

San Miguel Basin Forum

HEALTH CARE

County listens to Basin Clinic update

By REGAN TUTTLE, Editor

Montrose County Commissioners attended a meeting with Basin Clinic representatives March 22 in Naturita. Then, Christina Pierce, the clinic's executive director, gave several updates regarding the facility's status, and commissioners followed along with a packet of information.

Pierce said the Basin Clinic has made staff changes already, and those are reflected in the budget. Currently, the clinic is undergoing an internal analysis, and Wednesday meetings continue to focus on strengths and weaknesses. Input from staff and the clinic's board of directors go into the analysis.

The board has said patients report being disappointed to not see the same medical provider consistently. Now, the clinic is working to recruit an additional provider. That could happen as early as July.

Still, housing remains an issue in the West End for recruiting new employees, since there are few rentals, or the inventory is not suitable for families.

The clinic data shows it has reduced overall personnel costs by 10 percent, but there has been some backlash from the community over that.

Accounting is something Pierce said is getting straightened out through Quickbooks and the Athena software. The Athena program helps the clinic look at data and continue to increase patient revenues, specifically because of billing and coding.

Last year, the clinic saw 721 fewer patients, but still there was a 16 percent increase in revenue. Pierce said adding an additional provider will also increase revenue, but even more is that it will help serve the community.

Commissioner Mark Caddy said Pierce and the board must remain focused on keeping the clinic open. Pierce admitted rumors exist that the clinic will close, but that is not true.

She's looked into funding with The Colorado Health Foundation, but current grants require a different focus, and Basin Clinic cannot make big adjustments to "fit their mold" at this time.

Commissioner Sue Hansen suggested the clinic go for economic development funding and to ask for as much as is needed.

Pierce is also working on
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MIDDLE SCHOOL SPORTS

5 kids compete at state wrestling; coach is proud

By REGAN TUTTLE, Editor

The Mustangs sent five middle school athletes to the state wrestling tournament over the weekend. The guys who qualified at the regional tournament March 24-25 include Jace Bonacquista, wrestling at 80 pounds; Hunter Johnson, 95 pounds; Jackson McCabe, 105 pounds; Austin Garvey, 110 pounds; and Cole Bray, 115 pounds.

There were also two elementary student state qualifiers. They had their own regional bracket. The state tournament takes the Top 7 from middle school regionals, and the Top 4 from elementary.

Rob McCabe, head coach for the middle school kids, was assisted by
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This photo shows Cole Bray at the state wrestling tournament. (Photo by Brandi McCabe)



All-conference honors

Pictured from left to right are Hemmy O'Brien, 2nd Team AC Boys Basketball; Steele Arnold, 1st Team AC Boys Basketball, Honorable Mention Mile High Preps All-State; Brycen Rummel, 1st Team AC Boys Basketball, Honorable Mention Mile High Preps All-State; Arthur Connelly, 1st Team AC Wrestling, Honorable Mention All-State; JW Naslund, 1st Team AC Wrestling, Honorable Mention All-State; Rylie McCabe, 1st Team AC Wrestling; Candis Staats, 1st Team AC Girls Basketball, Honorable Mention Mile High Preps All-State; Lisa Sutherland, 1st Team AC Girls basketball; and Keiran Bray, 2nd Team AC Girls Basketball. (Photo by Kelly Arnold)

NATURITA

New library programming starts next week

By REGAN TUTTLE, Editor

The Naturita Public Library is getting ready to do a four-week informational series beginning next week. The series features talks by local residents, and sessions take place Friday evenings at 5 p.m. and last for one hour.

The events are free and open to the public.

Raena Wedel, program coordinator for the library, said the first

talk will introduce archaeologist Glade Hadden to the community. Hadden will discuss local petroglyphs that can be found in and around the West End area. His talk happens April 7.

The second talk, April 14, is still to be determined. Wedel said she's waiting on confirmation from the person she'd like to host that evening.

On April 21, Nicole Brandt will return to the library. A local herbalist, Brandt moved to the area a

year and a half ago to establish a small herb farm. She'll discuss wellness as it relates to her plants and their benefits. Likely she will have teas and other things for sale afterward.

Brandt is regularly hosting Tea Tuesdays in Naturita also, the first Tuesday of each month, from 6 to 7 p.m.

The last session on April 28 is also not confirmed. Wedel is hoping to host one certain guest, who
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WATER

SM Water Conservancy to appoint 3 members to NWC

SPECIAL TO THE FORUM

The San Miguel Water Conservancy District (SMWCD), created in 1957 to support and provide water resources for portions of San Miguel and west Montrose counties, is also responsible for appointing three members to the Norwood Water Commission (NWC). A 1992 agreement between NWC, SWCD and the Wright's Mesa Rural Water Users provided that the Town of Norwood and SMWCD would each appoint three members. SMWCD is accepting letters of interest now until May 1.

Five new board members were recently appointed to SMWCD by Seventh Judicial District Judge Keri Yoder in December 2022. The new board — consisting of Carrie Andrew, Candy Meehan, April Montgomery, Clay Wadman and Jim Wells — has been meeting to determine criteria and a policy for appointing NWC members, which is detailed below.

To be eligible to apply, applicants must live within the NWC district boundaries. However, priority will be given to those who live outside of the incorporated Town of Norwood boundaries and who own a water tap. Because the SMWCD board is interested in applicants with multiple skills applicable to solving water quality and supply challenges, applicants who live within the town boundaries or do not own a water tap may be considered.

Applicants are encouraged to review the 2020 Norwood Water Commission Water Master Plan and 2022 Town of Norwood/Norwood Water Commission Water Supply Adequacy Update, which are available on the Town of Norwood website under the NWC tab.

These reports demonstrate that planning for new water infrastructure, supply sources and multiple water treatment improvements will need to begin in the immediate future, and prioritizing these and other needs highlighted in the reports will be critical to achieving water security for Wright's Mesa. Therefore, it is SMWCD's intent to appoint members who can demonstrate the following: government board experience, experience implementing water or other infrastructure projects, experience implementing strategic plans and timelines, experience with public financing and stacking funding sources, grant writing or management experience,
Cont. on Pg. 3

HEALTHIER TOGETHER

What does your gut have to do with it?

By SAGE CARVER

What does gut have to do with your health and happiness? Actually everything.

When you think about your body's well-being, what are you thinking about? Many of us primarily think about how our bodies feel, how strong our immune systems are, our diets, exercise routines and mental health when it comes to our wellness. But I'm here to tell you your gut is connected to all of that. Your gastrointestinal health, good or bad, affects every aspect of your body, including memory, mood, inflammation, mental health, metabolism, immune health and more. Recent studies have shown that our gut health connects to many different health conditions, including autoimmune diseases, anxiety, depression, skin conditions, Alzheimer's and even cancer. Who knew that gut health is so important and how it can play such a huge role in overall health?

How does gut health affect your overall health? Your digestive tract has trillions of bacteria, (more than 100 trillion, actually!). This is called your microbiome. Among those, there are a variety of bad and good bacteria. Good bacteria help your metabolism by breaking down dietary fibers while producing specific vitamins, like B and K. By breaking down fibers, anti-inflammatory fatty acids are released, which results in more energy and nutrients for our bodies. Energy is a good thing.

Bad bacteria still exist though. Too many harmful bacteria cause an imbalance in our bodies and inflammation, which leads to further damage. It actually causes the lining of the gut to become very thin and permeable, and this is commonly known as "leaky gut syndrome." When there is damage to the mucosal lining of the gut, proteins, toxins, microbes and undigested food particles then escape from the gut and travel throughout your body via the bloodstream. This cascade will not feel good, and it leads to many symptoms and dis-ease.

Unfortunately, the Standard American Diet (the SAD diet), which is 60 percent processed foods, actually feeds the bad bacteria and kills off the good. Foods that increase inflammation and should be avoided are refined carbohydrates and processed grains, fast food, sugar, alcohol, refined vegetable oils — like canola, corn and soy oil — sugary drinks, soda, juice, packaged and processed foods and junk food ... no bueno.

On the contrary, foods that lower inflammation and increase good bacteria levels in the gut include all vegetables, herbs, whole fruit, wild caught fish, free-range eggs and poultry, pasture-fed meat, healthy fats like coconut oil, grass-fed butter, extra-virgin olive oil, nuts and seeds and their butters, probiotic foods like natural yogurt, kefir, kombucha and fermented vegetables, and prebiotic fiber from foods like asparagus, onions and artichokes ... so good.

If you want to learn how to restore your gut, you'll want to consult with your doctor or a digestive specialist to determine how to move forward. The steps you should take to restore gut health really do depend on your unique biological makeup and gut microbiome. But generally speaking, you should be focusing on a few key lifestyle factors, such as stress management, exercise, a solid nighttime routine and healthy diet habits, to name a few.

I have just barely scratched the surface on the information I would like to share, but I hope you can begin to see how important your gut truly is. With persistence and healthy habits, you can heal, and your overall health will start to improve. So, if today you get the nudge to start living a life that feels amazing — nourished in mind, body, and soul — follow that instinct. It may not happen overnight; however, gradual steps and small shifts can make a huge difference to your health and happiness.

We can become healthier together. It starts with a choice, a decision.

History: Rimrocker Historical Society Original pioneer of the Colorado Cooperative Company, Miles Bowen

By JANE THOMPSON, *Rimrocker Historical Society*

This article about Miles Bowen was written by Margaret Galley and was reprinted by Marie Templeton in the San Miguel Basin Forum in 2003. It's a story worth telling again. We recently found a journal during the museum move with some of Mr. Bowen's stories. He truly was a colorful character and a force to be reckoned with in the building of the ditch. Here is what Mrs. Galley had to say about him.

"Miles Bowen was one of the most colorful figures in the Colorado Cooperative Company. He was slightly less than average in size, blonde with a ruddy complexion and in middle age. His face appeared not to end with his forehead, but to extend back as far as the eye could see. As if to compensate for the absence of hair on his head, his blonde mustache spread out like a miniature awning. His gray eyes would sparkle with ready wit, or flash with explosive anger. Few men could out-swear him and not many could out-work him. They called him Cyclone Bowen.

Dr. Springer's position was somewhat different than most of the other colonists. He was a dentist by profession, and his territory took in all of the surrounding area. He spent part of his time in Norwood taking care of the dental needs of that community. His fees from the members of the Company consisted of half cash and half water credits. Thus, he was able to buy his water credits secondhand so to speak, and at the same time maintain a steady cash income. That was a cause of considerable discontentment to some of the other colonists. That, plus he wanted to separate the ditch from the Colorado Cooperative Company, and that caused more hard feelings. The Colorado Cooperative's annual meeting in 1901 was a stormy one with record attendance. It lasted the usual three days. During a heated debate between Bowen

They established their first camp 3.5 miles below Pinon and called it Peek-A-Boo. It consisted of a cook shack, a stable for the horses and a number of boarded tents for the men.



This image shows String Town ditch camp with Miles Bowen and Company. Bowen is the sixth man from the right with the gun pointing toward the camera. (Image courtesy of Rimrocker Historical Society)

and Springer, Springer threw a lamp at Bowen.

Incidentally, afterwards, instead of gunning for each other, the two mingled at the dance as if nothing happened. Several very important measures were adopted at that meeting. The first one was to raise \$10,000 by popular subscription for stock at par, to be paid for in monthly installments of \$10 each, after the initial payment of \$20. The money to be raised was to be applied solely to the ditch work. Another important decision was to let contracts to individuals, for completion of the remaining ditch work. Bids were solicited; however, it was several months before that program got underway.

In the spring of 1902, despite several interruptions, contracts were let. M. D. Bowen and Company were the first to make application. Before terms were agreed upon however, the Company decided to let Bowen make a test run of part of the work to determine whether or not it could be done at the rates established. When agreement was reached, Bowen and Company was granted a contract for 4.5 miles of construction running from the end of the competed ditch. They established their first camp 3.5 miles below Pinon and called it Peek-A-

Boo. It consisted of a cook shack, a stable for the horses and a number of boarded tents for the men.

When work progressed beyond convenient reach of Peek-A-Boo, the camp was moved farther down river to a spot named Rocky Ford. That camp was called String Town. Men carried their guns to work in hopes of getting some fresh meat. One didn't need a license to shoot deer in those days."

Marie added to the article: "In 1907 Miles Bowen married Beatrice Biglin ... Two of Beatrice's three children, Roland Biglin and Margaret Biglin Galley, lived on Tabeguache Park all of their lives.

Roland Biglin later lived on and farmed the place where his stepfather and mother had lived ... Roland and wife, Marie, had three children, but none of them made their home on the Park after they were grown ... Margaret Biglin married John Galley. They had two children, Helen and John (Buck). Buck has lived here his whole life, farming on the Park and at Ute."

Buck passed away a few years ago, and his son Stan Galley and wife Misty now farm the Galley's property in Nucla and Ute, along with the help of their three children. Buck's daughter, Debbie, is married to Clint Wytulka, and they and their two children also made their home in Nucla. Debbie teaches at Nucla High School, and Clint is the superintendent of the West End Public Schools District.

San Miguel Basin Forum

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New library programing

Cont. from Pg. 1

has said they're very shy and not sure they can commit to giving the full talk for an hour.

"The second and fourth weeks are unconfirmed," Wedel said, who aims to fill the spots.

She added the guest speakers and the ongoing series is important to the West End community. She agreed the events are a healthy way for people to gather.

"They highlight unique happenings around our community," she said. "These are community talks by the community for the community."

The library hours are Monday through Friday from 10 a.m. to 6 p.m., and Saturdays from 10 a.m. to

3 p.m. The library is closed Sundays.

Besides books, audiobooks, computers that are available for use, DVDs and resources for children, there is additional programming too.

Story time for small children is Tuesdays from 11:15 to 11:45 a.m., led by Wedel.

There is also a teen book club that happens the third Sunday of each month, and also a book club for adults the fourth Tuesday of each month. Wedel said people do attend book clubs, sometimes food is served, and on occasion authors also make appearances.

Recently Wedel and staff rearranged many of the books to help

with the flow of the library and to create space where it was needed. She invites the community to come in and see the updates. Already, the library is preparing for the summer reading program that will start in June.

"We have a fantastic surprise for the end-of-summer-reading barbecue in July," she said, adding details will soon be announced.

Also upcoming is a series of weekly walks with Hadden, the archaeologist. Those start in September, and people will have a chance to get in on one of four sessions that will happen weekly.

Wedel said additional programming is in the works, too.



Progress at the school

This image shows recent construction at the new Nucla school. (Photo by Paul Koski)

POLITICS

Montrose County republicans participate in state GOP elections

SPECIAL TO THE FORUM

Montrose County Republicans recently sent a contingency to participate in the Colorado Republican State Central Committee election of officers held in Loveland, Colorado. The six-person group included the Montrose GOP executive team and two bonus members from the local central committee. Their purpose is two-fold, to elect the state's GOP executive board and elect corresponding multi-county district boards.

Montrose GOP Chair Scott Riba, who attended the March 11 biennial reorganizational meeting, said

the most contested race was for Chair of the State Central Committee. Seven candidates ran, and after three ballots, Dave Williams was officially named state party chair. Priscilla Rahn was re-elected vice chair; secretary is Anna Ferguson; and treasurer is Mike Benson. Elected as the Republican National Committee persons are Vera Orregon and Randy Corporon. Biographical information for the Colorado Republican Party Officers can be found online at ColoGOP.

The Montrose GOP also participated in the elections officers for Congressional District 3, Senate Districts 5 and 6, House District 58 and Judicial District

7. Montrose has four representatives on two different districts: HD58 Chair Scott Riba, Secretary Lois Hogan, and JD7 Chair John "Mac" Felsing and Vice Chair Charli Oswald. The purpose for the multi-district boards is to designate or ratify district vacancy committees, to adopt or ratify district bylaws as required and oversee general administrative duties.

Montrose GOP Chair Scott Riba gave his kudos to the Montrose team for volunteering their time to make sure Montrose was well represented. He said thanks also goes to Kay Heinschel and Tammy Jolley for their participation in the full-day event.

FORESTS

Forest Service hosts stakeholder meeting April 6

SPECIAL TO THE FORUM

The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests will be hosting its annual Spruce Beetle Epidemic and Aspen Decline Management Response (SBEADMR) and Taylor Park Vegetation Management (Taylor Park EA) combined stakeholder meeting Thursday, April 6, from 8:30 a.m. to 4:30 p.m. The event will be hosted by Western Colorado University in Gunnison, with an option for virtual attendance via Zoom.

SBEADMR, a forest-wide project, and Taylor Park EA, a project located on the Gunnison Ranger District, allow for commercial and non-commercial vegetation treatments. Both projects respond to forest health concerns

and strive to increase the forest's ability to respond to multiple and interactive stressors including climate change, drought, insect attack and disease.

All interested members of the public are invited to attend this year's annual stakeholder meeting and interact with personnel from GMUG's staff and science teams. This year's meeting will include discussion on GMUG insect and disease update, science team monitoring findings and updates and GMUG staff providing an overview of past and future treatments.

Following the meeting will be the annual 30-day informal public comment period for both projects.

Colorado University will host the virtual meetings at the following Zoom link: <https://western.zoom.us/j/95549037175>. Full event details and agenda will be posted on the Center for Public Lands website.

For more information on SBEADMR, the public may visit <http://bit.ly/GMUGSBEADMR> or <https://cfri.colostate.edu/projects/sbeadmr/>. For more information on the Taylor Park EA, the public may visit: <https://www.centerforpubliclands.org/project-list/taylor-park-group>.

Those with questions should contact Carlyn Perovich, GMUG ecologist, at carlyn.perovich@usda.gov. For information and updates on current fire restrictions, conditions and recreation opportunities on the Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests, all may visit the forest website or connect with the USFS on social media (Twitter and Facebook).

Clinic update

Cont. from Pg. 1

updating insurance policies, getting bids from other places. She said the clinic can't continue with the same policy holders.

"We have to change, or the premiums go up and up and up," she said.

Strengthening the collections process is also something Pierce is working on regarding billing, including how to work with people and get them on payment plans when medical bills are tough.

Reimbursements are also a key part of the clinic's current work, and Dr. April Randle, the chief medical officer, and Pierce are working with spreadsheets of reimbursements. Pierce has a goal of reaching out to payers and renegotiating contracts with them. Already, the contract with Rocky Mountain Health Plans

has been done.

"I am completely impressed," Caddy said.

Hansen asked the board how they felt.

Don Colcord said he was concerned about the budget. He said he doesn't know how they're supposed to evaluate staff positions. The clinic has done what it can with the administrative positions, and now they're looking at the clinical side.

"It's hard to evaluate clinical staff needs," he said.

He added he hoped rural public health would assist with that process. The board wants the process to be fair and just in a small community where eliminating positions can be stressful.

The Basin Clinic has updated its budget at least five times in the last year.

Water Conservancy

Cont. from Pg. 1

understanding of federal, state and local water funding resources and/or other experience relevant to the NWC.

Letters of interest are due by May 1 and may be submitted to smwcd@yahoo.com or SMWCD, PO Box 640, Norwood, CO 81423. Letters should include the following: name, email and phone number; physical and mailing address; explanation of applicant's water

use or ownership as it relates to the NWC; length of time applicant has lived on Wright's Mesa and any relevant work/involvement in the area; understanding of the role and challenges of the NWC; skills that are relevant to these roles or challenges; any relationship or conflict of interest with Town of Norwood, NWC, or SMWCD board members and staff; any other relevant information that would be helpful for the SMWCD in making a selection.

RECIPE

Slow-cooker taco soup is a working mom's favorite

By BRANDIE RICHARDSON

Slow-cooker taco soup

Ingredients

1 lb. ground beef
1 large onion, chopped
1 16 oz. can chili beans, with liquid
1 15 oz. can kidney beans, with liquid
1-2 bags corn (around 15 oz.)
I like to use Mexican street corn when possible.
1 8 oz. can tomato sauce
Approximately 4 c. water
2 14.5 oz. cans tomatoes
3 4 oz. cans diced green chiles

1 package taco seasoning mix
Your choice of added seasonings to taste (I add salt, garlic and Mrs. Dash.)
Cheese when serving

Directions

Cook the ground beef until browned. Drain and set aside. Mix all of the ingredients (except for the cheese) in the slow cooker and cook on the low setting for around 8 hours. Top with cheese once dished out and enjoy. Sometimes I add a second package of taco seasoning mix, if it's not enough flavor.

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State wrestling tournament

Cont. from Pg. 1
Freddy Smith this season. McCabe is the high school wrestling coach, too.

While the Mustangs fell a bit short in their state competition over the weekend, McCabe said he was impressed.

At state, Johnson, McCabe and Bray made it to the round with just 16 left. For middle school, there is no classification system, so the guys were competing against kids who feed into high schools ranging from 1A to 5A in size.

Coach said they all should have won their quarter-final matches. McCabe lost in overtime. Johnson was just a bit late in his match and lost. Bray got reversed and pinned. Coach added Nucla could have had guys in the Top 8.

Bonacquista went 0-2; Johnson was 1-2; McCabe was 2-2; Garvey was 0-2; and Bray was 1-2.

"We fell a little short, but this is the first year in four years we have had a middle school program," coach said. "So it's pretty big for these guys to qualify for the state middle school tournament after not having wrestled the last several years."

Coach said the guys were competitive.

"We were not blown out the water. ... That was huge for these guys to do that. ... We had tight matches, hotly contested, and came up short in several, which was a bummer," he said.

He agreed the kids were also wrestling opponents from very big schools. While Bonacquista faced a kid from West Grand, that was the only in-class match for the Mustangs at state.

Additionally, many of the wrestlers in Denver are kids who wrestle year-round and do not play multiple sports. The Mustang wrestlers have played football this year, along with middle school basketball and then jumped into wrestling, not having wrestled in some time.

Coach said he was simultaneously coaching high school and middle school wrestling, though in the last month, the middle school athletes



Jackson McCabe, coach and Branson McCabe take a moment.



Austin Garvey, like the rest, remains a state qualifier. (Photos by Brandie McCabe)

have had his full attention. He said as they moved toward the end of the season, they've come a long way.

And, in league tournament wrestling, the Mustangs proved themselves. Bray was third in the league tourney, as was Johnson and Bonacquista. Gavery was second. McCabe was first. Even in regional wrestling, the guys were strong.

At the end of the state tour-

nament on Saturday, despite nobody making the podium, coach remained proud.

"You go to Junction and Grand Valley, the Western Slope is stacked with good, talented wrestlers," he said. "Those kids have been wrestling for years and years, and some full-time. Our guys competed well, and you never would have known that some haven't wrestled in three years."



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- May 10
- June 14
- July 12
- Aug. 9
- Sept. 13
- Oct. 11
- Nov. 8
- Dec. 13

LETTER TO THE EDITOR

San Miguel Basin's 4-H Meat Quality Assurance Day is April 19

Dear West End communities,

It is that time of year again ... As we round the last corner and head into a beautiful spring, it is important to mark your calendars for our once-yearly Meat Quality Assurance (MQA) Day.

What is MQA?

There is always talk about the quality and condition of the meat we eat as it arrives from farm to table. Consumers have the right to question how their food was produced and need "assurance" as to whether or not the food they are eating is good for them. Members enrolled in 4-H play a role in the future of our agricultural industry, so there is no better place to start.

All members in Colorado 4-H who exhibit livestock — cattle, dairy, sheep, pigs, goats, rabbits and poultry — are required to attend a Meat Quality Assurance Program twice in their 4-H career. They have to attend their first year exhibiting livestock and then when they become a senior member, which is at 14 years old.

Our MQA training includes information on where to properly

give injections, which injections are allowed, and appropriate feeding and normal care for the animal. Using a model cow and pig, members get to have a hands-on demonstration and see what happens if they give an injection in the wrong spot.

How to properly read and follow labels on antibiotics and vaccines is another key element to MQA training. This includes understanding withdrawal dates, which are very important if the animal has received some form of antibiotic or vaccine. The withdrawal date is simply how many days the substance will remain in the animal's system and at what day it is completely out and the animal safe for harvest.

Feeding and normal care of the animal go hand-in-hand. This part of the programming teaches the kids that they need to take care of their animal, because the animal cannot feed itself. They need to make sure that the animal is fed properly and that it is housed properly as well. This includes providing adequate room for the number of animals in a pen and making sure they have the appropriate pen structures.

In sum, the 4-H Meat Quality

Assurance Program serves as the foundation for how the members are going to conduct themselves as food producers for the rest of their 4-H career and beyond. As a result, consumers can have confidence in the safety and quality of the food they eat.

Who must attend?

4-H members enrolling in any market and/or breeding livestock projects for the first time, regardless of age, must attend a Colorado 4-H Meat Quality Assurance (MQA) Program. Members must attend an official Colorado 4-H Meat Quality Assurance (MQA) Program twice during the course of their 4-H career, once during their first year of 4-H and once upon becoming a senior age member.

It is required that the Colorado 4-H MQA training be completed at least 45 days prior to exhibition of animals.

This year, it's happening at the San Miguel Basin Fairgrounds in Norwood at the Event Center on April 29 at 6 p.m.

Annika Kristiansen,
4-H Coordinator
SAN MIGUEL COUNTY

Uranium Price – March 29, 2023
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Nucla Middle/High School events calendar

April 15:.....prom

April 20: "Much Ado Out West" play

April 25:spring concert

May 4:Ag Day

May 9:middle school awards banquet

May 10:.....high school awards banquet

May 11:senior tea

May 11:baccalaureate

May 14:.....graduation

May 16:.....8th grade speeches

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Worship Service at 10:30am

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www.RedvaleChurch.com

Delta Sales Yard Market Report March 23, 2023

300-400# STEERS	2.25-2.60	300-400# HEIFERS	2.00-2.40
400-500# STEERS	1.90-2.55	400-500# HEIFERS	2.00-2.30
500-600# STEERS	1.85-2.35	500-600# HEIFERS	1.85-2.25
600-700# STEERS	1.75-2.20	600-700# HEIFERS	1.65-1.85
700-800# STEERS	1.75-1.96	700-800# HEIFERS	1.60-1.70
800-900# STEERS	1.62-1.75	800-900# HEIFERS	1.55-1.68
Top bulls	1.00-1.07 no top bull	Medium bulls	.90-1.00
Young Cows	1.00-1.25	Top cows	.90-1.00
Medium cows	.80-.89	Low-yielding cows	.79 down

NEXT WEEK: Next Special Sheep & Goat Sale **Thursday March 30**. Early consignment of 85 sheep – mostly bred ewes, small lot of yrling, and drys. Along with regular cattle sale. 10 grasses calves, (mixed steers and heifers), 17 butcher cows, 5 butcher bulls. Along with our regular dock run of 300-400.

UPCOMING SALES FOR 2023

NEXT SPECIAL HORSE SALE – APRIL 1ST

Thursday April 6th. Where 2 Trail Meet – Limousin / Angus Bull Sale. Check out bull videos and download performance data from our website: www.wheretwotrailsmet.com sale listing on www.dvauction.com



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WEST END MONTROSE COUNTY SHERIFF'S OFFICE BLOTTER

3/20/2023

1050 Hours - Deputy conducted an agency assist on Highway 141 mm 46 near Naturita.

1335 Hours - Deputy was dispatched to the 200 block of West Seventh Avenue in Nucla for a disturbance. Robert Taylor, 61, was arrested for driving under the influence and prohibited use of a weapon.

1 school zone in Nucla
1 school zone in Naturita
1 directed patrol in Nucla
1 directed patrol in Naturita

3/21/2023

1215 Hours - Deputy was dispatched to the 500 block of Main Street in Nucla for an information report.

1458 Hours - Deputy was dispatched to the 31200 block of Highway 141 near Naturita for an information report.

1619 Hours - Deputy conducted a citizen assist in the 500 block of Main Street in Nucla.

1633 Hours - Deputy was dispatched to the 500 block of West Fifth Avenue in Nucla for a 911.

1757 Hours - Deputy was dispatched to the 600 block of King Street in Nucla for a civil matter.

1854 Hours - Deputy was dispatched to the 500 block of West Seventh Avenue in Nucla for a medical assist.

1944 Hours - Deputy was dispatched to the 800 block of Main Street in Nucla for a disturbance.

2 VIN inspections
1 directed patrol in Nucla
5 civil processes attempted/served

3/22/2023

0101 Hours - Deputy was dispatched to the 600 block of Pine Street in Naturita for a 911.

0339 Hours - Deputy was dispatched to the 28800 block of CC Road near Nucla for a suspicious person.

0444 Hours - Deputy was dispatched to the Mailbox Park area for a stranded motorist.

0848 Hours - Deputy conducted court security in the 300 block of Main Street in Nucla.

1627 Hours - Deputy was dispatched to the 200 block of West Fifth Avenue in Nucla for a 911.

1801 Hours - Deputy was dispatched to the 29900 block of 2900 Road near Nucla for a protection order violation. Darci Staats, 42, was arrested for violating a protection order.

1827 Hours - Deputy was dispatched to the 200 block of West Fourth Avenue in Nucla for a fire assist.

1 school zone in Naturita

3/23/2023

1252 Hours - Deputy was dispatched to County Road 90 near Nucla for a traffic hazard.

1322 Hours - Deputy took a report of an abandoned vehicle on County Road 90 near Nucla.

1345 Hours - Deputy conducted a medical assist in the 600 block of Ivy Street in Nucla.

1348 Hours - Deputy was dispatched to the 1000 block of Montana Street in Nucla for a parking problem.

1645 Hours - Austin Sullivan, 27, was contacted on Highway 97 mm 3 near Nucla and cited for

failing to display valid registration.

2 directed patrols in Nucla

1 directed patrol in County

1 directed patrol in Naturita

3/24/2023

0835 Hours - Deputy conducted a motorist assist in the area of 3575 Road and 3590 Road near Redvale.

1132 Hours - Deputy was dispatched to the 300 block of West Main Street in Naturita for a traffic complaint.

1239 Hours - Mignon Chadd, 41, was arrested in the 27700 block of DD Road near Nucla on two outstanding warrants.

1301 Hours - Deputy took an information report in the 400 block of Pine Street in Naturita.

1551 Hours - Deputy was dispatched to the 400 block of West Main Street in Naturita for a trespassing report.

1909 Hours - Deputy was dispatched to Highway 141 mm 68 near Naturita for a traffic hazard.

2110 Hours - Deputy was dispatched to Highway 141 mm 59 near Naturita for an accident.

1 directed patrol in County

3/25/2023

0934 Hours - Deputy was dispatched to the 29700 block of Highway 97 near Nucla for a civil standby.

0947 Hours - Deputy was dispatched to the area of Highway 141 and Highway 90 near Naturita for an agency assist.

1127 Hours - Deputy took a report of an overdue party in the 27700 block of DD Road near Nucla.

1135 Hours - Deputy was dispatched to Highway 141 mm 68 near Naturita for a traffic hazard.

1833 Hours - Deputy was dispatched to the 400 block of Main Street in Nucla for a suspicious person.

1 directed patrol in Naturita

EVENTS

HunterGirl to perform in Montrose

SPECIAL TO THE FORUM

Welcome Home Alliance for Veterans, located in Montrose, will be hosting its fourth annual Freedom Sings USA Colorado concert on June 24, featuring "HunterGirl," who was runner-up on American Idol in 2022.

Due to having family members who served in the military, HunterGirl holds a deep admiration for the U.S. Armed Forces and tenaciously works with many veteran organizations, using music therapy to transform veterans' stories into songs.

She's shared the stage with country superstars Old Dominion, Florida Georgia Line, Kane Brown, Alan Jackson, Trace Adkins, Charlie Daniels, Sara Evans and more. Most recently, she competed on 2022 American Idol, where the "country singer with a bright future" delivered standout performances that Taste of Country called "impressive," "shining," "chill-worthy," and "glowing." Praised by American Idol judge and country superstar Luke Bryan, he described her as the "new-age Miranda Lambert" and his "favorite female country voice."

This June 24 concert is a benefit to fund the continuation of Freedom Sings USA Colorado through Welcome Home Alliance for Veterans. The venue is the Montrose Rotary Amphitheater at Cerise Park. Gates open at 5 p.m., and music starts at 5:30 p.m. Tickets are \$30 for general admission, \$50 for VIP and \$75 for VIP and the meet-and-greet event.

For more information, the public may call 970-765-2210.

WE INVITE YOU TO JOIN US AT THE NEW HOPE CHURCH IN NATURITA AS PASTOR DAN RETURNS TO PREACH HIS FIRST SERMON, PALM SUNDAY APRIL 2ND 2023, AFTER HIS LENGTHY ILLNESS.

CHURCH SERVICES BEGIN AT 10 AM EVERY SUNDAY MORNING

PASTORS DAN, KARLA, AND THEIR CHILDREN WOULD LIKE TO TAKE A MOMENT TO THANK ALL OF YOU FOR YOUR LOVE, FINANCIAL SUPPORT, PRAYERS, THOUGHTS, PHONE CALLS, GOOD VIBES, AND KINDNESS YOU HAVE SHOWN TO THEIR FAMILY DURING DAN'S ILLNESS. PLEASE KNOW THEY HAVE NOT GONE UNNOTICED, THE FAMILY IS GREATLY APPRECIATIVE

LAST BUT NOT LEAST, TO THOSE WHO HELPED WITH THE FISHING DERBY AND FUND RAISED, THE TAYLOR'S, GREENWOOD'S, AND THE DIFFERENT'S ALONG WITH MANY OTHERS, THANK YOU!

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

Thank You for being with the Skees family during our loss of Jack Skees. Prayers, love, fellowship and everything else was sincerely appreciated, thank you.

NORWOOD WATER COMMISSION

San Miguel Water Conservancy District, responsible for appointing 3 members to Norwood Water Commission, seeks letters of interest. Priority given to those who live outside of the Town of Norwood and own a water tap, but anyone living in NWC district is encouraged to apply. See <https://www.norwoodtown.com> or email: smwed@yahoo.com for instructions.

VETERAN MEMORIAL SERVICE INFO

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

PUBLIC NOTICE

OPEN HOUSE FOR UPDATED MONTROSE COUNTY ROAD MAP

Notice is hereby given that a public open house will be held at the Montrose County Public Works Conference room, 63160 LaSalle Road, Montrose, Colorado on Thursday, March 30, 2023 from 4:00 - 6:00 pm and at the Nucla Road and Bridge Office, 27871 DD Road, Nucla, Colorado on Thursday, April 6, 2023 from 4:00 - 6:00 pm, for public comment and review of proposed changes to the official county road map. Proposed changes include both additions and deletions of roads. The County is required by statute to periodically update the official county road map, C.R.S. 43-2-110.

The County Road Map was last officially adopted in 2021. County roads that have been constructed since 2021 have been added to the map. Roads proposed to be removed from the map include roads that are no longer considered to be a County road because the road 1) has been re-routed or re-built in a different location; 2) is not located on a section line, no longer exists, and/or is no longer needed in the long term County road plan; 3) is entirely on private property and does not provide access to public lands; 4) has become part of a Town, City, or National Park.

The County Road Map may be viewed at the Open House, on the Montrose County website, or by appointment at 63160 LaSalle Road, Montrose, Colorado, during regular business hours, by calling Rebecca Lewis at (970) 252-7000. The road map will be presented for possible adoption at a later date at a noticed, public meeting of the Board of County Commissioners.

Published in the San Miguel Basin Forum on March 29 & April 5, 2023

LEGAL PUBLICATION TOWN OF NUCLA, COLORADO ORDINANCE 2023-03

AN ORDINANCE OF THE TOWN OF NUCLA, COLORADO AMENDING ORDINANCE No. 246 PROVIDING FOR THE LICENSING OF BUSINESSES, BUSINESS OPERATIONS AND THE ESTABLISHMENT OF A BUSINESS REGISTRY WITHIN THE TOWN OF NUCLA, COLORADO.

Published in the San Miguel Basin Forum on March 29 & April 5, 2023

LEGAL PUBLICATION TOWN OF NUCLA, COLORADO ORDINANCE 2023-02

AN ORDINANCE OF THE TOWN OF NUCLA, COLORADO REQUIRING WATER USERS TO REPAIR LEAKS IN A TIMELY MANNER

Published in the San Miguel Basin Forum on March 22 & 29, 2023

LEGAL PUBLICATION

District Court, Montrose County, Colorado 1200 N. Grand Avenue Montrose, CO 81401	
In the Matter of the Determination of Heirs or Devises or Both and of Interests in Property of: DOROTHY E. COLOMBO, aka DOROTHY ELAINE COLOMBO and DOROTHY COLOMBO, and ELMER H. COLOMBO, aka ELMER HENRY COLOMBO and ELMER COLOMBO,	
Deceased	COURT USE ONLY
	Case Number: 2023PR30031
NOTICE OF HEARING BY PUBLICATION	

TO ALL INTERESTED PERSONS AND OWNER BY INHERITANCE PURSUANT TO §15-12-1303, C.R.S. who may claim an interest in the property described below.

A Petition has been filed alleging that the above-named Decedents died leaving the following oil, gas, and mineral rights in and to the following described real properties:
S½NW¼, NE¼SW¼, N¼W½SW¼NE¼ OF SECTION 28; SE½NE¼ AND SOUTH 10 ACRES OF THE NW¼NE¼ OF SECTION 29; ALL IN TOWNSHIP 48 NORTH, RANGE 19 WEST, NEW MEXICO PRINCIPAL MERIDIAN, COUNTY OF MONTROSE, STATE OF COLORADO.

The hearing on the Petition will be held at the following time and location or at a later date to which the hearing may be continued:
Date: May 4, 2023
Time: 1:00 pm
Duration: 30 minutes
Location: Montrose County Justice Center, 1200 N. Grand Avenue, Grand Junction, CO 81401

Dated March 13, 2023.

By: /s/ Sara Bachman, #50363
Attorney for Petitioners
Bachman Law, LLC
PO Box 158
Naturita, CO 81422
970-865-2440

Published in the San Miguel Basin Forum March 15, 22, & 29, 2023

LEGAL PUBLICATION

District Court, Montrose County, Colorado 1200 N. Grand Avenue Montrose, CO 81401	
In the Matter of the Determination of Heirs or Devises or Both and of Interests in Property of: ELMER H. COLOMBO, aka ELMER HENRY COLOMBO and ELMER COLOMBO,	
Deceased	COURT USE ONLY
	Case Number: 2023PR30032
NOTICE OF HEARING BY PUBLICATION	

TO ALL INTERESTED PERSONS AND OWNER BY INHERITANCE PURSUANT TO §15-12-1303, C.R.S. who may claim an interest in the property described below.

A Petition has been filed alleging that the above-named Decedent died leaving the following real property:
N½SE¼NE¼, SECTION 33, TOWNSHIP 48 NORTH, RANGE 19 WEST, NEW MEXICO PRINCIPAL MERIDIAN, COUNTY OF MONTROSE, STATE OF COLORADO.

Oil, gas, and mineral interests in and to:
E½ NE¼ AND N½ SE¼ SECTION 26, TOWNSHIP 47 NORTH, RANGE 15 WEST, NEW MEXICO PRINCIPAL MERIDIAN, COUNTY OF MONTROSE, STATE OF COLORADO.

The hearing on the Petition will be held at the following time and location or at a later date to which the hearing may be continued:
Date: May 4, 2023
Time: 1:00 pm
Duration: 30 minutes
Location: Montrose County Justice Center, 1200 N. Grand Avenue, Grand Junction, CO 81401

Dated March 13, 2023.

By: /s/ Sara Bachman, #50363
Attorney for Petitioners
Bachman Law, LLC
PO Box 158
Naturita, CO 81422
970-865-2440

Published in the San Miguel Basin Forum March 15, 22, & 29, 2023



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Tabloid

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GROCERY

4/5

Food Club 11-18.7 oz.
Select Varieties
Cereal



\$2.79

Food Club 64 oz.
Select Varieties
**Apple Juice
or Cider**



\$8.99

Folgers 22.6-25.9 oz.
Select Varieties
Coffee



99¢

Swanson 14.5 oz.
Select Varieties
**Chicken
Broth**



67¢

Whole Sweet
Pineapple



4/5

Large Sweet
Mangos



4/5 Large Fresh
Avocados

\$3.99

Food Club 24 pk.
8-16.9 oz.
Spring or Filled
Water



88¢

Food Club 10 oz.
Red or Green
**Enchilada
Sauce**



\$2.99

Hedera or La Victoria
10.3-18 oz.
Select Varieties
Salsa



\$2.79

Kallogg's 8 oz. Select
Varieties Slow Roasted
**Treats or
Pop-Tarts**



2/5

Kosher 4-6 oz.
Custard or Shortbread
Pie Crust



\$2.99

Heinz 30 oz.
**Tomato
Ketchup**



3/5

Food Club 4.5-16 oz.
Select Varieties
**Mushrooms
or Beets**



\$1.99

Ro-Tel 10 oz.
Select Varieties
Tomatoes



99¢

Large Sizing
Tomatoes



99¢

Red or White
Jumbo Onions



69¢

Yellow or Red
Potatoes



**FROZEN & DAIRY
SPECIALS**

\$4.99

Food Club 52 oz.
Select Varieties
Orange Juice



\$5.99

Jimmy Dean 4-8 oz.
Select Varieties Frozen
Breakfast



\$4.99

Food Club 18 oz.
Select Varieties
Ice Cream



\$4.49

Land O Lakes 13-16 oz.
Select Varieties
Butter



\$3.29

Food Club 52 oz.
Select Varieties
Orange Juice



2/7

Healthy Choice 9-10.3 oz.
Select Varieties
Entrees



\$6.99

Food Club 4 oz.
Select Varieties
Ice Cream



4/5

Food Club 16 oz.
Select Varieties
**Cottage
Cheese**



**DINNER
Done Right**

3/5

Barilla 7-16 oz.
Select Varieties
Pasta



\$3.99

Hungry-Man 10-16.7 oz.
Select Varieties
Dinners



2/5

Barilla 24 oz.
Select Varieties
**Pasta
Sauce**



99¢

Libby's 11-15 oz.
Select Varieties
Vegetables



\$1.99

Chef Boyardee 14.75-15 oz.
Select Varieties
Canned Pasta



2/7

Kraft 2.5-14 oz.
Select Varieties Deluxe
Mac & Cheese



\$2.49

Boneless Southern
Country Style Ribs, Bone
In Center Cut Loin or St
Louis Style Spareribs
**Pork
Favorites**



\$3.99

Boneless Beef
**Cross Rib
Roast**



\$1.79

Boneless Skinless
**Chicken
Thighs**



\$9.99

Bone-in Beef
**Ribeye
Steaks**



Boneless Chicken Tenderloin **\$3.29 lb.**

\$3.99

80% Lean 15% Fat
**Ground
Beef**



\$4.99

Daily's 16 oz.
Thick Cut or Original
Bacon



2/3

Bar S 1.6 oz.
Select Varieties
Franks



\$4.99

Bar S 32-48 oz. Bulk Length
Sausages or Select Varieties
Sausages



BEEF

Ranch Steak **\$3.99/lb**

Stew Meat **\$4.29/lb**

Cubed Steak **\$4.29/lb**

DAIRY

Daisy 16 oz Sour Cream

\$2.29 ea

\$3.19

Food Club Gallon
2%, 1% or Skim
Milk



Food Club Gallon Whole Milk. **\$3.89**

EVERYDAY



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Sparkle 10 oz.
Double Roll
**Paper
Towels**



\$12.99

Anger Roll or Brawny
6-16 oz. Select Varieties
**Bath Tissue
or Paper
Towels**



\$4.49

Lysol 35 oz.
Sani-Wipes or
22.32 oz. Select Varieties
**Cleaning
Spray**



\$6.49

Pure Harmony 3-4 lb.
Select Varieties
Dog Food



SPRING SALE

\$4.79

Doritos or Fritos
11-14.5 oz. Select Varieties
**Party Size
Chips**



2/5

Crown Flavor
9.75-13 oz. Select
Varieties Tortilla
Chips



\$4.49

Keebler 13.2-17.3 oz.
Select Varieties
Family Size
Cookies



\$2.79

Cheer-It 7 oz. or
Kosher 8 oz. Select
Varieties Sandwich
Crackers



\$1.79

Don Julio 9 oz.
Select Varieties Tortilla
Chips



2/6

Lays or SunChips
4-8 oz. Select
Varieties
Chips



\$3.99

Food Club 32 oz.
**Strawberry
Preserves**



\$2.99

Malt O Meal 22-30 oz.
Select Varieties
**Bagged
Cereal**



2/7

Smartfood or
Popcorners 5-7.75 oz.
Select Varieties
Snacks



\$14.99

Shutter's 57-96 oz.
Select Varieties
**Party Size
Entrees**



\$2.69

Food Club
10.5 oz. Garlic
Breadsticks



3/5

Don Julio 8-10 oz.
Select Varieties Flour
Tortillas



\$4.99

El Monterey 8 oz. Select
Varieties Churros or
Burritos

