



# San Miguel Basin Forum



Serving Nucla, Naturita, Norwood & Surrounding Areas – January 11, 2023 • Volume 73 Issue 32 • 25¢

## DARK SKIES

### WEDSA continues education, takes new members

By REGAN TUTTLE, Editor

The West End Dark Sky Alliance, or WEDSA, as the group calls itself, continues to spread the word about their organization, a nonprofit dedicated to preserving the local area's dark night sky.

Deb Stueber told the Forum last week that the group is an "alliance," because the Dark Sky designation status is shared between Nucla and Naturita.

"It's a joint designation, and we are considered one community," she said. "We are so close together and share the school and different things."

She added the joint designation is only the second of its kind in the world, according to the International Dark Sky Association (IDA).

Stueber said Bob Grossman, of Norwood, helped WEDSA get its status. Norwood first attained Dark Sky status in 2019, and then the West End followed suit in 2021. Grossman and Pam Curtiss, Nucla Town Board Trustee, supported the tedious application, which was more than 200 pages long.

Still, Stueber said the group has its work cut out for members.

"The problem is our communities don't even know we were designated, even though we've been in the paper and on the air publicizing," she said.

Now, the group aims to keep spreading the word, in order to preserve what they say is a precious resource, the dark sky — the ability to walk outdoors, look up and see the Milky Way.

Stueber said it's important for all to remember both towns, Nucla and Naturita, adopted a lighting code ordinance. All must comply with the ordinance, businesses and individuals.

She said both towns did have previous ordinances for lighting, but those were 30 years old. She personally spoke with the town boards to encourage them to adopt the IDA's model for the ordinance. She said it was fairly easy for the boards to do the adoption.

Going forward, all in local communities are asked to follow the IDA's Five Lighting Principles. Those are to have a clear purpose for lighting, to direct light only to where it's needed, to have lights no brighter than necessary, to dim lights or turn them off when not required, and to use warmer col-

Cont. on Pg. 5

## HEALTH

### Sage Carver is a transformational nutrition coach

By REGAN TUTTLE, Editor

After working as a dental assistant at Uncompahgre Medical Center (UMC) in Norwood for more than 10 years, Sage Carver, of Nucla, is now working on the medical side of the clinic. She's the chronic care coordinator at UMC. She told the Forum she's passionate about working with patients and helping them reach their personal health goals. She's also now doing private work in the field of health and nutrition on her own, too.

"At UMC I'm able to do some of the patient health navigation, nutrition counseling with patients, and the fresh food prescription program," she said. "And I'm starting my own program."

Carver said she became very interested in health and well being when she was inspired to take control of her own health. She recently went back to school and became a certified transformational nutrition coach. She said she does so much better when she cares for herself; she wants others to do and feel the same.

According to her, gut health affects so many parts of a person's life, besides just basic digestion.

"It affects hormones, energy, our sleep, our brain, mood, mental health, metabolism — so many things," she said.

Her nutrition program is designed to help people improve gut health, and other aspects of their lives. It's a three-week program that focuses on the elimination diet and removes triggers of inflammation. Her clients take out gluten, dairy, sugar, processed foods and alcohol.



At least 10 are signed up for Carver's January nutrition program. (Courtesy image)

Each phase of her plan is a week long. She helps clients to focus on other healthy habits too, like sleep and stress management. Clients add in probiotics, hydration and other healthful things.

"They should feel better once they start eating better," she said. "It's setting a foundation for a healthier lifestyle."

Already, 21 people joined her in the fall for the program.

Another 10 have signed up for her January program. Anyone who'd like more information or to join should contact her at sagecarver111@gmail.com, or find her on Facebook.

"Food is medicine," she said. "The cells of our body are made from food we eat. The brain, heart, liver and skin are made from food we eat. It's so important."

Cont. on Pg. 5

## EDUCATION

### Heather Gunn revisions Paradox Valley School

By REGAN TUTTLE, Editor

Heather Gunn moved to Paradox from Texas in hopes of revisioning the Paradox Valley School, a charter of West End Public Schools situated in Paradox proper. Arriving in July, school started in August. She told the Forum she's been working since then to "change people's hearts and have them believe in the school."

With an MBA and a EdD, she's worked in higher education and also public schools before. Now, she said she's ready to grow the Paradox charter and create more arts programming.

Gunn said the school is now fully staffed, and that the employees are highly qualified. According to her, kids are thriving and happy to be at school during the day.

"The energy is very different," she said. "I've not only seen it, but people have shared it with me and staff members."

The school is currently operating as a K-through-eight. The kindergarten and first grades combine, as do the third- through fifth-grade classes. So does sixth through eighth grades.

Gunn said she feels like they're building from the ground up. She said together she and staff have been breaking things down, in order to build up something "great."

The charter does have transportation, and 44 percent of the students are bussing in from Norwood, Nucla and Naturita. There are 18 kids in enrolled, but Gunn said that number is not where she expected it to be. She said she

Cont. on Pg. 4

## COLLEGE SPORTS

### Will Gabriel moves to UCCS for baseball

By REGAN TUTTLE, Editor



Will Gabriel is now at UCCS. (Courtesy image)

Will Gabriel, of Nucla, has had a breakthrough in his baseball career. He told The Norwood Post over the holiday break that things have been going very well.

He attended Trinidad State Junior College on the Front Range for three years after graduating in 2019, but many remember that his first year there was the pandemic's beginning, and he, along with everyone else, was red-shirted.

Now, he's at the University of Colorado-Colorado Springs, a school he'd looked at after high school. Some of his close friends from Trinidad had transferred there

for baseball, and after the year Gabriel just had, the coaches contacted him, came to visit, and took him on.

Things haven't come easy for him. He said he struggled some at Trinidad.

"I was putting way too much pressure on myself," he said. "Just kind of basing my identity, and who I was, off how I performed in baseball. I realized there was no need to have pressure. ... My dad never put any pressure on me. He told me if I never played another game, he would still be proud of me."

Something changed for Gabriel after he realized even if he were to play a bad game, he'd still be living a good life.

He ended up starting as a pitcher last year for Trinidad, which was a big personal goal for him. That happened when his team had already gone through four pitchers, and he was put in the game. He struck out the first 10 batters he faced and ended with 13 strikes that game.

"That was my coming back party," he said. "I was working so hard for so long. I had to keep my head down and keep working, and it finally came."

Always internally driven, his next goal was to be named pitcher of the week, and he was. Though his team didn't win a championship, last year's work helped him move on to UCCS, and he's happy.

Cont. on Pg. 3

YOUTH SPORTS

# Norwood Hoop Shoot is Jan. 14

SPECIAL TO THE FORUM

Area basketball coaches remind the community of the upcoming Elk's Hoop Shoot at the Norwood School. Norwood Youth Organization and Montrose West Reaction, especially, nonprofits dedicated to supporting younger kids in developing their sports skills to be ready for high school, want parents to know the contest is Jan. 14 at 8:30 a.m. in the school's gym.

A national program, the contest has been happening for the last 50 years. The idea behind it has to do with teaching children "grit" — something that Elks Lodge members believe is crucial for kids to learn.

"The grit movement started a few years ago when psychologist Angela Duckworth studied people in challenging situations, including National Spelling Bee participants, rookie teachers in tough neighborhoods and West Point cadets," Elks representatives said in a news release. "Her research suggested that grit was a more accurate pre-

dictor of success than social intelligence, good looks, physical health, or IQ."

The Telluride Elks Lodge is the local producer of the Hoop Shoot event in Norwood. Essentially, it's a free throw contest, open to all kids ages 8 to 13. There will be winners awarded in different age groups, and those winners will move on to district competition. Others from district competition will also advance to the state competition. The Top 6 kids in the nation receive accolades in Massachusetts in the Hoop Shoot's finale.

"This is a great opportunity for kids interested in competing and possibly moving on to the next level of competition," Ramona Rummel, of Norwood, said. "We have had many young athletes over the years compete and do very well locally, regionally, and at the state level."

For those who would like more information, they should visit [www.elks.org/hoopshoot](http://www.elks.org/hoopshoot) or email Cindy Wyszynski locally at [cindy692per@gmail.com](mailto:cindy692per@gmail.com).



## Leaving WEEDC in good hands

Makayla Gordon, left, is the new West End Economic Development Corporation's executive director. Here, she stands with Aimee Tooker, the WEEDC board president, and former director Deana Sheriff at Sheriff's going away party. (Courtesy image)

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## History: Rimrocker Historical Society The Colorado Cooperative Camp at Naturita, 1895, continued

By JANE THOMPSON for the Rimrocker Historical Society



This photo shows the original store, post office and boarding house at Naturita, owned by the Warners, c. 1890s. (Image courtesy of the Rimrocker Historical Society)

We find a very small group of colonists living at Naturita on the Blake place while they grow crops and make preparations to move themselves and more workers to live near the ditch building at Cottonwood.

On May 11, 1895, Smith writes, "Next week will see most of the planting done as the water is now on the first part of the land. It has been a tough old siege, but everyone has put his shoulder to the wheel and shoved the work to completion.

"It has rained all day in showers, at times stopping work on the high flume in front of Mr. Blake's house. This flume is 27 feet high and 160 feet long.

"On March 24th Mrs. M. R. Cleveland gave birth to a baby girl, the first one in the colony. To propitiate the old Roman goddess of fruits, the general manager named her Pomona. On May 2nd Mrs. E. R. Smith gave birth to a son, which we have named Benjamin Glenn. It looks as though the women were trying to beat the railroad company and furnish colonists without paying transportation."

Smith went on to talk about the work they were doing in Naturita. After the ditch was finally finished from Naturita Creek to Blake's ranch and to the Warner ranch, the colonists were quick to get their crops planted, knowing that they were going to be in the ground late. Corn, potatoes, beans, oats and sowed corn and cane for fodder, peas, radishes, lettuce and onions were planted, in order to feed the colonists for the winter.

They paid the Warner ranch for board, hay and grain. They were working hard with only a few folks to get those crops planted and harvested, so that they would be ready to move the following spring and set up a camp at Cottonwood.

Looking far into the future, Smith asks the question, "Now when the ditch is out, what?"

He goes on to explain what the cooperative spirit of the colonists, having finished the ditch and getting water to the new town at Tabeguache Park, would be able to accomplish in the future of their town.

"When the ditch is completed, we have done so well in helping each other (another and better way

of helping ourselves), shall we carry the scheme still farther, and tan our own beef hides into leather, manufacture the leather into harness, shoes and saddles, or shall we pay trust prices for these articles? Shall we grind our own flour in our own mill, or shall we trade two pounds of wheat to the flour trust for one pound of flour? Shall we furnish ourselves with electric lighting, telephone service and rural mail and package delivery, or shall we ask some syndicate to do it for us and give them a big bonus to come and start robbing us?"

Smith and the other colonists saw the importance of not only building their town, but building the businesses to support the growing needs of a new community, rather than depending on the fickle nature of outside corporations coming in to provide services.

If you look at the list of things they hoped to provide for their towns, they did pretty well. They did grind their own flour and made their own butter and cheese. Nucla was one of the earliest towns to have lights, thanks to Mr. Vestal, and the original power company

*Cont. on Pg. 4*

DENVER

## State Rep. Marc Catlin is named a person 'Who Had the Juice in 2022'

SPECIAL TO THE FORUM

Colorado State Representative Marc Catlin has been highlighted in the Colorado Politics' "Who has the Juice | 2022 in Review" article. The article identifies 10 individuals or groups who "had the greatest impact on state politics that year."

Rep. Catlin was the only Republican legislator named to the list. The article mentions Representative Catlin's bipartisan approach to being an effective legislator with 100 percent bipartisan bills sponsored. He has the second most bills passed at 22.

Rep Catlin is the only Republican to hold a leadership role on a House

committee. He will retain his vice chairmanship position of Ag, Water and Natural Resources, making this honor three consecutive years. He also stands as House Minority Whip for the remainder of the 73rd General Assembly.

The story has been published online at [Coloradopolitics.com](http://Coloradopolitics.com).

"Being recognized is an honor, especially being included with nine leaders who have a state-wide impact," he said in a news release. "My office and I will continue to represent and voice Western Colorado and the 58th District interests at the state level."

Other individuals and entities identified in the article include

Governor Jared Polis, Colorado Democrat Leader Morgan Carroll, U.S. Congresswoman-elect Yadira Caraveo, U.S. Rep.-Elect Brittany Pettersen, Keeping Colorado Local, Jon Caldara, Healthier Colorado, House Speaker-Designate Julie McCluskie, and Senate President Steve Fenberg.

Rep. Catlin represents the eight counties of Dolores, Delta, Gunnison, Hinsdale, Montezuma, Montrose, Ouray and San Miguel. He vice chairs the Agriculture, Natural Resources and Water Committee, is a member of the Capital Development Committee, and is the ranking member of the Transportation & Local Government Committee.

OBITUARY

# Roy Hayden Pfander

May 27, 1965 - Dec. 20, 2022



Roy Hayden Pfander

Our beloved son, brother, uncle, nephew, cousin, husband, father and friend passed away Dec. 20, 2022, at the age of 57.

Roy was born in Montrose on May 27, 1965, to Patricia Lee Stokes and Jerry Hayden Lynch. He was raised and adopted by Richard Lyle Pfander. As a child, Roy lived in Naturita and Norwood; Spokane and Seattle, Washington; and Wyoming. When Roy was 8 years old, he spent the summer in Nucla with his aunt Shelley and uncle David Kelly. Roy enjoyed fishing, camping and hunting with them. His first summer in Nucla, he also learned to swim, earning his Red Cross certificate. After that first summer, it became tradition for Roy to spend the summers in Colorado. Roy eventually moved to the West End full-time, so he could attend school in the Nucla-Naturita area. During his middle and high school years, he was a competitive wrestler.

In 1983, Roy left home to work in construction and on oil rigs. He enlisted in the Army National Guard of Wyoming on March 4, 1988, completing basic combat training at Fort Sill, Oklahoma on May 26, 1988. During his time in the National Guard, he also completed his GED and Defense Mapping School. He received an honorable discharge on April 4, 1989. Roy was working construction in Green River, UT, in 1989 when he met Janeice. Roy and Janeice married on September 8, 1990.

Roy began working for the City of Green River on Aug. 12, 1993, and worked there nearly 22 years. He became a certified Utah Water

for a record mule deer in 2005. He also enjoyed golf, a hobby that he shared with his wife and kids. Roy was a fun-loving, outgoing person and will be greatly missed by his family and friends.

Roy is survived by his wife, Janeice Pfander; his children, Hayden, Chance, Cord, and Callie Pfander, all of Green River, UT; his aunt, Shelley Kelly, of Montrose; his cousins, Carl (April) Kelly and family, of Montrose, and Tommy Kelly, of Grand Junction; his brothers, Bud Lynch and James Lynch, of Olathe, CO, and John Lynch of Lamar, OK; his sisters, Mary Lynch, of Laramie, WY, and Goldie Freeman, of Lamar, OK, and Shelley Burnett, of Dustin, OK; his mother-in-law, Lorna Bastian; his brothers-in-law and sisters-in-law, Valerie (Allen) Clark, Danna Engleman, David (Terri) Bastian, Tyler (Mistie) Bastian and Rebecca Bastian, all of Green River, UT, and Kyle (Brandy) Bastian of Garland, UT. His family also includes many nieces and nephews.

Roy is preceded in death by his mother, Patricia Lee Stokes-Stewart, of Nucla; his adopted father, Richard Lyle Pfander, of Gillette, WY; his biological father, Jerry Hayden Lynch, of Nucla; his brother, David Ellis, of Montrose; his uncle, Randy Trounce, of Montrose; his cousin, Skyler Ann Kelly, of Nucla; his father-in-law, Ernest Bastian; his brother-in-law, Philip Engleman, and his sister-in-law, Mary Ellen Bastian, all of Green River, UT.

The funeral service was held Saturday, Jan. 7, at the Green River LDS Church.

System Operator during this time. Janeice and Roy purchased the Chow Hound in the Spring of 2008. Roy could often be found puttering around the Chow Hound, doing maintenance and repairs and visiting with customers.

Roy and Janeice have four children, and they were his pride and joy. He loved coaching them all in many different sports, including Little League, Babe Ruth, and Jr. Jazz. Roy didn't miss any sport or event his kids were involved in. He was always the proudest and loudest fan in attendance. Papa Roy, as he was known by his children, their friends, his nieces and nephews, and many others around Green River, was a friend to everyone. He would do anything for anyone and loan whatever he had to help out. Papa Roy never met a stranger.

Roy passed down his love of hunting and fishing to his children and enjoyed taking family camping trips. Roy hunted all types of big game and went on many hunting trips, including a wild boar hunt in Texas. His name is even in the Boone and Crockett Club

OBITUARY

# Gerald 'Jerry' Roman Lex

April 16, 1933 - Dec. 24, 2022

Gerald "Jerry" Roman Lex passed away peacefully at his home after a short illness. Jerry was born in Milwaukee, Wisconsin, to Helen Marquardt Lex and Roman Lex.

He and his brother, James, grew up in the company of grandparents and cousins. After high school, Jerry joined the U.S. Army, during the Korean War and was stationed in Japan. He returned to Milwaukee, married his first wife Barbara, and fathered Renee, Neal, Chris, Jeff and Valerie. Later, they divorced.

Jerry worked as a carpenter on projects, large and small. He was hired to teach carpentry at Milwau-

kee Area Technical College; he retired in 1993. He was introduced to Joyce by her brother. They married, and Jerry added Gary, Linda and Bryon as step-children to his family.

Always a fan of all things western, Joyce and Jerry moved to a senior community in Tucson, AZ; the summers there being overly warm, they traveled every year to Nucla. Eventually, Joyce and Jerry made Nucla their permanent home. Jerry enjoyed card playing, family breakfasts and star-gazing from his backyard hot tub. He was a devoted husband, a caring father and a dependable friend.

He is survived by Joyce, his real



Gerald Roman Lex

love, all his children in Wisconsin, Illinois and Colorado. He was a great guy, and we miss him.

# Will Gabriel

Cont. from Pg. 1

He's still studying exercise science, on scholarship, and he's had a great fall season playing baseball. He said the group of guys at "the Springs" is good, and there are fun things to do in the community.

"My goal is to be the best I can be," he said.

But his goal is to also be a role model. He wants to represent his community and show young players

they can succeed, even coming from a very small school.

"You can come from a place as small as Nucla and still do some things," he said. "You can compete at the next level, if you really want it."

He said young players shouldn't avoid setting high goals for themselves, just because they're from a 1A or 2A school.

"That's a lie," he said. "You can do whatever you set your mind to

really."

He's still practicing over his winter break, at home in the West End. His father, Randy Gabriel, was clearing snow during that time so his son could get out there and throw.

"I'm grateful for my opportunities and who I've gotten to meet and the places I've been able to go. It's been really cool," Gabriel said. "And I want to represent my community well right now."

# San Miguel Basin Forum

Owner and Editor: Regan Tuttle

Advertising Manager: Tanner Nelson

Design Team: Rick Bickhart & Tori Sheets

## Mustang Wrestling 2022-23

TIME	PLACE	DATE	DAY
TBD	@ Pagosa (Dual)	1/6	Fri.
9:00	@ Pagosa	1/7	Sat.
9:00	@ Norwood	1/14	Sat.
4:30	Quad @ Dove Creek	1/17	Tues.
9:00	@ Pagosa/Hotchkiss	1/21	Sat.
9:00	@ Ignacio	1/28	Sat.
4:30	@ Dolores (SJBLS)	2/2	Thurs.
??	??	2/4	Sat.
TBD	Regionals	2/10 - 11	Fri./Sat.
TBD	State	2/16 - 18	Thurs./Fri./Sat.

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**MONTROSE**

# County residents encouraged to test homes for radon

**SPECIAL TO THE FORUM**

Radon is the leading cause of lung cancer deaths among nonsmokers in the U.S. and claims the lives of nearly 21,000 Americans each year. Radon is also responsible for more than 500 lung cancer deaths in the state each year.

In an effort to protect county residents and their families, Montrose County is offering free radon test kits while supplies last. Exposure to radon is a preventable health risk and testing — at the correct time — may help prevent unnecessary exposure. January is National Radon Action Month, and Montrose County urges homeowners to take this simple step to protect their families from radon exposure.

“The radon test kits are part of a grant from the Colorado Department of Public Health and Environment, and we are grateful that the region has received grant funding for the past several years to offer this service to homeowners in Montrose County,” said Public Health Director Jim Austin. “The

kits are an easy way to protect your family and know your risk. There are also resources available to aid with mitigation assistance.”

Radon is a naturally occurring radioactive gas. The colorless, odorless, tasteless gas can enter homes through minuscule cracks in the floor or small spaces around utility pipes. It can accumulate unless properly mitigated. Long-term radon exposure is the leading cause of lung cancer in non-smokers and the second-leading cause of lung cancer in smokers.

Testing is easy and affordable. The Colorado Department of Public Health and Environment’s website also lists contractors certified by the National Radon Proficiency Program who install systems to mitigate radon. Colorado residents also can call the state’s Radon Hotline at 1-800-846-3986.

Free test kits are available while supplies last (one per homeowner) at Montrose County Public Health offices at 1845 S. Townsend Ave. or at the Montrose County Public Health and Human Services building in Nucla at 851 Main St.

**MAYOR’S LETTER**

# Sewer lagoon and collection system

*Dear Naturita Citizens,*

To the citizens of the Town of Naturita, I would like to talk to you about what is being planned for our sewer lagoon and collection system. There seems to be a misunderstanding that we are only talking about the treatment system.

The town has 30-, 40- and 50-year-old sewer mains, manholes and collection systems. There have been some lines and manholes that were replaced in recent years.

The town has videoed our sewer system from manhole to manhole. We have serious problems on sections that can no longer be let go.

Also, our lagoon system of treatment is no longer able to meet the new standards required by law.

The Naturita Town Board of Trustees, the office staff, and maintenance staff have diligently worked to find solutions. Element Engineering has worked diligently with the town and regulators to avoid extreme fines for the town. We have pursued and gotten grant money and funds from every source that was available.

The project estimate cost is \$7.4 million; we have secured \$5.8 million in funds and grants, and \$1.4-million in long-term loans from the USDA. With requirements of the loan, the town will have to raise the current sewer rate. The town board will pursue every avenue for the long term to keep the increase as low as possible.

Also, we are looking at other solutions to offset costs to our citizens and businesses. The new system is designed to be in compliance for the next 20 years and is capable of handling new growth in our community.

The board would like to receive feedback from our fellow citizens. Please email [thnaturita@nntcwireless.com](mailto:thnaturita@nntcwireless.com) or send mail to PO Box 505, Naturita, CO 81422.

The regular Town of Naturita board meeting to vote on sewer rates will be Jan. 24 at 6 p.m. at the Naturita Community Center.

*Mayor Eugene Greenwood and the Naturita Town Board of Trustees  
NATURITA*

## Heather Gunn

*Cont. from Pg. 1*

wants to see enrollment in the upper 30s, and that’s the goal.

Before winter break, she said the Christmas program had a good showing. More than 75 people attended, not including students, staff and program participants.

“We had so much support from the community,” she said.

Now, she’s aiming to produce more arts and theater-based programming.

“That’s the direction we are heading,” she said.

While the bluegrass band that the school was formerly known for is not active, she said the instruments and equipment are still there, and it’s

something she’d like to revive. She said it will take someone with the skills and dedication to help make that happen.

Collaborating with others in alternative education scenarios is something she also wants to do. She said working with the homeschool parents or those who want to do a hybrid program — part-time in school and part-time distance learning — is another one of her goals.

“Making sure (parents) have the tools and resources,” she said.

Upcoming for Paradox Valley School is another school play, which will take place around the time of the chili-cook off event at the end of February. The spring celebration is

set for March, and a fair and family luncheon is scheduled for April.

Gunn said she’s grateful for all of the people and groups who supported the Dec. 16 production, “A Christmas Carol,” by Andy Pavey. She thanks the Montrose County Sheriff’s Office, Jane Thompson, Moose Moss, the Westfall Family, the West End Theater Creative (Montrose West Recreation), Hoof & Paw Thrift Store, Naturita Community Library and Paradox Valley School staff and families.

On the school board for the charter are co-president Becky Thomas, co-president Melanie Eggers, treasurer Debbie Irish and secretary Raena Wedel-Grindle.

## Local history

*Cont. from Pg. 2*

would grow into the power company for the whole area.

There are many community

members who have fought to keep the power company based in our community, rather than be moved to another town — and so far, it is still here.

In 1896, the pioneers would begin talking about bringing telephones into their community, and after all of these years, we have our own locally-owned telephone company still providing service.

Another thing we have always had in our community is a newspaper. I know some think our little, local newspaper is not that important, but beginning with The Altrurian, later The Nucla Independent and eventually The San Miguel Basin Forum, we have been fortunate to have these records of the history of our area.

I would like to thank Roger Culver for keeping the newspaper going all these years and for always including the historical stories that the Rimrockers offered. We wish Roger and Mary happy retirement, and I am looking forward to seeing what Regan Tuttle, the new owner, has planned for the future.

She has graciously asked the Rimrockers to continue to share stories of our history, and we are happy to do just that. I really enjoyed her first paper last week and look forward to her contributing to our community. Let’s hope all our businesses are here for a long time to come, and let’s not ever take for granted the vision of those early pioneers.

Support your local businesses and buy a newspaper for goodness sake!



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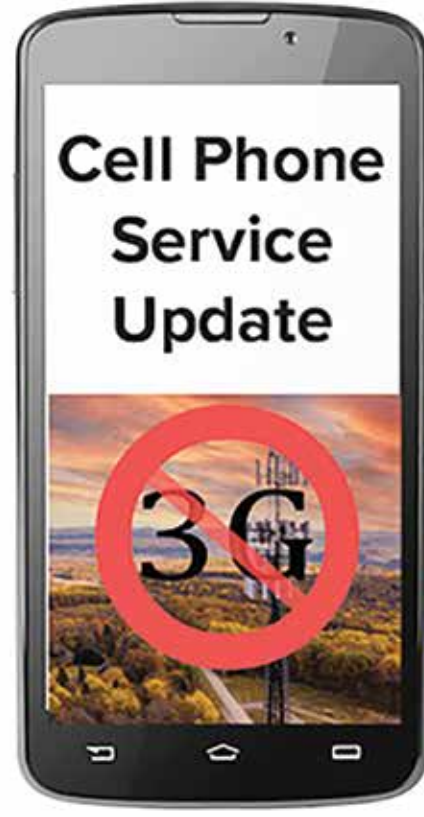
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## 3G Sunset is here. Are you ready?

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**Cell Phone Service Update**





This Nov. 29 photo shows Naturita Sales, specifically the lighting that adheres to the West End's lighting ordinances. (Courtesy photo)

## WEDSA expanding

Cont. from Pg. 1

ored lighting when possible.

Stueber said she's pleased with Naturita Sales' compliance with the ordinances. She said the business is a model for helping to preserve the dark night sky.

"Kudos to them for doing such a great job with lighting and implementing the new ordinance

requirements for public lighting," she said.

WEDSA is now taking new members. Anyone who'd like to join the organization can do so for \$35. Membership is open to the public. The next meeting will happen at the end of January, or the beginning of February. Meetings happen generally four to six times annually.

Recently, WEDSA finished its annual report, the document that is submitted to the IDA in order to keep the Dark Sky status active.

"It's an elite designation," she said. "It's really hard to become a Dark Sky community, and we have some of the most pristine skies in the world. It's world class ... and a precious resource, and we want to keep it."

## Sage Carver

Cont. from Pg. 1

ant to be feeding ourselves and our children quality, nutritious food."

Carver said she's concerned that current statistics show 60 percent of the U.S. diet is ultra-processed food. She thinks it's contributing to mental health challenges and chronic disease, leading to a shorter life expectancy.

"It gets me fired up," she said. "It's so normalized."

For her, it's important to share her knowledge, and especially

with parents, so they can help their children.

"The world we live in today is not the same as our mothers' or grandmothers'," she said.

She added between toxins and other environmental poisons, and social media, there's an adverse affect on health. Carver's mission to help others actively counter those negative factors, "for the best outcome for ourselves, families, future generations and the planet," she said.

She wants to support locals in

participating in their lives in a way that creates joy, empowerment and health for themselves, and others, breaking away from cycles that keep them feeling stuck or drained. She said it's easier for people to face life's challenges when they feel good.

"I believe you can upgrade your mind and your body by focusing on lifestyle and nutrition," she said. "And nutrition is physical, mental and spiritual. ... The best thing you can do for your family and loved ones is to live healthy."

### RECIPE

# Talerine is an old family recipe

By **DOYLENE GARVEY and GARVEY BROTHERS LAND & CATTLE, LLC**

This was my grandmother's recipe that has been passed down and is still a family favorite.

## Talerine

### Ingredients

- 1 lb. of ground beef
- ½ sack of extra-wide egg noodles
- 1 can of black olives, drained
- 1 can corn, not drained, or use fresh-cut
- 1 can tomato soup

### Directions

Add to this for bigger portions. Cook ground beef in a large skillet. Then boil the extra-wide egg noodles. After the beef is cooked, add tomato soup, olives, corn and cooked noodles. Stir, and then top with shredded cheese. Supper is ready in 15 minutes tops.

Martin and Flora Sage were part of the original pioneers

in Pinon, as members of the Colorado Cooperative Company. One of their eight children, Dessie, married Frank Rice and purchased 80 acres on Second Park in 1912. They had four daughters: Nellie, Viola, June and Evelyn.

Evelyn married Tom Garvey and eventually bought out her siblings on the 80 acres, which is now owned by their sons and grandson: Garvey Brothers Land & Cattle LLC. Through the years, the Garveys have added acreage to their ranch. They have been recognized as a Centennial Ranch; The family has owned the same piece of property for more than 100 years.

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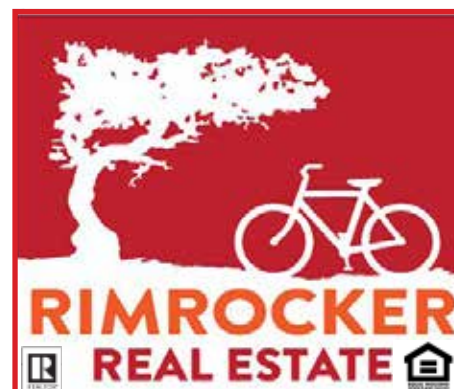


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**WEST END MONTROSE COUNTY SHERIFF'S OFFICE BLOTTER**

**12/29/2022**  
1253 Hours - Deputy took an information report in the 27700 block of DD Road near Nucla. A warrant for Aaron Duran, 47, was issued for domestic violence and posting a private image for harassment.  
1447 Hours - Deputy relayed a message in the 400 block of Adams Street in Naturita.  
1742 Hours - Deputy was dispatched to Highway 90 mm12 near Bedrock for an accident.  
12/30/2022  
0936 Hours - Deputy was dispatched to the 100 block of East Main Street in Naturita for a medical assist.  
1125 Hours - Deputy conducted an agency assist in the 600 block of Juniper Street in Nucla.  
1346 Hours - Deputy was dispatched to the 800 block of Main Street in Nucla for a disturbance.  
Stephen Squires, 32, was arrested for domestic violence, violating a protection order, and harassment.  
1659 Hours - Donovan Sandefur, 27, was contacted on Highway 97 mm 2 near Nucla and cited for speeding.  
1747 Hours - Paige Anderson, 26, was contacted in the 400 block of West Main Street in Naturita and cited for speeding.  
1835 Hours - Deputy was dispatched to the 700 block of Juniper Street in Nucla for a civil matter.  
1905 Hours - Deputy was dispatched to the 300 block of West Sixth Avenue in Nucla for a civil matter.  
2125 Hours - Deputy was dispatched to 25 Mesa Road mm 34 near Nucla for an accident.  
1 directed patrol in Nucla

**12/31/2022**  
1044 Hours - Deputy took an information report in the 100 block of Crystal Drive in Naturita.  
1501 Hours - Deputy conducted a ride along in the 27700 block of DD Road near Nucla.  
1524 Hours - Cole Malecki, 40, was contacted on Highway 141 mm 58 near Naturita and issued a warning for speeding.  
1532 Hours - Deputy was dispatched to the 100 block of Porter Street in Naturita for a juvenile problem.  
1559 Hours - Deputy relayed a message in the 1100 block of Montana Street in Nucla.  
1832 Hours - Austin Sullivan, 27, was contacted in the 100 block of West Main Street in Naturita and cited for driving with a suspended driver's license and no proof of insurance.  
1917 Hours - Harley Naff, 20, was contacted at the intersection of Highway 97 and Payson Street in Naturita and issued a warning for failing to signal.  
1928 Hours - Deputy conducted a field interview in the 100 block of East Main Street in Naturita.  
1955 Hours - Deputy conducted a ride along the 27700 block of DD Road near Nucla.  
2011 Hours - Deputy conducted a motorist assist at the intersection of Highway 97 and DD Road near Nucla.  
2038 Hours - William Hewitt, 55, was contacted at the intersection of Juniper Street and West Seventh Avenue in Nucla and issued a warning for expired license plates.  
2103 Hours - Deputy was dispatched to the 29400 block of Highway 97 near Nucla for a welfare check.  
2140 Hours - Deputy was dispatched to Highway 97 mm 3 near Nucla for an accident.  
2234 Hours - Deputy conducted a bar check in the 200 block of East

Main Street in Naturita.  
1 directed patrol in Nucla  
1 directed patrol in Naturita  
**1/1/2023**  
0211 Hours - Deputy was dispatched to the 29800 block of Highway 97 near Nucla for a 911.  
1520 Hours - Deputy took a civil matter report in the 200 block of Highway 97 in Naturita.  
1837 Hours - Deputy was dispatched to Highway 145 mm 107 near Redvale for an animal problem.  
2008 Hours - Deputy was dispatched to the 500 block of Heron Street in Nucla for a welfare check.  
1 directed patrol in Nucla  
**1/2/2023**  
0234 Hours - Deputy was dispatched to Highway 145 mm 107 near Redvale for an animal problem.  
0907 Hours - Deputy was dispatched to the 500 block of West Seventh Avenue in Nucla for a 911.  
1044 Hours - Deputy took a civil matter report in the 200 block of East Fourth Avenue in Nucla.  
1734 Hours - Deputy was dispatched to the 32400 block of Highway 145 near Redvale for a 911.  
2020 Hours - Deputy conducted a motorist assist in the 200 block of West Fourth Avenue in Nucla.  
1 directed patrol in Naturita  
**1/3/2023**  
1457 Hours - Deputy took an information report in the 27700 block of DD Road near Nucla.  
1647 Hours - Deputy took an information report in the 700 block of Willow Drive in Naturita.  
1 VIN inspection  
1 school zone in Naturita  
2 directed patrols in Nucla  
**1/4/2023**  
0723 Hours - Dion Yardley, 19, was

contacted in the 400 block of East Main Street in Naturita and cited for driving with a restrained license and speeding.  
0812 Hours - Deputy conducted a motorist assist in the 27400 block of DD Road near Nucla.  
0814 Hours - Deputy was dispatched to the 500 block of Juniper Street in Nucla for a citizen assist.  
0958 Hours - Deputy conducted court security in the 400 block of West Second Avenue in Naturita.  
1044 Hours - Deputy was dispatched to the 800 block of Main Street in Nucla for a disturbance.  
Tina Dean, 59, was cited for disturbing the peace.  
1154 Hours - Deputy relayed a message in the 800 block of Main Street in Nucla.  
1245 Hours - Deputy took an information report in the 27700 block of DD Road near Nucla.  
1425 Hours - Deputy was dispatched to the 800 block of Elm Street in Naturita for a welfare check.  
1 school zone in Naturita  
1 directed patrol in Nucla  
2 directed patrols in County  
3 directed patrols in Naturita


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## WEPS HELP WANTED

**Special Education Paraprofessional Position**  
West End Public Schools RE-2 is seeking qualified applicants for a full-time Special Education Paraprofessional position, \$14.50/hr. Hours are 7:30am-4:00pm during scheduled school days. Benefits include health, dental, vision, and life insurance, paid time off, PERA retirement, and PERA 401K. Applicants should have experience working with children, be able to multi-task and work in different settings throughout the day. Applications with resume can be dropped off at the district office located at 225 W. 4th Ave. in Nucla or can be submitted to Malisha Reed, Nucla High School Principal via email at mreed@westendschools.org. Applications can be found at <https://www.westendschools.org/page/employment>. We are an Equal Opportunity Employer.

## NATURITA BOARD OF TRUSTEE VACANCY

There is a vacancy on the Town of Naturita Board of Trustees. Qualifications: Town resident for 12 months, registered Colorado Voter, and be able to attend meetings every 2nd and 4th Tuesday of each month. Please submit your letter of intent to Naturita Town Hall or via email townofnaturita@naturita.town. Interviews will be held to find the perfect fit.

## PASTURE LAND FOR LEASE

The Town of Nucla is requesting bids to lease the Nucla Wastewater Treatment Facility pasture. The pasture is approximately 33 acres and is located 1.5 miles west of Nucla on 5th Road (sewer ponds). Lessee is

responsible for any necessary fence repairs. Materials will be furnished or reimbursed by the town and will remain the property of the town at the expiration of the lease. Lease term will begin on February 1, 2023 through January 31, 2024 with the option to renew each year for 5 years. Sealed bids will be received until January 19, 2023 you may mail your bids to Town of Nucla PO Box 219, Nucla, CO 81424 or drop off at Town Hall 320 Main Street, Nucla

## MUSTANG WATER AUTHORITY BOARD SEATS

BOARD SEAT- Mustang Water Authority is seeking letters-of-interest for consideration to fill the at-large positions (member and alternate) on the Mustang Water Authority Board of Directors. The towns of Nucla and Naturita created the Mustang Water Authority to consolidate their water treatment facilities when they entered into a contract in 2003 that formed the authority and its board. The board consists of two members and an alternate selected by each town board and an at-large member and alternate to be selected by the four sitting town appointed board members. An applicant for an at-large position must be a user of the Town of Naturita or Nucla's water distribution system. Please mail letters-of-interest to MWA PO Box 177, Nucla 81424 or email to mustangwaterauthority@gmail.com by January 13, 2023.

## AT'S MEATBLOCK

Part-time help needed now including at the wrapping table. Apply at AT's Meatblock or call Dottie at 864-7693 or 428-7792.

## Delta Sales Yard Market Report January 5, 2023

400-500# STEERS	1.80-2.25	400-500# HEIFERS	1.80-2.05
500-600# STEERS	1.70-2.05	500-600# HEIFERS	1.65-1.85
600-700# STEERS	1.65-1.90	600-700# HEIFERS	1.58-1.74
700-800# STEERS	1.67-1.75	700-800# HEIFERS	1.55-1.66
800-900# STEERS	1.50-1.70	800-900# HEIFERS	1.50-1.63
Top bulls	.84-.92 high of .95	Medium bulls	.75-.83
Young Cows	.90-1.15	Top cows	.68-.75 high of .80
Medium cows	.62-.67	Low-yielding cows	.61 down

**NEXT WEEK:** Thursday January 12<sup>th</sup>. 15 Bred cows, 12 mixed grass calves, 6 grass calves, 16 feeder calves, 5 butcher cows, 10 butcher cows, 9 butcher bulls. Along with our regular dock run of 300-400.

## UP COMING SALES FOR 2023

**Thursday February 2nd – Special Feeder Sale.** 75 steers & 70 heifers 650-700#, 25 mixed feeders, 14 feeder heifers.

**Next special Horse Sale - Saturday February 4<sup>th</sup>.**

## LEGAL PUBLICATION TOWN OF NUCLA, COLORADO ORDINANCE 2023-01

AN ORDINANCE OF THE TOWN OF NUCLA, COLORADO PROHIBITING THE USE OF TOBACCO, TOBACCO PARAPHERNALIA AND THE USE AND POSSESSION OF CANNIBIS AND CANNIBIS PARAPHERNALIA BY ANYONE UNDER THE AGE OF 21

Published in the San Miguel Basin Forum on January 11 & 18, 2023

## LEGAL PUBLICATION ORDINANCE 286 ORDINANCE TO APPROPRIATE SUMS OF MONEY

An ordinance appropriating sums of money to the various funds and spending agencies, in that amount and for the purpose as set forth below for the Town of Naturita, State of Colorado for the fiscal year beginning January 1, 2023 and ending December 31, 2023. Ordinance 286 is available for public review at Town Hall, 222 East Main Street, Naturita Co.

Published in the San Miguel Basin Forum on January 11 & 18, 2023

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## STATEPOINT CROSSWORD

THEME: AT THE SUPERMARKET

- ACROSS**
- Rock bottom
  - Attorneys' org.
  - Hefty volume
  - Cast \_\_\_\_\_
  - It's all the rage
  - Miserable
  - Fit for a king
  - Back then
  - Do like Demosthenes
  - \*Checkout clerk
  - \*Meat professional
  - "\_\_\_\_\_ the land of the free..."
  - Fictional Himalayan
  - Meme move
  - Man Ray's art movement
  - On cloud nine
  - Crude group
  - Seaside bird
  - Formerly known as dropsy
  - Make-up artist?

- Blast from the past
  - Bruce Willis' ex
  - Chocolate substitute
  - Mischievous sprites
  - Plaintiff
  - \*Advantageous display
  - \_\_\_\_\_ Spumante
  - Meddle
  - Largest share owner
  - "\_\_\_\_\_ to Joy"
  - \*Coldest display
  - \*"What's on \_\_\_\_\_?"
  - Main artery in the body
  - Feathery neckwear
  - Isolated
  - Hipbone-related
  - Octopus' defense
  - Espresso plus steamed milk
  - Eye contact
  - Word from #32 Down
  - Goes up or down
- DOWN**
- D.E.A. agent



- On a deck, perhaps
- Pad
- Gem State
- Depended on
- From a distance
- \*Reusable one
- Hacienda brick
- Cleopatra's necklace
- Moonfish
- Boundary line
- Looker or ogler
- Capable of movement
- One of the Muses
- Shoshonean
- Railyard worker
- Gabbana's partner
- Relating to bees
- Edward Teach's facial feature
- \*Prepared food department
- Contributes
- Get ready to drive (2 words)
- Type of wheat
- \*Ricotta and eggs section
- Semiaquatic tetrapod, for short
- Sips from a flask?
- Bar by estoppel
- Novelist HonorÉ de \_\_\_\_\_
- Blackbird dessert
- Paragons
- Galactic path
- Pomp
- Be unsuccessful
- Dramatic part
- Sportscaster Andrews
- JFK or ORD postings
- Japanese alcoholic beverage
- Tiny amount
- Not in favor of
- Lecherous look
- \*O in BOGO

**CROSSWORD**

1	2	3	4	5		6	7	8		9	10	11	12
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<b>89¢</b> Food Club 10.5-14.5 oz. Tomato or Chicken Noodle Soup or Chicken or Beef Broth	<b>59¢</b> Food Club 5-7.25 oz. Select Varieties <b>Macaroni &amp; Cheese</b>	<b>55¢</b> Food Club 70.16 oz. Select Varieties <b>Mixes</b>	<b>2.49</b> Food Club 18 oz. Select Varieties <b>Dressing</b>
<b>79¢</b> Food Club 8 oz. Select Varieties <b>Tomato Paste</b>	<b>1.29</b> Food Club 20-24 oz. Select Varieties <b>Ketchup</b>	<b>2/5</b> Food Club 34 oz. Select Varieties <b>Pickles</b>	<b>3/5</b> Food Club 8 oz. Select Varieties <b>Olives</b>
<b>2/3</b> Food Club 14.5-15.25 oz. Select Varieties <b>Fruit</b>	<b>1.19</b> Food Club 10.5-11 oz. Select Varieties <b>Mandarin Oranges</b>	<b>3.29</b> Spoon 12 oz. Select Varieties <b>Lunch Meat</b>	<b>3/5</b> Food Club 5 oz. in Water Churn 20% <b>Chicken Breast</b>
<b>1.79</b> Food Club 8 oz. in Water Churn <b>Tuna or Pink Salmon</b>	<b>79¢</b> Food Club 4 oz. Select Varieties Chard <b>Green Chiles or Jalapenos</b>	<b>4.49</b> Food Club 40-48 oz. Select Varieties <b>Cooking Oil</b>	<b>2/3</b> Food Club 8 oz. Dairy or Creamery <b>Peanut Butter</b>
<b>6.49</b> Food Club 20 oz. Select Varieties <b>Mayonnaise</b>	<b>3/5</b> Food Club 64 oz. Select Varieties <b>Apple Juice or Cider</b>	<b>1.79</b> Food Club 20 oz. Select Varieties <b>Pineapple</b>	<b>3.29</b> General Milk 5.5-12 oz. Select Varieties <b>Cereal</b>

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**Pork Roast**

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<b>5.99</b> Food Club 80 oz. 30% Fat or Onions Cut into <b>Potatoes</b>	<b>5.49</b> ea. Kraft 24 of American <b>Cheese Singles</b>
<b>5.49</b> Jimmy Dean 4.8 oz. Select Varieties <b>Breakfast Sandwiches</b>	<b>6.99</b> Doritos 27 oz. Select Varieties <b>Entrees</b>
<b>4.49</b> Bakery 4-5.25 oz. Select Varieties Pizza Stuffers, or <b>Pizza Rolls</b>	<b>4.49</b> Yogurt 8-18 oz. Select Varieties <b>Go-Gurt or Yogurt</b>

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**Lunchables**

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**PORK**

Pork Steak ..... \$1.99/lb

<b>69¢</b> Food Club 14.5-15.25 oz. Select Varieties <b>Green Beans or Corn</b>	<b>77¢</b> Food Club 14.5-15 oz. Select Varieties <b>Tomatoes or Tomato Sauce</b>	<b>2/6</b> Doritos or Ruffles 5.5-10.75 oz. Select Varieties <b>Chips</b>	<b>4/5</b> 4 Pack Select Varieties <b>Snack Packs</b>
<b>99¢</b> Food Club 10.5-11.25 oz. Select Varieties <b>Soup</b>	<b>10/5</b> Food Club 6 oz. Select Varieties <b>Yogurt</b>	<b>2.79</b> General Mills 5-10 oz. Select Varieties <b>Fruit Snacks</b>	<b>2/4</b> Wheetas 9.5-11.25 oz. Select Varieties <b>Donettes</b>
<b>3/4</b> Food Club 12-16 oz. Select Varieties <b>Pasta</b>	<b>3/4</b> Food Club 33.8-24 oz. Select Varieties <b>Pasta Sauce</b>	<b>7.49</b> Blue Diamond 7.6-16 oz. Select Varieties <b>Almonds</b>	<b>3.99</b> Nabisco Family Size or Family Anywhere 7-17.5 oz. Select Varieties <b>Cookies</b>
<b>2.19</b> Food Club 5 lb. Unkneaded <b>Sugar</b>	<b>2.19</b> Food Club 5 lb. All Purpose <b>Flour</b>	<b>3.49</b> Club or Beanitos 7.1-13.8 oz. Select Varieties <b>Crackers</b>	<b>3.29</b> Wheetas 7.04-10 oz. Select Varieties <b>Snacks</b>
<b>3.99</b> Food Club 40 pk. 16.9 oz. Bottles <b>Drinking Water</b>	<b>5.49</b> Food Club 64 oz. Select Varieties <b>Orange Juice</b>	<b>3.99</b> On the Border 2.89 oz. Jelly or Jams or Cheesies 6.5-10 oz. Select Varieties <b>Snacks</b>	<b>3.49</b> Popcorns, Simply or SmartPop 6-8.5 oz. Select Varieties <b>Snacks</b>
<b>6.99</b> Food Club 20 oz. Select Varieties Thick Cut <b>Bacon</b>	<b>3.29</b> Kellogg's 8-13.2 oz. Select Varieties Special-K <b>Cereal</b>	<b>3.49</b> General Mills 5-8 oz. Select Varieties <b>Snack Bars</b>	<b>3/4</b> Food Club 16 oz. Select Varieties <b>Cottage Cheese</b>

**79¢** lb.  
Fresh Navel  
**Oranges**

**77¢** lb.  
Fresh Whole  
**Pineapple**

**3.99** ea.  
3 lb. Bag  
**Mandarin Tangerines**

**2/3**  
Large  
**Avocados**

**1.29** lb.  
Large Sizing  
**Tomatoes**

**89¢** ea.  
Fresh Green  
**Bell Pepper, Cucumber or Eggplant**

**1.89** lb.  
Sweet Koru, Cosmic Crisp or Pink Lady  
**Apples**

**4/5**  
10 oz. Matchstick Carrots or 16 oz. Baby Carrots

**TWO WEEK SAVINGS**