house rules' and you will keep an eye out for them (... friends close and enemies closer). Why don't you ask the homeowner if they would insist their guests never build campfires, even though I doubt there was ever any fire threat to you or the surrounding neighborhood.

What is so "un-neighborly" about short-term renters. They all came from a neighborhood somewhere. Have you tried to make a point to meet each family "checking-in" ... 'hello, welcome to paradise. I'm the full-time local homeowner and I live here year-round and kinda keep an eye on things on the block ... Ya'll planning on skiing or hiking? Let me know if you need any "local" tips. Have you ever talked to one of them? Maybe you are on five acres and your neighbor on each side is on five acres ... uh oh, there goes that whole, 'my life has been desecrated' argument.

STR guests are not immune from the law. Why don't you post your no trespass signs and if they do trespass, you call the authorities.

No, Ms. Pierce, your words don't make me unhappy with you, but your hyperbole does concern me as does your virtuous assumption that your businesses 'truly add to the community'.

Michael Fredrickson
New Braunfels, Texas

■ See Letters A4

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'Let's be exemplary'

Dear Editor:
Being the absolute political junky and news-fiend that I am in this age of abundance, where the many proud heirs of Cronkite and Murrow are followed like sun by moon each night with a Murderer's Row of late-night talk show hosts knocking it out of the park, pre-digesting the whirlwind for us trying to help us keep our balance (that is, until just this week when most of them went on hiatus citing social distancing concerns and a wish to deliver the vital and precedent-setting example of what our priorities should be), I came across two news stories that conflicted in a curious way.
The first was from CNN, titled, 'This Pandemic Risks Bringing out the Worst in Humanity'. You can imagine what it was about with images of stripped shelves that might be surprising to see in Russian let alone American supermarkets, tales of toilet paper hoarding and regrettable tribalisms. The next came from the New York Times, about the Great Alaska Earthquake of '64, and it offered the opposite take on how people might respond to a natural disaster with kindness and neighborly compassion, conscientiousness and charity. The Times article chronicles how in a time of societal upheaval, what people are given is a chance to turn a challenge into a story that ends up strengthening them. A community can define itself as one that will be proud to tell its story, or it can drop the ball and display pandemonium in the face of pandemic.
It is a historical fact that during

Locals- Dont miss the Best Sale of the Year-Winter will come again!

Letters

The SUN welcomes letters from readers.

Please submit to:

PO Box 9, Pagosa Springs, CO 81147

e-mail: editor@pagosasun.com

All letters must:

be 500 words or less

be signed by the author, unless emailed

include the author's phone number and address

be received by The SUN by noon on Tuesday (deadline may move up due to a holiday), email submissions are preferred

Letters will be limited to two per month per letter writer.

If necessary, only one letter in support of a political candidate or issue will be printed each edition.

Letters quoting other people must contain proper attribution.

There is no guarantee letters will be published.

The SUN reserves the right to edit letters.

Letters

Continued from A3

'National staycation'

Dear Editor:
With the prospect of a nationwide shutdown of all non-essential services appearing imminent, it is likely that most of us will be taking unplanned time off. Opting to see this turn of events as a national staycation rather than a dreaded enforced isolation, I have begun making plans.

I am looking forward to catching up on my sleep. Ah ... to wake up without an alarm clock will be wonderful. The thought of a leisurely breakfast is enticing too. I'll catch up on my To-Do List around the house and maybe rediscover afternoon naps. I plan to make some of my favorite meals that have been relegated to "weekends-only" fare because they take time to prepare and cook. I plan to finally get around to trying some of those recipes that I've promised myself I would attempt if I ever get the time. I might get ambitious and dust off some of those old yoga stretch videos and have a go. Between naps I plan to work my way through that stack of half-read books on my nightstand.

Ah, this is sounding better and better all the time. Without having to travel to visit relatives, spending money at attractions, restaurants, and unnecessary merchandise, I think my staycation will be easy on my budget too.

Can you imagine how peaceful it will be in the world if the whole lot of us take staycations at the same time? Once it is over, we'll return to work and schools and social lives relaxed, rested and refreshed. Heck, we might even be polite and reasonable with one another.

I hope you enjoy your staycation.

Theresa Howard

Wash your hands

Dear Editor:
Since my last letter, there has been a news article about a baby sitter who found a firearm that "accidentally" discharged and killed a baby. I think the baby sitter "accidentally" pulled the trigger. I hope she was charged with the murder she committed.

OK, other matters. I spoke on the phone this weekend with two of my favorite friends in Austin. Both ladies have Ph.D.'s so I feel intellectually inferior when I talk to them. They are delightful ladies and do not hold it against me that I only have a law degree — a Doctor of Jurisprudence. One of the issues they brought up was the plight of a local family-owned restaurant they particularly enjoy. Because of the concern over the spread of the coronavirus — thank you, China [I don't mean that] — many small businesses just aren't going to make it.

So, wash your hands before and after, maybe use some hand sanitizer, but go back to your favorite local restaurant or business if you want them to be there when this is over.

Two recent articles in the Sun. Sales tax revenue for a like period a year ago is up just under 20%. In the same issue, the County Commissioners are talking about raising our taxes so they can do more things for us. How about repairing the potholes? The Town could do some of that, too. On that note, hitting a pothole can knock air out of your tires so get them checked. And, the potholes can do serious damage to your tires and front suspension. That is going to be an expensive repair.

Last for today. An article written by Daniel Schatz, a Scandinavian political scientist, takes Bernie to task for his misunderstanding about what Bernie calls a "democratic solution" to our problems and points out the success of that sort of system in Sweden. The fact is that the Swedish prosperous economy was built before the welfare system that exists there today. The article points out that Sweden has, "historically developed high levels of social trust, a robust work ethic, and considerable social cohesion." Things we just don't have. Bernie, there just isn't a free lunch any more, somebody paid for it.

Well, just one more issue today. When we, my live-in psychologist and I — perhaps I should be called the "live-in patient," — came to Pagosa Springs and decided it was a pretty good place, we started looking at homes for sale and available lots. One of our decisions was that we wanted to live on a paved street and we do. The cost of that paving was included in the cost of the lot we purchased. Paving is more expensive than dirt roads. So now, there are people in our community who live on dirt roads, a choice they made, who did not pay the extra cost of a paved road, are complaining about the dust, and are asking that something be done. Their idea is that all of the taxpayers should do something. "You made your bed, now lie in it." Note that I did not say, "lay." That is not a subject for a family newspaper.

Bill Hubbard

Pandemics end

Dear Editor:
Thank you to all our local agencies, including San Juan Basin Public Health, Pagosa Springs Medical Center and Colorado Department of Public Health and Environment for taking proactive measures to slow the COVID-19 pandemic, and for providing up-to-date, accurate information. Thank you to the State of Colorado for taking quick action to increase testing and secure other support for all of us.

Thank you to local businesses, organizations and individual people who are doing what we can to stay healthy. Thank you to The Pagosa Springs Sun for keeping us

informed and for believing in and practicing journalistic excellence.

Yes, it is difficult to practice social distancing in our friendly little town. We can all take care of one another, even at a physical distance. I am grateful to live in a place where it is easy to get outside, by myself, and that we have the technology to connect with one another digitally.

You don't have to be a news junkie, read the same story from 10 different sources every five minutes or believe everything you read. We do all have the capacity, however, to make informed decisions and to act responsibly. Thank you. We will get through this. As a friend reminded me, pandemics end.

Lisa Jensen

Wetlands

Dear Editor:

Living in Colorado is a privilege. Living in a small Colorado mountain town is an even bigger privilege. Pagosa is unique in many ways. We have the biggest stump collection in our pastures that we all inherited from the logging days. We have a wildflower called the Pagosa Skyrocket that exists only here in all of the world and the town and other conservation groups have worked hard to preserve it. We have a pass that is so notorious that CW McCall wrote a great song about it called "Wolf Creek Pass". Check it out on YouTube. Thanks to the Harmans for all they have done for this region and the Archuleta family, who have had a big influence on Pagosa. We also have the deepest known hot springs and a warm water wetland along the riverwalk that is exceptionally unique in Colorado. Anyone who has followed Pagosa's history (in large part, thanks to John Motter) knows how often these geothermal features are a center point.

One organization that has been a big part of this community is the Weminuche Audubon Society (WAS). This group is very concerned about protecting our birds and the other creatures that call this beautiful place home. Recently, this group became increasingly concerned with changes like the URA development tool and the meetings the Springs resort opened to the public to discuss a possible development. After all, these changes could have a profoundly detrimental impact on the hot springs and adjacent wetlands. Since the wetlands contain over 150 bird species and a multitude of other animals, the Wetlands Preservation Group (a subset of WAS members) banded together with Audubon support and did the research necessary to take a closer look at these issues.

Thankfully, after a concise yet thorough presentation, the Springs development has offered to heed this group's recommendations in the planning of their development. Additionally, PS Town Council is open to considering additional

protections needed to keep our unique wetlands along the riverwalk safe. Mayor Don Volger even guaranteed such would happen. This is a nice start and it shows how our citizens care enough to keep Pagosa the unique town it always has been.

Bob LeCour

'Prepare to protect our most vulnerable'

Dear Editor:

I was married for 41 years. The last 14 were filled with the agony, worry, and uncertainty of Sandy's breast cancer. My high school Sweet Heart died folded in my arms in a hospice bed. My God, if she and I could learn to compromise, adjust, and love each other over a life time, then our communities can do it too.

Why have we been fighting about right or wrong politics, us v's them ideologies, our differing ethnic origins, the color of your skin compared to mine? Suddenly, as a destructive virus is covering our earth, we've begun to see things differently.

What if we had been clamoring on a battle field, with the smoky haze of musket fire choking the air? When suddenly a tornado breached the mountain pass and roared down on us puny little humans. None of why we hated each other would matter.

Our elected representatives have been deeply polarized. Only now, as a natural disaster threatens us, have they begun to turn and close ranks.

We can have multiple parties with vastly different ideas. We can debate and discuss broad concepts. But we can't protect and build our communities in a climate of division.

Funny how humans mostly judge our level of threat by our immediate surroundings, what we can see, hear, smell. It's time to get a much broader perspective.

I'm writing on Sunday. 10 days
■ See Letters A5

Do you believe a real estate commission should be based on the actual performance of the agent?



Shane Jones
Broker Associate
970-844-0166
shanejonespagosa@gmail.com



Call me crazy but that's always been my philosophy. Before I was an agent, I required that of my agents. As an agent, I offer that to my clients.

A performance based commission structure isn't meant to provide the cheapest service, it's meant to provide the best value, and ensures your agent is invested in the outcome.

That said, if you are thinking of selling this summer, please give me the opportunity to explain my approach and compete for your business. Call me at 970-844-0166.

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Letters

Continued from A4

ago Spain was where we are now. Today they're in a Country wide lock down to stem the effects of COVID-19.

I'm an Independent voter and an independent thinker, as much as I can be. I don't understand policies well. That's why we've elected educated representatives. But I sure understand morality, decency, and love.

With my own eyes and ears, I can see and hear Donald Trump's daily lies. I see his history of defrauding students, cheating sub-contractors, cheating wives, and pursuing personal gain at other's expense.

Now with this Coronavirus he has dithered, lied, and wasted precious time. He has been ignorant, dismissive of our scientists, and has spoken lies. This greedy, corrupt, self-absorbed person, has no business being our President.

Trump has a New York Mobster mentality. He is ill fitted for the job we've given him. He rejects knowledge of law, governance, current affairs, and 250 years of blood sweat and tears that have built this country. This is not a position for on-the-job training.

Don't let fear mongering politi-

cians, or ultra wealthy people, set our course. We The People are who this democracy is for. Our brave Founding Fathers broke from a dictatorial King to start one of Human History's greatest experiments; The Unites States of America.

We ourselves have become too lazy and ignorant of history, science, social studies, geography, and how our lives are governed. It's time to study, work hard, and be We the People. It's time to see beyond our noses and prepare to protect our most vulnerable.

Prepare to vote this November.
Mitch Nielsen

Aspen Springs playground

Dear Editor:
Playgrounds are prolific breeding grounds for infectious transfer. Kids lick, slobber, & sneeze on surfaces as well as on each other. The last thing Aspen Springs V should be remotely considering is a playground right now. Playgrounds are a city thing anyway & have no place in a placid Rural Country setting.

I'd rather see the Metro District focus on/contribute to, the Environmental concerns of our Community. Please, address the Severe Noxious Weed & Prairie Dog

Invasion Problems, rather than maintaining a playground.

Prairie dogs dig holes & then eat healthy pasture grass roots from underground. Killing of pasture grasslands then enable noxious weeds to proliferate. Prairie Dog holes can be devastating leg breakers for Horses. Prairie Dogs also carry Plague.

Our little Valley was once a viable grassland pasture area that supported a healthy Wildlife Eco-system. We can enhance this Valley's Environmental Health again. And, our property values would go up.

I'm a Biologist, former Genetics Research Associate, & former Certified Veterinary Technologist. Science doesn't care what you think, believe, or imagine. Science is real, factual, & we should guide our communal lives thru the factual wisdom of Science. We'll all be safer & healthier for it.

Biological/Environmental awareness, & positive enactment can restore, enhance, & enlighten our Quality of Life.

Leslie Sargeant

'Did it with love'

Dear Editor:
Why is it that we allow one political party to be called "Conservative" and the other one, "Liberal". I looked in my Bible for the word "conservative" and found it nowhere. The word "liberal" was used only in the context of helping others overcome their weakness, to liberate them to enjoy the glorious freedom as a child of God... yes, we are "One Nation Under God".

To me, "conservative" means to help others find their "way" to progress to a better life for themselves and their families. Leaders we elect must be a mix of both, maybe something like "common sense" would be nice.

Are they "out there"? Look closely and you might find them. I believe that is what our brilliant founders intended.

And I bet they did it with love.

Patty Tillerson

'Chose not to sink in fear but to rise in love'

Dear Editor:

As we all consider how best to protect our health, keep each other safe, and get a little crazy buying much more toilet paper than we'll need, I think we need to take a moment and be grateful for the folks in our community who offer especial grace to the rest of us.

I am grateful for teachers and school administrators that are taking extra time, effort, and concern to make sure our kids have access to education without undue risk of exposure to disease. They are managing anxiety well on our behalf, even as they face the complications in their own personal lives.

I am grateful for employees at grocery stores, convenience stores, and other businesses that sell essentials. They are patiently handling increased, unexpected workloads while dealing kindly with those of us whose anxiety is causing them to become uncivil.

I am grateful for public safety and health officers who are navigating new conditions with high levels of uncertainty, and doing so with the community's best interests in mind.

I am grateful for health care providers in every context — physicians, nurses, EMTs, home health providers, and on — for their capable and wise service. They have a sudden and greater burden, if not from an actual outbreak in our community then from the consequences of our fear and misinformation. And they patiently continue to administer the things that bring health and healing.

I am grateful for every community member who, in spite of finding herself in a position of losing money for reasons beyond our control, chooses to stay calm, hopeful, and thankful that we have such a good infrastructure and so much technology helpfully at our fingertips.

I thank God for every small grace, borne in individual people, that shines during this anxious season.

I invite your readers to publicly honor others in whom they have seen grace, so that we may all be buoyed by gratitude, and remember this time as a season in which so many chose not to sink in fear but to rise in love.

Emrys Tyler

Obituary

Steven Dale Oelschlaeger

Steven Dale Oelschlaeger was born in Cedar Rapids, Iowa, on Jan. 15, 1954, to Max and Daisy Oelschlaeger. Steve passed away on March 4 after a 4 1/2 year battle with liver cancer.



Steve grew up in Cedar Rapids. He was an intellectual and excellent athlete in high school. He attended Wartburg College on a cross-country scholarship, graduating with a degree in philosophy. He later pursued a graduate degree at Dallas Theological Seminary and became a pastor. He helped plant Grace Bible Church in Granbury, Texas. He blessed many people with his outstanding preaching of the word of God.

After working in the automobile industry becoming a successful salesman, he started his own company, Specialized Training Programs, as a consultant for Ford dealerships.

He loved to ski and hike in the mountains of Colorado. He blessed a lot of people with his ministry in Pagosa Springs while running a

halfway house. He was fun, smart, adventurous and charitable.

Steve married Carolin Opheim in 1975 and together they had two children. He married Gail Mickey in 1984.

Steve is survived by his wife of 36 years, Gail Mickey; previous wife Carolin; his son, David, and his wife Alexandra; and his daughter, Erin, and her husband, Jeff Gautney; his grandchildren: Briar, Reagan, Jace, Titus, Micaiah, Jordyn and Jady, as well as his brothers: Max, Dennis and Doug. He will be missed. Private family services will be held at a later date.

Obituaries

Local obituaries are printed free in The Pagosa Springs SUN and can be submitted to:

PO Box 9
Pagosa Springs, CO 81147
e-mail: editor@pagosasun.com

fax: (970) 264-2103

Deadline is 1 p.m. Tuesday for the following Thursday's edition. The SUN reserves the right to edit all submissions.



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Business

County unemployment rises to 3.6 percent in January

By John Finebrock
Staff Writer

The unemployment rate for Archuleta County increased to 3.6 percent in January from 2.7 percent in December 2019, with 6,672 people in the labor force and 238 of those claiming unemployment.

The unemployment information is disseminated by a press release from the Colorado Department of Labor and Employment.

In December 2019, there were 6,783 people in the county's labor force, with 183, or 2.7 percent, claiming unemployment.

The total workforce decreased by 111 people over the course of the month, while the number of unemployed people increased by 55.

Looking at the January employment situation for the rest of the state, Huerfano County had the highest unemployment rate for the month at 7.4 percent, while Kiowa County had the lowest rate at 1.4 percent.

The unemployment rate in Colorado was up to 2.8 percent in

January from 2.4 percent in December 2019.

The December 2019 unemployment rate of 2.4 percent was the lowest ever recorded since the series began in 1976.

Statewide, the number of people actively participating in the labor force in Colorado increased 6,300 from December 2019 to January, to 3,180,800, and total employment increased 6,300 to 3,180,800.

The national unemployment rate increased 0.1 percent from December 2019 to January, rising to 3.6 percent.

The unemployment rate, labor force participation, total employment and the number of unemployed are based on a survey of households. The total employment estimate derived from this survey is intended to measure the number of people employed.

However, nonfarm payroll jobs estimates are based on a survey of business establishments and government agencies, and are intended to measure the number of jobs, not the number of people

employed.

The business establishment survey covers about seven times the number of households surveyed and is, therefore, considered a more reliable indicator of economic conditions.

Because the estimates are based on two separate surveys, one measuring jobs by work site and the other measuring persons employed and unemployed by household, estimates based on these surveys may provide seemingly conflicting results.

From December 2019 to January, nonfarm payroll jobs in Colorado increased by 1,300 for a total of 2,814,800, with private-sector jobs increasing by 900 and government jobs increasing by 400.

Over the month, the largest private-sector job gains were in professional and business services, educational and health services, and construction.

Mining and logging declined over the year.

Over the year, the number of Coloradans participating in the la-

bor force increased by 62,800, total employment increased by 82,000 and the number of unemployed decreased by 19,300.

Other data that is gathered by the survey of business establishments includes private-sector average weekly hours, average hourly earnings and average weekly earnings.

Over the year, the average workweek for all employees in private nonfarm payroll jobs increased from 32.7 to 33 hours.

Average hourly earnings increased from \$30.10 to \$30.70 during the same time period.

"The annual growth rate of Colorado nonfarm payroll jobs was 2.1 percent in 2019, revised up from the previously published 1.9 percent. Colorado annual job growth has exceeded 2.0 percent the past eight years, the longest such streak since nine consecutive years from 1992 to 2000. The U.S. annual payroll jobs growth rate in 2019 was 1.4 percent," the press release reads.

john@pagosasun.com

State labor department announces assistance during temporary shutdowns due to coronavirus

Special to The SUN

This week, the Colorado Department of Labor and Employment (CDLE) announced assistance for workers and employers during temporary closures as a result of the COVID-19 pandemic.

The guidance includes information for employees filing for unemployment insurance claims, as well as information on programs available for employers.

Workers who have a reduction in hours/wages may file an unemployment claim at coloradoui.gov. A list of resources and FAQs on how to file is available on the CDLE's website at

colorado.gov/cdle by clicking on "Coronavirus Information and Resources."

The department is also taking steps to reduce the impact of these claims on employers who have had to temporarily lay off staff due to closures or slowdowns. The CDLE encourages all employers to utilize paid leave and telework options for employees before utilizing temporary layoffs.

Employers can also consider alternatives to laying off staff through the CDLE's Work Share Program. More information is available at www.colorado.gov/pacific/cdle/node/23616 or by email at cdle_employer_services@state.co.us.

Unemployment insurance claims

If you are laid off due to business closures related to COVID-19, you can receive unemployment benefits, provided you meet all other eligibility requirements. File a claim online at coloradoui.gov/fileclaim. Indicate you expect to return to work and are job-attached to your last employer.

The CDLE will process unemployment insurance payments to ensure payment will continue to be paid in a timely manner.

For more information, visit colorado.gov/cdle and click on "Coronavirus Information and Resources." Updates will be released as they become available.

COVID-19: Late fees will be waived for vehicle registration

Special to The SUN

The Division of Motor Vehicles (DMV) has authorized all counties to waive late fees for vehicle registration renewals. This is in effect for the period of the governor's emergency order related to COVID-19. Customers are encouraged to utilize online services and self-service kiosks to complete eligible transactions.

The fee waiver will remain in place until such time as the emergency order is lifted.

"The Department of Revenue is allowing Coloradans to do more online and avoid in-person contact in our offices," said Executive Director Lu Córdoba. "We are proactively working to protect our customers and do our

part to help prevent the spread of the virus.

All Coloradans are encouraged to take advantage of the DMV's 35 online services before visiting a DMV office. Go to mydmv.colorado.gov, where you will find, in addition to driver's license renewals, many of the most popular services, such as:

- Request a driver record.
- Pay a citation.
- Pay a reinstatement fee.
- Upload reinstatement documents.
- Schedule an appointment.

Informative.

The Pagosa Springs SUN
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- Change license or vehicle address.
- Update emergency contacts.
- Check eligibility to renew by mail.
- Reschedule a hearing.
- Request title status.
- Request duplicate title.

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"When Israel was a youth I loved Him..."
- Hosea 11:1

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God pictures for Israel how much He loved her. Israel is called from sin and serving idols to follow God. Yet Israel often returns to their former ways. God's amazing love is witnessed in Hosea 11 as He continues to care for Israel though God's people often went back to idols. When God's compassions are kindled he cannot execute his fierce anger.

God's love is no less for us today. We sin and fall short in our relationship with God. But God's love stands. When we return to Him, He will always take us back no matter what condition in which we find ourselves.

May we share more with you about God's amazing love?

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	PM Worship	6:00 p.m.
Wednesday	Bible Study	7:00 p.m.

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Attorney general urges businesses to refund or credit cancellations due to coronavirus

Special to The SUN

Attorney General Phil Weiser released the following statement applauding event organizers, airlines, hotels and other businesses that have displayed good corporate citizenship by refunding consumers or issuing credit for cancellations made with the safety of our community in mind:

"Coloradans have canceled sporting events, vacations and even wedding gatherings for the sake of their health. Their actions promise to slow the spread of the coronavirus and save lives. I applaud Governor Polis' leadership during this public health emergency and am proud of

how Coloradans are rising to this challenge.

"To do their part, businesses can act responsibly by providing refunds or credits to consumers who will not be able to use their services, whether hotel reservations, airline travel or other areas where accommodations can be made. I commend the many businesses that have already taken the lead by honoring the need to curtail travel and large events. For those who have yet to do so, I would strongly encourage them to act quickly. As for any businesses that promise refunds or credits and fail to deliver on such promises, we will quickly investigate any such conduct and be ready to take action to protect

consumers.

"Finally, I recognize that this public health emergency is hurting businesses and their employees, especially Colorado's small businesses. We all need to pull together to support one another and we stand ready to consider appropriate measures to support those who are hurt during this crisis."

Last week, Weiser issued a consumer alert warning Colorado residents about scams and extreme price gouging — raising the price of goods or services to an unfair or unconscionable level. The Attorney General's Office continues to work with Amazon and others to address complaints of extreme price gouging. The attorney gen-

eral has broad authority under the Colorado Consumer Protection Act to protect consumers from unfair, unconscionable or deceptive acts or practices.

If you notice any scams, fraud, price gouging or other attempts to take advantage of Coloradans during this public health emergency, contact Stop Fraud Colorado at (800) 222-4444 or www.StopFraud-Colorado.gov.

For the most accurate, up-to-date information about the coronavirus, go to the Colorado Department of Public Health and Environment, the Centers for Disease Control and Prevention, or the World Health Organization websites.

SBA disaster assistance in response to the coronavirus

Special to The SUN

With the recent State of Emergency declaration to combat COVID-19's spread in Colorado, we are dedicating our outreach to support the health, safety and economic prosperity of small businesses across the state. The State of Emergency declaration is an important step to access key resources to protect Coloradans and our economy.

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

Any such Economic Injury Disaster Loan assistance declaration issues by the SBA makes loans available to small businesses and private nonprofit organizations in designated areas of a state or territory to help alleviate economic injury caused by coronavirus.

SBA's Office of Disaster Assistance will coordinate with the state's or territory's governor to submit the request for Economic Injury Disaster Loan assistance.

Once a declaration is made for designated areas within a state, the information on the application process for Economic Injury Disaster Loan assistance will be made available to all affected communities as well as updated on its website: SBA.gov/disaster.

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

These loans may be used to pay fixed debts, payroll, accounts payable and other bills that can't

be paid because of the disaster's impact. The interest rate is 3.75 percent for small businesses without credit available elsewhere; businesses with credit available elsewhere are not eligible. The interest rate for nonprofits is 2.75 percent.

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

SBA's Economic Injury Disaster Loans are just one piece of the expanded focus of the federal government's coordinated response, and the SBA is strongly committed

to providing the most effective and customer-focused response possible.

For additional information, please contact the SBA disaster assistance customer service center. Call (800) 659-1955 (TTY: (800) 877-8339) or email disastercustomerservice@sba.gov.

Please note that although there is a "How To Apply" button on the SBA link, it may not be activated yet for this situation because the disaster declaration process isn't completed yet. Again, we will communicate better information when available.

From our experience with the 2013 northern Colorado flood,

we do recommend you gather key financial documents if you think you might need to apply for a loan:

- Federal tax returns for your business for the last three years.
- Personal federal tax returns for the last three years.
- A personal financial statement.
- Articles of incorporation.
- A business plan with financial projections might be helpful, but probably not required.

We are here to support our local businesses and entrepreneurs during these very challenging times. We will do our best to communicate useful business resources, and provide support, to mitigate the impacts of this health situation.

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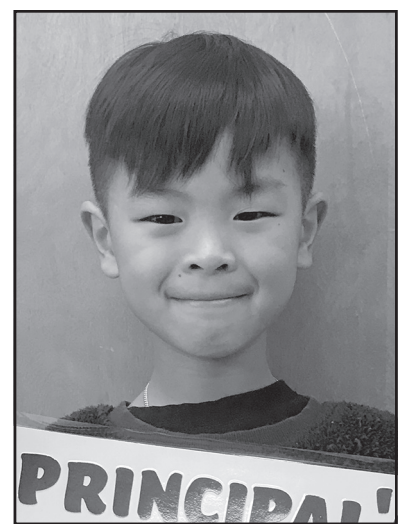


Photo courtesy Pagosa Springs Elementary School

Pagosa Springs Elementary School staff recognize second-grade student Cody Nguyen for his efforts in academic excellence. He holds himself to high standards of learning and applies himself to his learning goals. Nguyen is a role model. He finished all addition and subtraction in Rocket Math. Congratulations, you set the example in academic growth and achievement.

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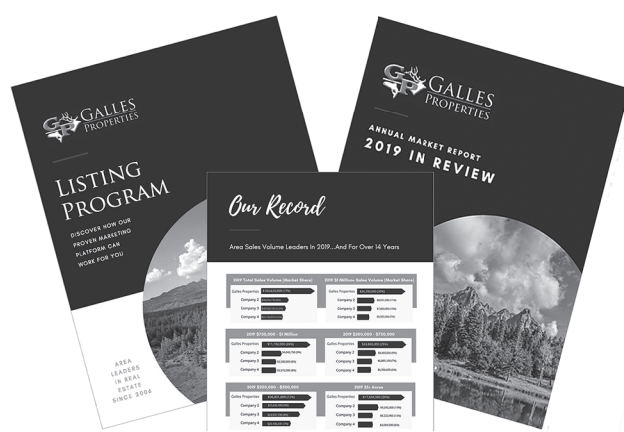
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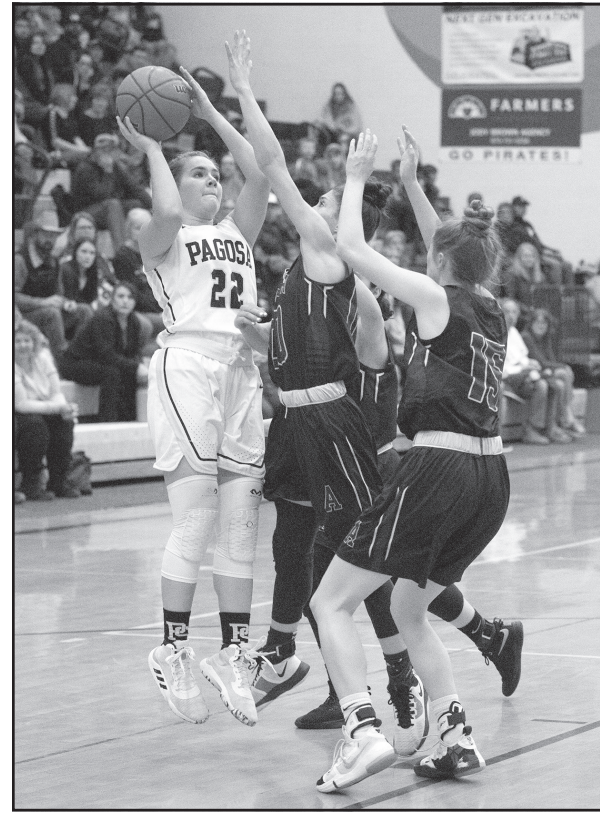
Taylor Lewis, player of the year and first team.



Hailey Griego, first team.



Adelyn Dozier, first team.



Teagan Stretton, honorable mention.



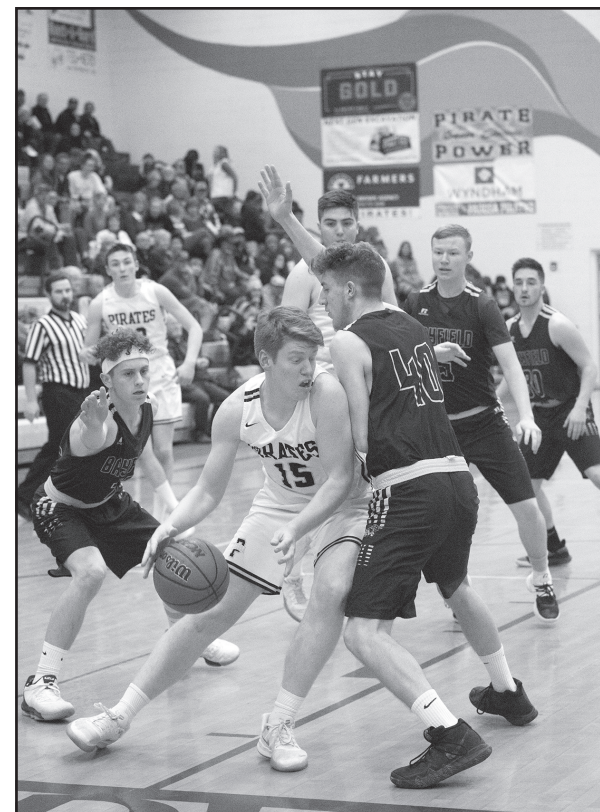
Elsa Lindner, honorable mention.



Mitch Lewis, first team.



Mason Snarr, first team.



Ryan Lewis, first team.

SUN photos/Randi Pierce

Several Pagosa Springs High School basketball players were honored for their work on the court this season as the Intermountain League all-conference teams announced.

Lady Pirates end shortened season with win at state playoffs

By Randi Pierce
Staff Writer

While they weren't able to take on No. 1 St. Mary's for a chance to make it to the championship game of the 3A state tournament, the No. 5 Pagosa Springs High School Lady Pirates ended the season on a high note on March 12 — with an upset of the No. 4 Delta Panthers in the Great 8.

Following that game, the Colorado High School Activities Association (CHSAA) announced that its host venue, the University of Denver,

had stated it could no longer host the tournament due to concerns surrounding coronavirus.

That left the Lady Pirates standing as one of the top four teams in Colorado 3A basketball with a 20-4 record on the season and 9-1 Intermountain League mark.

The other teams remaining were No. 1 St. Mary's, No. 10 Eaton and No. 6 Centauri.

Coach Wes Lewis explained the feel of the Great 8 game wasn't that different, but leading up to the game was.

"It was kind of an emotional roller

coaster in the fact that you'd heard rumblings and grumblings that they may not have it, and then it came out that we were going to have it with no fans and then about an hour later they said fans, up to four per player, and I think we ended up with about 65 or 70 people there," he said. "We've played the 8:45 game before, and that's really all you're going to have there anyway."

But, despite the roller coaster, the Lady Pirates logged a 45-27 win over the Panthers, who entered the game with a 21-3 record.

"I was really proud of the kids for

just, you know, staying focused on the game. ... When you played the first game of the day with very little time to figure out who can or can't be there, you know, I thought our kids played well in light of all that," he said.

The Lady Pirates scored in the first possession of the game and went on to build a 14-7 lead by the end of the first quarter.

"The kids were really good. They played good defensively. We struggled a little bit at the end of the first half. They switched their defense. They came out and played zone to

begin with and we did a really nice job attacking their zone," Lewis said, adding, "We had a little bit of a bad stretch ... about halfway through the second quarter, we went to man-to-man defense and we kind of struggled. We had a few turnovers, we had some missed shots. Really, they kind of went on a 5-0 run to end the first half."

Although up 19-14 at the half, Lewis noted the Pirates had been up by 12 earlier in the half.

At halftime, the Lady Pirates talked more about Delta's man defense in preparation for the second half

in anticipation the Panthers would continue that defense.

"Delta was playing man defense again, and our kids were a lot, lot better running our man offense and they got some shots to go down and ... executed a bit better and whatnot," Lewis said.

From there, he said, the Lady Pirates were able to build a "nice lead again before Delta started applying full-court pressure late in the game, forcing some Pirate turnovers.

"But still, the game was pretty in hand. We pretty well milked the clock ■ See Pirates A11

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Pirates

Continued from A10

in that fourth quarter and the kids did a pretty good job," he said.

By the end of the third quarter, the Lady Pirates were leading the

Panthers 33-18.

"I would say this game was like most of the games we've had all year long," Lewis said. "All year long, it was just contributions from across the board. I mean, no one player stood out more than the others. It was just a total team effort. Great defense."

Stats for the game were not available by press time Wednesday.

Pagosa then began to prepare for St. Mary's, whom they were slated to take on Friday.

"We had watched film on St. Mary's until 10 o'clock," Lewis said.

He added that he feels the Lady Pirates had been playing their best basketball since losing to Ignacio has been locked in, not allowing more than 33 points in a game.

"Obviously they're an outstanding team," he said of St. Mary's, "but we

really had a high level of belief that we could win the game or be in the game ... make it a really close game there."

Then, that same night, the team's members began seeing on social media that the remainder of the tournament had been canceled.

"I was 100 percent disappointed, but not 100 percent shocked," the coach said.

He added, "It's really hard. It's hard to put it into emotion because you don't feel like you ... won your last game, but you also don't feel like you lost. It's a really strange emotion, and it kind of hits me in waves," he said.

Lewis noted he also hasn't been able to see the team to wrap up the season.

"My heart goes out to the girls, and now with this whole coronavirus thing, we can't have a meeting, an end-of-the-year meeting. We can't have a uniform check in. It's a really strange thing. I've done this for 20-some years and I've not been through anything anywhere similar to it with not having a true ending to a season and not having a true champion."

He noted the team talked for at least an hour the night of the cancellation.

"I had about five or 10 minutes there to gather my thoughts ... and was trying to do my best to find something to make them feel a little bit better. They were pretty upset, a

lot of girls were crying and in disbelief. I did my best to try to just put a positive spin on it, and explain to them there are bigger things in life than basketball, and thank God we got to play our one game," he said.

But, he pointed out, the team also got to end its season on a win—something not many teams get to do.

The Lady Pirates will see five senior players graduate this year: Taylor Lewis, Teagan Stretton, Hailey Griego, Elsa Lindner and Miah Shoffner.

"We've got a great tradition. I think over the last, you know, 10 years, 12 years, I don't think there's been a more successful 3A girls' basketball program as far as number of wins, trips to the state tournament ... that sort of thing. And it's just been a really good tradition. We're going to lose five really good kids, five really good seniors and they're going to be heavily missed, but you always miss your seniors, no matter which year it is. And there's a lot of good pieces coming back and there's a lot of good young kids in seventh and eighth grade right now that are coming up. ... I just see a really, really bright future for the Lady Pirates."

On Tuesday, CHSAA announced it "will recognize individual participants from the CHSAA State Basketball Championships with a memento in the coming weeks to recognize their leadership and resolve during that week."

randi@pagosasun.com



Coach Wes Lewis, coach of the year.

Spring sports season delayed

By Randi Pierce
Staff Writer

Colorado high schools will have no spring sports and activities that fall under the Colorado High School Activities Association (CHSAA) until at least April 18.

CHSAA announced March 12 that it has suspended its spring activities, including practices and competitions, until April 6 "to address concerns surrounding the on-going COVID-19 pandemic."

Then, on Tuesday, CHSAA announced that the moratorium had been extended through April 18.

"In light of Governor Jared Polis' announcement Monday (March 16) afternoon where new restrictions were mandated to slow the advance of the COVID-19 virus narrowing the minimum standards for public gatherings, we are announcing that the Association will follow the guidelines that went into effect at 8:00 a.m. today and will remain in effect for 30 days," CHSAA Commissioner Rhonda Blanford-Green said Tuesday, according to CHSAAANOW.com.

The moratorium went into effect Friday, March 13, leaving many schools, including Pagosa Springs High School (PSHS), left to cancel upcoming games and tell student athletes they could not practice or compete for the time being.

"When I met with spring athletes and coaches on Thursday after school, the overwhelming sup-


port by both groups was amazing," PSHS Athletic Director Marcie Ham wrote in an email to The SUN. "Of course there were some questions about why now and what exactly the spring would look like, and I think that was to be expected, but the general feel and attitude was positive and understanding. Our coaches and athletes have shown an outstanding resilience beyond what I have seen throughout social media. It has reminded me of the amazing community in Pagosa Springs."

CHSAA's announcement on CHSAAANOW.com states, "The situation will be monitored and evaluated with key decision-makers from around the state to determine when, or if, to resume the spring season."

The day before announcing the postponement, CHSAAANOW explains, Blanford-Green "convened a digital conference with more than 50 administrators, representing diverse levels of leadership from all parts of the state to collaboratively create a plan. That group arrived at a consensus to support the decision made by the CHSAA office."


"I want to thank the Board of Directors, membership and CHSAA staff for their support and guidance," Blanford-Green said. "The collaborative decision-making has been in the best interest of our students and school communities, and it hasn't gone unnoticed."

randi@pagosasun.com



Triple Impact Student-Athletes of the Week

Pagosa Springs High School Lady Pirates basketball team



Comments from Pagosa Springs High School Principal Sean O'Donnell: "The 'Triple Impact Athlete' is defined as an individual who makes themselves, the game, and their teammates better. This year's girl's basketball team exemplifies every aspect of this definition. On Thursday March 12th, the PSHS girl's basketball team soundly defeated Delta in the first round of the CHSAA class 3A state tournament. They were set for a rematch against the returning state champion St. Mary's Pirates in the semi finals on Friday when CHSAA was forced to cancel the remainder of the state tournament due to the Coronavirus pandemic.

"The many years and hours of preparation, dedication, and sacrifice put into an opportunity to compete for a state championship came to an end late that Thursday night. While they were not able to play the remainder of the tournament, our girls picked themselves up as any great athlete does, and handled their situation with grace and humility. Having the opportunity to watch these young ladies over the course of the last four years, there was not a team we competed against that showed more respect for their opponents, officials, and ultimately the game itself. These girls represented themselves, this high school, and the entire community of Pagosa Springs so very well. We couldn't be more proud of them. Though, the competition to determine the state champion for 2020 was cut short, these girls will always be champions in our eyes."

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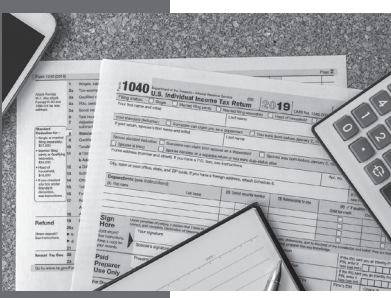
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DA opposes state bill, county works to build new courthouse

By John Finerock
Staff Writer

The county commissioners discussed a state bill, the Harman house remodel and building a new courthouse at their work session on March 10.

Sixth Judicial District Attorney Christian Champagne called in to the work session to discuss Senate Bill 20-172, a Colorado bill that would require a bail hearing within 48 hours of someone being arrested.

"I'm in favor of smart and wide bail reform," Champagne told the commissioners. "I think it's a good idea. I think we have a lot of people in jail that don't necessarily need to be there, but I don't think this bill fits that category. The biggest issue we've got is not that people are not seeing the judge in a timely fashion, the biggest issue we've got is the judges are — people are staying in jail because the bail is too high. So, my argument against this bill is it's not hitting the mark. The mark is we want fewer people in jail because of pre-trial detention then we need to be looking at bail reform about the amount of bail, the types of bail, not the timeliness of bail. So, the idea that we need to have a bail hearing within 48 hours, not only does it miss the mark, but it places a tremendous burden on the counties. That's why I'm asking for your support through CCI [Colorado Counties Inc.] and whatever other county lobbying outfits that you guys work through to let our legislators know that the county does not support this, that the DA's office does not support this either."

Champagne noted the bill is working its way through the state legislature and recently passed through the state judiciary committee.

"There are some provisions to try to reduce the burden on rural counties; however, I think they fall short," Champagne said. "We're still gonna have to staff, we're still gonna have to conduct these hearings, it's just a major burden on what's already a difficult ask to get people invested in this profession. And asking them to work weekends is going to be a major morale — it's corrosive to

morale."

In a phone call last week, Archuleta County Undersheriff Derek Woodman explained that currently, a judge has to review a case within 48 hours after arrest, but does not have to hold the bail hearing within that time frame.

The Archuleta County Board of County Commissioners ratified Chair Ron Maez's signature on a letter of opposition to SB 20-172, sent to the Colorado General Assembly, at its meeting on March 17.

Courthouse update

The commissioners also met with Sixth Judicial Court Executive Eric Hogue, Sixth Judicial District Judge Jeffrey R. Wilson and other court staff to discuss the new courthouse that is expected to start being constructed in August.

The Sixth Judicial District and Archuleta County Courts vacated the Archuleta County Courthouse in mid-September of 2017 citing health and safety concerns with the building, and have held court in La Plata County since.

In a phone call Wednesday, County Administrator Scott Wall outlined the financing picture for the courthouse project.

- The courthouse will cost about \$6.1 million, though Wall noted that architect estimates can be way off from what actually gets bid.

There are also variables like whether to build two courtrooms or three, explained Wall, though the county is hoping to get enough grant money to build a three-courtroom courthouse with a community room.

- Archuleta County has been awarded \$1.9 million from the Underfunded Courthouse Facilities Commission, and Wall noted the county will ask them for another \$1 million in the fall.

- Wall and Commissioner Steve Wadley will present to the Department of Local Affairs (DoLA) this week to try and get about \$500,000 to pay for the design work on the project and hope to get more grant money from DoLA later this year.

- There is about \$4 million in the county's Strategic Reserve Fund the county may use, with Wall saying,

"The least we use of the taxpayer's money, the better."

Wall said, "The commissioners have committed to getting [the courthouse] done in one way or the other."

The Underfunded Commission's \$1.9 million grant comes with a stipulation that the county must hire a project manager for the courthouse project, which is estimated to cost at least \$100,000, according to Maez.

The county commissioners and Wall have expressed they wish they didn't have to get a project manager due to the cost.

Marty Galvin, finance manager at the Colorado Judicial Department, who signed the county's \$1.9 million grant award letter, explained that many other courthouse projects across the state have used a project manager, which has been very beneficial.

He said that project managers have "more than paid for themselves" by representing the interest of the owner, in this case the county, in ensuring projects are on time and on budget.

"From our perspective, it's a very reasonable aspect of a project, of a multi-million dollar project like this, to have someone who is representing the county and indirectly the Judicial Department in the state of Colorado for the amount of money that we're putting into the project," Galvin said.

Hogue reported that he will submit a capital request to get the furniture for the courthouse paid for by the state and will submit a security grant that could pay for much to all of the security technology like cameras, monitors and metal detectors.

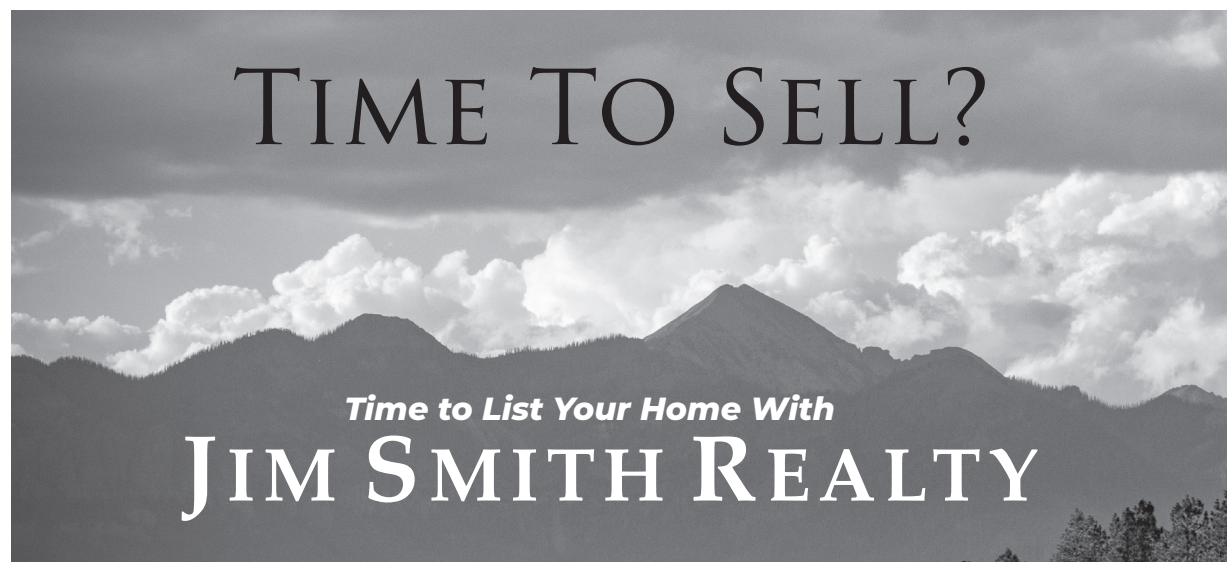
Harman house remodel

Architect Courtney King and some of her staff were in attendance at the work session on March 10 as well.

King is the architect of the Harman house remodel, which is being retrofitted to house the sheriff's office and the Archuleta County Combined Dispatch Center.

The Harman house is the former home of Norma and Fred Harman

■ See County A18



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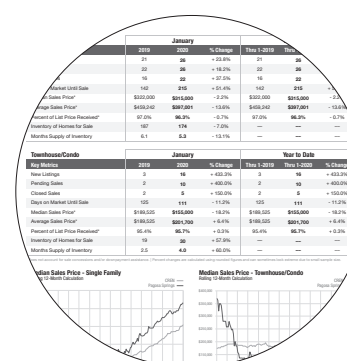
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Family Night

Photos: Chris Mannara and Kendra Bridges

Pagosa Springs Elementary School families enjoy a night of dancing, eating and quality time at The Stars of Fine Arts Family Night on March 11. Families and students enjoyed the sights and sounds of the local book fair and were also treated to a dinner served by teachers.



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Public Meetings

The following meetings are subject to change.

Thursday, March 19

Zoom conference call with San Juan Basin Public Health regarding business supports and communication efforts relating to COVID-19. 2 p.m., see https://zoom.us/j/3266817136.

Pagosa Springs Town Council meeting. 5 p.m. Join the Zoom meeting by computer https://zoom.us/j/510229935, meeting ID: 510 229 935. Or, dial (669) 900-683, meeting ID: 510 229 935. Please remember to mute your computer or phone until it is time to speak.

Tuesday, March 24

Archuleta County Board of County Commissioners work session. 8:30 a.m., Archuleta County administration building, commissioners' meeting room, 398 Lewis St.

Town Planning Commission, Board

of Adjustments and Design Review Board. 4:30 p.m. work session, 5:30 p.m. regular meeting. See town website for participation information.

Upper San Juan Health Service District regular board meeting. 5:30 p.m., Pagosa Springs Medical Center, 95 S. Pagosa Blvd.

Wednesday, March 25

Southwestern Water Conservation District board teleconference. 9 a.m. Call (605) 475-5618, 797282#.

Thursday, March 26

Pagosa Springs Town Council work session. 5 p.m. See town website for participation information.

Friday, March 27

Pagosa Peak Open School Board of Directors focus group facilitation. 6 p.m., 7 Parelli Way.

Saturday, March 28

Pagosa Peak Open School Board of Directors strategic planning

facilitation. 9 a.m., 7 Parelli Way.

Wednesday, April 1

Town of Pagosa Springs Historic Preservation Board. 4:30 p.m. See town website for participation information.

Thursday, April 2

Dispatch Executive Management board. 9:30 a.m., Pagosa Springs Medical Center board room, 95 S. Pagosa Blvd.

Southwestern Water Conservation District regular board meeting. Time to be determined, 841 E. Second Ave., Durango.

Friday, April 3

Southwestern Water Conservation District annual water seminar. 8:30 a.m.-4 p.m., 841 E. Second Ave., Durango. Update regarding COVID-19.

Pagosa Peak Open School Board of Directors focus group facilitation. 6 p.m., 7 Parelli Way.

Saturday, April 4

Pagosa Peak Open School Board of Directors strategic planning facilitation. 9 a.m., 7 Parelli Way.

Tuesday, April 7

Archuleta County Board of County Commissioners work session. 8:30 a.m., Archuleta County administration building, commissioners' meeting room, 398 Lewis St.

Archuleta County Board of County Commissioners regular meeting. 1:30 p.m., Archuleta County administration building, commissioners' meeting room, 398 Lewis St.

Wednesday, April 8

Pagosa Springs Town Council special meeting. 5 p.m. See town website for participation information.

Public meeting information should be sent to editor@pagosasan.com with "Public Meeting" in the subject line. The deadline is noon Monday each week prior to publication for that week's issue.



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The Archuleta County Department of Human Services can provide application assistance. Call 970-264-8511 to reserve a spot. Appointments will be held at the Ruby Sisson Memorial Library, 811 San Juan St., Pagosa Springs, CO. Applications may also be sent directly to Discover My Goodwill at LEAP, PO Box 39200, Colorado Springs, CO 80949-9905.

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Pine Ridge Extended Care Center, Bee Hive Homes, Visiting Angels enact safety measures in wake of coronavirus

By Terri House
Staff Writer

On March 11, it was reported by Business Insider that more than 60 percent of coronavirus deaths in the U.S. are linked to a nursing home in the state of Washington.

As of Friday, 26 coronavirus deaths had been linked to Life Care Center nursing facility in Kirkland, located 20 minutes north of Seattle.

A long-term care facility, Life Care Center has been dealing with the outbreak of coronavirus for weeks.

According to Business Insider, more than 51 coronavirus cases have been confirmed among Life Care residents and about 70 staff members have also presented symptoms of COVID-19. Many of the staff have not been tested for the coronavirus because of test shortages. First responders who answered calls from Life Care Center were exposed to the coronavirus, including 27 firefighters and three police officers who were quarantined.

“Patient zero” has not been identified. The Life Care Center incident has spurred some changes in Pagosa Springs.

Pine Ridge Extended Care Center

Pine Ridge Extended Care Center in Pagosa Springs took proactive action on Monday to restrict individuals from entering the building in the wake of the COVID-19 outbreak, according to a statement released by Corporate President and CEO Joyce Humiston.

“The current COVID-19 outbreak situation means that it is critical that we take every precaution possible. We must prevent this virus from entering our center,” the statement reads. “Protecting our residents’ health and safety is our top priority.”

“The CDC has done a careful review of the death rate in the elderly, especially those with

dementia or chronic diseases. Experts are recommending we take action to limit individuals from entering our building and to ensure sick employees stay home.”

According to Humiston, early data in the COVID-19 outbreak shows the following, which is why Pine Ridge has taken this action now:

- “The mortality rate for people over 80 in the general population is 15% in China.”
- “The World Health Organization report estimates the mortality rate at 21.9% for those over 80.”
- “At the nursing home in Washington state, there have been 50 residents who have tested positive for the COVID-19 virus. As of March 9, 2020, 19 of those have died. This is a high death rate.”

Humiston explained that there is a risk of people who appear to be healthy visiting a nursing home and spreading the virus by infecting the residents.

“Studies of past viral epidemics where recommending prevention was delayed were not effective. These studies show that the sooner we limit interactions with each other and wash your hands frequently virus spreads more slowly,” wrote Humiston.

BeeHive Homes of Pagosa Springs

On Thursday, BeeHive Homes of Pagosa Springs restricted visitation of residents to home health staff and physical therapists, explained Felicia Storey, administrator.

“The majority of everybody has been thankful and grateful. ... It is our jobs to protect their family,” Storey added.

“Due to the severity of the COVID-19 virus the State of Colorado has increased safety measures and we are now going into a NO VISITOR policy until further notice. This is for the safety

and health of our residents which is our top priority! Please feel free to contact San Juan Basin Health at 970-247-5702 for any questions you may have,” reads a safety update from Storey to families of BeeHive residents.

Visiting Angels

Visiting Angels offers in-home living assistance for the aging and disabled.

The organization’s chief operating officer, Michelle Johnson, explained on Friday that Visiting Angels is urging its clients and families to also limit outside visitation whenever possible to avoid infecting those who are more vulnerable.

“Our teams are following the Centers for Disease Control and our state agency guidelines,” noted Johnson. “All employees are being educated on-going about the virus.”

Notice of Public Health Order 20-20

“At this time, I find it necessary to implement emergency measures to restrict visitors to skilled nursing facilities, assisted living residences, and intermediate care facilities in Colorado to protect the health of the residents of these facilities,” an order released Friday from the Colorado Department of Public Health and Environment states.

That order implements emergency measures and restricts visitors to skilled nursing facilities, assisted living residences and intermediate care facilities in Colorado to protect the health of the residents of the facilities.

“I am ordering that Colorado licensed or certified skilled nursing facilities, intermediate care facilities and assisted living residences implement visitor restrictions and daily facility screening protocols for those entering the facility, in order to reduce the likelihood of possible introduction of COVID-19 into these facilities,” reads the order.

CDC considers ways to expand membership

By Chris Mannara
Staff Writer

A discussion on how to increase membership for the Pagosa Springs Community Development Corporation (CDC) was held at the CDC board’s regular meeting on March 11.

CDC board member Jim Garrett explained that the CDC should offer some sort of opportunity to socialize as well as an opportunity for public service.

“There’s a lot of people in this community who certainly are involved in business, but there’s a lot of additional people who are retired and many of them have business backgrounds,” Garrett said. “And they would very much welcome, I believe, opportunities to socialize.”

Potentially, the CDC could provide an opportunity for those groups of people to serve in ways that could draw upon their experiences, he explained.

Some ideas that could appeal and attract those types of individuals could be things such as a cash bar that allows for socialization at an event, he noted.

“I think we could probably do that with a lot of events,” he said.

Another idea proposed by Garrett involved more inclusive meetings.

This could be done by having a member forum within the CDC’s meetings, he explained.

“Just set aside on the agenda an opportunity for any member to come, and maybe even non-members, to come and make a contribution on a matter that they think is important,” he said.

Once a quarter, the CDC could have a happy hour in association with a meeting that would be about half an hour, he explained.

“It seems to me that it’s worthy of considering the notion of trying to create more attractions to bring people into our meetings and get people more excited about the potential of being part of the CDC,” he said.

In response, CDC board member Justin Ramsey noted that it sounded like a good idea.

Ramsey also suggested creating focus groups to figure out how to entice these individuals to get them to meetings.

CDC board member Matt DeGuise noted he liked the idea of getting retirees who had previously

been involved with businesses to become members of the CDC.

“They might want to get into that mentoring kind of role or share their knowledge of their successes,” he said.

There is a big need for socialization within the organization, CDC President Jodi Scarpa explained, adding the CDC could use more marketing and communication on what the organization is doing.

“We have so many resources in the community that still seem to be separate,” CDC board member Mary Hunt said. “It would be really nice for me personally, as a citizen, to have some knowledge of people I may not necessarily meet or have access to.”

Hunt later added that a separate, informal, event could be put together by the CDC to discuss a variety of topics such as broadband or opportunity zones.

Membership is part of one of the CDC’s strategic plan goals of community outreach, Garrett noted later.

Garrett later added that he could come up with a draft plan regarding membership outreach for the board’s March 23 work session. chris@pagosasun.com

San Juan Shootists cowboy fast draw club to hold club match

By Dave “Mongo” Miller
Special to The SUN

The San Juan Shootists Pagosa Springs local cowboy fast draw club will hold its February 2020 monthly club match on Saturday, March 21. The match begins at noon. The public is invited to come out and watch.

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COVID-19: What the public needs to know about water and sanitation

By Chris Mannara
Staff Writer

Amid the coronavirus pandemic, municipal water and sewer providers have addressed some common concerns among the general public.

At a regular meeting of the Pagosa Area Water and Sanitation District (PAWSD) Board of Directors on March 12, District Manager Justin Ramsey noted that COVID-19 cannot be spread through drinking water.

"It's very susceptible to chlorine," Ramsey said. "We do keep chlorine in our water."

However, COVID-19 can be found in sewage, Ramsey noted, adding that there are other unhealthy things found in sewage as well.

"What the CDC [Centers for Disease Control and Prevention] and the state recommends for our sanitation workers is, 'don't take any different precautions than they already should be taking. Because you're dealing with nasty stuff,'" he said.

The only way PAWSD could be

affected by COVID-19 is if too many staff members were to get sick, Ramsey added later.

According to Ramsey, the state of Colorado has put together a program, called CoWARN [Colorado Water/Wastewater Agency Response Network] that allows PAWSD to "share" equipment and staff.

"So if PAWSD gets hit real hard with this, I can call Durango and say 'I need two water operators' and if they have them available, they'll send them to us," he said. "It sets out how we're going to pay for it and pay them back and so on and so forth."

In a follow-up interview on March 17, Ramsey noted that PAWSD is now a part of CoWARN.

Additionally, Ramsey noted that PAWSD has run into issues with citizens using and flushing items that cause problems with PAWSD's infrastructure.

"It is causing somewhat of a problem. It's not a major catastrophe, but it is definitely clogging some pumps and causing a little bit of issues," he said.

On March 17, PAWSD's adminis-

trative offices closed to the public indefinitely, Ramsey explained in an email.

PAWSD customers will still receive regular water and wastewater service, Ramsey noted.

"You may still reach us by phone. To pay with cash or check, please place your payment in an envelope with your account number on it and distinguish it between fill station and utility payment, and place it in the lockbox located outside of the gates of the PAWSD driveway (the PAWSD brick sign.)," Ramsey wrote. "It will be checked each morning, and payments posted by noon each day, so please plan accordingly."

Town Manager Andrea Phillips explained in an email to The SUN on March 17 that the Pagosa Springs Sanitation General Improvement District is not doing anything different in terms of treatment.

"As always, we ask that people not flush anything down the toilet that is nonflushable. Those should go in the waste can," she wrote.

chris@pagosasun.com

COVID-19 and pets: Owners should take precautions

By Chris Mannara
Staff Writer

While there is no definitive evidence that pets can contract COVID-19, or coronavirus disease 2019, pet owners should still be careful and take the necessary precautions.

Dr. Kitzel Farrah from San Juan Veterinary Hospital explained that both the World Health Organization and the Centers for Disease Control and Prevention don't feel like, at this point, pets can spread the virus.

"But it's not known 100 percent yet whether that's true," she said. "There were a couple of cases in China in dogs that have the virus. But whether or not they truly were infected with the virus or were just carrying parts of the DNA and RNA from the humans that they were around that were sick is not clearly known yet."

Those two animals tested positive for this particular strain of coronavirus, Farrah noted.

"Those animals were asymptomatic. They showed no signs of disease at all," she said. "Those animals lived with people who are sick, and probably they contracted it from the people, not the other way around."

It is also not certain that those animals were sick themselves; they may have just gotten contaminated virus from the people they were living around, Farrah added later.

"That's what they don't know. Were they just accidental cases? Were they just acting as a fomite?" Farrah said.

A fomite is described as an "object to carry a pathogen from one susceptible animal to another," according to The Center for Food Security and Public Health.

Animals could potentially act as a fomite, Farrah noted.

The American Veterinary Medical Association suggests that if anyone is sick with COVID-19 it is best for them to "limit their handling" of pets, Farrah explained.

It is recommended that someone in the household who is not sick handle the pet, Farrah added.

"If you're well, don't worry about it. Feed and handle your animal per normal," she said.

However, if you are a single pet owner and you've contracted the

virus, it is recommended that owners don't sleep with their pets, she added later.

"You would probably wear a mask, wash your hands before you feed your pet, wash your hands after you feed your pet," she said. "But we wouldn't be taking the pets out of the household or anything like that. They would stay at home with the people."

San Juan Veterinary Hospital and other veterinary clinics will not be mandated to shut down in the case of the virus, Farrah noted.

"We will still be able to provide veterinary care. It may be more on an emergency-type basis rather than business as usual," she said, "but there will be ways that veterinary

care will still be available to animals."

If someone has the virus locally and their pet has an elective surgery coming up, San Juan Veterinary Hospital will ask them to reschedule, she explained.

If clients have a sick pet there could be virtual exams held, she added later.

"We may come up with situations where we would have a non-infected member of their household bring animals to the clinic, but not come into the clinic," she said. "We're coming up with strategies following Colorado and American Veterinary Medical Association on how we should come up with strategies to continue to care for animals during the pandemic."

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County —

Continued from A13

III and was acquired by Archuleta County last fall.

King reported that the construction documents will be done in the first few days of April and that the project will be able to go out to bid on April 3.

King noted that the work still falls within her initial estimate of \$100 to \$150 a square foot that she made in December.

The Harman house is 4,195 square feet. At the lowest estimate King made of \$100 a square foot, the rough cost for the remodel would be about \$419,000.

In a phone call last week, Maez explained that the cost of the remodel, plus the \$600,000 the county paid for the home (which included about 5 acres) is still cheaper than building a sheriff's office and dispatch center from the ground up.

john@pagosasun.com

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preview

ARTS & CRAFTS

Volunteer at Chimney Rock

Chimney Rock Interpretative Association needs you.



Photo courtesy Chimney Rock Interpretative Association

Join the Chimney Rock volunteer team

By Denise Fisk
Special to The PREVIEW

Are you new to the area? Looking for something to do? Want to change your life in a positive way? Do you enjoy just being outside in our wonderful part of the state? If you can answer “yes” to any of these questions then I have something for you to consider.

I answered “yes” to those questions myself and became part of a wonderful nonprofit organization called Chimney Rock Interpretative Association (CRIA). Having lived in Pagosa Springs only a short time, a year ago I discovered the amazing volunteer opportunities this wonderful group had to offer.

I discovered, in the process of becoming a volunteer, that CRIA provides visitors to Chimney Rock National Monument with an enjoyable yet meaningful educational experience. It is a fun way to learn about the ancient Pueblo people and the uniqueness of this, their home, through interpretative tours and special programs. And, amazingly enough, even though I knew nothing about the monument, I could still volunteer and they had a place for me that capitalized on my existing skills.

Once I learned how important it was to preserve this special place, I was consumed with a desire to learn even more and to share it with our many visitors who have traveled from as far away as Belgium and South Korea to experience the national monument.

Did you know that CRIA is the largest organization of volunteers in our county? For more than 25 years, CRIA has been in partnership with the San Juan National Forest to share the history of the monument. In 2012, CRIA was named volunteer organization of the year by the USDA Forest Service nationwide. As a 501(c)(3) organization, CRIA's mission is to preserve and protect this heritage, yet share it with our

visitors so they might learn and enjoy the monument and keep the history alive. But to do all this, we need your help.

Each year, CRIA must recruit new volunteers to meet the increased demand in visitation to the monument and to replace volunteers who have stepped down from their service. Without our volunteers' skills and time, it would be impossible to do all that we do through our tours and special programs and keep the monument as a “must stop” when traveling southwestern Colorado.

We have a variety of volunteer positions, from maintaining the trails to describing the night sky, facilitating the needs of our visitors and leading tours of the area. We offer a wonderful mentoring program to get you up to speed in your specific area, and our excellent training resources will make you quickly feel confident during your volunteer time at the monument. Our biggest need this year is for leaders willing to take a tour of our two trails. And not to worry. You do not need a degree in anything to be a tour guide. We have all the information you need to become an “expert” in a short time.

The importance of sharing this heritage with our children as well as adults, and the important role Chimney Rock played in the history of southwestern Colorado, cannot be understated. Maintaining and sharing this with future generations is the priority of CRIA as well as the

San Juan National Forest. Chimney Rock plays a role in our tourism culture and helps our local economy as a whole. Would you consider volunteering and helping us?

The health and safety of the public has always been paramount for CRIA. In response to the recent closures across the county and country, CRIA's volunteer open house set for Friday has been canceled until further notice. For more information on volunteer opportunities with CRIA, please visit www.chimneyrockco.org or call 731-7133, where our friendly staff is eager to discuss your options.

CRIA offers a great, in-depth training program in a fun environment to anyone interested in joining our amazing team of volunteers. This year, volunteer training is on April 24 (orientation for new volunteers at the monument in the great outdoors) and on April 25 at the Tennyson Building Event Center located at 197 Navajo Trail Drive. Planning for alternative “virtual” training is underway if conditions warrant. RSVP required by calling 731-7133. CRIA also offers on-the-job training where new volunteers are mentored by seasoned volunteers and managers.

CRIA is the nonprofit organization that runs the daily operations and interpretive program at Chimney Rock National monument in partnership with the USDA Forest Service and the San Juan National Forest.



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Pictographs and petroglyphs presentation set for March 26

By Lisa Burnson
Special to The PREVIEW

Author Judith Jubb will be giving a presentation on pictographs and petroglyphs on March 26 at 6 p.m. at the New Thought Center at 3505 W. U.S. 160. All are welcome to attend.

Jubb is a member of San Juan Stargazers and is involved in the star parties at Chimney Rock National Monument for the upcoming lunar standstill, which has been celebrated there since ancient times.

Jubb has had an interest in archeology since her childhood in Colorado. She studied art history at Maryland Institute of Art, and found fossils and ancient artifacts in Colorado, Arizona, Egypt and Morocco. She has written articles that have appeared in international publications on myths and religions, and her artwork is well-known.

Jubb's professional career has been as an art appraiser. She is the founder of Metempyriion Foundation, a philanthropic nonprofit charity, and in 2013 she was presented with the Sedona Chapter of National Association of Women Business Owners Award in the nonprofit category.

Using her natural talent of dowsing for water and buried artifacts, she has helped reclaim Native American sacred sites in Washington, Oregon, California, Arizona and British Columbia. For several years, she worked with the Hopi people regarding the drought issues in the southwestern states.



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Granddad goes to Vegas

How will Grandma keep Granddad down on the farm once he sees Sin City?

My Sweet Al was ecstatic to be invited to the NASCAR race in Las Vegas, Nev. He packed and re-packed for days as he prepared for his trip.

This would be an incredible opportunity to take a trip and spend time with our son-in-law and our grandsons. I wish I had a memory of having fun with my grandmother. I don't ever remember laughing or having fun with her. Then again, that was a different time and age for me.

I said to Al, "Do you know what this trip means?"

"Yes, I'm going to the races. I get to see my man win. I want to stand by his car and have my picture taken."

"No Al, it should be more than that. You are spending time with your grandsons. One day, they will carry this trip in their hearts as a memory of time shared with you."

I should have wished his trip just included him standing next to his favorite race car. Not 24 hours into his trip, the pictures started flowing. The first picture to cross my desk was my Sweet Al and his grandsons, flanked by two showgirls from the strip.

There he was, beaming from ear to ear squeezed between two scantily clad women in headdress, short-shorts and really large ... feathers. Even as they towered over him, there he stood, bigger than life.

When he arrived home, I asked, "Well, how did it go?"

Artist's Lane

Betty Slade



"I sat and watched a woman play roulette for nearly four hours. She was beautiful and had big diamonds on her hands."

"You were just captivated by her big diamonds?"

"Yes." He said, "And all the old men were running around with younger women on their arms."

I wasn't sure if I wanted to know anything more, but I had to ask, "What about the race?"

"Oh that. We got rained out the first day, so we just ate a lot. But when the race did start, it was really loud."

"So did you bond with your grandsons?"

"Well, I guess I did. They pushed me around in a wheelchair from one casino to another so I could see everything."

My Sweet Al shared story after story. Meanwhile, I wondered if anyone could peel back the layers of gambling, beautiful women and the bright lights of Las Vegas to see what truly lies within.

I decided I didn't want to know anything more, but I was reminded just how much the noise of the world can crowd out the important things in life.

I couldn't help but wonder if anyone knew what really goes on underneath the noise and exhaust

at the racetrack. I reminded Al about a conversation we had the week before. We talked about a young man who found the one thing that was important to him amidst the scream of a 200-mph car and thousands of fans.

It was the first NASCAR race of the year. The Daytona 500 brimmed with excitement for the new season and with great expectancy for Anthony Pasut. He was a fueler on the pit crew for Chris Buescher's team who had been in an accident the previous year.

An out-of-control car ran into Anthony and injured his right leg during a pit stop incident at the Atlanta Motor Speedway. His road back was a hard one. It took hours, weeks and even months of physical therapy just to be able to walk again, let alone to be fit enough to get back in to the pit.

His statement: "Sometimes we get so involved in our careers, we forget what is most important, to know who God is and His grace." Back on his driver's pit crew, now with a greater vision for life than just the single car that nearly ended it.

Final brushstroke: After a wild ride with his grandsons, my Sweet Al came home with a bigger vision of life. Even through the sights and sounds of that place, he was able to know the blessing that comes from the unique moments that shape us. Thankfully, that was all he took from his weekend away.

Readers' comments

Send your comment to betty@bettyslade.com.

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The San Juan Stargazers will not meet in March

By Joan Mieritz
Special to The PREVIEW

The San Juan Stargazers will not hold a regular meeting in March. We hope that the health situation will be better by the time of our April meeting.

Looking at the magnificent night sky in Pagosa is a safe and awe-inspiring activity.

Keep looking up, especially at

night.

The San Juan Stargazers are part of the Astronomical League, which includes clubs from all over the U.S.

We have a new website, www.sanjuanstargazers.org, as well as an email address, sjstargazers@gmail.com, and a club phone number, 335-8286. Our club address is P.O. Box 2217, Pagosa Springs, CO 81147.

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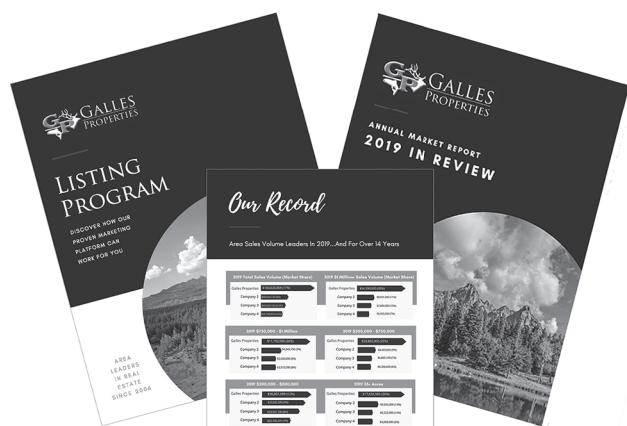
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Black or white: the only choices

By Mike Davis
Special to The PREVIEW

A famous athlete gave an interview about his faith journey. He uses the term binary to describe Christianity. This means only two choices, black or white, with no gray. He may be onto something.

Binary is hidden everywhere in plain sight. Every piece of information on the planet can be stored in a computer by a combination of ones and zeros. Other examples include day and night, plus and minus, on and off, and dozens more.

He believes Christianity is all about rules, structure and traditions. Follow the rules and they welcome you. Black and white are the only choices. He may be right.

Churches have strayed from the teachings of Christ. Jesus taught inclusion, not exclusion. Church was held in people's homes as he shared a meal. He sat around a table with prostitutes, beggars, tax collectors and other outcasts of society.

The disciples asked Jesus what laws needed to be followed for their sins to be forgiven. He mentioned only two. Love God with all your heart, soul, mind and strength; and love your neighbor as yourself. The disciples knew Jesus asked the impossible. A blood sacrifice needed to be made on their behalf or they

A Matter of Faith

would be banished to hell. Jesus became that sacrifice.

The athlete did not believe a loving God would send most of His creation to a fiery hell. Let's agree with him and create our own god. Here are some options:

- No god, heaven or hell exist. Ignore all the signs of a created universe by a supreme being. Atoms decided to multiply and mutate to become an individual being with billions of cells.

- A god who only lets good people into heaven. All others cease to exist. By what standard does this god judge? Make up our own so we can be self-righteous and judge others.

- A god who lets everyone into heaven when they die. Regardless how wicked, selfish or prideful. This god turns everyone into a loving, generous and humble person. We live in tranquility throughout eternity.

- A god who creates a universe where no good or evil exists. People are puppets or choices are limited

to the ones he gives us.

- Or, a God who created us with a free will to make our own choices and accept the consequences. One who only asks us to love Him and others as ourselves. God would have a trial, be our judge and find us guilty. There would be a punishment so severe no one would choose it if there was an option.

Is it possible to please God if we can't obey His laws or rules? If good deeds aren't enough, what is? How do we avoid hell? Believe in the gospel message. Jesus was sent by God to save mankind from their sins. Trust Jesus is who He says He is. He died on a cross, was resurrected on the third day and sits at the Father's right hand.

Sounds rather binary. Live life our way and go to hell or believe in Jesus and go to heaven. A relationship with Jesus does not make us perfect in this life, but transforms our hearts into a more compassionate one. The choice may be black or white, but with Jesus in our hearts we view the world in living color, everyone a unique creation of God with the need of a savior.

"Confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved." — Romans 10:9 (NKJV).

That's all it takes.

Walking 'Fearwards' in faith

By Lisa Burnson
Special to The PREVIEW

"Faith is taking the first step even when you don't see the whole staircase." — Dr. Martin Luther King.

All are welcome to join New Thought Center for Inspirational Living (NTC) this Sunday, March 22, at 10:30 a.m. for our presentation, "Walking Fearwards in Faith — Living the Words of God's Message of Love." It is time to embrace faith, dismiss fear and be the example of The Law of Attraction in wellness and upliftment. Our speaker will be Shayla White Eagle McClure.

Meetings of "Stories to Tell Us" are suspended due to health concerns. Topics/weekly assignments

will be posted on the website, Stories2TellUs.com, for participants to write.

We welcome people of all religions, cultures, races and lifestyles to our services, where we celebrate the Science of Mind and positive thinking.

Our community of affirmative-minded people share joy, laughter and awareness of connection to spirit and our ability to co-create a life of infinite possibilities.

We will have spirited live music.

Upcoming events

Thursday, March 19, 6 p.m.: Spring Celebration Gratitude Prayer.

Sunday, March 22, 6 p.m.: New Moon Drumming Circle with potluck.


Thursday, March 26, 6 p.m.: "Pictographs and Petroglyphs" presentation with Judith Jubb.

About us

NTC is a New Thought center based on fostering living a spiritually centered life and promoting the philosophies of the Centers for Spiritual Living and the Agape Centers. NTC honors all lifestyles, cultures and religious paths to the Divine.

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NTC events are held at 3505 W. U.S. 160, on the second floor of the Best Western Lodge (elevator available).



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Pagosa Country pioneers

Today's column focuses on the Macht family, early day Pagosa pioneers. I had the privilege some years ago of spending considerable time talking with Ray Macht about Pagosa history and his family history.

A drive through town a few weeks ago and a follow-up tele-



Pagosa's Past

John M. Motter

phone call is what triggered this column. I started with a question: Have you ever driven past something year after year without really looking at it? OK, so I'm the only one to be so careless.

As it happened, I was driving eastward down Lewis Street through its intersection with 3rd Street, the entry to Mesa Heights. I enjoy that drive almost daily because it isn't unusual to see wild turkeys and the town mule deer herd in that vicinity. As I eased through the intersection, a phenomenon from the right caught my eye. What is that, I wondered? Standing there on the east side of 3rd Street between Pagosa and Lewis streets were two two-story brown frame buildings.

My mind began to churn. On the south end of that same block next to the two buildings is a red brick building. The idea fermenting in my mind was, somewhere, sometime, that red brick building had been built by pioneer Jule Macht. I knew Jule had run a cattle ranch up in the headwaters of the Little Blanco River. It was common during pioneer days for ranch homesteaders to maintain a home in town. That way they could go to the



Photo courtesy John M. Motter

Pioneer Eudolphus M. Taylor, shown with his team in this photo, lived near the Jule Macht house in town. He likely had a carriage house for the team shown in this photo.

store, go to church and the kids go to school without fighting the snow between the ranch and town. It seemed logical to assume that the two buildings on 3rd Street next to the red brick house had been built by Jule Macht. He would likely have needed a building in which to park carriages and carts and a place to keep a horse or two.

And, so, last week, I placed a phone call to John and Jean Taylor, who, along with other Pagosaites, were enjoying Arizona sunshine

while the rest of us shovel snow.

Jean Taylor is a descendant of the Macht family. She answered my questions by confirming the guess that those buildings on 3rd Street had been built by Jule. She said he owned almost half of that city block. I also referred to a story on the Macht family I had written in The SUN a few years ago based on information from Ray. The family history as Pagosa pioneers is worth repeating, so watch for it in next week's column.

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Preview Calendar

All events listed in The PREVIEW Calendar are free of charge unless otherwise noted.

Thursday, March 19

Loaves and Fishes Free Community Lunch. 11:30 a.m.-1 p.m., Parish Hall, Lewis Street. Due to the COVID-19 threat, Loaves and Fishes will continue to offer meals to the community as takeout only. There will be no sit-down service. Guests should come to the front doors of the Parish Hall, where they can pick up meals to go. This practice will continue until further notice.

Wednesday, March 25

Study on Biblical Feasts. 7 p.m., Pagosa Bible Church, 209 Harman Park Drive. Call to verify meeting. Are you interested in learning about the biblical/Jewish festivals? Come join the fun as we study these appointed times. Hosted by Rabbi Gene Dwinell. Call 946-5262 or email ahavatadonai@gmail.com for more information.

The Most Excellent Way. 7 p.m., CrossRoad Christian Fellowship Church, 1044 Park Ave. The Most Excellent Way offers Bible-based relief from addictions and compulsions, with men and women meeting separately for utmost confidentiality. Call 507-0123 for more information.

Thursday, March 26

Loaves and Fishes Free Community Lunch. 11:30 a.m.-1 p.m., Parish Hall, Lewis Street. Due to the COVID-19 threat, Loaves and Fishes will continue to offer meals to the community as takeout only. There will be no sit-down service. Guests should come to the front doors of the Parish Hall, where they can pick up meals to go. This practice will continue until further notice.

notice.

Pictographs and Petroglyphs. 6 p.m., New Thought Center, 3505 W. U.S. 160. All are welcome to attend. Judith Jubb will be giving a presentation.

Monday, March 30

Wolf Creek Christian Writers Network. 9-11 a.m., CrossRoad Christian Fellowship. Writers are invited to hone their craft in fiction, nonfiction and poetry. For more information, email richgammill41@wolfcreekwriters.com or call 731-2040.

Wednesday, April 1

Study on Biblical Feasts. 7 p.m., Pagosa Bible Church, 209 Harman Park Drive. Call to verify meeting. Are you interested in learning about the biblical/Jewish festivals? Come join the fun as we study these appointed times. Hosted by Rabbi Gene Dwinell. Call 946-5262 or email ahavatadonai@gmail.com for more information.

Thursday, April 2

Loaves and Fishes Free Community Lunch. 11:30 a.m.-1 p.m., Parish Hall, Lewis Street. Due to the COVID-19 threat, Loaves and Fishes will continue to offer meals to the community as takeout only. There will be no sit-down service.

Guests should come to the front doors of the Parish Hall, where they can pick up meals to go. This practice will continue until further notice.

Saturday, April 4

HomesFund Homebuyer Education Class. 8 a.m.-4 p.m., Community Center. Tired of renting? Learn what it takes to become a homeowner. The class will cover budgeting, credit, insurance, lending and down payment assistance programs, real estate, inspection, and home maintenance. Space is limited. Visit www.homesfund.org to register. Call 259-1418 for more information.

Archuleta County Genealogical Society. Dr. Hank Slikker will continue the story of his family's immigration from the Netherlands to California.

Submit your calendar items to editor@pagosasun.com; mail them to The Pagosa Springs SUN, P.O. Box 9, Pagosa Springs, CO 81147; or deliver them to The SUN office by noon Monday.

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Library closed, online resources available

By Carole Howard

PREVIEW Columnist, and the library staff

Dear Ruby Sisson Library patrons and community,

Thank you for continued understanding as our community navigates in these unprecedented times. To support the nationwide effort to limit the gathering of people, in an attempt to flatten the curve, the library board has made the decision to close the Ruby Sisson Library starting Tuesday, March 17, at noon. All library programs, classes, meeting room reservations, events and outreach, were canceled last Friday. We will be closed through April 5.

In the next couple of days, library staff will determine ways to serve you best in these uncertain times. We encourage you to watch our library website, Facebook page and e-newsletter for content we'll be sharing.

We are determining details for the ability in providing curbside pickup of hold items or replenishing items. We will have staff answering the phone between 9 a.m. and 1 p.m. Monday through Friday. If you have questions, please contact the library at 264-2209 or email the library, ruby@pagosalibrary.org.

Though our physical location will be closed, Wi-Fi will be available 24/7 in the library's parking lot. We also have a variety of materials available to you digitally. Naming just a few, you can download e-books and e-audiobooks through our CloudLibrary app on your smartphone or tablet.

IndieFlix allows unlimited streaming access to award-winning shorts, feature films and documentaries. By using the online

Library News

resource TumbleBook Library, you can find children's books and audiobooks. To access all of these resources, simply go to pagosalibrary.org and select the gray tab towards the top of the page that says "Online Resources."

We are asking that you keep all materials that you have checked out instead of returning them to the library or the uptown dropbox. As always, you do not need to worry about overdue fees.

We will increase the number of items that you can have checked out during this closure.

We encourage everyone to check with authoritative sources such as the Centers for Disease Control and Prevention, the Colorado Department of Public Health and Environment as well as San Juan Basin Public Health for up-to-date recommendations and information.

The library board of trustees will continue to monitor this situation and keep our community apprised should circumstances change. The health and safety of our patrons, staff and the local community is of utmost importance during these uncertain times.

Take care,
Meg Wempe, director

Tax and census help

Tax forms and instructions are available at your library. Visit pagosalibrary.org/taxinformation for more details and useful links.

To familiarize yourself with

the questions that will be asked on the census, your library has a sample copy of the print census questionnaire in English and Spanish. Please visit pagosalibrary.org/census-2020 to view a video that demonstrates how to fill out the census online.

How-to and self-help books

"Cured" by Dr. Jeffrey Rediger describes how to create an environment that sets the stage for healing. "You Can Have It All, Just Not at the Same Damn Time" by Romi Neustadt, a successful entrepreneur, wife and mother, describes how you can set priorities and learn to say no when too many requests are coming at you. "Ultimate Guide to Homeschooling Teens" by Debra Bell provides tools to help your teen successfully transition to the post-high school and adult years. "Modern Crochet Bible" by Sarah Shrimpton provides more than 100 contemporary crochet techniques and stitches. "Modern Quilt Bible" by Elizabeth Betts offers more than 100 techniques and design ideas for the modern quilter.

"Food Fix" by Dr. Mark Hyman offers tips on how to change our agricultural policies, reverse the global epidemic of chronic disease and heal the environment. "Grow Food for Free" by Huw Richards has practical advice to help you grow your own fruits and vegetables at very low cost. "Garden DIY" by Daniel and Samantha Johnson describes 25 projects for an attractive and productive garden. "Keto Diet Cookbook" by Dr. Josh Ax contains more than 125 recipes. "On

■ See Library on next page

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Library

■ **continued from previous page**
Reading Well” by English professor Karen Swallow Prior reveals how reading great literary works can pull us towards a good life, especially for people of God.

Other nonfiction

“The Splendid and the Vile” by Erik Larson is a fresh portrait of Churchill and London during the blitz. “White Feathers” by naturalist Bernd Heinrich reveals the rich life of tree swallows in nesting season. “Supreme Inequality” by Adam Cohen surveys the most significant Supreme Court rulings since the Nixon era. “Driving While Black” by historian Gretchen Sorin reveals the significance of the car to contemporary African American life. “American Sherlock” by Kate Winkler Dawson explores the life of the man who invented multiple forensic tools and gave birth to American CSI. “Until the End of Time” by physicist Brian Greene explores mind, matter and our search for meaning in an evolving universe.

Academy Award films on DVD

We have two more 2019 Academy Award films: “A Beautiful Day in the Neighborhood” won the best supporting actor award for Tom Hanks. Disney’s “Frozen II” was nominated for best song. As well, “Roma,” best director and best foreign language film in 2018, has just been released on DVD in the U.S. Also, “Linda Ronstadt: The Sound of My Voice” won best documentary in the AARP Best Movies for Grownup awards.

Other DVDs

“The Murder of Emmett Till” is an American Experience PBS home video. “Sandition,” based on the unfinished novel by Jane Austin, is a PBS Masterpiece series. Stephen King’s “Doctor Sleep” is the next chapter in “The Shining” story.

Mysteries, suspense and thrillers

“The Warsaw Protocol” by Steve Berry is a Cotton Malone book that focuses on why precious relics are disappearing. “Pretty as a Picture” by Elizabeth Little features a movie editor drawn into real-life murder investigation. “Dark Corners of the Night” by Meg Gardiner is the Edgar Award-winner’s latest thriller. “Cocunut Layer Cake Murder” by Joanne

Fluke is a Hannah Swenson mystery with recipes.

Other novels

“Apeirogon” by Colum McCann follows a Palestinian and an Israeli brought together by grief.

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We have nine free Nooks and three free tablets programmed for your e-reading pleasure. The eight adult e-readers contain either fiction or nonfiction bestsellers. The four youth e-readers contain books for children, juniors and young adults.

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Thanks to our donors

For books and materials this week, we thank Veronica Skalicka Johnson, Rosie Connor and our anonymous donors. For her generous donation, we are grateful to Kim Moore and also to Rice Reavis for the donation in memory of Julie Taylor.

Quotable quote

“The aim of art is to represent not the outward appearance of things, but their inward significance.” — Greek philosopher Aristotle (384-322 BC).

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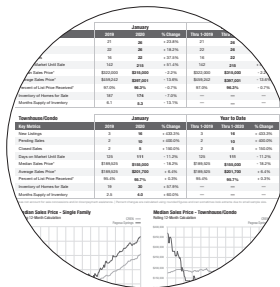
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Bird of the Week



Photo courtesy Brenda Breeding

This week's Bird of the Week, compliments of the Weminuche Audubon Society and Audubon Rockies, is the northern pintail.

The migratory northern pintail (*anas acuta*) ranges from North America to Eurasia. With in-flight speeds of 65 mph, pintails are among the first to migrate in spring and fall. Their name is acquired from the male's tail feathers. It's nicknamed "The Greyhound of the Air" due to the elegant, swift flight in V-formation. Other names are spike and sprig.

Depending on sex, pintails weigh from 1-3 pounds and are 20-30 inches long with wingspans of 30-38 inches. Markings vary between sexes. Males display a chocolate head, slender brown neck, a white line from the head through the neck, white breast, long black tail feathers and lighter brown back and wings. In flight, a green speculum (inner wing feathers) is evident.

Females flash a bronzy speculum. Hens are dull, lack the white stripe and have brown/white mottling. Both sexes have gray bills, legs and feet.

Sexual maturity is at one year, and they breed from April to June in wetlands, wet meadows and grasslands. While courting, the female preens the drake and he stretches his neck, tips his bill, gives a whistle and preens his wings, displaying his green speculum. Both greet with a lift of the chin and a chase.

Nesting occurs along wetlands, in fields and in tall grass for protection. The female scrapes the ground close to water, forms a shallow bowl, adds grass and down to the depression, and then lays three to 12 greenish eggs. Incubation period is 22-24 days.

Pintails filter insects and seeds with their bills and feed on grains, aquatic insects, crustaceans, worms, and snails in fields and wetlands. Ducklings feed on dead insects until fledged in 45-47 days.

Loss of wetland habitats, destruction of nests from agriculture practices and cultivation of grasslands affect population numbers, which have declined 70 percent in 50 years. The North American Waterfowl Management Plan works with farmers on restoring wetlands through habitat improvement.

For information on local bird-watching events, visit www.weminuche-audubon.org and www.facebook.com/weminucheaudubon/.

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

Level: Beginner

Fun By The Numbers

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Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

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Photos courtesy Jeff Laydon
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Infectious disease surveillance: What we are learning from bats and mosquitoes

By Ty Betts and Robin Young
PREVIEW Columnist

We know surveillance is used to keep an eye on convenience stores and homes; it is also used to monitor the spread of infectious diseases. Of course, video cameras will not work to spot viruses or bacteria, so researchers at Colorado State University (CSU) are working to create other methods that allow us to watch out for infectious disease harmful to humans.

Anna Fagre, Ph.D. student in CSU's Department of Microbiology, Immunology and Pathology, investigates how bats might be useful for disease surveillance. In Uganda, Fagre studies bats in caves visited by humans for recreational or religious purposes to determine what diseases or viruses might be present in that area.

"We look at the potential for bats to act as reservoirs for these viruses," Fagre said.

Through non-lethal sampling, Fagre collects blood, saliva and fecal samples to find out what diseases exist in the bats. This information allows the researchers to determine if a particular disease might spread via blood through arthropod vectors like mosquitoes or through the bat's own fluids.

As the first veterinarian to receive the \$25,000 Robert E. Shope International Fellowship, Fagre specializes in understanding the parasites found on bats, such as ticks and bat bugs, to study how these arthropods might transfer diseases from bats to humans. But her team intends to take data collection a step further.

"When we trap the bats, we'll be microchipping them, kind of like you would a dog or a cat, so we can identify the bats moving forward," Fagre said.

With GPS technology, the team will be able to track individual bats, view where they have been and examine whether they've picked up a disease between samplings. This can be extremely valuable in pinpointing where a virus is spreading from or what population of bats has been infected.

"It allows us to get a step ahead of the virus," Fagre explained. "If we know which viruses are present in the bat populations, and we know that humans are interacting with these bats by coming into these caves, then we know exactly which pathogens or viruses to be monitoring for in the human population."

This information can help doctors to diagnose the problem more

Extension Viewpoints

quickly in patients with unknown illnesses.

Mosquitos are the ultimate antagonist to the human species, spreading deadly diseases responsible for more deaths than the totality of all our wars. But CSU researchers intend to use mosquitoes to keep a watchful eye on the diseases these insects carry.

Bekah McMinn, graduate student researcher in Department of Microbiology, Immunology and Pathology, is working on a pilot study in Guatemala to test whether we can detect and monitor pathogens in mosquitoes that have recently fed on humans or animals, a method she says could make surveillance of viruses much easier.

"Being able to sample blood from humans and animals in mosquitos is a huge sample source that we can utilize for a number of things," McMinn said. "The number of applications is kind of limitless."

By capturing and testing mosquitoes that have recently fed on humans or animals, this study looks to determine whether viral, bacterial or parasitic organisms that are found in the blood of those humans and animals can also be detected from the blood-meal of mosquitos. This method, known as xenosurveillance, allows scientists to monitor pathogens circulating in humans, even diseases the mosquitos aren't necessarily responsible for spreading. Some

of the pathogens the scientists are monitoring include dengue fever, Zika and other viruses.

Xenosurveillance could also track the movement and introduction of pathogens into livestock, such as the Rift Valley fever virus, which is responsible for significant economic consequences from livestock deaths in Africa.

"If we're able to use mosquitoes as a way to surveil our livestock populations and our deer populations and see if Rift Valley fever virus is actually circulating here, it would rapidly expand our ability to detect and react to this foreign introduction," McMinn explained.

The use of bats and mosquitoes for disease surveillance can change the way we monitor and prepare to combat diseases. If these methods are proven effective, the risk of being caught off-guard by an outbreak could be greatly diminished. "The impetus behind this project is disease preparedness," Fagre said.

And while Fagre recognizes that bats are potential vectors for disease transmission, she underlines the value they hold ecologically and as an extraordinary species.

"They provide a lot of important ecosystem services like insect control and pollination," Fagre said. "We want to better understand the ecology of the bats so we can minimize interactions between humans and bats when the bats are infected with something."

Programs suspended

At this time, the Extension office is suspending all Extension and 4-H activities and events until April 10, at which time the COVID-19 situation will be reassessed. The office is open until further notice. Please only come for essential county business. Thank you.

"When Israel was a youth I loved Him..."

- Hosea 11:1

Hosea is a most unusual love story. He is told by God to marry a harlot and she gives birth to three children. When she returns to harlotry, God tells Hosea to go to her again and show his love.

God pictures for Israel how much He loved her. Israel is called from sin and serving idols to follow God. Yet Israel often returns to their former ways. God's amazing love is witnessed in Hosea 11 as He continues to care for Israel though God's people often went back to idols. When God's compassions are kindled he cannot execute his fierce anger.

God's love is no less for us today. We sin and fall short in our relationship with God. But God's love stands. When we return to Him, He will always take us back no matter what condition in which we find ourselves.

May we share more with you about God's amazing love?

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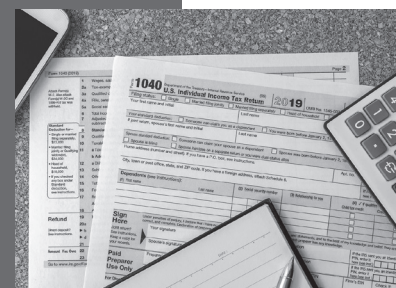
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Temporary change in meal programs and activities at the Senior Center

By Cheryl Wilkinson
PREVIEW Columnist

The Pagosa Springs Senior Center has taken a proactive step and, as of Thursday, March 19, we are continuing our temporary closing of the congregate dining room due to coronavirus (COVID-19). Although there are no confirmed cases in Archuleta County as of Monday, our clients are the most at risk for the virus.

In order to continue providing meals, we will continue to offer hot meals and a salad with a drive-up option under the portico at the Ross Aragon Community Center. These meals will be available Monday through Friday between 11 a.m. and 1 p.m.

There is a \$4 suggested donation for those age 60 and above. The cost per meal for anyone age 59 and under is \$10.

The meals include a salad, hot meal, drink and dessert or bread. Our daily menu, included below, is also posted on our website at psseniors.org.

Please call 264-2167 to make a reservation for pickup. We will also continue our Meals on Wheels program.

There will be no games, classes or presentations during this time. The staff will be working in the building and available by phone. If you need to speak to a staff member, please call 264-2167.

Community Café menu

Thursday, March 19 — Pork baked ziti, broccoli/cheese soup, Italian spinach with mushrooms,

Senior News

focaccia bread with butter, milk and salad.

Friday, March 20 — Tuna melt, roasted potatoes, onions and red peppers, steamed asparagus with lemon, milk, salad bar and crisped rice treat.

Monday, March 23 — Orange chicken with brown rice, citrus asparagus stir-fry, snow pea medley, milk, salad bar and poached pears.

Tuesday, March 24 — Pulled pork, loaded baked potato bar, cream of zucchini soup, milk, salad bar and Mississippi mud pie.

Wednesday, March 25 — Shrimp scampi with orzo, pineapple casserole, broccoli salad, breadstick with butter, milk and salad.

Thursday, March 26 — Turkey sausage soup, bacon green beans, buttered corn, milk, salad bar and Key lime pie.

Reservations and cancellations are required. You can make a reservation at 264-2167 by 9 a.m. the morning of the day you would like to drive through and pick up a meal at the Community Café at the Senior Center in the Community Center.

For your convenience, you can make your reservations in advance or have a standing reservation on days you know you will always pick up. Please cancel if you cannot attend on your standing reservation

days.

We want to thank everyone for their support by observing our reservation policy. This helps ensure that everyone with reservations receives a meal and enables us to provide additional and healthier meals.

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Photo courtesy G. Margiotta

The Knights of Columbus annual Lenten fish fry has been canceled. Don Heitkamp and Mark Bergon made the sign announcing the cancellation.

Create family memories with cookies

Special to The PREVIEW

Oatmeal is a versatile ingredient found in desserts, breakfast foods, savory dishes and so much more. While it is enjoyed in many different dishes, for cookie lovers, oatmeal shines brightest in cookie recipes.

Homemade cookies not only fill the kitchen with delicious aromas, they are a comfort food prepared and enjoyed with others. Many recipes are even passed down among generations. This recipe for "Pecan Toffee Oatmeal Cookies" from Laurie McNamara's "Simply Scratch: 120 Wholesome Homemade Recipes Made Easy" could become a family favorite in no time.

Pecan Toffee Oatmeal Cookies

- Makes 3 dozen cookies
- 1-1/2 cups unbleached all-purpose flour
- 1 teaspoon baking soda
- 3/4 teaspoon ground cinnamon
- 3/4 teaspoon kosher salt
- 1 cup unsalted butter
- 1 cup packed dark brown sugar
- 1/2 cup granulated sugar
- 1 teaspoon pure vanilla extract
- 2 large eggs
- 3 cups old-fashioned oats

3/4 cup chopped pecans, toasted

1 cup toffee pieces
Preheat the oven to 350 degrees Fahrenheit. Line two rimmed baking sheets with parchment paper or silicone liners.

In a medium bowl, combine the flour, baking soda, cinnamon and salt and set aside.

In the bowl of a stand mixer fitted with the paddle attachment, cream together the butter and both sugars until light and fluffy, about 2 minutes. Add the vanilla. Add the eggs one at a time, mixing and scraping down the sides of the bowl after adding each egg. Gradually add the flour mixture until just combined.

With the mixer on low, stir in the oats, pecans and toffee bits.

Using a 2-tablespoon scoop, measure out the cookie dough onto the prepared baking sheets, spacing them 1/2 inch apart. Bake for 10 to 12 minutes, rotating the baking sheets halfway during bake time for even baking.

Let cool on the baking sheets for 5 minutes before using a spatula to transfer to a wire rack. Repeat with the remaining dough.

These cookies are extra delicious when served warm.

The Weekly Crossword

by Margie E. Burke

ACROSS

- 1 Lasting impression
- 5 Life partner
- 9 Will Smith flick, "___ Earth"
- 14 Cheer alternative
- 15 Make, as money
- 16 Words to live by
- 17 All atwitter
- 18 Order in the court
- 19 Cuban "line" dance
- 20 Nev. neighbor
- 22 Like some questions
- 24 Moscow landmark
- 26 Puniest pup
- 27 Bird feeder filler
- 28 Skin salve
- 32 Early hit for The Jackson 5
- 34 Passed out cards
- 36 Make last, maybe
- 37 Peggy and Brenda
- 39 Taxpayer's fear
- 41 Pinochle's low card
- 42 Betrothal notice
- 44 Natural rope fiber
- 46 Get the picture
- 47 Employ robots
- 49 Campus military org.
- 51 Bob of The Grateful Dead
- 52 Conference site
- 55 Van Gogh's "Sunflowers", e.g.
- 59 Cloth for suits
- 60 Permissible
- 61 Marine growth
- 63 ___ Beach, Fla.
- 64 Do penance
- 65 Without ice, at the bar

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55	56	57					58			59				
60						61			62		63			
64						65					66			
67						68					69			

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- 66 Looking down from
- 67 Doomed one
- 68 Red-tag event
- 69 Pond creature

DOWN

- 1 Pancake serving
- 2 Stogie
- 3 Teenager
- 4 Group in power
- 5 Kitten sound
- 6 Hank who hit 755 home runs
- 7 Field follower
- 8 Intestinal inflammation
- 9 Decorating details
- 10 Bono, to U2
- 11 Watch over
- 12 Sharpness
- 13 Map feature
- 21 Hightailed it
- 23 Wimple wearer
- 25 "I had no ___!"
- 28 Nostalgic number

- 29 Deprive of vital parts
- 30 ___ the wiser
- 31 Hammock holder
- 32 Jessica of "Dark Angel"
- 33 Mr. Bridges
- 35 Salzburg residents
- 38 Mountain demarcation
- 40 Counterbalance
- 43 Metal refinery

- 45 Great deal
- 48 Suffer illness
- 50 Mine-boring tool
- 52 Fit for a king
- 53 Burning bright
- 54 Offer bait
- 55 Refinery waste
- 56 Mambo king
- 57 Graphic symbol
- 58 Little nipper
- 62 Had a bite

Answers to Last Week's Crossword:

A	I	M	S		S	H	A	R	D		T	A	C	T			
B	R	U	T		T	A	B	O	O		A	L	O	E			
B	I	L	E		U	N	I	T	E		B	A	R	N			
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WORD SCRAMBLE

Rearrange the letters to spell something pertaining to lawns & gardens.

RATAEES

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Answer: Averages

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Photo courtesy Howard Rowe/Chimney Rock Interpretive Association

The Chimney Rock Interpretive Association (CRIA) offers training and has a variety of volunteer positions open, from maintaining the trails to describing the night sky, facilitating the needs of our visitors and leading tours of Chimney Rock National Monument. Anyone interested in attending CRIA's April 24 and 25 volunteer training is asked to RSVP by calling 731-7133.

Is the stress in your life affecting your waistline?

By John Lough
Special to The PREVIEW

These days, there are numerous things that can add stress to our daily lives. Maybe it's family or financial issues. Maybe it's pressures at work or even that daily commute. Perhaps you find yourself feeling stressed and upset over the latest news reports even though they're about things occurring far from you and beyond your control.

Most of us, when we face anxiety and stress, try to find ways to limit such feelings. One of the most used methods to minimize our stress and make ourselves feel better, if only for a short time, is by turning to food.

Not necessarily a conscious decision, stress eating is a common way to cope with uncomfortable thoughts and feelings. It's a natural reaction. Many foods affect our moods and feelings. They may remind us of better, simpler times (think "comfort foods"), or may actually bring reactions that make us feel better (yes, that "sugar high"), if only for a little while.

The problem with stress eating is that it can have a variety of negative effects, with the most common one being what we see when we step on that bathroom scale. So how can you avoid using food as a stress reliever?

A starting point is to focus on when and why you're eating. Experts advise keeping a food diary, just for a few days, in which you record what you eat, when you eat and what you're feeling at the time. What many people find is that, without realizing it, they've been snacking, often unhealthily, not because they're really hungry, but simply because they're feeling

stressed.

It's important to realize that the food you're eating doesn't make the stress or your problems go away, and that it actually may be increasing your stress as you add on unwanted pounds.

You want to deal with this problem by analyzing the sources of stress in your life and trying to see if there might be ways to reduce or manage that stress. Consider looking to non-food-related activities, like exercising, reading, gardening or other similar relaxing activities. Sometimes, simply being aware

of what is triggering your stress-related eating is enough to help you avoid it.

Overcoming stress-related eating can be a challenge, but it is possible. If your eating issues are affecting your health, consider talking to your family doctor or a counseling professional specializing in this area.

"Counseling Corner" is provided by the American Counseling Association (ACA). Send your comments and questions to ACACorner@counseling.org or visit the ACA website at www.counseling.org.

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Make way for the zombie apocalypse

By Asta Bowen
Special to The PREVIEW

As if its year-round wildfires weren't enough, California is leading the way toward a zombie apocalypse. But, unlike flames roaring across the landscape, this apocalypse is happening quietly, just below the surface. And its scope is staggering.

Imagine the great swaths of forest that once blanketed much of this continent; now imagine an army of tree-eaters, billions strong, who suddenly show up and start mowing down everything in their path.

Dubbed a "zombie apocalypse" by University of California scientist Joe Gaydos, this is happening right now — in the sea instead of on the silver screen. The forests are kelp, large brown algae that live in cool, relatively shallow waters close to the shore. They grow in dense groupings and feed and shelter thousands of fish, invertebrates and marine mammal species.

The invaders are sea urchins and the destruction has profound repercussions.

Northern California has lost an estimated 90 percent of its kelp forests along a 200-mile stretch of coastline; marine scientists at Bodega Bay have called it an "unprecedented" shift in which oceans are warming, starfish are dying and purple sea urchins are taking over.

It's a story told round the globe in one form or another, from Norway to Nova Scotia, Australia to the Aleutians. Once-lush beds of massive kelp, up to 100 feet tall and teeming with wildlife, have been replaced by stony "barrens" overrun by urchins and not much else.

If that's not creepy enough, a

Writers on the Range

major villain in the Pacific scenario may well be "The Blob," an epic rise in surface water temperatures that lasted several years and may be coming back. Sea-star wasting disease, which virtually eradicated a key predator of the urchins, has been linked to such warming waters.

A little about sea urchins, those pretty pin cushions of the ocean floor: no brain, no heart, underneath all the stingers, it's mostly nerves and sex and appetite. Given the balance of nature, the logical fate of a species that eats itself out of house and home, while wildly reproducing, should be starvation.

But this is where the real zombie act shows up: it seems that if things get bad enough, urchins can deploy to a near-death state. Thus, the species manages to endure in the very environment it trashed, not just for days or weeks, but months and years. It's a brilliant survival strategy; red urchins are known to live up to 200 years, with oldsters showing such a remarkable lack of decrepitude that scientists are asking what this creature might teach us about longevity itself.

In fairness, it's hard to worry about sea urchins run amok when you can see the glow of wildfire from your living room.

Besides, there's also a theory that kelp forests and urchin bar-

rens are simply two sides of an ecological coin that is going to flip back and forth over time. We think of the sea as a mighty, immutable force that can take care of itself — which in the end it may be — but tell that to the seals, the codfish, the seabirds, the humpback whales and now the kelp forests vanishing before our eyes.

Tell it to the abalone divers facing a closed fishery. Tell it to the atmosphere, losing yet another place to stash excess carbon. Tell it to all the crustaceans, fish and marine mammals who will have to look elsewhere for food and shelter. Tell it to the coastal communities whose shorelines will now bear the brunt of storm surge unbuffered by that biomass of kelp.

Tell it to Oregon, who's next on the urchins' menu. Washington, are you listening?

We can take the chance that ocean warming is just a blip on the radar, but until our own species develops the ability to live for centuries, other measures are in order, measures like the emergency rule just approved by the California Fish and Wildlife Commission. It would allow recreational divers to harvest unlimited purple urchins off the Mendocino coast that lies at the "epicenter" of the devastation.

Even this may prove too little, too late; but knowing what we already know, carrying on as usual may be the scariest movie of all.

Asta Bowen is a contributor to WritersontheRange.org, a nonprofit that promotes lively discussion about the West. She lives in Montana and is a former columnist for the Seattle Post-Intelligencer.

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The Archuleta County Department of Human Services can provide application assistance. Call 970-264-8511 to reserve a spot. Appointments will be held at the Ruby Sisson Memorial Library, 811 San Juan St., Pagosa Springs, CO. Applications may also be sent directly to Discover My Goodwill at LEAP, PO Box 39200, Colorado Springs, CO 80949-9905.

Seven ways to start getting organized

Special to The PREVIEW

Becoming more organized is a popular resolution each new year. However, like many resolutions, people's commitment to being more organized tends to wane.

Being unorganized can adversely affect productivity, state of mind, motivation and even happiness. Sixty-seven percent of people surveyed in an Alpha Phi Quarterly study believed they could save up to 30 minutes a day if they were more organized. And, a Huffington Post survey determined worrying a home isn't clean enough or organized enough is the fifth most common stress trigger for Americans.

Getting and staying organized requires commitment. Having some handy tips at the ready to facilitate the process can make things go more smoothly.

1. Determine what organization means to you. Being organized might mean one thing to you and something else entirely

to someone else. Some may put form before function. Others may be interested in the aesthetics of a neat-looking space. Once you have a handle on what being organized entails to you, you can get to work.

2. Start with what motivates you most. Perhaps this is a room in the home that has become overrun with clutter. Or maybe it's getting finances organized so you can save for a dream vacation. When you accomplish your biggest goal, the seemingly smaller ones may seem less difficult.

3. Declutter your mind. Think of a busy mind as a computer that has that turning hourglass or spinning color wheel icon when it's stuck on a process. Every application stalls because the computer cannot do everything at once. The same thing can happen in the brain. Sit down and make a to-do list of what's on your mind. Then start prioritizing tasks. This will do wonders to clear your head.

4. Create deadlines for yourself. An open-ended timeline to get things done may promote procrastination. Deadlines may provide motivation.

5. Avoid distractions. Try to remove as many distractions as possible. When working on a chore, hire a babysitter to look after the children or step away from social media so you can focus on the task at hand. Interruptions only slow you down.

6. Think before you acquire. Once you are organized you may have challenges fitting new items into the mix. If you're getting ready to purchase something new, carefully consider its usefulness and determine in advance where it will go, and whether or not you have the space.

7. Be accountable to another. Having help getting organized can mean delegating certain tasks or enlisting someone to check in with you to see if you're on target. Embrace this system of checks and balances.

Becoming organized is a process, but once you get the hang of it, it can be easier to stay organized.

Late winter the best time to prune trees

By Teddy Parker-Renga
Special to The PREVIEW

With spring around the corner, the Colorado State Forest Service (CSFS) is reminding residents that late winter is the best time to prune most trees. Trees are still dormant at this time of year and, unlike in early winter, wound closure will happen sooner if pruning occurs just prior to the time new growth emerges.

"Pruning trees during the late dormant season maximizes growth and allows the tree owner to spot problem areas and build strong structure for the long term," said Vince Urbina, urban and community forestry manager for the CSFS.

Urbina noted that although some elms, maples, birch and walnut trees may visibly exude sap if pruned in the late winter or

early spring, this should not harm the tree.

The CSFS offers the following tree pruning tips:

- Know what you want to accomplish before you start pruning. Don't remove any living branches without a good reason or specific objectives in mind.

- Remove any torn, dead or broken branches.

- For shade trees, develop or maintain one dominant vertical top stem, or leader, and don't cut off the tops of trees.

- Space the main branches along the trunk and prevent branches below the permanent canopy from growing upright or getting too large.

- Always prune just outside the branch collar, the point where one

■ See Trees on next page



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Six steps to start researching your genealogy

Special to The PREVIEW

Identifying one's family history and lineage can be an exciting and rewarding endeavor. Many people are compelled to trace their ancestry and ultimately gain much from having done so.

Interest in genealogy has grown in recent years. The popular and free family tree application FamilySearch Family Tree had 1.6 million contributors in 2018 who added 28 million new people to the global tree. Thousands upon thousands also utilize other genealogy resources to paint a more accurate picture of

their histories.

According to the Massachusetts Institute of Technology, more than 26 million people shared their DNA with ancestry firms as of the start of 2019. MIT predicts that number will rise to 100 million by the end of 2020.

Those ready to get started on researching their lineage may wonder where to start. These guidelines can map the way.

1. The first step is to work from the known to the unknown, advises The New England Historic Genealogical Society's American Ancestors program. Write down names, dates, places of birth, marriage and

death announcements, and other pertinent information you can dig up from looking at personal effects. This will provide a starting point and serve as a springboard for further research.

2. Establish what you want to learn about your family. Maybe you simply want to have a complete family tree that dates back to a particular ancestor? Perhaps you want to see where your family name originated? Identify what is behind your interest and allow those goals to guide your research.

3. Access census records, military records, travel documents and other

official papers, which can provide key clues to family history. These can be researched individually, but many people like using resources like Ancestry.com because their databases pool information from a variety of sources. The National Archives offers free access to its records database at www.archives.gov/research/databases.

4. Consider privacy concerns before digging deeper. Acquiring DNA testing and sharing results in an effort to connect with relatives has become a popular side effect of genealogy research. However, experts advise caution before submitting any DNA samples. MIT Technology Review indicates that, if the DNA collection trend continues, the companies that hold this data will have genetic information on more than 100 million people. The Review goes on to say, "as these databases grow, they have made it possible to trace the relationships between nearly all Americans, including those who never purchased a test."

5. Learning new information can be overwhelming, so it's best to focus on one family story at a time rather than tackling the entire family tree in one sitting, suggests the service Findmypast.

6. Connect with like-minded individuals if you find that your genealogy interests expand beyond personal history. Family historians often connect via social media or through local genealogical societies.

Genealogy research is a growing pastime that can reveal secrets and insight into one's family history. It's never too late to start uncovering information.

Candle crafts tap creativity

Special to The PREVIEW

Crafting is enjoyed by children and adults. Even the most ardent arts and crafts enthusiasts might be surprised to learn that their favorite hobby can offer a number of benefits related to their health and well-being.

Research shows that regularly engaging in crafts can have tangible health benefits. The rhythmic and repetitive movements of certain crafts, as well as the need to focus one's attention, can produce a calm that helps anyone, including those who may experience anxiety, according to health and self-care resource Berkeley Wellness.

In an online study published in the British Journal of Occupational Therapy that surveyed more than 3,500 knitters, researchers found knitting was "soothing" and "restful" and had meditative or zen-like qualities.

The sense of accomplishment after completing a project is another great reason to engage in arts and crafts, which also may boost cogni-

tive health by protecting certain neurological pathways in the brain.

There are many ways to engage with arts and crafts. Woodcrafting, painting, mosaic work, and metal arts are some popular activities.

One time-honed craft activity that is good for beginners or advanced crafters alike is candle-making. Today's craft stores sell many different types of waxes and products that can produce beautiful scented candles.

Teacup candles

Candles can be housed in various vessels, but a clever turn is to use teacups or mugs to mimic the look of popular beverages. There's also the reassurance that such beverage holders can withstand hot wax.

Start by visiting a craft store and choosing a type of wax. Gel waxes are versatile and can boil, pour

and set up easily. They'll also be mostly translucent, which is great for replicating the look of various drinks. Follow the instructions on the packages for usage and invest in coordinating wicks, colorants, and appropriate scents.

It's also necessary to choose a style of candle. In a teacup, a tea-colored hue wax paired with a lemon scent can be reminiscent of a hot cup of lemon tea. Use other glasses or mugs to replicate the looks and scents of hot chocolate, mimosas, cappuccinos and much more.

As you become more comfortable, experiment with incorporating molded wax embellishments, such as lemon slices, ice cubes, berries, or even cinnamon sticks. This will help drive home the realism and whimsy.

Treasure these candles for use around the house or gift them to others on special occasions.

Trees

■ continued from previous page

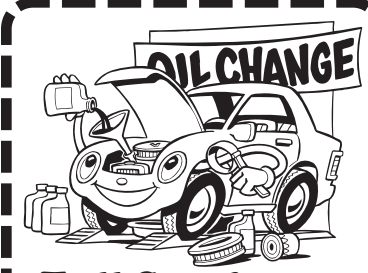
branch leaves a larger one (or the trunk), often discerned by raised or wrinkled bark.

- Limit pruning of newly planted trees to the removal of dead, damaged or crossing limbs, or those interfering with the main stem.

- Avoid removing too many of a tree's branches in any one year, which puts undue stress on the tree.

- Consider recycling pruned limbs by having them ground into mulch.

If a job requires running a chain saw overhead or removing large branches or entire trees, Urbina noted it is best to contact an insured, ISA-certified arborist. A list of these professionals can be found at www.isa-arbor.com. For more information about urban tree care, go to csfs.colostate.edu.



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Three simple ways to eat healthier every day

Special to The PREVIEW

Diets can be difficult to navigate. Since no two people are the same, a healthy diet that satisfies one person won't necessarily satisfy another. Vegetarians might be perfectly happy without chicken or steak, while some people might shudder at the notion of never indulging in the occasional filet mignon.

While the most effective diets tend to be those that emphasize

nutrition while still allowing individuals to indulge in some of their favorite dishes in moderation, the following are three ways that everyone, regardless of their personal preference, can eat healthy every day.

1. Eat lots of whole-grain carbohydrates.

Fad diets tend to paint carbs as the enemy, but various studies have shown just how integral carbohydrates, particularly whole-grain varieties, are to a healthy

diet. One such study published in 2018 in the medical journal *The Lancet Public Health* found that diets that got between 50 and 55 percent of their calories from plant-based carbohydrates like whole grains were associated with a lower risk of mortality than low-carb diets that favored animal-derived protein sources. When buying carbs at the grocery store, shoppers can opt for whole-grain varieties, including whole-grain pastas, brown rice and cereals. That won't require sacrificing flavor and makes for a simple way to eat healthier every day.

2. Make a concerted effort to eat more fruits and vegetables.

The United Kingdom-based National Health Service, which is the largest single-payer health care system in the world, recommends eating at least five portions of fruits and vegetables

every day. That may sound like a lot, but it's pretty easy to incorporate all those healthy fruits and veggies into a diet. For example, add a serving of antioxidant-rich blueberries to your cereal bowl each morning. At dinner time, allow vegetables to take up the most real estate on your plate. The Centers for Disease Control and Prevention note that diets rich in fruits and veggies can help people control their weight and may even reduce their risk for certain diseases, including cancer.

3. Kick added sugars to the curb.

Avoiding added sugars is another way anyone, regardless of their food preferences, can eat healthier every day. Healthy foods such as fruit contain natural sugars, and these don't pose a threat to overall health. However, added sugars, which the Harvard Medical School notes are found in many

foods and can include honey, molasses and corn syrup, can increase a person's risk for various conditions and diseases, including obesity, heart disease and diabetes. Fruit contains fiber that slows the absorption of natural sugars, but the body digests added sugars much more quickly, leading to an uptick in blood sugar levels that can ultimately contribute to diabetes. Added sugars can be found in a host of foods and beverages, including some that aren't generally considered unhealthy, like bread, certain breakfast cereals and pasta sauces. When shopping, consumers should read nutrition labels and avoid products with excessive amounts of sugar.

Eating healthy does not require people to abandon their favorite foods. A few simple adjustments can be all it takes to improve the nutritional value of your diet.

Spring cleaning can alleviate allergies

Special to The PREVIEW

Allergies affect people of all ages. The American Academy of Allergy, Asthma & Immunology (AAAAI) reports that allergic rhinitis affects between 10 and 30 percent of the world's population. In addition, the prevalence of allergic diseases has risen in industrialized nations for more than 50 years.

Seasonal allergies tend to be the strongest in spring and autumn. Allergies can be exacerbated by many factors, including in homes where improvements are being made. Regular housecleaning can remove many common allergy triggers and help alleviate symptoms.

Knowing which common home improvement mistakes can aggravate allergies can help homeowners avoid them.

Suit up

Before any cleaning begins, allergy sufferers should don face masks and rubber gloves to prevent themselves from breathing in allergens or having them touch their hands, where they can be transferred to the face or elsewhere. Those cleaning should also wear clothes that can be easily removed and laundered after a day's work.

Clean windows singularly

Prolonged exposure to outdoor allergens, such as pollen, mold or ragweed, can aggravate allergies. Therefore, if windows are being cleaned, do one at a time and then promptly close the window. Having the air conditioning running can help filter the air as well.

Use exhaust fans

The AAAAI recommends using an exhaust fan in the kitchen and bathrooms to reduce the levels of moisture in these rooms and filter out potential allergens and odors. Moisture can eventually lead to the growth of mold and mildew, which isn't healthy for anyone, including

allergy sufferers, to breathe in.

Invest in a HEPA filter

Vacuums with HEPA filters can trap allergens that are so small that they pass through regular vacuum filters. That means instead of containing them, these small particles are only being shot back into the air where they are easily breathed in.

WebMD suggests vacuuming once or twice a week to keep carpets and floors as clean as possible. Plus, don't forget to vacuum upholstered furniture and drapes as well.

Launder with hot water

When it comes time to wash linens, do so in hot water, which can kill dust mites residing in sheets and blankets. Employ mattress covers to further protect against dust mite allergies.

Shampoo smart

Shampooing a carpet may cause moisture to become trapped in the carpet fibers, leading to increased dust mites or mold growth. Spot-clean stains instead. Otherwise, hire a professional cleaner who will clean and dry the carpet as quickly as possible.

Damp dusting is better

When cleaning up dust or home renovation debris, use a damp cloth or a vinegar solution to wipe down surfaces. This helps trap small particles instead of sending them into the air.

Treat mold issues

Mold can trigger allergic reactions, so it is best to keep it out of a home. Solutions that contain at least 10 percent bleach can be effective at killing mold, but it's best to prevent mold from growing entirely. That means keeping tabs of any moisture issues and addressing them immediately.

Allergies can be problematic, but routine home cleaning in the right way can help alleviate symptoms.

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ALCON CONSTRUCTION INC. is recruiting for a full-time assistant superintendent for a project in Pagosa Springs, CO. Job is anticipated to last from April through December 2020. Work will be approximately 50 hours per week with some weekends required. 3-5 years construction experience is required. Rough carpentry skills preferred. Must possess a valid driver license with a clean driving record. Compensation is DOE. For more details and to apply please go to: <https://alconconstruction.com/employment/> or call Kari at (719)589-4084.

IMMEDIATE JOB OPENINGS FOR servers, host, line cooks and sushi chefs. Pay DOE. Apply at Sushi Fusion or text (316)461-9613.

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ENTRY LEVEL HELPER for indoor cultivation. J and J Enterprises is hiring for an entry level grow helper. This is a full-time position M-F, 8:30a.m.-5:30p.m. No experience needed. The grow helpers responsibilities include cleaning of grow equipment, sweeping and mopping of rooms, taking out trash, move equipment and/or supplies, checking on nutrient reservoirs and more. This is a physically demanding job. You must have the ability to work on your feet for long periods of time, work on a ladder, carry equipment/ supplies (weighing 50#) upstairs. You MUST have a Colorado M.E.D employee badge to hire. If you do not currently have a badge, please visit their website for more information. www.colorado.gov/pacific/enforcement/med-employee.

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