

EDUCATION

Keiran Bray wins FFA scholarship; Steele Arnold heads to Europe

By MALISHA REED,
Nucla High School

The Nucla High School FFA chapter helped the Norwood FFA chapter host an FFA Quiz Bowl, an employment skills, career development event this past week. These types of events not only allow students to participate in activities with FFA, but the winners also advance to the state competition in June.

At this event was a scholarship contest for the Washington Leadership Conference. This specific conference provides FFA members a premier leadership experience, while exposing them to the rich history of Washington, D.C. The Washington Leadership Conference also inspires FFA members to become change-makers in their communities. Each day of the conference focuses on a different principle taught through the context of the nation's capital; those pillars are "explore, encourage, advocate and serve." At the end of the week, members leave with a "living to serve plan" they can implement in their communities.

Keiran Bray, of Nucla, won the \$1,200 scholarship to pay for her registration; she will attend the leadership conference this summer.

This week, Nucla's FFA chapter will be celebrating FFA Week. First founded by a group of young farmers in 1928, the FFA mission during national FFA Week is to prepare future generations for the challenges of feeding a growing population by teaching members about various topics relating to agriculture. Initially, the holiday was observed on a single day to recognize George Washington's example and legacy as a leader and farmer.

Now it has grown to a week-long holiday during which members develop their potential for leadership, personal growth and career success through various activities. This year Nucla's chapter will be hosting several events, including elementary education demonstrations, a teacher appreciation breakfast, a career development contest for middle school students, and a high school pep assembly where FFA officers talk to the student body about what they can accomplish in FFA. There will also be daily activities, including dress-up days, agriculture trivia, and an emblem scavenger hunt — and contests, or the "Ag Olympics."

Cont. on Pg. 2



J.W. Nasland, 126 pounds, and Arthur Connelly, 175 pounds, get podium finishes at the state wrestling tournament. (Photos by Brandie McCabe)

HIGH SCHOOL WRESTLING

Nasland and Connelly get state podium finishes

By REGAN TUTTLE, Editor

It was a wild week for Mustang wrestling at the state tournament in Denver. Head coach Rob McCabe told the Forum on Sunday the team went 2-2 on Thursday with J.W. Nasland and Arthur Connelly winning their first matches by pin and tech fall, respectively.

Riley McCabe, wrestling in the women's bracket, lost by fall though she had a good comeback in her match. Coach said "inexperience" is what cost her. Paxton Caruso lost to a Limon kid his first match.

On Friday in the quarter-finals, Nasland lost to his opponent from Cedaredge, getting taken down and pinned.

"That one hurt," coach said. "That stung."

Connelly pinned his opponent in the quarter-finals, the No. 3 seed out of Holly, and the team knew that they'd have Connelly wrestling Saturday — regardless.

In their consolation matches, both McCabe and Caruso lost. McCabe was winning, but got

Cont. on Pg. 5

AGRICULTURE

Annika Kristiansen is new 4-H coordinator

By REGAN TUTTLE, Editor

Annika Kristiansen, of Norwood, is the San Miguel Basin's new 4-H coordinator. She was hired by the Colorado State University-Extension Office recently and is excited to be already working in her role full-time.

She's been in the local area for six years, having come most recently from California. As a child, she grew up on the East Coast on a small farm with gardens, sheep and chickens that her family butchered.

She has a background in journalism and teaching — she's worked as a writer and also worked at a Waldorf-inspired school in Ridgway — and said she's excited to bring her experience to the kids in the basin.

She knows livestock is traditionally the highlight of 4-H in the local area. She's not been to the San Miguel Basin Fair yet, but is excited to be there this year as part of her new job.

"I'm excited to see the animals for sure," she said. "I'm excited to see the fruits of (the kids') labor."

Kristiansen can't wait to meet local young people and hear about their projects, and she wants to increase outreach and offer other diverse ways of participating in 4-H, outside of raising market animals.

She'll be scheduling events at local schools and libraries soon — in all communities, including Nucla and Naturita — to let people know that she wants to build 4-H membership. She's aware that Carol Koon used to sponsor the West End Mini-Bakers, and

Cont. on Pg. 4

MIDDLE SCHOOL SPORTS

Girls b-ball best in league; team wins championship

By REGAN TUTTLE, Editor

The combined middle school girls basketball team, made of Nucla and Norwood girls, was not only undefeated this season, but they won the San Juan Basin League championship game on Saturday, Feb. 18, in the Nucla High School gym.

The girls — Reese Elwood, Shay Snyder, Maria Camacho, Holli Johnson, Maggie Andrews, Josey Tedder, Lantry Galley, Sidney Westfall, Sydney Tomlinson and Brylea Butler — are eighth graders, and most all of them have been playing together since the fourth or fifth grade.

Because they walked into the championship weekend as the No. 1 seed, they had the privilege of hosting the day's tournament.

With a big crowd in the stands of the Nucla gym, the girls played at 9 a.m. first, against Dove Creek. The final score was 26-2.

"We didn't pressure them very much. We saved our girls for the championship," said head coach Stan Galley in an interview on Sunday.

Afterward, Mancos and Dolores played each other, in a closer game, with Mancos winning 31-26.

Coach said the Mancos team played "fairly decently" and also

Cont. on Pg. 2



Middle school girls are the league champions in basketball. (Courtesy image)

SELF ESTEEM ELEVATED

Have you given up on 2023 already?

By CHERYL ROSEBOROUGH

Setting your yearly intentions and living up to the expectations of those intentions can be challenging. Most people give up on their goals in the second month of the year. Have you given up on 2023? If you have, there are ways to stay focused and keep working toward your goal. Below are some helpful ways for you to still put legs under your dreams.

- Get an accountability partner. Everyone needs accountability. It helps you stay on track and committed to your plan of action. There is a mutual understanding that you will support each other on a regular basis. When you want to quit or give up, you have someone that holds you up and keeps pushing you to your destiny. I always suggest that you be very intentional about choosing this person. Your accountability partner should consistently encourage you and challenge you to do better and be better.
- Make sure your vision is what you are purposed to do. We all have a purpose. I have seen a number of people have FOMO (fear of missing out). FOMO coupled with envy, is an access door to failure. I have watched quite a few people end up walking out someone else's vision and not the vision that has been set apart for them. So, take some quiet time to ensure that you are doing what you are purposed to do. Your vision is what should keep you inspired to get up daily.
- Make sure your vision has a give-back component. It is always great to be financially secure. I suggest taking a small portion of your net profits or your monthly salary and give back to the community in which you live and serve. It could be providing bottled water to a homeless organization or donating to a food pantry. Whatever organization you choose, let it make an impact so that you feel good about giving back. You will see that the

reciprocity comes back to you.

- Be flexible with some parts of your vision. There are areas where you know you need some time to come to fruition. If you are incorporating a business or getting a patent before you can launch, understand that takes time. It takes time to do your research about many things. I always suggest finding legal representation in most cases. Some things will take time to get approval (i.e. trademark and patent). Proper planning and teamwork makes any dream work.
- Get a planner. It doesn't matter which type of planner you get, whether it is an electronic planner or a hard-cover planner. Make sure you are putting strategy behind achieving your goals. This is where you and your accountability partner can support one another. Set your weekly intentions and check in regularly to make sure you are on track.
- Put mental health practices in place. As you are on your journey to greatness, stress will set in from time to time. I highly suggest that you make mental health practices a priority. Take breaks when needed, practice self-care, take long walks, and exercise as often as you can. All of this increases your mental and physical health.
- Celebrate your successes along the way. It is sometimes hard to remember to celebrate ourselves as we hit milestones with our goals. It could be a little celebration, like your favorite coffee at your favorite coffee shop or that pair of shoes or shirt you have been eyeballing for months. As you celebrate, make sure that it is within your budget.

Cheryl Roseborough is the visionary and founder of Self Esteem Elevated and Blyss Agency in Dallas, Texas. She is a writer, author, speaker, vision-casting strategist, and the host of "Elevated Life: Wisdom that Transforms" podcast.

History: Rimrocker Historical Society One family's mysterious history in the West End, Part 2

By SHARON JOHANNSEN for the Rimrocker Historical Society

Mike, Josh and Aimee talked quite a bit over the next few months, getting to know one another, talking about family. It came up in a conversation that there was something he hadn't told them about his DNA Test.

He had a hit on his test that said Manly Clark could be his grandfather. What? Could Manly Clark be Duane's biological father? He said that he messaged Manly, but got no response back. He didn't want to mention it and get everyone's hopes up, so he hadn't shared it before. But if you know my daughter ... The hunt was on.

In this era of technology you can find anyone, if you want to bad enough. She found Manly in Del Norte, Colorado. She got an address and wrote to him. She explained the circumstances of Duane's adoption and wondered if he might be willing to visit with her. The letter got no response.

She figured he didn't want to get involved and probably had his own family and life. The search ended again at that point ... until I was working at the Tabeguache Trading Company one day.

A man came in and asked to see Aimee. I explained that she was at home and asked if I could help him. He said he needed to talk to her and asked if he could get her address. Of course, this mother would never give out her address to a stranger, so I said I would call



The Johannsens honor family every Memorial Day. (Courtesy image)

her, and could I get his name?

He stated, "Manly Clark." I just about fell over. I explained I was Duane's wife and was glad to meet him. I got Aimee on the phone, told her she needed to get to the store, but gave no reason. She came right away, and I introduced her to Manly. She was speechless, and the tears came very fast.

After things settled down, he explained to us that he was not Duane's biological father, but he was sure his sister, Earlene, was Duane's biological mother. He told us that the family knew his sister was pregnant, but had never met the man she was with. He said he and his brother, Floyd, were at their grandmothers' house in Denver watching TV when the news came on. It showed a nurse holding this baby boy up. They stated he had been abandoned at Denver General Hospital, and if anyone had any information on the baby to please come forward with it.

His grandmother pointed at the

screen and said, "That is Earlene's baby, I just know it." We were so grateful for the information. Unfortunately, Manly's sister had died, and the history and circumstances of Duane's birth went with her.

We were beyond excited to find out he had two uncles, Manly and Floyd Clark. They both came to Nucla to meet all of us. They were happy to meet Duane and his family, and to learn about his life.

As we near the end of the story, we should say that we did get a possible hit on Duane's father. We know he was in the military and also had passed away. At this point in our lives, the search has been ended. We are happy to know the history, but are content with our lives.

Every Memorial Day we visit the graves of Earl, Julia and Kenna Rae. This family tragedy in 1955 brought Duane to us, and we will always honor their memory.

This column will be continued next week too.

Nucla FFA

Cont. from Pg. 1

"It is one of the best events our chapter hosts, and is a great way to show the younger students all of the opportunities in FFA," chapter representatives said.

In other school news, Steele Arnold has been selected as a student-athlete ambassador to represent the U.S. overseas. He will be traveling this summer to play basketball in Italy, Austria and Germany. He is currently seeking opportunities to raise money for this trip.

Additionally, in March and April, True North Youth Program is planning a series of visits to local equine centers, including Metaphorse in Montrose, Horses for Healing in Montrose, Grace Reins in Ridgway, and Jubilee Stables in Norwood. The goal is for high school students with an interest in a career involving horses to have an opportunity to learn about the wide range of career options available.

The types of career options to be explored will include horse breeding, starting and training, horse boarding, horsemanship and riding lessons, trail rides and other tourist activities, equine-assisted therapy/healing, and also equine-assisted learning.

Girls b-ball

Cont. from Pg. 1

had some good-sized girls on the court. The combined Nucla-Norwood team had previously beat them though all three times in their undefeated season, at home and away.

For the final game, the girls then bested the Mancos team 55-19, afterward each receiving a medal to commemorate the experience.

Galley said the girls play well together.

"They've played so much together," Galley said. "They know where each other are going to be. We've kind of pushed at them to be unselfish and not worry about who is scoring the most points. They've bought into that the last few years," he said.

Galley, who is assisted by his wife on the court, has been coaching the girls for the last five years. The husband and wife team also have a daughter, their oldest child, on the team.

With the season over, the coaches and the girls will take a bit

of break, but they're not done yet. They have plans for AAU tournament play this spring. While the girls won't practice four days a week like they have since November, they will be meeting up to practice a few times weekly. The AAU tournaments start in March, and Galley said there are about four he'd like to get them into — for the experience and to keep playing, but to also face tougher competition on the court.

Coach said at the same time, some of the girls will be competing in track and field events, and many show 4-H animals too. The girls seem to be competitive in more than just basketball.

After five years of working with the eighth graders, coach said it's been a good experience.

"Misty and I are proud are of the girls, and they're a good bunch of girls," he said. "They try hard and they're very coachable. ... We enjoy coaching them, and wouldn't trade any of them for anything."

We Meet Your Tire Needs

We Appreciate & Thank You for Your Business



**We are looking forward
to Serving you.
Great Tires - Great Deals
29242 Hwy 97, Nucla, CO
(970) 864-2287**

Need a Ride?

All Points Transit can help!

Now Providing Medicaid Rides!

Local & regional service to Montrose & Grand Junction

Call 970-249-0128 to Schedule
www.allpointstransit.org



Correction

Last week, the San Miguel Basin Forum reported that dues for the Tabeguache Trail Riders were \$30 annually. Those dues can be applied to a family. A family can join for a total of \$30.

MONTROSE

MRH announces student loan repayment for eligible employees

SPECIAL TO THE FORUM

To recruit and retain top talent, Montrose Regional Health (MRH) has announced a student loan repayment program allowing eligible full-time caregivers to receive up to \$10,800 paid directly to their student loan balance over the course of the program. The program launched at the end of January.

“We are known for caring for our community like family,” said Jeff Mengenhausen, CEO of Montrose Regional Health. “We are proud to show our caregivers one more way we care for them like family.”

“This new student loan financial wellness program is one example of how MRH cares about investing in the growth and financial wellness of our caregivers,” said Erin Skees, MRH chief human

resources officer.

The hospital is working to attract new caregivers and also maintain its highly skilled staff, who have helped the hospital win several awards, including being the only hospital in Colorado to be named on the Top 100 Rural & Community Hospital list seven times in a row. The student loan program is intended to empower individuals and families to reach their financial goals faster, allowing their college education to move them forward, instead of holding them back.

Eligible employees who want to participate will need to apply for the program, prove student loan debt, and their loans must be current. The area of study of the loan does not need to pertain to their current position to be eligible for repayment.

New employees are eligible

for the program, once they have successfully completed the repayment program application process and followed the same guidelines as those already employed by the hospital. Montrose Regional Health is currently hiring both clinical and non-clinical positions. For more information, the public may visit MontroseHealth.com/Careers.

The program is expected to cost the hospital more than \$100,000 in 2023 and is part of a massive strategy to invest in caregivers totaling more than \$2.5 million dollars in 2023. Last year, Montrose Regional Health was identified as a best-in-class employer by Gallagher’s Best-In-Class Benchmarking Analysis for creating organizational structures, workplace policies and total rewards, inclusively engaging and motivating its employees.

San Miguel Basin Forum

PO Box 724 · Nucla, Colorado 81424

Owner and Editor: Regan Tuttle · regantuttle@gmail.com · 970-864-7425

Advertising Manager: Tanner Nelson

Design Team: Rick Bickhart & Tori Sheets

February Is National Heart Month

There are many things you can do to ensure your heart – and your health – are being cared for...

Our goal is to keep you well through regular checkups.

Call now to schedule your appointment Monday through Friday 8 am to 5 pm

Robert Tapley, FNP · Carol Scott, PA-c
April Randle, MD – Medical Director
(EEOIC patients – please call to schedule with our MD)

Basin Clinic

421 Adams Street · Naturita

865-2665

For help with medical situations after hours, call 865-2665 and follow prompts.

Looking to Place a Classified?

And have thousands of people see it?

Place an Ad in the

San Miguel Basin Forum

(970) 864-7425

Town & Country Insurance

Naturita, CO

THANKS TO OUR CUSTOMERS WHO HAVE CHOSEN TO DO BUSINESS WITH US!

Celebrates

6 MONTHS IN BUSINESS

~Serving the West End & Beyond Since June 2022~

Our customers are saving time & money by doing business with us- anywhere from hundreds to thousands of dollars in savings. We're here to help you.

OUR CUSTOMERS ARE KEEPING THEIR MONEY IN THE WEST END & HELPING SUPPORT LOCAL JOBS & INDUSTRY.

JOIN THEM IN SUPPORTING WEST END BUSINESS AND ECONOMY.

HOME MOBILE HOMES AUTO LIFE BUSINESS

970 818-9316

jessica@townandcountry-insurance.com

www.townandcountry-insurance.com

Located in the Bachman Law Building, Main Street Naturita

Uranium Price – Feb 22, 2023
\$50.75



Giving Back to the Community
 18+ Years Real Estate Experience



Natalie Binder · Broker Associate
 970.708.7742 (m) · nataliebinder@me.com



**BICYCLE
 OUTPOST
 & SERVICE
 SALOON**

205 E Main St. Naturita, Colorado
 970-275-8310 · paradoxcycle@gmail.com



State Farm
Katrina Weiss, Agent RICR, CLF

15 N Chestnut St in Cortez
 (Behind Pippo's Restaurant)
 970-565-3032

Your LOCAL State Farm agent!



We advertise on the following websites:
 Zillow, Realtor.com, Homes.com, Trulia, and Homes and Land

212 East Main Street
Naturita, Colorado 81422

Office: 970-865-2525

Debbie: 970-428-2364
 Michele: 970-417-5103

We are always available to help you with your REAL ESTATE needs!

RIMROCKER REAL ESTATE

ENJOY 4 SEASONS IN SOUTHWEST COLORADO'S OUTDOOR JEWEL!

Nora Davis (Owner)
 (970) 428-2236
 217 West Main Street
 Naturita Colorado

E-Mail: rimrockerrealestate@gmail.com
 Website: www.rimrockerrealestate.com

CITIZENS STATE BANK
Yesterday, Today & Tomorrow

Serving our communities since 1913

970-865-2255

Located in Naturita
 at the corner of Highway 114 & 97
 P.O. Box 160 Naturita, CO, 81422

RECIPE

Lasagna feeds a family of picky eaters

By CARLA REAMS

I love to cook but am challenged by cooking for a household of picky eaters. This is one of my family's favorite dishes that they all can agree on. I also make it when I know I will be feeding a lot of guests, because it passes that "picky eater" challenge. The key: use the shredded cheese your family prefers, but leave in the Ricotta and do not substitute with cottage cheese. Most all of the ingredients can be found locally.

Reams Family Lasagna

- Ingredients**
- 1 ½ jars of Prego Traditional Italian Sauce
 - 1 ½ lbs. of local ranch beef (or elk)
 - 1 package of Jimmy Dean, regular or Italian, sausage
 - 1 package American Beauty lasagna noodles
 - 15-20 oz. Ricotta cheese
 - 1 egg
 - 1 ½ packages shredded

- Mozzarella cheese
- 2 packages shredded Colby Jack cheese
- 1 package Parmesan cheese

Instructions

Preheat oven to 375 degrees. Boil water for noodles; then allow noodles to tender without over-cooking (they should still be somewhat firm). Brown hamburger and sausage in skillet together, drain (do not rinse), and stir in Prego sauce. Combine Ricotta

cheese, 1 egg, and ½ package of Mozzarella cheese in a bowl for layering. Layer noodles on bottom of baking dish (fills 9x13x2 pan), spread Ricotta mixture, layer meat mixture, cover in shredded cheese. Repeat this until the pan is full. Top with last layer of noodles and shredded Parmesan. Bake for 25 minutes, or until top layer is lightly browned. Let rest for 10-15 minutes prior to serving. Leftovers can be frozen.

Annika Kristiansen

Cont. from Pg. 1

she said yes — baking, sewing and even things like skateboard projects are welcome as ideas for participation.

"The sky is the limit," she said. KJ Johnson is teaching shooting and archery, and Randy Crawford is teaching leather crafting. Other adults who would like to come forward and sponsor something should contact Kristiansen at the office and seek approval through paperwork and training. She can be reached at 970-327-4393 or by email at annikak@sanmiguelcountycogov.

She's reached out to the existing 4-H clubs already, specifically their leaders, and hopes to attend club meetings this spring to meet the members, say hello and hear about what they're working on.

Even though the four clubs are self-proclaimed livestock clubs, students can join any of those clubs for membership — even if they don't have breeding projects or market animals. Sign-ups are from Oct. 1 to April 15, and returning members still have to re-enroll in 4-H every year.

Club meetings take place at least six times a year, not including field trips, parties and other special outings. Kristiansen is working on beefing up 4-H curriculum for in-between programming, too, so kids can meet up for 4-H in different ways.

She's into a holistic way of learning, strengthening life skills, and wants to promote communication, public speaking and empathy.

Kristiansen owns a home in Norwood and isn't going anywhere anytime soon. She's also taking the hunting certification course with Tony Bonacquist. She hasn't hunted before now, but wants to in the future. Shooting and harvesting her own food is something she personally wants to learn.

3G Sunset is here. Are you ready?

You may check with us to see if your phone will transition or if a new phone or a SIM card update is needed. We don't want you left behind with a phone that doesn't work!

Call us for more information at 970.864.7335.



High school wrestling

Cont. from Pg. 1

reversed and pinned, with inexperience again to blame. Caruso's match was close.

On Friday night, Nasland had a rematch with the North Fork kid he beat in the regional tournament, and Nasland pinned him again, sending himself into the Saturday round.

Connelly, in his next match, lost to a Mancos kid, the No. 2 seed he lost to in regionals. Still, coach said Connelly did make improvements.

On Saturday morning, chaos ensued as seven wrestlers didn't make weight, including Nasland's opponent who had one extra pound. For Nasland, the forfeit was a game-changer. Driving back to the hotel, spirits were high, since he and coach knew he was getting on the podium.

"But how high can we go?" coach asked him. "Are we going to be tough enough to take third? Or feel sorry for ourselves and not go to the potential we can?"

After confirming things with the head table, coach prepped Nasland and Connelly for their matches.

In the consolation semi-finals, Nasland faced the kid projected to take fourth, a guy from Monte Vista. It was a slow start, but Nasland kept working and got into a situation where his opponent tweaked his knee. The kid was able to get up and walk, but Nasland got a take-down and pinned the kid to get into the third-and-fourth-place match.

"It was pretty exciting," coach said. "He lost his quarter-final match and battled all the way back up."

Then, Nasland wrestled the kid from Cedaredge, not before talking with his dad, assistant coach Lars Nasland, and Coach McCabe.

"He won 3-1 to take third," coach said. "It was one of his better matches. He stayed in good position, didn't try to do things or out-think himself. He just wrestled like he knew how, like he knew what he was doing."

Connelly then wrestled the same kid he "tech-failed" in Round 1, a kid who had a "heck of a tourney," a kid from Meeker who took sixth overall.

And, Connelly got another tech fall to wrestle for third and fourth. He faced a kid from Yuma, and somehow got his hand in the kid's head gear, which got him a call for illegal grabbing. That penalty cost Connelly a point, but furthermore changed the "tempo" of the match. Connelly had to try and get points and battle, but was taken down at the very end.

"He got the short end of the stick," coach said. "It wasn't a wrestling move or technique. It was a penalty point that changed the outcome of the match."

Connelly was devastated, but by Sunday was in better spirits, ready to get back to work, and holding the fourth place state title.

This year, having two guys on the podium is the first time Nucla has had state placers since 2019. Additionally, the Mustangs as a team tied for 18th out of 53 2A teams. McCabe said Nucla was also tied for 66th out of 203 schools in the state; it's in the top third of wrestling this year.

At the tournament, watching the big score board at the Pepsi Center in Denver, the two coaches talked about the future. Their goal is for Nucla to be in the Top 15 next year.

"I want us to have our name up there again," McCabe said.



Riley McCabe gave it her all. (Photo by Brandie McCabe)



Paxton Caruso lost a close match. (Photo by Brandie McCabe)

Meet Our Medical Providers!

Dr. Kelley Prince

Robin Richards, PA-C

Andrew Brown, PA-C

Angela Miller, PA-C

Our services cover your whole family's needs:

- Healthcare
- Behavioral Health
- Dental
- Retail Pharmacy with Mail Service
- Medicaid Enrollment Assistance
- Financial Assistance for All Services

We are committed to providing quality, cost effective, accessible healthcare to all in the San Miguel River Basin.

Call for an Appointment! (970) 327-4233
Monday-Friday 7:30 am to 5:00 pm. Same day appointments & extended hours available. Call for availability.
www.umclinic.org
Uncompahgre Medical Center
1350 Aspen St.
Norwood, CO 81423

Se Habla Español LIKE US ON FACEBOOK

Advertisement funded by San Miguel Board of County Commissioners.

Bachman Law, LLC
Estate & Medicaid Planning, Probate, LLC Formation, & Real Estate Transactions

140 E. Main Street
PO Box 158
Naturita, CO 81422

Sara Bachman
-Attorney at Law-

970.865.2440
sara@bachmanlawllc.com
www.bachmanlawcolorado.com



TOWN & COUNTRY INSURANCE
Excellence Is Our Standard Policy

AUTO, HOME, RANCH, BUSINESS, LIFE, BONDS

JESSICA@TOWNANDCOUNTRY-INSURANCE.COM

PHONE: (970) 818-9316


LOCATED IN THE BACHMAN LAW BUILDING * NATURITA, CO



WILLIAMS CONSTRUCTION
 EXCAVATING CONTRACTOR

Aggregate & Redi Mix Supplier

Call for a Quote or to Schedule a Delivery
SATURDAY DELIVERIES AVAILABLE
970.729.0997 970.327.4218



RV PARK & RENTALS
 218 WEST MAIN STREET
 NATURITA, COLORADO

Side-by-Sides, E-Bikes, Propane

WWW.RIMROCKERADVENTURES.COM
 (970) 865-2101



Bachman Law, LLC
Estate & Medicaid Planning, Probate, LLC Formation, & Real Estate Transactions

140 E. Main Street
 PO Box 158
 Naturita, CO 81422

Sara Bachman
 -Attorney at Law-

970.865.2440
sara@bachmanlawllc.com
www.bachmanlawcolorado.com



Game/Fishing Licenses
 Outdoor Gear 8' Topo. Map of Area
 Souvenirs Local Artisans
 F.F.L. Gifts

Tabeguache Trading Co.
 970.864.7755 Nucla, CO Clean Restrooms
 Est. 2017

470 Main Street, Nucla
www.tabeguachetradingco.com



West End
 EQUIPMENT RENTALS

208 West Main Street - Naturita, Colorado
 (970) 865-2408 • www.westendequipmentrentals.com

ACCEPTING APPLICATIONS
 1 & 2 bedroom apartments, Family Living at an affordable price.



Nucla Family Housing
 300 East 3rd Street, Nucla, Colorado
 (970) 864-2262



Landmark Management: 712-276-1735 • TTY: 800-659-2656

This institution is an equal opportunity provider

WEST END MONTROSE COUNTY SHERIFF'S OFFICE BLOTTER

2/9/2023

0802 Hours - Deputy was dispatched to the 28000 block of 2810 Road near Nucla for a suspicious vehicle.
 1238 Hours - Nicolas Calvillo, 33, was contacted at the intersection of West Third and Short Street in Naturita and cited for failed to present insurance, driving while under FRA suspension, driver's vision obstructed through required glass, and expired license plates.
 1302 Hours - Deputy was dispatched to relay a message in the 100 block of Payson Street in Naturita.
 1308 Hours - Deputy was dispatched to relay a message in the 400 block of Reed Drive in Naturita.
 1312 Hours - Deputy was dispatched to relay a message in the 31300 block of EE26 Road near Naturita.
 1534 Hours - Randy Gabriel, 59, was contacted at the intersection of Highway 141 and Highway 90 near Naturita and cited for speeding.
 2 VIN inspections
 2 directed patrols in County

2/10/2023

0728 Hours - Deputy was dispatched to the 100 block of Payson Street in Naturita for a disturbance. A warrant was issued for Wayne Fenimore JR, 41, for harassment x2, domestic violence, and child abuse.
 1027 Hours - Deputy was dispatched to Highway 145 mm 105 near Norwood for an alarm.
 1233 Hours - Deputy conducted a medical assist in the 400 block of Adams Street in Naturita.
 2037 Hours - Deputy was dispatched to the 200 block of Wilson Street in Naturita for a 911.
 2 VIN inspections
 1 directed patrol in Nucla
 1 civil process attempted/served

2/11/2023

1415 Hours Deputy was dispatched to the 400 block of Pine Street in Naturita for a fraud report.
 1609 Hours Deputy conducted a fire assist in the 29300 block of CC Road near Nucla.
 1 directed patrol in Naturita

2/12/2023

0351 Hours - Deputy was dispatched to the 100 block of Payson Street in Naturita for an information report.
 1017 Hours - Deputy was dispatched to the 21500 block of 600 Road near Paradox for an alarm.
 1232 Hours - Deputy conducted a ride along in the 27700 block of DD Road near Nucla.
 1522 Hours - Deputy conducted a field interview in the 27600 block of DD Road near Nucla.
 1532 Hours - Deputy was dispatched to the 600 block of Pine Street in Naturita for a disturbance.
 1537 Hours - Deputy was dispatched to the 29100 block of Highway 97 near Nucla for an animal problem.
 1600 Hours - Deputy was dispatched to the 32000 block of GG47 Road near Norwood for an accident.
 1907 Hours - Deputy was dispatched to Highway 141 mm 78 near Naturita for a traffic hazard.
 1 directed patrol in County

2/13/2023

0731 Hours - Deputy was dispatched to a medical assist in the 200 block of West Second Avenue in Naturita.
 0810 Hours - Sara Ramey, 46, was

contacted in the 100 block of East Main Street in Naturita and issued a warning for speeding.
 0848 Hours - Deputy was dispatched to Highway 145 mm 112 near Redvale for an animal problem.
 1057 Hours - Deputy conducted a motorist assist at the intersection of County Road 90 and DD31 Road near Nucla.
 1434 Hours - Deputy was dispatched to Highway 141 mm 57 near Redvale for an accident.
 1447 Hours - Deputy was dispatched to the intersection of Highway 141 and Highway 145 near Naturita for an accident.
 1452 Hours - Carrie Goode, 42, was contacted at the intersection of Highway 97 and Payson Street in Naturita and cited for driving with a revoked driver's license, no registration, no license plates, and no insurance.
 1510 Hours - Deputy was dispatched to Highway 145 mm 112 for a motorist assist.
 2013 Hours - Deputy was dispatched to the 35100 block of 3575 Road for a fire assist.
 2058 Hours - Deputy was dispatched to the 500 block of West Seventh Avenue in Nucla for a disturbance.
 2154 Hours - Deputy was dispatched to the 200 block of Payson Street in Naturita for a welfare check.
 1 school zone in Naturita
 1 directed patrol in County
 2 directed patrols in Naturita
 1 civil process attempted/served

2/14/2023

0846 Hours - Deputy was dispatched to the 35500 block of Highway 145 near Redvale for a property damage report.

1007 Hours - Deputy was dispatched to the 16900 block of Highway 141 near Naturita for a 911.
 1239 Hours - Deputy took a lost property report in the 31500 block of County Road 90 near Nucla.
 1759 Hours - Deputy conducted a civil standby in the 400 block of West Second Avenue in Naturita.
 1851 Hours - Deputy was dispatched to Highway 141 mm 59 near Naturita for an agency assist.
 1 school zone in Naturita
 1 directed patrol in Nucla
 4 directed patrols in County
 1 directed patrol in Naturita

2/15/2023

0830 Hours - Deputy was dispatched to Highway 145 mm 105 near Redvale for a traffic complaint.
 1137 Hours - Deputy was dispatched to Highway 90 mm 27 near Naturita for a 911.
 1229 Hours - Deputy was dispatched to Highway 90 mm 26 near Naturita for a motorist assist.
 1602 Hours - Deputy was dispatched to a medical assist in the 700 block of Elm Street in Naturita.
 1824 Hours - Deputy was dispatched to the 700 block of Juniper Street in Nucla for suspicious activity.

Bruin Waste Management

Next Day Pick-up
 Senior, Residential & Commercial Monthly Rates
 31186 Hwy 145, Naturita
864-7531

LEGAL PUBLICATION

SAN MIGUEL COUNTY FAIRGROUNDS IMPROVEMENT PROJECTS

San Miguel County Fairgrounds is seeking contractors/estimates for small improvement projects to include: Kitchen, office & bathroom flooring refurbishment; bathroom vanity replacement; window stabilization; and metal roofing screw maintenance. For more information, contact DeeAnna Burbridge at 970-327-4321 or smcfairgrounds@sanmiguelcountycolorado.gov.

Published in the San Miguel Basin Forum on February 22 and March 1, 2023

LEGAL PUBLICATION

NOTICE OF PROPOSED DECISION

The Colorado Division of Reclamation, Mining and Safety has issued a proposed decision to approve Bond Release Application No. 25 (SL-25) for the New Horizon Mine, Permit No. C-1981-008. The Division proposes to approve Phase I bond release on 2.7 acres of dryland pasture located in the southeast quarter of Section 6 (topsoil stockpile E footprint). The Division proposes to approve Phase I bond release on 1.9 acres located in the southeast quarter of Section 36 that have been reclaimed to permanent stock pond SP2. And the Division proposes to approve Phase I bond release on 16.3 acres of irrigated pasture and 3.6 acres of dryland pasture (Parcels DP-10, DP-12, and DP-13) located in south east quarter of Section 36.
 The Division proposes to approve Phase II bond release on 11.4 acres of reclaimed pasture. 2.9 acres have been reclaimed as Irrigated pasture, parcel IP-10. A portion of this parcel requires minor adjustment to correct an area of differential settling and the formation of a small gully. The Division proposes to approve 3.6 acres of dryland pasture (Parcels DP-10, DP-12, and DP-13) located in south east quarter of Section 36. And the Division proposes to approve Phase II bond release on 4.9 acres of dryland pasture, parcels DP-16 and DP-17, located in the southeast quarter of Section 6. The Division proposes to approve to release the applicant from liability for: all reclamation work on eleven reclaimed monitoring wells. The Division entered 0.001 acres into the Phase III release category to allow the permit system to display that Phase III release was approved for the wells. Eventhough the wells had no acreages associated with them in the application due to their negligible footprint. Specifically wells GW-N41, GW-N42, GW-N43, GW-N16P1, GW-17P1, GW-N19P1, MFBF-71, MW BF-63, GW-N-40, GW-N39, and GW-N3. The surface operation is operated by Elk Ridge Mining and Reclamation, LLC under the provisions of the Colorado Surface Coal Mining Reclamation Act of 1979. The bond release application was submitted by Elk Ridge Mining and Reclamation, LLC on May 16, 2022. The permittee is requesting Phase I, II and III bond release for nine (9) plugged and abandoned monitoring wells, and two (2) plugged and abandoned backfill wells. The permittee is requesting Phase I release on 24.5 acres that have been backfilled and graded. The permittee is requesting Phase II release on 11.4 acres of dryland pasture and irrigated pasture reclaimed areas. The affected area is located in Montrose County, approximately 1.7 miles Northwest of Nucla, Colorado.

Copies of the proposed decision are available for review at <https://dnrweblink.state.co.us/drms/search.aspx> by searching C1981008 in the "Permit No" field. A user guide is available to help first time users of the imaged document system and can be viewed at https://drive.google.com/file/d/118OUdf_Mpjo3kxIHKp5hMH-w7MeBtxX7/view..

Any person who has an interest which is or may be adversely affected may request an adjudicatory hearing regarding this proposed decision. Requests for a hearing must be made in writing within thirty (30) days of the date following initial publication of this notice, and shall state with reasonable specificity the reasons for the request and objections to the proposed decision.

Colorado Division of Reclamation, Mining and Safety
 1313 Sherman St, Rm 215
 Denver CO 80203
 303-866-3567

Published in the San Miguel Basin Forum February 15 & 22, 2023

Classified Ads

CLASSIFIED AD POLICY & RATES: Rates for each issue: \$12.95 for 25 words and 20¢ for each additional word, **Box Frame:** \$5.00, **Tear Sheet:** \$1.00, **Bold Heading and Text:** \$5.00

THANK YOU

Thanks to all my family and friends for helping celebrate my 75th birthday. Thank You All!

- Lila Arnold

38-1T-COLLECT

OFFICE SPACE FOR RENT

Office space available for rent in the Vista Realty building (212 East Main, Naturita) Call Debbie @ 970-428-2364 for details.

38-3T-C


VETERAN MEMORIAL SERVICE INFO

Memorial Services for Veterans - Contact Tom Loczy and VFW at: (970) 428-2268

TEN

TO PLACE A CLASSIFIED:

SAN MIGUEL BASIN FORUM
(970) 864-7425




Southwestern Construction
Bryan Littlejohn
Bus: (970) 327-4096 Cell: 428-4096
P.O. Box 422, Naturita, CO 81422

"Your One Stop Shop For All Your Communication Needs"
NNTC Wireless 864-7335



Christopher Tooker
Master Electrician
Electrical Contractor
Phone: 970-864-2321
tookeroffice@gmail.com
www.tookerelectric.com

New Construction
Residential
Commercial
Service



Sam's Service Phillips 66
Your Service Station

- Offering Phillips 66 Proclean Fuel 24-7 with Credit Card
- Convenience Store
- Brand name Tires & Service
- Lube-Oil Service
- Computer Diagnostics
- Light Mechanical

James Keeton
1685 Grand Ave, Norwood, CO • 970-327-4447

B&W COPIES, COLOR COPIES, AND SCANS

Letter (8.5 x 11)

Legal (8.5 x 14)

Tabloid (11 x 17)

Forum Newspaper Building

807 Main Street, Nucla, Colorado

Tel: (970) 864-7425 * Fax: (970) 864-2298

SUDOKU

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

SAFE STEP WALK-IN TUB 1-855-576-5653

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0682999 0083445

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

© StatePoint Media

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

SOLUTION TO PREVIOUS SUDOKU

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

STATEPOINT CROSSWORD

THEME: BOARD GAMES

ACROSS

- G in mg
- Medicinal amt.
- Say no
- Popular Scotch mixer
- Country dance formation
- List of candidates
- Certain battery component
- Exclamation of sorrow
- *"The Game of Unspeakable Fun"
- *"Fascinating two-handed strategy game"
- Dutch cheese
- Not quite right
- *"I thee ___"
- Crème de ___
- Where Japan is
- Part of circumference
- Threatened Asian or African odd-toed ungulate

- Ready for picking
- Reasons to sue
- Romanian money
- English county
- Popular Arabic name
- Lemon, in Paris
- Latissimus dorsi, for short
- Angola's southern neighbor
- Dairy farm glands
- Relax, or ___ out
- Brooke or John Jacob, of New York
- USPS delivery
- *Cards against what?
- Medicinal plant with purple berries
- Bug-eyed
- Tiny bottle
- a.k.a. jumping bone
- Plucked string instrument
- Makes a mistake
- *"___ Day," desirable square in The Game of Life
- Bard's before



64. Rip apart

DOWN

- Govt. property org.
- Fabled fliers
- Mine passage
- India's Chennai, pre-1996
- Flooring choice, pl.
- Hose woes
- 100 centavos in Mexico
- Rum cake
- Particle in A-bomb
- What's-old-is-new-again prefix
- Somewhat late
- Be at the helm
- *Not chutes
- #39 Across, pl.
- Is no longer
- *Trade, build, settle this island
- Oenophile's concern
- Curtain fabric
- *Connect how many?
- Theater passage
- Asparagus unit
- Written works
- Hipbones
- Butterfly catcher
- *Like pursuit of no vital importance
- "___ a high note"
- A Camel, for short
- Result of equipment failure
- The beauty of the ball?
- Morgan Freeman in "Driving Miss Daisy," e.g.
- Sign of bad news
- Inflict a blow
- Supernatural life force
- Drunkard, slangily
- Exhibiting good health
- Swing seat, sometimes
- Knitter's supply
- Tree fluid
- Dropped drug, acr.

CROSSWORD

1	2	3	4		5	6	7		8	9	10
11				12					13	14	
15				16					17		
	18			19					20		
		21					22				
23	24	25				26			27	28	29
30			31		32	33			34		
35			36			37			38		
39				40				41		42	
43			44					45		46	
		47				48	49				
50	51				52				53	54	
55					56				57		58
59					60				61		
62					63				64		

SWITCH & GET \$25

Off First Month of New Service! USE PROMO CODE: GZ590

Consumer Cellular

CALL CONSUMER CELLULAR 888-804-0913

© 2023 Consumer Cellular Inc. For promo details please call 888-804-0913

© StatePoint Media

\$7.29
12 pk. 12 oz. cans
Pepsi Products



Don't Forget The Ice!

REDD'S MERCANTILE
Groceries - Meat - Produce
6AM - 8PM * 460 Main Street * (970) 864-7707
Prices Valid: February 22-28, 2023



GROCERY

<p>\$0.99 Yuban or Maxwell House 24.8-37.2 oz. Select Varieties Coffee</p> 	<p>\$3.49 Killing's 9.6-18 oz. Select Varieties Cereal</p> 	<p>\$2.49 Food Club 10-12 ct. Select Varieties Instant Oatmeal</p> 	<p>\$3.79 Food Club 12.5 oz. Chunk White in Water Chicken Breast</p> 
<p>\$3.49 Progresso 6.5-8 oz. Select Varieties Soup Mix</p> 	<p>\$1.79 Arroyo 24 oz. Select Varieties Pasta</p> 	<p>\$3.19 Kraft 16 oz. Select Varieties Dressing</p> 	<p>\$5.49 Kraft 30 oz. Original or Light Miracle Whip</p> 
<p>2/1.5 Kraft 15 oz. Select Varieties Dressing</p> 	<p>\$3.49 Vance 24-48 oz. Select Varieties Pickles</p> 	<p>\$4.99 Arrowhead 24 pk. 16.9 oz. Bottle Spring Water</p> 	<p>99¢ Food Club 4.8 oz. Select Varieties Tomatoes</p> 
<p>2/1.3 Chef Boyardee 14.75-18 oz. Select Varieties Canned Pasta</p> 	<p>4/1.5 Kraft 5.5-7.25 oz. Select Varieties Mac & Cheese</p> 	<p>\$1.29 Tostitos 16 oz. Select Varieties Refried Beans</p> 	<p>\$2.49 Food Club 28-32 oz. Select Varieties Pancake Mix</p> 
<p>2/1.3 Jell-O 3.6-6.6 oz. Select Varieties Gelatin or Pudding Mix</p> 	<p>\$3.49 Food Club 28 oz. Instant White Rice</p> 	<p>\$1.25 McCormick 2.84 oz. Select Varieties Country Gravy Mix</p> 	<p>99¢ Food Club 19.6 oz. Select Varieties Sloppy Sauce</p> 

Meat & Cheese MEGA SALE

Buy One Get One **FREE!** (Of Equal or Lesser Value)

Ad Retail \$3.49 lb. Boneless
Pork Sirloin Roast

\$3.99 lb.
Boneless Beef
Top Round Roast

\$1.49 lb.
All Natural
Whole Chicken

\$1.77 lb.
Food Club 6-8 oz. Select Varieties Shredded or Block
Cheese

\$4.99 lb.
Food Club 20 oz. Select Varieties
Thick Cut Bacon

\$1.99 lb.
Boneless Skinless
Chicken Thighs

2/1.7
Johnsonville 9.6-14 oz. Select Varieties
Sausage

\$5.99 lb.
Boneless Beef
Top Sirloin Steaks

\$1.99 lb.
Boneless Southern
Country Style Pork Ribs

2/1.3
Bar S 16 oz. Select Varieties
Franks

FROZEN/ DAIRY

\$2.49
Whisper 16.3 oz. Select Varieties
Biscuits

\$4.49
Challenge 1 lb. Select or Unleashed
Butter

2/1.7
Food Club 48 oz. Select Varieties
Ice Cream

\$10.99
Crown Royal 60 oz. Meat or Five Cheese
Lasagna

\$1.99
Food Club 10 ct. Select Varieties
Waffles

2/1.7
Florida's Natural 62 oz. Select Varieties Orange or Grapefruit
Juice

\$6.99
Food Club 4 ct. Select Varieties
Ice Cream

2/1.7
Nestle Coffee Mate 32 oz. Select Varieties
Coffee Creamer

AT HOME

\$15.99
Bounty or Quilted Northern 8-12 ct. Select Varieties
Paper Towels or Bath Tissue

\$3.29
Foliage 20 ct. Select Varieties
Dish Soap

FRESH MEATS

STEW MEAT \$4.19/LB

CUBED STEAK \$4.19/LB

TOP ROUND STEAK \$3.99/LB

\$2.49 lb.
St. Louis Style
Pork Spareribs

\$4.79 lb.
Doritos 16 oz. Original or Thick Cut
Bacon

\$3.69 lb.
Kraft 16 ct. Select Varieties American
Cheese Singles

\$3.49 lb.
Sagegy's 16 oz. Select Varieties
Sausage Rolls

\$1.99
Food Club 18 oz. Select Varieties
Fruit Spread

\$3.79
8-12-13 oz. Select Varieties
Party Size Lay's Chips

\$2.99
Food Club 28 oz. Creamy or Crunchy
Peanut Butter

2/1.7
Fritos or Cheetos 6.5-10 oz. Select Varieties
Snacks

2/1.5
Ocean Mayer 3.3-10.7 oz. Select Varieties Natural or
Lunchables

\$3.49
Hormel 19-20 oz. Select Varieties
Sides

2/1.6
PopCorners 7 oz. Select Varieties
Chips

2/1.7
On the Border 18-16 oz. Select Varieties
Tortilla Chips

2/1.6
Club 7.1-13.7 oz. Select Varieties
Crackers

2/1.7
Club 7.1-13.7 oz. Select Varieties
Crackers

2/1.7
Townhouse 9-13.8 oz. Select Varieties
Crackers

2/1.5
On the Border 9-13.7 oz. Select Varieties
Crackers

2/1.5
On the Border 9-13.7 oz. Select Varieties
Crackers

\$3.99
Jolly Time 8 ct. Select Varieties
Popcorn

2/1.8
Red Baron 12-20 oz. Select Varieties
Pizzas

\$4.99
Nabisco 12-20 oz. Select Varieties
Family Size Cookies

PRODUCE

\$1.99 lb.
Sandwich Red
Grapes

\$1.29 lb.
Red Cluster
Tomatoes

\$1.99 lb.
Fresh & Tender
Asparagus

\$1.29 lb.
Fresh Juchink
or Yellow
Squash

\$1.29 lb.
Sweet Cara Cara or Blood
Oranges

2/1.3
Crisp Net House
Cucumbers or Firm
Sweet
Tomatoes

\$1.99 lb.
Crisp Large
New York
Apples

2/1.4
Dole 5-17 oz. Select Varieties
Salads

99¢
Fresh Pineapple

PRESCRIPTION FOR PRODUCE

Pineapple

• Pineapples have lots of great health benefits; one of those is help with arthritis.
• Some studies have shown that the bromelain found in pineapple can help provide pain relief.