

The Kiowa County

PRESS

FREE online at KiowaCountyPress.net

September 13, 2019

Volume 132, Number 37

132 Years and Counting!



75¢
Rack Price

PERIODICAL



About the Front Page



Even the birds - watching preparations from the top of the horse starting gates - can't wait for the annual Kiowa County Fair and Rodeo to begin.

Photo: Chris Sorensen

KiowaCountyPress.net

PRESS
Kiowa County
131 years and counting!

(USPS 2959-4000)
Legal newspaper in Kiowa County, CO
Periodical Postage paid at
Eads, Colorado 81036

POSTMASTER:
Send change of address to:
P.O. Box 248
Eads, CO 81036-0248

Deadline for Legal Notices:
4:00 p.m. Tuesday

Jeanne Sorensen - Print Editor
Chris Sorensen - Online Editor
and Publisher

1208 Main Street • PO Box 248
Eads, CO 81036-0248
719-438-5800
kiowacountypress@gmail.com

Office Hours:
9:00 a.m. - 4:00 p.m.
Monday - Friday
(closed for lunch 1:00-2:00 p.m.)

All content in this issue - and more -
is FREE to read at
KiowaCountyPress.net
- no subscription required.

75¢ / week print copy at the business
office and select locations across
Kiowa County.

Subscriptions \$24 per year - available
only in Kiowa County. Electronic
subscriptions \$20 per year.

Print edition published
Friday of each week.

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UPCOMING EVENTS

EMAIL TO KIOWACOUNTYPRESS@GMAIL.COM

Ranch Bronc Riding Fri Sept 13 following rodeo & races at the Kiowa County Fairgrounds.

Dusty Plains Car, Truck & Bike Show. Contact Bonnie Morgan - PO Box 853-Eads, CO 81036 or 719-688-0746

Mini Bulls & Bulls Sat Sept 14 @7pm Live Music with Rhett Uhlund @ 8pm Kiowa County Fairgrounds

Kiowa County Fair & Rodeo September 11-15,

Eads Praise Community Church consignment auction September 28. starting@10am Kiowa County Fairgrounds. Numerous household items. Guns sales start at 1pm SHARP-sub-



September 18

C.H. Williams
Mark Imel

September 19

Jean Frazee
Kenny Lindholm

September 22

Neil Myers

KiowaCountyPress.net WEATHER

Sept 04-Sept 10, 2019

Date High Low Precip

				Precip
04	90	59	0.00	
05	92	61	0.00	
06	98	64	0.00	
07	88	65	0.00	
08	90	60	0.00	
09	89	60	0.14	
10	88	58	0.00	

Last Year High/Low: 84/55
Sept Precip ('18/'19) 0.15/0.14
Year-to-Date Precip. 14.94

ject to background check. Contact Rob Morlan 719-688-5928; Jimmy Brown 719-892-0032 or Lane Gooden 719-688-0924 for more information. Proceeds to Operation Christmas Child & Missionary Projects

Eads Drivers License Sept-17-18-24-25

Kiowa County Commissioners Meeting Septem-

ber 26, October 10 - Open to the public

9:00am - Commissioners will recess 12 - 1 for lunch - 4 day notice is preferred for posted agenda

Eads Drivers License DD-214 or Active Military ID must be presented at time of renewal for Military Insignia to be placed on your license

County Line Rivals will be holding their first Chili Cookoff Sat. October 12 11:00am-2:00pm @ Eads Football Field. Vote for the BEST CHILI. More information shelbygoodrich74@gmail.com or 719-980-

BIRTHDAYS

September 16

- Brad Howe
- Mia Crow
- Kenan Gooden
- Jimmy Brown
- Blaire Howe
- Reid Jackson Kleisen
- Haniah Penner
- Cheyenne Brown
- Michael Arns
- Tom Scott

September 17

- Nicholas Crum
- Ryker Pryor
- Christopher Owens
- Huntley Elizabeth Mendez

September 18

- Ryan Shoemaker
- Delores Eikenberg* In Memory
- C.H. Williams
- Teri Castle
- Garrett Smith

• Mark Imel

• Brandon Lening

• Silas Webster

• Mikyla Scott

September 19

- Madison Splitter
- Brittney Wilson
- Bo Chandler Kent
- Jean Frazee
- Kenny Lindholm
- Charlotte Phillips* In Memory
- Sarah Galloway
- Robert Kern

September 20

- Layla LaRosa
- Keith Crow
- Bart Michael

September 21

- Rylie Wedel
- Leland Wedel
- Kieston Proctor
-

September 22

- Raelynn Engstrom
- Jason Briggs
- Nicole Smith-Keplar
- Weston Crow
- Tanner Ellicott
- Lincoln Sierra
- Neil Myers
- Joel Splitter

ANNIVERSARIES

September 16

- Mr. & Mrs. Mike Lening
- Mr. & Mrs. Brandon Szuch
- Mr. & Mrs. John Barton
- Jim & Teri Festi

September 17

- Mr. & Mrs. Tyler Shaw
- Mr. & Mrs. DJ Weeks
- Mr. & Mrs. Mike Morrow
- Mr. & Mrs. Trey Johnson

September 18

- Mr. & Mrs. D. Weisdorfer
- TJ & Danae Cleveland

September 19

- Mr. & Mrs. Clint Robertson

September 20

- Mr. & Mrs. Jeff Bayer

September 22

- Mr. & Mrs. Korey Morgans
- Mr. & Mrs. Larry Gitchell

Pastor's Pearls

Pastor Rich Z

DOES GOD TRUST YOU?

"The LORD's curse is on the house of the wicked, but he blesses the home of the righteous."

Proverbs 3:32

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STARTS FRIDAY

OVERCOMER

PG 6:30 pm daily

STARTS FRIDAY

47 METERS DOWN

PG-13 8:40 pm daily

COMING SOON

IT CHAPTER 2 • GOOD BOYS • ANGEL HAS FALLEN

2846

ABOUT TOWN

DORIS LESSENDEN



"LOVE your neighbor as yourself". Leviticus 19:18

Jan Richards was a most welcome guest at the monthly Brunch last Thursday at the Eads Senior Center. She brought good news from her position as Director of the Kiowa County Economic Development Foundation. Work is continuing on the restoration and construction of our center across the street. Jan will be working with a broker from Denver to sell and administer historic tax credits. Cindy McLoud will help with some of the details since she wrote and is acquainted the five grants the senior center was awarded. We are so grateful to these fine women who have

made things happen positively for the senior citizens and for people who will be able to enjoy the center in the future. We keep remembering that Sharon Frazee, our former director, used to assure us, "you will see it in your lifetime." LaVerle Kelley says, "I hope so because I have been going to meetings for 16 years about this." We plan to move some appliances, tables and chairs across the street. Joyce Berry advised us to have Betty Crow's piano checked by piano tuner before we move it across the street, and then tune it! Joyce has wise ideas! Jan also told us about the six new apartments that will be moved in and landscaped this fall. She also said that there are a few more plots of land available to build homes on in Kiowa Creek Estates, and some land for sale for commercial businesses. The new building being built across from the Cobblestone Inn will be occupied about the end of October. She will return for the monthly lunch September 18.

A large group of representatives returned for the sec-

BETH ANN MURDOCK-CRAFT

AUGUST 16, 1957 - SEPTEMBER 5, 2019

Beth passed away September 5, 2019, at her home in Colorado Springs with her husband, John, by her side.

Services to celebrate Beth's life will be held October 22, 2019, beginning at 10:30 a.m. at the Charis Christian Center, 10285 Federal Drive,

Colorado Springs, CO 80908. The family respectfully requests that memorial contributions in lieu of flowers be made to the Charis Christian Center.

Arrangements are under the direction of Brown Funeral.

ond meeting required by the state for the community's input on how to run a cost-effective hospital. The meeting was led by Megan Little of Denver, who is a co-owner of Verticle Strategies. Ms Little is coordinating with a consortium of the eight rural hospitals on the eastern plains. After discussions and problem solving, the list of 12 items was shortened to three workable topics that the community and hospital could work with to maintain the facility and services to people. Chief Executive Officer Char Korral clarified a number of questions that people had. It was a worthwhile hour, plus Braylynn Eder and Renay Crain served finger foods sent by the Dietary Department.

The black China marble memorial bench is now set in front of the new senior citizens center. It is engraved with the names of Merle and Dorothy Frazee. We do thank the family for their gracious gift! It is so beautiful!

The Eads Chamber of Commerce met last Wednes-

day. Brandon Hoffman, who is in charge of the chuck wagon breakfast during the fair, was on hand to discuss details of the Thursday and Friday breakfasts. Our biggest need is for people to volunteer to cook and serve.

The Eads Lady Eagle volleyball team was so energized last Friday and won three straight matches under the coaching of Chelsea Davis, who was assisted by Ty Lin Williams and Jessica Milspaugh. The teammates names are Lexi Lopez, Rhealie Rittgers, Lauren Brown, Taygen Ferris, Crystal Watson, Ally Spady, Maggie Haase, Kaycee Elsnerberger, Briana Habnick, Kyra Sheridan, Piper Sorter, Samantha Courkamp, Colby Stoker, and Mollie Kelley. Their managers are Tailee Johnson and Kara Wilson.

Gloria and Keith Barlow have such beautiful rock gardens with lovely blooming flowers around the former Ray and Lucy Crow home on Luther Street. Gloria has been giving away bags and bags of cucumbers to friends, and even leaving

them on the counter at the Hometown Gas and Grill for people to take home.

Buy a brick! Crow-Luther Cultural Events Center board members are selling bricks for the sidewalk in front of the theatre property. This is exciting! I am carrying around a folder, too, of applications. The fun part is to choose designs if you want them on your name brick. I chose four that reflect my life.

Rusty Paitin was chosen to receive the Good Scout Award plaque that was presented during the Kit Carson Day parade last week by Chamber of Commerce spokesman Mike Morlan, who read Rusty's biography that especially thanked Rusty for providing the place for the KC Rodeo on Saturday morning.

The Eads Eagles won their first 6-man football game at home last week over the Genoa-Hugo team.

Read more about About Town at KiowaCountyPress.net

50 Years Ago

September 12, 1969

Missing Piper Cherokee 140

was found shortly after noon Wednesday southwest of Eads. The plane crashed during heavy rain Tuesday. Wreckage was scattered over a large area.

75 Years Ago

September 8, 1944

A special feature at the Kiowa County Fair will be a matched race between Gold Banner, owned by Eddleman of Lamar, & Jane Greenock, owner Charles Briley of La Junta.



Pages from the Past

15 Years Ago

September 10, 2004

Wild Horse Roundup

Curtis Schrimp: It has been about 30 years since the first Melodrama held. It now has a permanent place in the old pool hall.

25 Years Ago

September 16, 1994

Following their successful 12th season of the Kiowa County jamboree, the Cactus Players of Kiowa County announced they will host the well known melodrama.

ma troupe from Kit Carson.

40 Years Ago

September 14, 1979

From the Sheriff's Desk: Floyd Griswold: On Friday, some of us were quite late in getting the rodeo performance because of a court case that had been scheduled for some time. He was found guilty & given the choice of going to jail or paying a fine. At first, he refused to pay the fine, so we had to lock him up. Later on, he paid the fine and we were able to go to the fair & maintain security there.

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USDA UPDATE

EADS USDA SERVICE CENTER STAFF

IMPORTANT DATES TO REMEMBER:

- Farm Loan personnel in Eads Office – 2nd Tuesday every month
- COC Meeting - September 25 – 9:00 a.m.
- CRP Routine Haying & Grazing -
- Marketing Assistance Loans Available - \$2.80 loan rate - wheat
- 2019 MFP - Call and schedule your appointment!
- 2019 & 2020 - ARCPCLC signup - Begins October 1
- 2020 Acreage Reporting Deadline - Wheat, perennial grasses and alfalfa - November 15,

2019

Disclaimer: Information in this UPDATE is pertinent to Kiowa County FSA only. Producers reading this and that do not have FSA interest in Kiowa County are advised to contact their local FSA Office.

COUNTY FAIR

The FSA Office will be open normal business hours during the county fair. Office hours are 8:00 – 4:30, Monday – Friday. The office will be short staffed on Friday and normally we reserve Friday's to appointments only. If you are in town and need to complete some paperwork, please do so.

FARM BILL TRAINING

Two employees of the FSA Office will be attending Farm Bill Training the week of September 16 – 19, Monday through Thursday and will be away from the office for that week. That will leave one employee to answer phones and handle the counter traffic. We ask that please be mindful when visiting or calling the office of this fact. If whatever you may be needing, we ask that if it can wait until the next week when we are fully staffed once again, please do so. All Colorado FSA Offices will have employees attending this training, therefore all offices will be short staffed during that week.

2018 PLC rates

This past week, the 2018 PLC final payment rates were issued for wheat, barley and oats. Below is a table showing the details for each commodity (Kiowa County only). Payments will be issued in October 2019 to eligible producers on 2018 approved ARCPCLC contracts that chose Price Loss Cover-

age (PLC) for the commodity on the farm.

Below is a comparison chart between 2018 and 2019 PLC payment rates. Be reminded producers have not completed a program election and have not completed an enrollment contract for 2019. As you can see with the lower commodity prices for 2019 crops, the PLC rates are projected higher than the 2018 rates. Be reminded, 'P' after the rate represents projected and the 'F' represents final rate.

2019 and 2020 ARCPCLC Election

In the 2014 Farm Bill if the producers did not make an election on a farm with covered commodity base acres; the farm was defaulted into the Price Loss Coverage program (PLC). In the 2018 Farm Bill that portion of the election process has been removed. Read below for the new rule.

All farm producers with interest in the cropland must make a unanimous election in 2019 of either ARC-CO

or PLC on a crop-by-crop basis; or ARC-IC for all covered commodity base acres on a farm. This election will apply to the farm for 2019 through 2023. Program election changes are permitted in crop years 2021, 2022 and 2023. Failure to make a valid election in 2019 will result in a continuation of the program elected for 2014 through 2018 crop years for all covered commodities with base acres on the farm; and 2019 payments for those unselected covered commodities will not be issued.

Again, the 2019 and 2020 election process in Kiowa County will begin in October. At this time, the plan is for producers to call the office and make an appointment and complete the election process and complete the enrollment for 2019 and 2020 and 2020 acreage reporting.

PRODUCER RESPONSIBILITIES

Below is a workload schedule for the FSA Office, the next six months will be busy to say the least. It's important for producers to be connected and engaged with impending deadlines and requirements. There will be no way the office will be able to notify each producer of the program deadlines. The office will be relying on farm operators to notify their respective non-resident owners of program deadlines.

continued on A6



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Farm/Ranch Business, Flood - and MORE!**

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Kiowa County FSA Committee

Destiny Haase - LAA 2 – Central area – Committee Chairperson

Sean Harkness - LAA 1 – East area – Committee Vice-Chairperson

Michael Zimmerman - LAA3 – West area – Committee Regular Member

USDA SERVICE CENTER CONTACT INFORMATION

Telephone 719-438-5851
FSA (Ext 2), NRCS (Ext 3).

FSA Fax number: 844-332-7501

E-mail individuals using
firstname.lastname@usda.gov
dawna.weirich, charla.ferris,
hallie.barlow, scott.smith

KIOWA COUNTY FARM LOAN CONTACT INFO

CALL FOR AN APPOINTMENT

Telephone 719-336-3437 (ext 2)

Mary Rhoades

mary.rhoades@usda.gov

Nicole Lubbers

nicole.lubbers@usda.gov

SERVICE CENTER OFFICE HOURS:

Monday through Friday - 8:00 a.m. to 4:30 p.m.

By appointment only on Friday.

FSA INFORMATION

For information on programs visit
www.fsa.usda.gov, like us on Facebook, or follow us on Twitter.

	2019			2020								
	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep
2019 MFP signup deadline	December 6			October 3 – March 15								
2019 ARCPCLC Election and Enrollment												
2020 Fall acreage reporting deadline	November 15th											
CRP annual rental and 2018 ARCPCLC Payments issued	Begins October 1											
2019 ARCPCLC enrollment				October 1 – June 30								
2020 PLC Yield Update				October 1 – September 30								
2020 CRP sign-up - tentative				December 1 - ???								

**EADS SCHOOL
CALENDAR**

Friday, Sept. 13
9:00 – 11:00 a.m. LCC Instructors Meeting at Lamar
9:30 a.m. Livestock Sale
3:00 p.m. MS VB at Granada
4:00 p.m. MS FB at Granada
4:30 p.m. HS VB at Granada
7:00 p.m. HS FB at Granada

MS Leave Time
 1:15 p.m. HS Leave Time 2:30
Saturday, Sept. 14
10:00 a.m. Parade
Monday, Sept. 16
Start of Oct. 1 Positive Attendance
Tuesday, Sept. 17
Golf at Pueblo West
4:00 p.m. HS VB (H) Crowley County

NOTICE TO CREDITORS BY PUBLICATION PURSUANT TO §15-12-801, C.R.S.

NOTICE TO CREDITORS

Estate of Leslie O. Hopkins Deceased

Case Number 19 PR 30019

All persons having claims against the above-named estate are required to present them to the Personal Representative or to District Court of Kiowa County, Colorado, on or before December 30, 2019, or the claims may be forever barred.

Carol Hopkins
Co-Personal Representative

Darin Hopkins
Co-Personal Representative
c/o Lance P. Clark

STEERMAN LAW OFFICES
200 West Elm St., P.O. Box 390
Lamar, CO 81052

First Published August 30, 2019
Last Published September 13, 2019
In the Kiowa County Press

**EADS SCHOOL
BREAKFAST AND LUNCH
MENUS****Breakfast**

September 16: French toast, sausage links, apple juice, milk, fruit

September 17: Oatmeal, toast, grape juice, milk, fruit

September 18: Breakfast burrito, orange juice, milk, fruit

September 19: Muffin, yogurt, apple juice, milk, fruit

Lunch

September 16: Chicken parmesan, buttered noodles, apple, milk, fruit, salad bar

September 17: Soft shell tacos, brownies, peaches, milk, salad bar

September 18: Ham and cheese pocket, green beans, mixed fruit, milk, salad bar

September 19: Cheeseburger, French fries, pudding cup, orange, milk, salad bar

**PLAINVIEW SCHOOL
CALENDAR**

Sept Thru 12

- No School
- 4pm JH volley-

ball @ Karval

Sept Fri 20

- **School** in Session 1:00pm
- **2pm** Parent/Teacher Confer

CLASSIFIEDS

The Press can be responsible for only one incorrect insertion. Rates: \$8.50 per week, flat fee, any number of words. Also published online at KiowaCountyPress.net at no extra charge.

MISCELLANEOUS

Your ad could reach 15,000 each week for only \$8.50

HELP WANTED

Flat rate, unlimited words, thousands of readers - KiowaCountyPress.net classifieds

**DELINQUENT TAX NOTICE
PERSONAL PROPERTY**

2018 Tax on Personal Property must be in my office by September 20, 2019, to avoid minimum charges of \$10.00 per description.

Name cannot be kept out of the paper after September 20, 2019.

Diana Flory,
County Treasurer

First Published September 06, 2019
Last Published September 20, 2019
In The Kiowa County Press

**Junior Market Stock Sale
4-H Show Pavilion 9:30 am
Friday September 13**

**HOME FOR SALE**

707 Kerr Street, Eads, Colorado. Attractive, single family ranch style. Open concept, spacious floor plan. 4 bedrooms, 2 baths. 2150 square feet. Detached garage and large yard. Recently remodeled and updated. All new hardwood floors, new appliances and new light fixtures. New paint inside and out. Available end of September, 2019. Call 719 342 5566.

**ROCKY MOUNTAIN HEALTH PLANS
PUBLIC NOTICE**

As of December 1, 2019, Rocky Mountain Health Plans (RMHP) will no longer offer open enrollment under its contract with the Centers for Medicare & Medicaid Services for Rocky Mountain Standard Plan (Cost), Rocky Mountain Plus Plan (Cost), Rocky Mountain Thrifty Plan (Cost), Rocky Mountain Green Plan (Cost), Rocky Mountain Basic Plan (Cost), Rocky Mountain B Basic Plan (Cost), or Rocky Mountain B Standard Plan (Cost) in Colorado. Current members of RMHP Cost plans are not affected by this change. For information regarding this notice, call RMHP at 888-282-1420 (TTY dial 711). Hours are 8am – 8pm, 7 days/week, October 1-March 31, and 8am – 8pm, M-F, April- 1-September 30.

Eastern Slope

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Opinion: Three Million Coloradans Will Pay More for Worse Health Coverage if the Senate Fails to Act

More than half of Colorado's residents face the dismal prospect of paying even more than they do today for markedly worse health care if the ill-conceived "Cadillac Tax" on employer-provided health insurance is allowed to go into effect.

Fortunately, Colorado's Cory Gardner has taken a firm stand against the tax in the U.S. Senate and is among the Congressional leaders working to send the scheme to the junk yard before it takes effect in 2022.

The Cadillac Tax was conceived as a way to force insured Americans to subsidize health coverage for the uninsured by hitting employers with a 40 percent tax on "high-cost" health insurance plans valued at more than \$11,100 for individual coverage and \$29,750 for family plans.

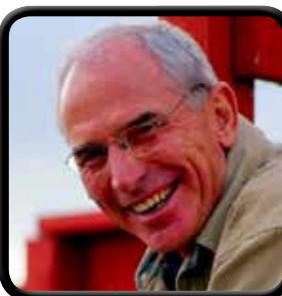
When the tax passed in 2010 as part of Obamacare, it was assumed those thresholds would apply only to

high-end health insurance plans enjoyed by the wealthy. As it turns out, however, the tax will not just target those with so-called "Cadillac" plans, but it will hit minivan moms and pickup truck dads a lot harder than the one-percenters initially targeted.

That's because a perfect storm of rising health care prices, costly regulations, and a lack of competition has caused insurance prices to skyrocket. Worse, the tax's limits don't increase with health care inflation. And employer-sponsored health programs like wellness and weight-loss classes, tobacco cessation, addiction assistance programs, and on-site medical clinics all count towards the tax.

As a result, employers who pay the tax will have to pass on the cost to individuals and families who receive health insurance through the workplace. They'll be limited to painful options,

such as hiking deductibles and copays, slashing benefits, eliminating spousal coverage, or worse-- limiting hiring.



Workers fortunate enough to hold on to their jobs and keep their same benefits will pay much more for their health coverage.

In fact, it's estimated that a family of four earning \$100,000 a year will pay about \$3,500 more a year for health insurance if the Cadillac Tax goes into effect. A family of four earning less than \$42,000 is projected to pay an additional \$1,250 annually.

The Cadillac Tax would be disastrous for employers throughout Colorado – from small businesses with only a handful of employees, to the largest companies in

the state, including Lockheed Martin, Molson Coors, Western Union, and Pilgrim's Pride. Almost every union worker in the state would also be harmed by the tax and their long-negotiated benefits undermined.

There is a bit of good news, however, for the three million Coloradans who stand to pay more money for worse health insurance if the Cadillac Tax is allowed to take effect. The House of Representatives voted last month to repeal the tax for good – and the vote wasn't even close. Ninety-eight percent of House members supported killing the Cadillac Tax.

But the Cadillac Tax repeal bill still hasn't been scheduled for a vote in the Senate, and there's speculation that our Senators may even wait

until after next year's elections to address the issue.

The 181 million Americans covered by employer-sponsored health insurance deserve better than having their health and finances thrown into limbo until the next Congress convenes in 2021.

Senator Gardner understands this and has made repealing the Cadillac Tax a priority. He deserves praise for standing up for all American workers by co-sponsoring legislation to permanently repeal the tax.

The rest of the U.S. Senate should take the cost and quality of Americans' health insurance as seriously as Sen. Gardner by joining the House and sending the Cadillac Tax to the scrap heap for good.

Bob Beauprez is a former United States Representative and Republican candidate for Governor of Colorado.

USDA Update continued from A4

Owners who haven't already done so; should consider granting their farm operator(s) power of attorney using the FSA-211 form. The power of attorney is valid only in FSA offices and crop insurance agents. The producer granting power of attorney must have their signature notarized or witnessed by an FSA county office employee. The form is available online and also at any FSA Office nationwide. Below are the various methods of obtaining up to date program information.

RECEIVING USDA/ FSA INFORMATION

- Visit website www.Farmers.gov for up to date information on the 2018 Farm Bill.
- Receive text messages - Text COKiowa to FSANow (372-669) to subscribe.
- Subscribe to GovDelivery emails: Visit www.fsa.usda.gov/subscribe or contact your local FSA Office.
- For information on programs visit our website located at www.fsa.usda.gov or like us on Facebook or follow us on Twitter.

Greeley County Health Services
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Now Hiring:

Full-Time Night Shift Acute CNA

Full-time; 5p-5a; three 12-hour shifts per week.
Works every other weekend/holiday.

Full-time benefits.

CNA sign on bonus= \$500

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Full-time; 5 days per week; 5:30a-2:00p. Works every other weekend/holiday. Full-time benefits.

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Eads Golf Club 2019 Tournament Schedule



Registration Closes 30 minutes prior to shotgun start

**Saturday Sept 21
2 Man Scramble**

10:00 am Shotgun - Lunch included
\$80/Team*

Sunday September 22

Mens Club Tournament

* Hole prizes and skins included

Thousands of articles - all **free** to read online.



KiowaCountyPress.net

The Kiowa County

PRESS

September 13, 2019

Volume 132, Number 37

132 Years and Counting!



Section C

2019 Kiowa County Fair and Rodeo
Activities and sponsor welcomes



Kiowa County Fair and Rodeo

STOCK DOG TRIALS

Thursday, September 12, 2019

Entries @ 1:00pm
Calcutta @ 2:00 pm

Contact
Gary Wollert
(719) 688-1107



Entry per Dog
\$25.00

Payout - 100%
Plus added monies

**Handler, horseback or on foot
Dog work cattle through obstacle course
and will be timed and points awarded!**

Kiowa County Clerk's Office



Ranch Bronc Riding

Following
Rodeo & Races
Friday

Delisa - Roland - Pat



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Mobile: 719-688-5669

email: baxteragency@yahoo.com

Marilyn Baxter
Agent

Kiowa County Emergency Management



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Teresa Witte - Management Coordinator

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Fair & Rodeo*



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40549 HWY 287 Eads CO 719-438-2226

Windmill Saloon
Come on in and water up,
or just fan the Breeze"

See you at the
**Kiowa County
Fair & Rodeo**



Diana & Linda

Kiowa County TREASURER'S OFFICE

107 East 15th Street

PO Box 141 - Eads, CO 81036

Stuff & Store LLC

Official Sponsor of
Mutton Busting
Fri Sept 13 & Sat Sept 14
at the

Kiowa County Fair & Rodeo

719-438-5700 or 719-688-9044

vint.e5700@hotmail.com Vinton & Mary Engelhardt

**Kiowa County
Fair & Rodeo
Ranch
Rodeo**



Calcutta 7:00 pm

Events Immediately Following

\$1,500 Added Money Cash Payout

Embroidered Jackets to the FIRST PLACE TEAM

**Kiowa
County
Fair Board**

**Welcomes
You to the**



**2019
Kiowa
County
Fair &
Rodeo**



Kiowa County Veteran's Office

Welcomes
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Fair & Rodeo

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Kiowa County

Fair & Rodeo

Sat. Sept 14

Parade 10 am

Maine St

Eads, CO

September 12, 2019

EVENTS

- Cow Milking - Branding
- Trailer Loading - Tie One

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prairepines@esrtc.com

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Prairie Pines Assisted Living
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**Dusty Plains
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September 14, 2019

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Eads, CO**

Contact: Bonnie Morgan
719-688-0746 or mail to
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Kiowa County **Sheriff's Office**

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at the*



Kiowa County Fair & Rodeo

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Come All
to the



Kiowa County
Fair & Rodeo



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Kiowa County Fair

PRESENTS

RANCH BRONC RIDING

**Friday
September 13, 2019
Following Rodeo & Races**

For Entries contact
Logan Dorenkamp
(719) 688-1222



**BEER GARDEN OPEN
RODEO ROAD APPLES
Live @ 9:00 pm**

**Kiowa County Fairgrounds
15007 HWY 287
Eads, Colorado**

Kiowa County Fair & Rodeo

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Come Join the Fun.
Beer Tent Open
Fair Dance following
featuring

RHETT UHLAND

in the Beer Garden
@ 8pm.
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Fair and Rodeo

For Entries
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8 & under \$50
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Welcomes you to the
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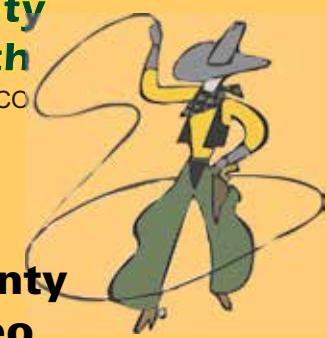
306 W. 12 St - PO Box 167 - Eads, CO 81036

Shop Hours
Saturdays
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Welcome
to the
Kiowa County
Fair & Rodeo



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Welcome
to the
Kiowa County
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Kiowa County Fair & Rodeo Horse Racing



Kiowa County
Assessor's
Office
Marci & Amy

Kiowa County Abstract Company

LET'S MEET AT THE
CHUCK WAGON BREAKFAST
THEN HEAD ON OUT TO THE
FAIRGROUNDS FOR THE
KIOWA COUNTY
FAIR & RODEO



1304 Goff St - Eads, CO

(719) 438-5811

WELCOME TO THE 2019 KIOWA COUNTY FAIR

Saturday, October 12, 2019

11:00am - 2:00pm



Bring You Favorite Chair & Come Enjoy a Bowl of Chili & FREE Yard Games Before the **HOMECOMING GAME!!**

ALL Proceeds Go Toward
COUNTY LINE RIVALS WRESTLING PROGRAM

**Eads Football Field
beside Concession Stand**

\$5 to Sample Entries
(Includes Bowl of Your Choice)
\$30 Chili Contestant Entry

Contact Shelby Uhland to Register
as a Contestant!
shelbygoodrich74@gmail.com
719-980-2846



Welcome to the Kiowa County Fair from the Friendly Staff of

Kiowa Drug
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 **Health Mart.** PHARMACY



Welcome Everyone



To the
**Kiowa County
Fair & Rodeo**



132
Years & Counting

**Kiowa County
PRESS**

kiowacountypress@gmail.com

1208 Maine St
Eads, CO

kiowacountypress.net

**Eads Auto Supply
& Hardware**



**Young - Old - Short or Tall and
Everyone In-between
Welcome**

Kiowa County Fair & Rodeo



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Eads, CO**

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Fair & Rodeo**



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Have a great time
at the Kiowa County Fair & Rodeo

2019 Kiowa County Fair and Rodeo

1:00 pm HORSE RACES 1:00 pm

Friday Sept 13 & Saturday Sept 14

Contact

Bart Michael
719-688-0316

Entries Close

8 pm Thurs for Fri Races
8 pm Fri for Sat Races



Stalls on Grounds *No Stall Rent!*

**Buckles for
TOP OWNER
TOP TRAINER
TOP JOCKEY
each day!**

**Winner take all races: 90% winner - 10% Board
Working saddle horse must be proven! NO RACE HORSES!
Purses Increase with Sponsor Monies!**

Race may change to suite horse on Grounds!

Calcutta on Grounds - Track Side

KIOWA COUNTY OPEN FUN DAY September 15, 2019 Gymkhana at 10:00 am

Kiowa County Fair grounds

Open to anyone not just county residents

- x All contestants are required to sign Kiowa County's release of liability form, parent /guardiansign for under 18
- x Age determined by 1 January 2020
- x 1-3 placings paid in each event (events may change depending upon number of entries)
- x **Payback is 100%**
- x Buckles are awarded to **HIGH POINT** winners
- x The decision of the Judge is final in all events
- x Any undecriticism or complaints to any decision will result in the forfeiture of all awards
- x Call Dawn Back at [719-688-4716](tel:719-688-4716) or Email DRBack777@gmail.com

Contestants name: _____ Age: _____ Date of Birth: _____

Contestants name: _____ Age: _____ Date of Birth: _____

RELEASE

I release the management from any and all (liability for any damages whatsoever that may occur while competing in said rodeo, or on the grounds; understanding that the contestant assumes all risk in competing in said rodeo.

Parent or Guardians Signature: _____ date: _____

2019



Kiowa County Fair & Rodeo

2019



September 11-15

WEDNESDAY, SEPTEMBER 111:00 pm -- 4-H & FFA POULTRY & RABBIT SHOW6:00 pm -- 4-H & FFA GOAT SHOW6:00 pm -- SECCC BARREL RACING EXPOSITION7:00 pm -- SECCC BARREL RACING**THURSDAY, SEPTEMBER 12**6:00 am -- CHUCK WAGON BREAKFAST on Maine Street

Sponsored by: Eads Chamber of Commerce

9:00 am -- 4-H & FFA SWINE SHOW12:00 pm - 4-H & FFA BEEF SHOW1:00 pm -- Entries STOCK DOG TRIALS

Contact Gary Wollert: @ 719-688-1107

2:00 pm CALCUTTA & STOCK DOG TRIALS2:00 pm -- 4-H & FFA SHEEP SHOW4:00 pm -- 4-H & FFA ROUND ROBIN SHOW4:00 pm -- BEER GARDEN OPENS at the Fairgrounds5:00 pm -- KVAY BURGER BAR4:30 pm -- SMALL ANIMAL SHOW & TELL

American Legion Hall - Info in 2019 Fair Book

7:00 pm -- CALCUTTA @ 6, RANCH RODEO TO FOLLOW8:00 pm -- Race Horse Entries DUE for Friday Races

Contact Bart Michael: @ 719-688-0316

**KIOWA COUNTY
FAIR & RODEO !**

FRIDAY & SATURDAY

CARNIVAL GAMES &
HAUNTED HOUSE!<https://www.facebook.com/Kiowa-County-Fair-And-Rodeo-199660980566290/>**See you at the Kiowa County Fair in Eads****FRIDAY, SEPTEMBER 13**6:00 am -- CHUCK WAGON BREAKFAST on Maine Street
Sponsored by: Eads Chamber of Commerce9:30 am -- JUNIOR MARKET STOCK SALE4-H Show Pavilion - Sold by the head
Clerked by the
Burlington Livestock Exchange12:00 pm - BEEF BBQ at the Fairgrounds12:00 pm - BEER GARDEN OPENS at the Fairgrounds1:15 pm - CPRA RODEO, H&H Stock Contractor
11 Events PLUS Mutton Busting
HORSE RACES
Contact Bart Michael: @ 719-688-0316Ranch Bronc Riding

Following Rodeo & Races

8:00 pm -- Race Horse Entries DUE for Saturday Races

Contact Bart Michael: @ 719-688-0316

9:00 pm -- FAIR DANCE American Legion Hall
Rodeo Road Apples**SATURDAY, SEPTEMBER 14**10:00 am - FAIR PARADE on Maine Street
Contact 719-438-5810Parade Theme : *Blue Jeans "N" Country Dreams*
submitted by Krystal EikenbergDUSTY PLAINS CAR & TRUCK SHOW

Contact: Bonnie Morgan @ 719-688-0746

12:00 pm - BEER GARDEN OPENS at the Fairgrounds1:15 pm - CPRA RODEO H&H Stock Contractor
11 Events PLUS Mutton BustingHORSE RACES

Contact Bart Michael: @ 719-688-0316

7:00 pm -- RANK LIL' BUCKERS, Mini Rough Stock8:00 pm - LIVE MUSIC - RHETT UHLAND Beer Garden**SUNDAY, SEPTEMBER 15**8:00 am -- COWBOY CHURCH at the Fairgrounds10:00 am - KIOWA COUNTY FUN DAY- Contact Dawn Back @ 719-688-4716
by August 26th to enter

The Kiowa County

PRESS

September 13, 2019

Volume 132, Number 37

132 Years and Counting!



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Recall effort against Governor Polis fails

By Derek Draplin | The Center Square

Colorado Gov. Jared Polis responded Friday to a failed recall attempt in his first term as governor, an effort that fell well short of the number of signatures needed to make the ballot.

Colorado Politics reported Friday that Dismiss Polis, one of the groups backing the recall, collected more than 300,000 signatures,

while 631,266 were needed for the recall to make the ballot.

"After all that fuss, I was pleasantly surprised that they didn't turn in a single signature on the recall," Polis said in a statement. "I hope the remaining misguided efforts against others see the same results as Tom Sullivan's did before. Recalls should not be used for partisan gamesmanship."

The effort to recall Rep. Tom Sullivan, D-Centennial, over his support of the state's "red flag" gun control bill was called off in June.

The recall's sup-



porters

cited Polis' support for new oil and gas regulations, a national popular vote law, and a "red flag" gun control law, among other left-leaning policies passed in the last legislative session.

Polis, who took office in January, cited his free

upon our bipartisan success with kindergarten and saving money on health care," he said. "For my nine months in office, I've held regular meetings with Republican and Democratic legislative leadership, and after the remaining recall efforts

fail I plan on inviting both sides to a joint bipartisan leadership meeting to discuss how together we can improve our schools, reduce our traffic, and save people even more money on health care. Let's see what amazing things we can do for Colorado, together."

"Now that this sideshow is over, I will continue to focus my full attention on building

Other Colorado Democrats facing recall efforts include Senate President Leroy Garcia, D-Pueblo, Sen. Brittany Pettersen, D-Lakewood, and Sen. Pete Lee, D-Colorado Springs.

Colorado attorney general asks appeals court to reconsider ruling in TABOR lawsuit

By Derek Draplin | The Center Square

Colorado's attorney general hopes a federal appeals court will reconsider its decision to hear a case challenging the state's Taxpayer's Bill of Rights (TABOR).

The 10th U.S. Circuit Court of Appeals in July reversed a U.S. District Court decision from 2017 that dismissed a lawsuit that argues TABOR, a constitutional amendment approved by voters in 1992, violates the U.S. Constitution by subverting representative government, since it requires taxpayer approval to raise or lower taxes.

Attorney General Phil Weiser Wednesday petitioned the appeals court to reconsider the ruling in the lawsuit, Kerr v. Polis.

Weiser argued that the voters, and not a federal court, should decide the fate of the TABOR amendment.

"Until this ruling, the Courts have consistently ruled that federal courts are not the proper place for school boards, special districts and county commissions to resolve disagreements with their parent state over state policy," Weiser said in a statement. "Under controlling law, political subdivisions do not have standing to use federal courts to challenge state policies – regardless of the merits of their complaints about the policy – unless there is a specific federal law that gives them rights to do so."

"The political subdivision plaintiffs in Kerr v. Polis are not authorized to challenge TABOR in federal court," he added. "Their concerns about the law are better addressed at the ballot box, not the federal courtroom."

Weiser also said the appeals court's opinion conflicts with its past rulings and rulings by the U.S. Supreme Court.

"A rehearing of the full court is necessary to secure and maintain uniformity of the Court's decisions," Weiser said.

Voters will decide in November if state government should be allowed to keep TABOR-granted tax refunds in order to fund transportation and education.

Governor Polis appoints District Court Judges

Colorado Governor Jared Polis has announced the appointment of Monica Jo Gomez as an El Paso County Court Judge in the Fourth Judicial District, occasioned by the appointment of the Honorable Jessica Curtis to the Fourth Judicial District Court.

Gomez is currently a Douglas County Court Judge, a position she has held since 2007. Her docket is comprised of criminal, civil, and small claims cases.

Previously, she was a worker's compensation lawyer for the Law Office of Steven U. Mullens (2006-2007); part-time El Paso County Drug Court Magistrate (2005-2007); professor at the University of Denver Sturm College of Law (2004-2006); Assistant Attorney General in the employment division

of the Colorado Attorney General's Office (2003-2004); Deputy State Public Defender in Douglas County (2001-2003); associate attorney with Susan Fuller &

School of Law in 1992. Gomez's appointment is effective immediately.

Eric B. White has been appointed as a District Court Judge in the 18th Judicial District, occasioned by the retirement of the Honorable Charles M. Pratt.

White is currently the Combined Court Magistrate in the 18th Judicial District, a position he has held since 2015. He presides over domestic relations matters and the Recovery Court. Previously, he was a sole practitioner (2011-2014 and 1993-2005) and a partner at Whitaker & White, LLC (2005-2011). White earned his B.A. from the University of Colorado in 1989 and his J.D. from the University of Puget Sound in 1992.

White's appointment is effective September 16, 2019.



Gas prices lowest in three years over Labor Day weekend

By Bethany Blankley
| The Center Square

This Labor Day Weekend saw the lowest gas prices in at least three years, AAA reports.

Gas prices dropped in every state except for Hawaii. Idaho saw the largest decrease of 16.8 percent, followed by Utah, Wyoming, Alaska and Colorado.

The national average of \$2.58 per gallon is about 25 cents less than last year's prices, and 5 cents less than 2017's, during the same time period.

Louisianans, Mississippians, and Texans pay the least for gas, at about \$2.20 a gallon, compared to Hawaii's \$3.66 a gallon.

The highest gas prices still tend to be in the West, upper Midwest and Northeast, AAA reports, where gas costs anywhere between \$2.78 and \$3.70 per gallon, and up.

California's average gas price of \$3.57 per gallon is nearly \$1 higher than the national average. Some California counties are seeing prices as high as \$5 per gallon.

Paying less for gas has resulted in more people having more pocket money to spend, AAA reports, including on road trips.

"When gas prices are cheaper, we tend to see more people traveling," AAA spokesperson Jeannette Casselano said. "People feel more inclined to take those road trips because they feel like they're getting a better bang for their buck."

Lower gas prices come at a time when U.S. consumer confidence is at its highest in 19 years, according to data released by The Conference Board's index.

Bloomberg News reports the data exceeded

all estimates in its survey of economists, with the highest views on the current economic climate at their highest since November 2000.

The index "shows hiring and income gains are keeping consumers upbeat and assuaging concerns about the economy's prospects in light of slowing global growth, volatile financial markets and escalating U.S.-China trade tensions," Bloomberg reports.

"While other parts of the economy may show some weakening, consumers have remained confident and willing to spend," Lynn Franco, senior director of economic indicators at the Conference Board, said in a statement. "However, if the recent escalation in trade and tariff tensions persists, it could potentially dampen consumers' optimism regarding the short-term economic outlook."

Increased consumer confidence and increased road travel stems in part from more people working who have more money to spend.

In July, nonfarm payroll employment rose by 164,000, with an unchanged national unemployment rate of 3.7 percent. In June, 224,000 nonfarm jobs were added, far more than what economists predicted.

According to Americans for Tax Reform

(ATR), because of sweeping tax reform implemented in 2017, 90 percent of American wage earners have higher take-home pay. ATR compiled a list of hundreds of employers in most states who are hiring, raising pay, increasing benefits, upgrading equipment and expanding operations citing tax reform.

Adams County passes strict oil and gas regulations; industry officials call them overreach

By Derek Draplin | The Center Square

The Adams County Board of Commissioners approved new regulations for oil and gas development, a move that drew criticism from the industry.

The suburban Denver county in March approved a 6-month moratorium on oil and gas development ahead of lawmakers finally approving Senate Bill 181, which seeks to give local governments more say in regulating the industry.

The new law, signed by Governor Jared Polis in April, changed the focus of the Colorado Oil & Gas Conservation Commission, the state's regulatory body for the industry, from industry development to health, safety and the environment.

The regulations were opposed by many in the industry and communities, like Weld County, which relies heavily on oil and gas development as economic drivers.

Since the legislation passed, counties have diverged in their reactions to the new regulations.

The new regulations approved Tuesday in a

5-0 vote by the Adams County Board of Commissioners include a requirement that oil and gas developments be set back 1,000-feet from occupied buildings.

"Since counties and cities have been given authority over oil and gas development, our staff has been hard at work creating a set of regulations that is fair to the industry but also provides for the safety of our residents," Board Chair Steve O'Dorisio said in a statement. "It's a tough line to toe, but we think these regulations balance the interests of all parties involved."

Oil and gas industry groups warned some of the rule changes approved by the board would hurt development in the county.

Lynn Granger, executive director of the Colorado Petroleum Council, said "many of the provisions contained within these new rules and regulations will significantly hinder future natural gas and oil development within the county."

"Senate Bill 181 granted local jurisdictions authority to regulate natural gas and oil development to an extent that is necessary and reasonable,"

Granger added. "Regrettably, many of the regulations of the code as adopted by Adams County today extend far beyond those which are necessary or reasonable."

The Colorado Oil & Gas Association (COGA) said the new regulations passed by the board amount to overreach.

"By approving these new, unreasonable regulations, Adams County commissioners ignored the will of their citizens and the overwhelming number of people who testified today against this unnecessary overreach," COGA President Dan Haley said. "More than 5,000 oil and natural gas families live in Adams County. They're proud to live there and to work in Colorado, providing more than \$1.5 billion in economic benefit to their local communities. They deserved better representation from their local government."

COGA also cited Senate Bill 181's requirement that regulations be "necessary and reasonable."

Officials in Weld County, the state's top energy producer, have tested the boundaries of the new law in a different

way.

Last month, Weld County opened the Oil and Gas Energy Department (OGED) to "exercise local control over mineral resources." The office will handle permitting and land use regulations for developments in the county.

The COGCC sent warning shots to Weld County officials prior to the OGED being established, saying it still had regulatory authority over county officials.

"While SB 19-181 provides local governments with siting authority over oil and gas surface locations, it does not diminish the COGCC's authority to regulate the orderly development of oil and gas throughout the state," COGCC said in a letter to the county. "To the contrary, SB19-181 reaffirms the critical role for the COGCC in numerous places."

COGCC is in the process of rewriting state regulations to comply with the new law that was passed in April.



EarthTalk

RODDY SCHEER & Doug Moss

Dear EarthTalk:
Is the plan to sprinkle dust in the stratosphere to reflect some of the sun's rays away from Earth to prevent global warming science or science fiction?

M. Jackson, Tampa, FL

Some certainly do consider it science fiction, or worry that it could end up doing more environmental harm than good. Yet others—including Bill Gates and a team of leading Harvard scientists—think it could be the solution to

our planetary climate woes.

What we're talking about is a form of geo-engineering that entails sending up some 800 jumbo planes to sprinkle their payload of millions of tons of chalk dust in the stratosphere 12 miles above the Earth's surface in an effort to reflect some of the sun's heat back into space to turn the tide on climate change.

The so-called Stratospheric Controlled Perturbation Experiment (SCoPEx) was developed by chemist James Anderson and physicist David Keith, both of Harvard—with funding from

Bill Gates—to advance understanding of stratospheric aerosols that could be relevant to solar geoengineering."

The researchers want to test their hypothesis with a \$3 million experiment 12 miles above the Southwestern United States where they would steer remote controlled balloons to disperse small plumes of calcium carbonate.

The balloons would then turn around and observe any differences in the amount of solar radiation getting through. This system is adapted from a similar design the researchers used in groundbreaking research analyzing the composition of the stratospheric ozone

layer. But the test plan, initially slated for early 2019, has received some pushback from scientists and environmentalists, who worry that such tinkering could cause negative chain reactions and unforeseen irreversible consequences.

"Some researchers have suggested that solar geoengineering could alter precipitation patterns and even lead to more droughts in some regions," reports Jeff Tollefson on Nature.com. "Others warn that one of the possible benefits of solar geoengineering—maintaining crop yields by protecting them from heat stress—might not

come to pass." He cites a 2018 study showing that yields of wheat, corn, rice and soy fell after two major volcanic eruptions darkened skies around the planet and took a toll on crop yields.

Given such concerns, Anderson and Keith are erring on the side of caution, setting up an external advisory committee to review the project and point out potential safety concerns to head off negative side effects. "Getting it done right is far more important than getting it done quickly," says Peter Frumhoff of the Union of Concerned Scientists.

If they can pull off a successful test and then scale the idea, the good news is it might even be something the governments of the world—and/or some rich benefactors—can afford. An October 2018 report from the Intergovernmental Panel on Climate Change found that dispersing enough sulfur in the stratosphere with a similar (cooling) intent could be done for less than \$10 billion/year—and possibly for as little as \$1 billion/year. While that might seem like a lot, it's a bargain if it can save our environment, our civilization, and our very existence on the planet.

AG Weiser says Colorado will challenge EPA's methane emissions rollbacks

By Derek Draplin | The Center Square

Colorado's will be part of a legal challenge to the U.S. Environmental Protection Agency's proposed rollback of methane emissions requirements for the oil and gas industry, the state's attorney general says.

The EPA says the proposed changes would "remove unnecessary regulatory duplication" and save the industry \$17 million to \$19 million annually by reducing compliance costs.

"The primary proposal also would rescind emissions limits for methane from the production and processing segments of the industry but would keep emissions limits for ozone-forming volatile organic compounds (VOCs)," the EPA said in a [statement](#).

The rule change comes

after the Trump administration in March 2017 [ordered](#) agencies to review regulations that "burden the development or use of domestically produced energy resources and appropriately suspend, revise, or rescind those that unduly burden the development of domestic energy resources."

Colorado's Attorney General Phil Weiser hit back with a statement, calling the rollback "misguided."

"The EPA's proposal to reverse these standards to curb methane emissions is misguided and ignores the requests from the oil and gas industry to keep them in place," Weiser said. "Methane emissions don't stop at state lines. As such, Colorado has a strong interest in regulating the release of this harmful greenhouse gas

on a national level."

"To protect our state from the harmful effects of climate change and to protect air quality, Colorado will be part of a legal challenge to the EPA's rollback of the methane standards," he added.

Many environmental groups oppose the rollback, noting that methane emissions are a key contributor to climate change.

"This proposal is irresponsible, dangerous and out of step with calls from oil and gas industry leaders to preserve and strengthen federal methane rules," said Environmental Defense Fund Vice President Matt Watson. "Without a strong federal framework in place, the case for natural gas evaporates."

The Western Energy

Alliance, an oil and natural gas industry trade association, said that despite the rollbacks, the EPA will continue to regulate methane.

Kathleen Sgamma, president of the Alliance, told The Center Square that the Trump administration is following the Clean Air Act, which was twisted by the Obama administration "in such a way that made methane regulation overly complex and convoluted in its second rule."

"This proposed rule will correct that overreach and get back to an approach that directly measures methane captured and removed from the atmosphere, rather than using the flawed Social Cost of Carbon calculations that had been widely discredited," Sgamma said.

EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk. See more at <https://emagazine.com>. To donate, visit <https://earthtalk.org>. Send questions to: question@earthtalk.org

Dear Dietitian

LEANNE McCRATE, RD, LD, CNSC

Dear Dietitian,
My teenage daugh-



ter was recently diagnosed with iron-deficiency anemia. She follows a vegan diet and has been taking a vegan supplement. Are these as good as regular iron pills?

Mom

Dear Mom,

It is not uncommon for women of childbearing age to become iron deficient, especially if they have heavy menstrual periods. According to the US Department of Health and Human Services, iron deficiency is the most common nutritional deficiency and the leading cause of anemia in the United States. (1) The RDA is 15 mg per day for women 14-18 years of age, 18 mg for women 19-50 years old, and 8 mg for men 19 years and older.

Iron is needed for the production of red blood cells, which carry oxy-

gen to our organs and tissues. If there is not enough iron in our bodies, there is insufficient oxygen flowing throughout, and we may become tired and weak.

Iron is plentiful in our food supply, and it is found in two forms. Heme iron comes from animal products, such as beef, poultry, and fish. Non-heme sources are found both in animal products and plant foods. Examples of non-heme iron are beans, spinach, and dried fruits such as apricots, raisins, and prunes. Breakfast cereals, as well as flour and bread are fortified with iron. It is estimated that our bodies absorb heme iron two to three times more efficiently than non-heme. The amount of iron absorption is dependent on how much the body needs, and vitamin C aids in this process. If excessive amounts of iron are consumed, it will be excreted in the feces.

Most iron supplements are made in a laboratory and consist of an iron salt, such as iron gluconate or iron sulfate. However, there are various types of supplements, including vegan, to fit your lifestyle. Remember, supplements are not regulated by the FDA, so know what you are buying. The label should list what type of

iron is in the product. For example, iron as *iron + vitamin C*, or *amino acid chelate*, or *from murraya koenigii*, or *as iron sulfate*. Only the supplement from *murraya koenigii* is made from a plant; the other two are formed in a lab.

In a product developed by Albert Schmidbauer and Dr. Christina Leisser, iron was extracted from curry leaves (*murraya koenigii*) and made into a supplement. Absorption rates of *murraya koenigii* were compared

to that of iron gluconate + vitamin C. The iron in the form of *murraya koenigii* was absorbed at 18% higher than the iron gluconate + vitamin C. (2)

In summary, iron deficiency anemia is easily treated. Our food supply is rich in iron-containing foods, and there are many types of supple-

ments on the market to fit your lifestyle. Any supplement from a trusted manufacturer should be sufficient to increase iron levels, some more efficiently than others.

References

- (1), (2) <https://patients.google.com/patient/EP2298330A1/en>

In good health,
Dear Dietitian

Leanne McCrate, RD, LD, CNSC, aka Dear Dietitian, is an award-winning dietitian based in Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at deardietitian411@gmail.com.

Cooking at Home

Baked Apples and Sweet Potatoes

Makes: 6 servings

Layer sweet potatoes and apples to make this sweet and satisfying hot side dish.

Ingredients

- 5 sweet potatoes (cooked)
- 4 apple
- 1/2 cup brown sugar
- 1/2 teaspoon salt
- 1/4 cup margarine
- 1 teaspoon nutmeg
- 1/4 cup hot water
- 2 tablespoons honey

Directions

Boil 5 sweet potatoes in water until they are almost tender.

After the sweet potatoes cool, peel and slice them.

Peel the apples. Remove the cores, and slice the apples.

Preheat the oven to 400 degrees.

Grease the casserole dish with butter or margarine.

Put a layer of sweet potatoes on the bottom of the dish.

Add a layer of apple slices.

Add some sugar, salt, and tiny pieces of margarine to the apple layer.

Repeat steps 6, 7, and 8 to make more layers of sweet potatoes, apples, and sugar/salt.

On the top layer of apples, sprinkle the rest of the brown sugar and margarine pieces.

Sprinkle the top layer with nutmeg.

Mix the hot water and honey together. Pour the mix over the top layer.

Bake for about 30 minutes until apples are tender.

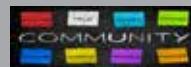
Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Nutrition Information

Nutrients Amount

Calories	301
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	322 mg
Total Carbos	59 g
Dietary Fiber	6 g
Total Sugars	38 g
Added Sugars	included 22 g
Protein	2 g
Vitamin D	0 mcg
Calcium	55 mg
Iron	1 mg
Potassium	494 mg

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Home Country

SLIM RANDLES



When you live in a small town like ours, sometimes you get a bit thirsty for entertainment. I mean, we've all heard most of Windy Wilson's stories, and the radio and the television stations are in a much big-

ger town.

But once in a while, we have Willoughby. I think Dud passed him on the highway before he got here and phoned Doc down at the Mule Barn coffee shop. The entertainment alarm went off more loudly than the tornado siren, and in five minutes flat, we were down at the grocery store, waiting on the latest sales spiel Willoughby might bring.

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