

NONPROFITS

Skillful-West End is still serving

SPECIAL TO THE FORUM

Since November 2018, Carla Reams — with the driving support of the Telluride Foundation and the West End Economic Development Center (WEEDC) — has been spearheading Skillful-West End to assist job seekers and find employment opportunities where skills can be utilized to their greatest potential. She's been building the High School Apprenticeship Program and assisting employers with hiring or policy needs.

What began as a workforce initiative of the Telluride Foundation, made possible through grant funding by the Markle Foundation to complement the Montrose County Workforce Center in reaching individuals who would be displaced because of the coal mine and power plant closures, has lasted now almost five years.

Tri-State's Nucla Station closed on April 30, 2020, and Skillful-West End assisted 12 employees with job searches, resume writing and job applications, with three employees receiving payment from Tri-State for their CDL courses, and another two in applying for scholarships for further education — which were successful.

Since 2018, Skillful-West End has gained a large following on social media as a one-stop shop for local employment opportunities. It's served 116 job seekers in resume and cover letter writing, mock interviewing, job searching and filling out online applications. It's maintained a 100 percent success rate in securing an interview for each client.

Forty-two known individuals have found new employment from this support, while 22 regional employers now practice skills-based hiring. Several other employers were assisted in creating handbooks, writing policies pertaining to new laws in Colorado during the pandemic, and more than 50 individuals were assisted in completing applications for unemployment during the pandemic.

In 2019-20, the High School Apprenticeship Program expanded to include the Norwood High School, when initially paid apprenticeship opportunities were only available at Nucla High School. Skillful-West End created an Apprenticeship Steering Committee that included both West End and Norwood school districts. The committee established a formalized approach to the apprenticeship program overall.

Pre-pandemic Skillful-West End reached 14 students between Nucla and Norwood High School. "The Program receives funding from

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HEALTH CARE

Basin Clinic reps speak to county commissioners

By REGAN TUTTLE, *Editor*

On Jan. 9, representatives from the Basin Clinic had a meeting in the West End with the Montrose County Board of Commissioners, specifically about funding. Basin Clinic Executive Director Christina Pierce said in a presentation the county has an obligation "to support all citizens to make sure tax funds are spent prudently." She added clinic representatives appreciate that the county takes their responsibility seriously.

Pierce said on Aug. 29 she, with her board's support, made a presentation to the county, regarding staff challenges, medication needs and other items. She also said they needed funding for their building, updated medical equipment and a complete organizational assessment and strategic plan.

After that meeting, commissioners chose Peak Professionals, of Montrose, to do an assessment of the clinic. Pierce said in September, Peak conducted a 20-minute Zoom call with the clinic and requested supplemental materials.

Pierce mailed them by Oct. 25.

On Oct. 26, the Basin Clinic got a report back of "milestones" it needed to meet.

In last week's meeting, Pierce told commissioners the clinic disagreed with many of the "milestones" that Peak Professionals

outlined. Some of those have since been completed; she said others are impractical.

Pierce said the board knows Basin Clinic needs to make changes. They've recently obtained grants from the Telluride Foundation and also Rocky Mountain Health Foundation, and those monies will be put toward the organizational review and the strategic plan. That's to be completed by December.

Pierce and the board remain concerned about the clinic building. The carpet is stained and worn. The flooring is cracked in exam rooms. The soffits are falling apart in places. Also, the roof pillar needs repair.

Additionally, Pierce said the clinic believes the helipad is important. They disagree with Peak's idea of deactivating it, or asking flight teams to pay for it. With 22 flights last year, they said it's necessary.

They also disagree with the idea of not taking emergencies. Peak's idea is letting only EMS handle emergency situations, but last year, the clinic saw 301 emergency situations.

Pierce said rural health centers (RHCs) are required to deal with emergencies. They're included in the public safety sales tax that the commissioners passed in 2007. Pierce and the board are unhappy that while the tax has grown a larger fund, the clinic's allocation of funding has decreased significantly over time.

Last year, the Basin Clinic received \$100,000; the sheriff's department got \$14 million. This year the clinic requested \$325,000.

Commissioner Sue Hansen said in last week's meeting her board operates conservatively and scrutinizes what it gives. She said people think the county is flushed with money, but that commissioners have to be careful of what they spend. She said commissioners have put a lot of money into the West End. She said she doesn't want to be looked at as the "big, bad bear."

"I feel good about the decisions I am making," she said.

Pierce said the clinic is improving. Reimbursement rates are higher, and more revenue is coming in. Staffing has become more streamlined. She said getting the clinic self-sustaining is the goal. She's looking for additional grants that can support it.

Commissioner Roger Rash said he was always looking for grants for the Basin Clinic.

Many citizens attended the meeting and voiced their concerns over funding and fears of the clinic closing.

Hansen said commissioners never said they wanted to shut it down.

While no decisions were made at last week's meeting, Pierce was notified Jan. 12 that the county was releasing \$125,000 in funding of the \$250,000 it's earmarked for Basin Clinic.

HIGH SCHOOL SPORTS

Mustangs are winning on the mat

By REGAN TUTTLE, *Editor*

Rob McCabe, a Nucla High School graduate from the class of 2001, is back in town teaching history and PE, along with coaching wrestling. In the last 21 years, he's built a coaching resume and has the experience to lead the Mustangs.

McCabe went to college at Adams State in Colorado. He started teaching in Pagosa Springs, and also taught in Florida for five years. He then coached at the college level in Kentucky.

Now back in Nucla, he admitted it's quite different going from coaching at the college level to working with high school kids, but he's happy.

"I enjoy it, and I'm glad to be back home," he told the Forum last week.

McCabe is married with four children, and they're all settling into small-town life in Nucla, too.

On the wrestling team this year are six guys and a girl. The female, Riley McCabe, is coach's daughter and a senior this year.

The juniors are J.W. Nasland, Arthur Connelly and Derrick VanDellen. There are two sophomores: Paxton Caruso and Hunter Rowe. Rowan Hemphill is the only freshman.

McCabe said so far on the mat the wrestlers are doing well.

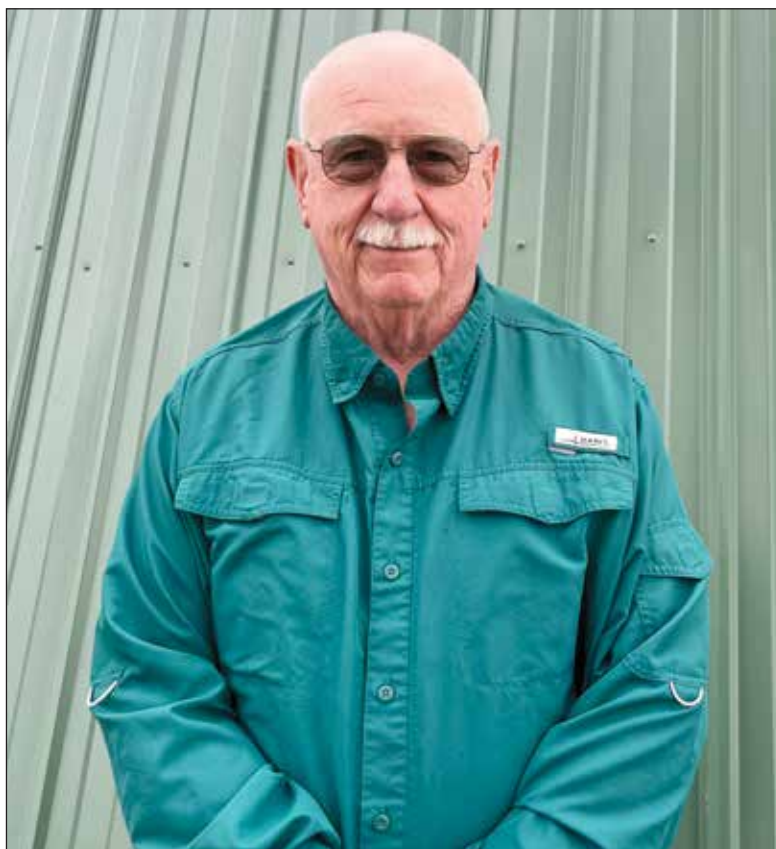
Riley McCabe is wrestling at

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PEOPLE

Mayor Greenwood is leading Naturita

By REGAN TUTTLE, *Editor*



Naturita mayor, Eugene Greenwood. (Photo by Regan Tuttle)

Eugene Greenwood has been the Town of Naturita's mayor since April of last year. With a 37-year career working in Uranvan, Greenwood knows about working with government agencies and what it takes to lead.

Many know that he grew up in New Mexico. Born in 1950, he lived there 17 years and first came to the local area in 1968. He moved to Uranvan in 1971 and worked for Union Carbide for 32 years. When Dow Chemical absorbed the company, he remained and worked another five years.

In his career he used his associate's degree in diesel technology to work as a diesel mechanic. Later, he worked as heavy equipment operator, too, before eventually becoming the boss. Greenwood was maintenance foreman over all equipment operations, including mobile equipment cranes, dozers and more. He also dealt with weekend duties

related to the uranium mill, while helping at the mines, too.

When uranium prices fell, and people began to be laid off, the reclamation started. The Town of Uranvan officially closed in 1986, and Greenwood remained there working on the clean-up process. In 1989 he had 100 personnel working under him. He worked directly under the site superintendent. Later, Greenwood, himself, was named the site superintendent.

When the Uranvan reclamation project was 99 percent complete, he took his retirement.

From his career experience, he knows how to deal with multiple regulatory agencies. He's had to work with Public Health, the EPA, the Department of Energy and the Nuclear Regulatory Commission. And, he's worked with budgets. The reclamation project in Uranvan cost \$120 million.

Greenwood will have been married 53 years this March, to Vina

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HEALTHIER TOGETHER

New Year's resolutions you can actually keep

By SAGE CARVER, CTNC

Sometimes it feels as though there is no middle ground between making huge resolutions you never stick to and not making any at all. I could take it or leave it. If you have New Year's resolutions, that's great. If you don't, that's cool too.

Maybe it isn't necessary for you to recreate yourself year after year. We've all felt the highs and lows of this tradition, from the excitement of a fresh start and the confidence that this will be your year, to the loss of motivation and realizing it's not as easy as you were hoping.

When February rolls around, you might notice that fire begins to fizzle out. Those mighty endeavors such as losing "X" amount of weight or quitting smoking are easier to forget about and you go back to your old habits. Unfortunately, this can cause more self-denial, low self-esteem, and shame — but it doesn't have to. Perhaps this year we can try some new, creative, positive resolutions. You can use these with your spouse and kids as well.

- Spend more time outdoors. Any extra time that is spent outside is so good. Vitamin D is essential to your overall health, and the best way to get it is to get some sunshine on your face. You could turn this into walking your dog, hiking, biking, playing with kids and just like that, we all get our exercise, too.
- Drink more water. Chances are you are not drinking enough water every day. Your physical, mental and overall health need hydration to thrive. Start by replacing one soda or juice with water.
- Start your day with gratitude. When you think of one thing you are thankful for, it automatically sets your day with momentum in a positive direction. Not only think of it, but feel it in your body. Remember why you are grateful for the little things in life.
- Support local and tip generously. We can all make a difference by doing this, and it's one of the easiest ways to support

the community and build the economy. Tips are essential for many workers, and families rely on those to make ends meet.

- Intentionally move your body daily. Even five minutes is better than none. Make a specific, realistic goal that fits your routine. Eventually it may evolve to something more. But for now, the goal can be to go for a walk, do yard work, play in the park. Just get that blood moving.
- Cook more, and clean up your diet. The possibilities are endless. You could try a new vegetable, cook dinner once a week and sit down with your family, try meal planning. You don't have to follow a strict diet; instead, try a new, sustainable, nourishing eating pattern.
- Less screen time. Often times, we don't realize how much time we waste watching TV or scrolling on our phones. Instead, pick up a book, create art, or water your own grass.
- Stay in touch. A quick text or phone call can go a long way to make someone feel special. We get caught up in our busy lives, but it really only takes a moment to reach out to those who matter. Connection matters.

The bottom line is that most of the time, New Year's resolutions are only kept for a short period, so the key is to make ones you can actually keep. The eight ideas above are sustainable ways to improve your mental and physical health and can fit into your schedule without interrupting your entire life.

As you go into 2023 and begin to think about the vibe and mindset you want to carry, I hope you take time to think about the people, places, ideas, experiences and opportunities that excite you.

I hope you embrace them wholeheartedly and don't downplay your passion.

Move towards your vision and your dreams, and do not minimize what they mean to you. My vibe for 2023 is letting go of unhealthy habits, relationships, and limiting beliefs. Hopefully, you will create your own vibe and always do what makes you feel most alive.

History: Rimrocker Historical Society A telephone to Pinon and Naturita

By JANE THOMPSON for the Rimrocker Historical Society

The Colorado Cooperative Company colonists in the article from the May 1895 Altrurian asked the question, "What would happen when the ditch was completed? 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."

The colonists, in keeping with the spirit of cooperativeness, planned to take care of their own needs and didn't desire having big companies come in to see to their needs. It is a very interesting and rare thought process, and one we still see embraced in our communities.

From an article in the Montrose Enterprise in 1897: "It is not impossible that the various camps of the colony may soon be connected by telephone. Figures are being made with that object in view." By 1898, Montrose was looking to build a telephone line to the Paradox Valley. There was already a wagon road from Montrose to Paradox and it was considered to be "already better than the best that can be made from any other point equally near, and will be put in shape to make it the best mountain road in the country in a short time."

Mr. McBride of the La Sal Copper Mining Co. was also offering to give \$250 toward a telephone line from Montrose to the copper mines.

"It would be a fine thing to have the county seat connected with that remote part of the county ...and the matter ought to be pushed," McBride said.

Telephone service was being sought in the area, and the colonists were ready to get in on the deal.

IT IS STARTED.

Cash donations to telephone fund:

| | |
|-------------------------|----------------|
| P. B. Hirsch, | \$3.00 |
| Ed. Sandry, | 1.00 |
| C. L. Blake, | .50 |
| W. C. Dinning, | 2.00 |
| U. H. Walker, | 1.00 |
| T. M. Campbell, | 1.00 |
| Andrew Ubell, | .50 |
| Chas. Knaus, | 1.00 |
| Mrs. L. M. Johnson, | .50 |
| Miss Mina Johnson, | .50 |
| Total, Sept. 12, | \$11.00 |

This clip from the Sept. 12, 1898 Altrurian shows the first donations for the telephone service. (Image courtesy of Rimrocker Historical Society)

The CC Company put a notice in the Altrurian of September 5, 1898, titled "MEMBERS, ATTENTION."

"WE, the undersigned resident members of the Colorado Co-operative Company, seeing the necessity of a telephone line from the sawmill to the head-gate, thence to Pinon and Naturita, have taken it on ourselves to raise money enough by subscription to build the line and then donate it to the Company.

"We propose to make Pinon the central station. We need not dwell on the benefits to be derived by the Company from this project. The Company is not financially able at this time to build it; therefore, we take this method of raising the money to build it with.

"We therefore respectfully ask you to donate to us all that you feel able to give, be it much or little; and

give it now. We want to commence the work as soon as possible as we are in great need of it. We feel confident that there are enough liberal hearted persons in this Company to build this telephone and give it to the Company. We want this money as a DONATION, independent of the Company. You will get no credit on water rights nor anything else for this donation except the reward you might get in heaven.

"The line will be about twenty-four miles long when completed. We believe it can be built for about two hundred dollars. Send all donations to P. B. Hirsch, Pinon, Montrose county, Colo., who will acknowledge receipt through the Altrurian. The Lord loveth a cheerful giver. How much do you want to be loved?"

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Buried treasure

Jamie O'Hern, who purchased Marie Templeton's property, is finding historical treasures in her home. She's notified Rimrocker Historical Society of the letters and other artifacts that are turning up. (Photo by Regan Tuttle)



40 years of service

Paul Koski is recognized by Montrose West Recreation last week. Here, he is introduced by Bri Bonaquista at a ceremony before giving his retirement speech. (Courtesy photo)

COLORADO

Centennial Farms & Ranches application now open

SPECIAL TO THE FORUM

The 2023 application for Colorado’s Centennial Farms & Ranches program has opened. A joint initiative of History Colorado and the Colorado Department of Agriculture, it honors the contributions of the state’s ranching and farming families who have withstood the pressures of growth, changes in farming methods, drought and economic conditions to preserve important pieces of the state’s commercial and cultural history.

In 2022, the Centennial Farms & Ranches program was expanded to recognize four categories of honorees associated with the agricultural history of the State of Colorado:

- Centennial Farms or Ranches – Farms or ranches that have belonged to the same family for at least 100 years, and are cur-

rently working farms or ranches.

- Centennial Families – Families with agricultural experience in Colorado that spans 100 or more years (for example, 1923 to the present), not necessarily as landowners.
- Centennial Farmers or Ranchers – Individuals 100 years of age or older who have spent a majority of their life in agricultural pursuits within the State of Colorado, even if they were not landowners.
- Centennial AgriBusiness – Organizations or businesses that have been in operation for 100 or more years and primarily serve the agricultural community in Colorado (for example, seed companies, farm implement manufacturers, Farm Bureaus, etc.).

The expansion of the Centennial Farms & Ranches program allows for a more equitable celebration of the diverse farming and ranching

families who sustain the Centennial State. Broadening this program provides a chance to celebrate the contribution and accomplishments of Coloradans who did not historically have the opportunity to own property, whether for economic, political or discriminatory reasons.

To earn recognition within the Centennial Farms & Ranches Programs, applicants must submit an application and provide verification of eligibility. A complete list of eligibility requirements can be found in the 2023 Centennial Farms & Ranches application.

Awardees will be honored for their perseverance and resilience through the changing times at the Colorado State Fair, held in August in Pueblo.

The deadline for applications is May 1. To apply or learn more, the public should visit h-co.org/CentennialFarms or call 303-866-3392.

MONTROSE

County Sheriff’s Office launches new emergency alert system

SPECIAL TO THE FORUM

Montrose County Sheriff’s Office released a new emergency notification system called Montrose County Alerts, powered by Genasys Emergency Management. Emergency alerts are a critical emergency management communication tool used by local first-responders to share public safety alerts.

“This new emergency alert system is easy to use — from a dedicated app to the ability to add multiple addresses to bilingual resources. This system is designed to deliver fast, accurate public safety alerts for our community,” said Montrose County Director of Emergency Management, Scott Hawkins. “This system can be used to provide notifications during wildfire evacuations, domestic water boil orders, major road closures, missing persons

and more. It’s a key tool for emergency communications.”

The system will be used throughout Montrose County by first-responder agencies. Montrose County Alerts will allow first-responders to send emergency notifications to specific geographic areas of the county. Residents who live near county borders are encouraged to sign up for the alert system in the county in which they reside, as well as nearby counties to receive the most accurate information. Montrose County Alerts replaces the previous emergency notification system known as CodeRed.

All residents, business owners and visitors are encouraged to sign-up for notification before an emergency happens. Registration is free and takes only a few minutes.

To sign up, the public should visit montrose.genasys.com/portal/en online or text “montrosecounty” to 65513. Residents are encouraged

to sign up with their cell phone or email address to avoid conflicts with the 911 land-line data imported into the system from 911 records.

It is important for residents to include their address as well, so that targeted alerts are delivered accurately. Even if someone previously registered with CodeRED or if they only have a land line, the county still needs all residents, property owners and business owners in Montrose County to sign up for the new system and enter their current contact information.

To learn more about the Montrose County Alerts notification system, review a list of frequently asked questions and sign up, the public should visit the Montrose County Alerts website at montrosecounty-sheriffsoffice.com/montrose-alerts/. For additional questions or assistance in registration, people should call the Montrose County Emergency Management at 970-252-4043.

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GRADUATION

Nathan Sutherland: US Army, 197th Infantry Brigade

Nathan “Nate” Ray Sutherland, a 2022 graduate of Nucla High School, joined the U.S. Army a few weeks later and completed basic training. He then graduated the 197th Infantry Brigade on Dec. 1, 2022. He received his training at Ft. Benning in Columbus, Georgia. He is now

stationed at Ft. Carson in Colorado Springs.

Sutherland is the son of Randy Sutherland, of Naturita, and Lana Sanders, of Pagosa Springs. He is the grandson of the late J.P. and Oneila Sutherland.

Sutherland’s extended family has expressed their pride for his accomplishments.

Happy New Year!

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RECIPE

Branding day shredded beef is an easy fix

By MISTY GALLEY OF GALLEY RANCH, LLLP

You'll need two to three shoulder roasts. Obviously, I use home-raised Galley Ranch beef.

Place the roasts in a big roasting pan with two cups of water. Season with Worcestershire sauce, garlic salt, Tony Chachere's Creole Seasoning and Alpine Touch Seasoning.

I put the roasts in while they are still frozen and cook on low, 275 to 300 degrees, for about 10 hours. When done, I take two forks and shred the meat, remov-

ing any fat or bone.

I leave this on warm until we are finished branding, which helps soak up more of the seasonings.

I serve with a bun and a slice of cheddar cheese, but have barbecue sauce available if my family and friends like to top it. (I actually prefer this on its own with no sauce.)

Pair shredded beef sandwiches with a side of coleslaw and potato salad.

This feeds a large crowd, and having the meat and salads prepared ahead of time makes it so I can still help gather and brand — and not have to be in the kitchen while everyone is having fun.

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the Telluride Foundation through a Westmeath grant. This allows students who are interested in a career path to take courses that align with what an employer may have the student perform on the job site, and get paid while working," Reams said. "We have had students pursuing a nursing certification through Technical College of the Rockies while still in high school, and work at either the Uncompahgre Medical Center or Basin Clinic for one or two hours during each school day."

Reams added students have been studying law and working for Bachman Law.

"Or students have been studying cosmetology or commercial artwork for local employers," she said. "It's a wonderful program, and

Skillful-West End

I'm happy to connect students to employers, so long as they are meeting the criteria with their school schedules, and the requirements of the apprenticeship program."

Currently, five students in the West End, and two in Norwood are participating.

"I have plans to visit with the upcoming juniors and seniors in the spring, so I can get an idea of how many we might have for the 2023-24 school year," said Reams.

In 2021, Reams also wrote a "Skillful Playbook," in collaboration with the state-wide Skillful team, to share information and document key takeaways for other rural towns experiencing a similar loss of coal mine and power plant jobs. She's presented that to state representatives and others interested in

setting up similar programs.

Today, Skillful-West End is grant funded through WEEDC. Makayla Gordon, executive director, has stated that there's funding remaining through June 2023. Gordon is working on finding more funding to extend the offerings provided by Reams through Skillful-West End.

The apprenticeship program funding, though, will likely be continued into the greater future, under the umbrella of the Telluride Foundation.

Anyone needing assistance with resume or cover letter writing or seeking a local employment opportunity should email Reams at c.reams@chooswestend.org to get on the schedule. All are invited to follow Skillful-West End on Facebook.



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Mayor Greenwood

Cont. from Pg. 1

Greenwood. They have three sons. The middle son was the last student to graduate Nucla High School that first attended school in Uranvan. All three boys graduated Nucla High School.

Living in Naturita since 1986, he's served on the board of directors for the Basin Clinic. He previously served two terms on the town board, too.

He started attending town meetings again recently and saw that some things could use improvement. Being retired, he knew he had the time, along with skills to offer.

"We're now making progress on numerous fronts for the Town of Naturita," he said.

In his free time, Greenwood has always hunted, fished and camped. He loves the outdoors. He said when he first came to the West End he fell in love. He wanted a place he'd really enjoy living that could support a family.

Within 50 miles as the crow flies, he can be in the desert, on top of a mesa, on a mountain, or in another beautiful place.

"There's a uniqueness in this piece of the world," he said.

As far as town board meetings go, he said people generally attend. They happen the second and fourth Tuesdays of the month at the Naturita Community Building. Currently on the board are Harold Cowles, Jeff Son-

nenburg, Sharon Different, Tawnia Welch and John Gist. Now, there is an opening for one more board member. Anyone wishing to apply should contact Naturita Town Hall directly.

Greenwood explained that Naturita is a statutory town. There's a mayor and a board, but no separate town manager. In this way, the mayor is also the manager. He manages the town employees.

"The board votes, and the board can direct me," he said. "However the board votes, I carry out their decision. The mayor only votes to break a tie ... but I do put my input into any decisions that are made, and I run the meetings."

Local history

Cont. from Pg. 2

The notice was signed by many of the names of the original colonists: Hirsch, Brooks, Bowen, Doing, Robinson, Riehl, Sandry and others. The company was also running a subscription drive at the same time for a large boiler to run their sawmill. Because they had many members who were interested in the company but not yet living at the site, they hoped that these folks would donate to these causes.

Eleven dollars was donated the first week from 10 members, and within 4 months \$117 had been donated to the telephone cause. Most people donated 50 cents or a dollar with a few donations of \$5 and one donation of \$10. Fifty cents was a lot for many of the colonists to come up with, but for the betterment of the community, they stepped up and donated. I believe I have seen that spirit still alive here in our communities today.

The company received a letter from a supporter from Washington D.C., stating, "My Dear Mr. Hirsch — In answer to the call of your committee for donations of money to build a telephone from the mill, via the headgate and Pinon, to

Naturita, you will please find herewith \$5.00, and my only regret is that I cannot make the same \$50.

"Now I want my pay for my donations in this world; what I may get in heaven I know nothing about ... I want to contribute to something before I die, that can be used by the world, free of a money charge. When this telephone is constructed, our people will wonder how they ever got along without it. I am glad to help. Wishing your committee prompt success, I am your fellow co-operator, Jennie L. Munroe."

Another letter received states "I received your circular calling for voluntary contributions to defray the cost of a telephone line to facilitate the carrying on of your work. Though not a member of your company, I am most enthusiastically interested in your undertaking as if I were, and therefore enclose five dollars to speed the good work along. With best wishes for the success of your venture, I remain Yours truly, A. B. Franklin."

Next week, I will tell you how the telephone system is eventually built and more about the rise of the telephone systems in our area.

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Advertisement funded by San Miguel Board of County Commissioners.

Mustang wrestling



Arthur Connelly takes first place. (Courtesy image)

Cont. from Pg. 1

125 pounds. This is the first year she's competed in the sport and is wrestling only females. She was third in Gunnison and second at Salida.

Nasland, wrestling at 126 pounds, took second in Gunnison, Salida and Moab.

Connelly, wrestling at 175 pounds, previously won two tournaments and took fifth at the Warrior Classic. He was recently ranked fourth in the state.

"He's having a good season," McCabe said.

VanDellen, on the mat at 138 pounds, was fifth at Moab and fourth in Salida. He was also eighth at Gunnison.

Caruso, wrestling at 190 pounds, was second in Salida and third in Gunnison.

Rowe, wrestling at 157 pounds, took seventh in Moab.

Hemphill, at 106 pounds, is brand new to wrestling.

"I'm excited to have him out and watch him grow," coach said.

As far as future plans go, McCabe said he's staying put for a while. He said that includes the upcoming co-op agreement with Norwood for sports.

"I'm excited for when we do co-op," he said. "We tried getting the middle school combined this year, but it was hard with transportation. That's one obstacle we weren't able to overcome. Hopefully next year, we'll be able to figure everything out."

McCabe is assisted by Lars Nasland. He's looking forward to



J.W. Nasland is also a tournament champion. (Courtesy image)

what this season has in store.

"I hope we continue to grow and help develop these kids," he said.

Nucla lost to both Ignacio and Rangely on Friday night, but in matches wrestled the guys were 7-2. Picking up wins were Riley McCabe vs. Ignacio, Connelly vs. Ignacio and Rangely, Naslund vs. Ignacio and Rangely and Rowe vs. Ignacio and Rangely.

McCabe is 7-4 on the season. On Friday she heads to Grand Junction to compete in a big all-girls tournament.

Naslund won the Norwood invitational and is 19-4 this season.

Connelly won his third tournament of the year at Norwood and is 26-3. VanDellen was fifth at Norwood and is 14-17.

Caruso was also out this past weekend and is 8-5. Rowe was sixth at Norwood and is 7-17.

Hemphill, out with an injury over the weekend, is 1-6.

"This weekend the boys travel to North Fork High School in Hotchkiss for a tough pre-regional tournament with regional competition," coach said. "Placement on this tournament carries a lot of weight for seeding at the regional meet in three weeks."



Middle school basketball

The combined Nucla-Norwood team beat Ouray last weekend. They play Mancos Jan. 18 at home and Ouray on Jan. 19. On Saturday, they head to Montrose. (Courtesy image)

Uranium Price – Jan. 9, 2023

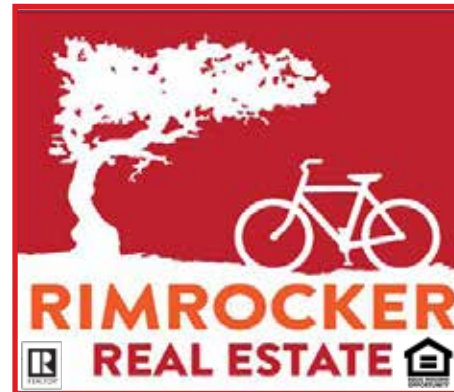
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Delta Sales Yard Market Report January 12, 2023

| | | | |
|-----------------|------------------------|-------------------|---------------------|
| 400-500# STEERS | 1.80-2.25 | 400-500# HEIFERS | 1.80-2.05 |
| 500-600# STEERS | 1.75-2.09 | 500-600# HEIFERS | 1.67-1.87 |
| 600-700# STEERS | 1.65-1.90 | 600-700# HEIFERS | 1.62-1.74 |
| 700-800# STEERS | 1.70-1.78 | 700-800# HEIFERS | 1.60-1.68 |
| 800-900# STEERS | 1.55-1.72 | 800-900# HEIFERS | 1.55-1.65 |
| Top bulls | .84-.90 no top offered | Medium bulls | .75-.81 |
| Young Cows | .90-1.15 | Top cows | .70-.77 High of .81 |
| Medium cows | .64-.69 | Low-yielding cows | .63 down |

NEXT WEEK: Thursday January 19TH. 75 Steers 775#, 47 heifers 750#, 20 grass calves, 8 grass calves, 15 Bred cows/ solid mouth, 10 butcher cows, 9 butcher bulls. Along with our regular dock run of 300-400.

UP COMING SALES FOR 2023

NEXT SPECIAL SHEEP & GOAT SALE THURSDAY JANUARY 26TH.

Varner Equipment 18th Annual Machinery Sale. Friday January 27th & 28th. Both days start at 9:00 a.m. sharp. Questions Call: 970-874-0612

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

Next special Horse Sale - Saturday February 4th.

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WEST END MONTROSE COUNTY SHERIFF'S OFFICE BLOTTER

1/5/2023
1220 Hours - Deputy was dispatched to the 100 block of West Fifth Avenue in Nucla for a welfare check.
1344 Hours - Deputy was dispatched to the 600 block of Ivy Street in Nucla for a 911.
1404 Hours - Deputy took an information report in the 27700 block of DD Road near Nucla.
1 follow up report
1 school zone in Naturita
1 directed patrol in Nucla
5 directed patrols in County
1 directed patrol in Naturita

1/6/2023
0653 Hours - Deputy was dispatched to the 600 block of Ivy Street in Nucla for a 911.
1211 Hours - Deputy responded to the 100 block of Sunny Circle in Naturita for an unwanted person.
1832 Hours - Deputy conducted a citizen assist in the 400 block of Main Street in Nucla.
2 directed patrols in Nucla
1 directed patrol in Naturita
1 civil process attempted/served

1/7/2023
1343 Hours - Deputy conducted a medical assist in the 400 block of Park Drive in Naturita.
1357 Hours - Deputy took a civil matter report in the 200 block of West Second Avenue in Naturita.
1448 Hours - Arthur Finnegan, 52, was contacted on Highway 97 mm 1 near Naturita and issued a warning for defective taillights.
2020 Hours - Debra Twitchell, 66, was contacted in the 200 block of Porter Street in Naturita and issued a warning for a broken taillight.
2121 Hours - Deputy conducted a medical assist in the 100 block of East Main Street in Naturita.
1 directed patrol in Nucla
1 directed patrol in County
2 directed patrols in Naturita

1/8/2023
0002 Hours - Deputy was dispatched to the 1000 block of Montana Street in Nucla for a suspicious vehicle.
1753 Hours - Deputy was dispatched to Highway 141 mm 58 near Naturita for an animal problem.
1829 Hours - Kimball Williams, 55, was contacted on Highway 141 mm 58 near Naturita and arrested for driving under the influence, open alcoholic beverage container, expired registration, and failure to dim.
1906 Hours - Deputy was dispatched to Highway 90 mm 20 near Naturita for an animal problem.
1 directed patrol in Nucla
1 directed patrol in County
1 directed patrol in Naturita

1/9/2023
1036 Hours - Deputy was dispatched to the 100 block of East Tenth Avenue in Nucla for a trespassing report.
1059 Hours - Deputy was dispatched to the 800 block of Main Street in Nucla for a disturbance.
1119 Hours - Deputy was dispatched to the 500 block of West Seventh Avenue in Nucla for a parking problem.
1420 Hours - Deputy was dispatched to the 400 block of West Second Avenue in Naturita for a report.
1612 Hours - Todd Booth, 60, was contacted in the 400 block of Main Street in Nucla and cited for failing to turn from a turn only lane.
1634 Hours - Carla Reams, 48, was

contacted in the 400 block of Main Street in Nucla and cited for failing to turn from a turn only lane.
1639 Hours - Deputy was dispatched to the 400 block of Heron Street in Nucla for a welfare check.
1656 Hours - Joel Maples, 54, was contacted in the 900 block of Main Street in Nucla and cited for fictitious license plates.
1 school zone in Naturita
2 directed patrols in Naturita
1 civil process attempted/served

1/10/2023
0854 Hours - Deputy was dispatched to the 100 block of Payson Street in Naturita for an information report.
1129 Hours - Deputy was dispatched to the 100 block of Wilson Street in Naturita for a report of a restraining order violation.
1550 Hours - Deputy was dispatched to the 500 block of West Seventh Avenue in Nucla for an information report.
1729 Hours - Deputy was dispatched to the 5800 block of U5 Road near Paradox for a restraining order violation. Jaekob Miller, 19, was arrested for violating a protection order.
1 school zone in Naturita
1 directed patrol in Nucla

1/11/2023
0000 Hours - Deputy was dispatched to the 600 block of Juniper Street in Nucla for an information report.

0758 Hours - Deputy was dispatched to the 100 block of West Tenth Avenue in Nucla for a 911.
0825 Hours - Deputy was dispatched to the 100 block of Main Street in Naturita for a harassment report.
1007 Hours - Deputy conducted a medical assist in the 31200 block of Highway 141 near Naturita.
1348 Hours - Deputy was dispatched to the 200 block of Fox Street in Nucla for a civil matter.
1411 Hours - Deputy was dispatched to the 5800 block of U5 Road near Paradox to relay a message.
1415 Hours - Deputy was dispatched to the 200 block of Highway 97 in Naturita for a civil matter.
1 directed patrol in Nucla
1 civil process attempted/served

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33-37-C

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32-27-PCC

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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.

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

NEW SUBMISSION DEADLINES

* Articles, Obituaries, & Legals *

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* Ads 1/4 Page or Larger *
FRIDAY BY END OF DAY

* Classifieds *

* Small Ads/Legals *
MONDAY BY END OF DAY

org. Applications can be found at <https://www.westendschools.org/page/employment>. We are an Equal Opportunity Employer.

32-27-C

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.

32-27-C

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.

31-27-C

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STATEPOINT CROSSWORD THEME: THE GRAMMYS

ACROSS

1. Spencer of Hollywood's Golden Age
6. Eyeball, e.g.
9. "Tosca" song, e.g.
13. Theater passage
14. Bovine call
15. "___ came a spider..."
16. *Univision's ___ Grammy Awards
17. Barley bristle
18. Turning token taker
19. *President with a Grammy
21. Diabolical
23. Sold at the pump
24. Russian monarch
25. Back of a boat
28. *"Shallow," 2018 recipient from "A ___ Is Born" movie
30. *Camila Cabello and Ed Sheeran's nominated song
35. College dwelling

37. Footnote note
39. Shade of violet
40. Huron's neighbor
41. Head of the abbey
43. Done in a pot
44. City in Bolivia
46. Not manual
47. Mend, healthwise
48. Eye cover
50. Egghead
52. Four quarters
53. Dog in yoga
55. Triple ___
57. *___ .com Arena
60. *"Vegas" and "Woman" nominee (2 words)
64. Unit of electrical energy
65. Hoover's agency, acr.
67. Discompose
68. Shade of yellow
69. I in T.G.I.F.
70. Small, olive-gray bird
71. "Cheers" regular
72. Inquire
73. Open up

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DOWN

1. Bath powder
2. Iranian coin
3. ___ Spumante
4. Be needy
5. Gossipy ones
6. Arabian Peninsula country
7. Column's counterpart
8. Holiday surprise for employee
9. Palo ___, CA
10. Agitate
11. Inwardly
12. *1970 two-time winner "The ___ of Aquarius"
15. Hindu retreat
20. Ancient Rome's neighbor
22. Nail a criminal
24. Popular newspaper name
25. *"30" performer
26. Pillage
27. Beef ___, dim sum choice
29. *"Don't Shut Me Down" group
31. Alan Alda's classic TV show
32. Type of hawk
33. Type of flu
34. Multi-colored dog coat
36. One of three square ones
38. Shower with affection
42. Human trunk
45. Sliding fastener
49. Part of "i"
51. Past-life experience? (2 words)
54. Capital of Bulgaria
56. Airbnb option
57. Chanel of fashion
58. German industrial valley
59. Big Bang's original matter
60. Disc, alt. sp.
61. Popular dieter's foe
62. Between ports
63. Chris Hemsworth's superhero
64. *Award-winning Bon Jovi's lead singer
66. *Coldplay's collaborators

CROSSWORD

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Cup Mixes

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2/4

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1/29

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Apples

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Onions

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Lemons

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Avocados

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Boneless
Pork Tenderloins

2/49

Boneless
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2/99

Tillamook 1 lb. Salted or Unsalted
Butter

3/29

Super Pretzel 6 ct. Original Soft
Pretzels

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Ben & Jerry's 16 oz. Select Varieties
Ice Cream

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Meals

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Disinfectant Spray or Wipes

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10/6

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3/19

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5/49

Cheez-It or Keebler 12 ct. or 21 ct. Select Varieties
Snacks

2/7

Cheez-It or Doritos 4.25-12.4 oz. Select Varieties
Crackers

4/79

Club or Townhouse 16.8-20.7 oz. Select Varieties
Crackers

2/6

Tostitos, Pico de Gallo or Smoothed 5-13 oz. Select Varieties
Snacks

1/59

Don Julio 9 oz. Select Varieties
Tortilla Chips

2/5

Creamies 6 ct. Select Varieties
Ice Cream Bars

2/99

Food Club 52 oz. Select Varieties
Orange Juice

2/99

Food Club 28-32 oz. Select Varieties
Bagged Cereal

5/99

Madison Gold 4 qt. Select Varieties
Ice Cream

4/49

White Awake 10-12 oz. Select Varieties
Coffee

3/99

Food Club 12 oz. Hickory Smoked
Bacon

4/49

Scholar's 16 oz. Select Varieties
Hot Cocoa

99¢

Don Julio 5-10 ct. Select Varieties
Flour Tortillas

3/99

Wide Awake 10 ct. Coffee... \$3.99

FRESH MEATS

BEEF

Sirloin Tip Steak \$3.99/lb

Chuck Steak \$4.49/lb

Stew Meat \$4.29/lb

Cubed Steak \$4.29/lb