

NONPROFITS

Telluride Foundation announces annual community grants cycle

SPECIAL TO THE FORUM

Since its inception in 2000, the Telluride Foundation has provided significant support to regional nonprofits through its community grant process. As one of its key strategic priorities, community grants are a cornerstone of the foundation's work in its effort to strengthen communities and improve quality of life. The foundation is now accepting 2023 community grant applications, due Monday, Oct. 2, at 5 p.m.

Thanks to the generous support of its donors, the Telluride Foundation awarded \$1 million to 75 regional organizations in 2022. Since its inception, the foundation has invested more than \$75 million in the Telluride region through community grants and other foundation initiatives.

"Community grants have been and will continue to be the bedrock platform by which the foundation supports our communities and the nonprofit partners that deliver on the ground impact," said Jason Corzine, President and CEO of the Telluride Foundation. "We look forward to seeing what impactful funding opportunities emerge from this year's grant cycle."

Applicants are encouraged to attend the foundation's community grants webinar via Zoom on Thursday, Aug. 24, at 2 p.m. to learn about new grant questions, how to navigate the grant application process, and get pointers for submitting a successful application. Applicants should visit the foundation's community grants webpage to register for the webinar. Applicants who cannot attend the live webinar will be able to listen to a taped recording after Aug. 24, which will be provided on the foundation's community grants webpage.

Everything needed to start working on the grant application is now available on the foundation's website, www.telluridefoundation.org. (Click on "Our Work," click on "Community Grants," and scroll down to "Community Grants Application.") The link to the grant application is also live on the foundation's website, allowing applicants to complete and submit an application. For more information or questions contact April Montgomery, vice president of programs, at 970-728-8717 or april@telluridefoundation.org.

Nonprofit, government or community organizations with programs

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EDUCATION

School construction is mostly on schedule



FCI crews finish drywall on the lower level of the new school. (Photo by Clint Wytulka)

By REGAN TUTTLE, Editor

The West End Public School's new facility, a brand-new pre-k through 12th grade school, is running mostly on schedule for construction with a target move-in date established for January 2024. In the most recent board report, comments about the process were positive.

FCI, the contractor overseeing operations, is running a "safe, organized and efficient job site," board members noted. The main level of the building is tracking within one week of the project's master schedule, and the upper level and site work are actually running slightly ahead of schedule. For the lower level, that portion is also running one week within the set schedule.

Local company Williams Construction is a sub-contractor for dirt work and site construction.

Officials reported there were no "safety items of mention."

Going forward, regarding the foundation, structure and site, there is a Phase 1 asphalt pour date for Sept. 1. For the lower level, painting of drywall is taking place, along with installing windows and flashings. Additionally, the exterior siding and trim installation are ongoing too. The windows should be done in the next week or so.

For the main level, drywall installation is ongoing, and painting drywall will follow. Window installation is also ongoing there, along with exterior siding and trim. And, the wall and floor tile installation will start this month.

The ceiling grid that holds ceiling tiles has already been started.

For the upper level, drywall installation is set to happen, and the same for the exterior siding and trim and window installation.

For the plan area west (the construction term for both gyms and the cafeteria, as well as the kitchen and music and wrestling rooms), the exterior brick veneer is complete, and the crews are finishing the mechanical, electrical and plumbing rough-in. Additionally, they've been painting exposed ceilings and the cinder block walls there. The interior cinder block walls have also been started in locker rooms. That was previously a big, open space, but those walls will be nearly done this week.

There is a mezzanine area that

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NORWOOD

Atlas Tower aims to build cell tower on Wright's Mesa

By REGAN TUTTLE, Editor

At last week's Norwood Town Board of Trustees meeting on Aug. 9, the board had a discussion on a potential cell tower being constructed. A company called Atlas Tower—based in the U.S., South Africa and Kenya—aims to build a tower on a property the Town of Norwood owns, specifically where the town shop is on CR Y43.

Trustees had the chance to review a letter from Atlas Tower and also a lease agreement, but the board decided to table the discussion. They agreed a work session needs to happen in the next few weeks, along with a public meeting to let the Norwood community have a chance to give feedback.

The Atlas Tower company builds cell towers and brings in mobile service carriers. They mentioned working with T Mobile, ATT&T and Verizon in their letter to Norwood staff. Company representatives said they want to establish the lease agreement because the town property is in an area where carrier partners are experiencing problems with cellular network coverage and capacity. The company letter said the zoning codes in Norwood and San Miguel County support a cell tower.

"It looks as though there may be enough space on the property to host this type of project," the letter added.

Atlas Tower doesn't provide cellular coverage, but works with carriers to do so. Once a lease agreement is in place, they typically get carrier approval in six to eight months, though the letter says they have received approval much sooner. Atlas Tower also has a permitting and construction timeline of four to six months.

"Without any major speed bumps, we could have this project completely constructed within 12 months," representatives said.

The lease agreement Atlas Tower is proposing establishes renting the town's space for either \$450 monthly with a one-time payment of \$25,000, or \$700 a month. The proposed lease is for 30 years with four five-year extensions. The company says it will remove equipment when the lease is finished.

The San Miguel Basin Forum reached out to Mike Bordogna, San Miguel County's manager, to

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BUSINESS

Flying Bear grand opening is Aug. 19

By REGAN TUTTLE, Editor

It was almost a tease for the West End to have the Flying Bear Pizzeria at Naturita Bicycle Company open for just a few weeks this summer. People were lining up for pizza by the slice, sandwiches made with Blue Grouse Bread, along with salads and drinks. In the old Motherlode building, the new pizzeria and bike shop became an overnight success on Highway 141.

But, the wait is over. Now, the restaurant's remodel is basically complete, with the pizza oven

having just arrived. The business' grand opening is scheduled for Saturday, Aug. 19, beginning at 11:30 a.m. Owners Virginia Ericson and Nick Badovinac expect to be busy this weekend.

Ericson told the Forum this summer's soft opening was a great experience. It gave the couple time to get their systems up and running. They were able to find employees, all of whom have been retained.

"We fell in love with the community," Ericson said. "We are so happy to be here, proud to be here, and very honored."

Hours are now 11:30 a.m. to

10 p.m., though the kitchen will close at 9 p.m. Still, pizza slices will likely be available between 9 p.m. and closing time, depending on the nightly inventory. The restaurant will be open Thursday through Monday, though Ericson said hours will shift some as the cold season approaches.

The hours of operation are now reflected on the business' front door, and in the voicemail of the shop. That number is 970-865-2453. Now, Flying Bear Pizzeria at Naturita Bicycle Company also has a website (on which orders can

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COMMUNITY

Nominations open for 2023 Volunteer of the Year

SPECIAL TO THE FORUM

Nominations are officially open for the Telluride Foundation's 2023 Volunteer of the Year Award. This year marks the 20th anniversary of the award, which recognizes community members who unselfishly contribute to the improvement of the region through volunteerism, community service or philanthropy. The award aims to recognize local heroes who consistently donate their time and energy to important causes that have a positive impact on quality of life in the region.

Community and nonprofit leaders are encouraged to think about the people who are making an impact, specifically those who are working in an unpaid capacity on important issues that the region faces. One of the things that makes the region so special is its strong sense of community responsibility and philanthropy. There are countless individuals donating their time and energy to address challenges in health, human services, environment, education, arts and culture, athletics and more. Please support the Telluride Foundation's efforts to recognize these superstars by submitting a nomination.

"The Volunteer of the Year Award is a celebration of people and their impact on our community. We really want to encourage community and nonprofit leaders, as well as all residents to think about the people who are making a difference in your life and your community," said Telluride Foundation President and CEO, Jason Corzine. "We hope you will consider nominating them and helping to give them the recognition they deserve."

Award winners will receive a \$5,000 grant from the foundation to be given in their name to a regional nonprofit of their choice. A community celebration will also be held in October to honor the winners.

The 2023 Volunteer of the Year will share this honor with Terry Tice (2003), Lissa Margetts (2004), John Micetic (2005), Bill Carstens

(2006), John Pryor and Jane Hickcox (2007), Kathy Green (2008), Marilyn Branch (2009), Dan and Greer Garner and Andrea Benda (2010), Billy "Senior" Mahoney (2011), Anne Brady (2012), Dean Rolley (2013), Kristin Holbrook (2014), Gary Freedman (2015), Elaine Fischer (2016), Wendy Brooks (2017), Susan Rice (2018), Barb Gross (2019), San Miguel County Search and Rescue and the Ouray County Good Neighbor Fund founders Cat and Barthold Lichtenbelt and Marti and Partick O'Leary (2020), Corinne Cavender and Lollie Lavercombe, and Cara Wilder (2021), and Claudia Garcia Curzió with Julia Millan Avila and Andres Jacinto Alonzo (2022).

The nomination form is posted and must be submitted on the Telluride Foundation's website at telluridefoundation.org/volunteer-of-the-year/. Nominations are due by 5 p.m., Sept. 8, and anyone is invited to nominate a fellow community member. Applications will be reviewed by a selection committee, and interviews may be conducted to learn more about the nominees and bring to life their community contributions. The public may contact Courtney Groves at 970-728-8717 or email courtney@telluridefoundation.org with any questions.

Nomination guidelines say the nominee must be a community member within the Telluride Foundation's service area, which includes San Miguel, Ouray, West Montrose counties and Rico. Nominees will be selected based on unselfish and extraordinary contributions to the community that include volunteerism, collaboration, leadership and compassion. Nominees in paid positions that represent these traits are eligible; however, the nomination must be based on their non-paid work. Telluride Foundation board members and staff are not eligible. The award is designed for a single individual; however, exceptions may be made based on nominees.

LETTER

Look who's turning 100

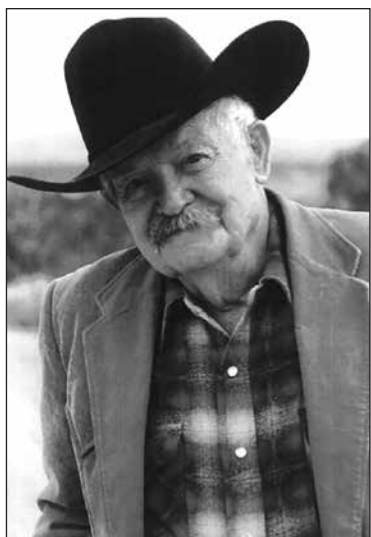
Dear Editor,

James Johnson will be 100 years old on Aug. 27. Please send birthday cards to honor him and help him celebrate this milestone. He is now living in Cortez, but his fondest memories are of this area and the people here.

His address is James Johnson, c/o Vista Mesa Assisted Living, 1206 N. Mildred Rd., Cortez, CO 81321.

If you happen to be in Cortez, please stop in to see him. He still loves to visit and tell stories.

Patty Morgan
WEST END



James Johnson. (Courtesy image)

History: Rimrocker Historical Society The Borchardt ladies, continued

By JANE THOMPSON, *Rimrocker Historical Society*

There was such a nice lot of information about the Borchardt men, both in our files and in the old newspapers, but sadly not much on the Borchardt ladies. I had to do some digging to find some information about these strong ladies who married these tough German Borchardt men. When I couldn't find much, I finally turned to Marie Templeton's files. Marie always intended to write her Nucla history book, but didn't get to it. We hope to get that done at some point. But, there in her files was Martha Borchardt's history, "for Marie's next book." What a treasure.

Martha Mitchell Borchardt was married to Louie and is who most of us will remember from our school days. Her parents were born in 1885 and 1886 and married in 1918. Her father had been in the U.S. Navy and Army and her mother went to college in Springfield and taught school there. They lived in Wyoming for a short time and then in 1922, they moved to a homestead near Dove Creek, in San Miguel County, Colorado. They had two children before they got to Colorado, a daughter, Mary Ellen, and a son, John. Martha Mae was born soon after they moved there, and the family lived there for 21 years.

Martha tells of her folks working hard as farmers growing wheat, corn, potatoes and beans and later millet and cane. Her father cleared all of the land of sage brush by hand and plowed the soil with a horse and a single plow. Her mother did all of the household chores and was a good cook and a beautiful seamstress. The children helped wherever they could, and they seemed to be a content family.

The children rode a single horse to school the first year, and when the snow got very bad, they would go to school on skis. Martha said she and John "fed the stock and milked six cows before we went to school." They got to keep the money they got for the cream and they "saved it to start to high school." Dove Creek was not an accredited school, so Mary Ellen went to Nucla to high school and Martha and John went to Blanding, but Martha later graduated from Nucla.

Mary Ellen married Martin



This photo shows Mrs. Borchardt's sixth-grade class planting a tree at Nucla Elementary School for Arbor Day in 1977.

(Image courtesy of Rimrocker Historical Society)

Borchardt, brother of Louie, and they all lived on the farm in Third Park. Martha, after graduating from Nucla, took a semester of college in Boulder and then married Louie Borchardt. The two Mitchell sisters from Dove Creek married the two Borchardt brothers from Nucla, and they all farmed and raised their families in Nucla. Martin and Mary Ellen had three children, Betty Jo who died in infancy, Shirley Borchardt Woods who lived in Uravan and later Grand Junction, and Jerry who lived in California.

Martha Mae married Louie Borchardt, and they had two children, Roger and Rebecca. From their stories it sounded as if all of the family was very close and enjoyed their lives in Nucla. In the old San Miguel Basin Forums there were always little news stories of the grown children coming back to visit the parents and the parents going to visit the children in their new homes.

Martha said in her story how she had always wanted to go back to college, so when Rebecca was in seventh grade and Roger was a sophomore, she went back to school. She took extension classes, night classes and correspondence classes to work toward her degree. She started teaching with only two years of college and then continued going to school in the summers at Western State until she finally had to stop teaching and go to school full-time to finish her degree. She drove home from Gunnison every weekend to be with her family. She credits her family for helping her to fulfill her

dream of being a teacher, and she received her degree in special education. She loved all of the children that she taught, and although I didn't have her for a teacher, she did substitute teach, and I remember her very fondly. She was such a pretty lady and had such a kind heart.

After visiting with Roger, I discovered that Martha's sister, Mary Ellen, had her daughter, Shirley Woods, and it turned out that I knew Shirley well. She and her husband Glen lived in Uravan and had two children, Mary and Brian. Mary was a best friend of my sister Sharon, and they went through elementary school together and are still good friends today. Sharon knew the connection, but I didn't know it. Shirley worked at the school in Uravan, and she was a fun and sweet lady who we all liked.

As I end this story, I am thankful to have met Roger Borchardt and his son Darren at the museum that day two weeks ago. Every family has a story, and I hesitate to write about families, because there are so many unknowns, and I don't think you can ever do any family the justice that they deserve. But, I am glad that I did the research and found a nice story in the Borchardts. I know there is much more to their story, but I hope this little bit that I have shared will bring back some good memories of the old Nucla Hotel, the theater, the pharmacy and a memory of someone in the Borchardt family who touched your life in a good way.

Thanks, Roger and sister Becky, for allowing me to share your story.

West End Events

- **WEST END PUBLIC SCHOOLS:** Board meetings are third Tuesday of the month, 6 p.m., Nucla Middle-High School, in the library
- **NUCLA-NATURITA FIRE DEPARTMENT:** Board meetings are second Monday of the month, 6 p.m., Nucla Fire Hall.
- **TOWN OF NUCLA:** Board meetings are second and fourth Wednesday, except in November and December, at 7 p.m. at Nucla Town Hall.
- **TOWN OF NATURITA:** Board meetings are second and fourth Tuesdays at 6 p.m. at the Naturita Community Center.
- **BASIN CLINIC:** Board meetings are third Tuesday of the month.
- **MONTROSE WEST REC:** Board meetings are first Monday of the month at 6 p.m. in the office of West End Visitors Center, 230 W. Main St. in Naturita;

limited hours. See montrosewest.com for programs.

- **FARMERS MARKET:** Thursdays, 4 to 7 p.m., in front of Wild Gal's, starting late June.
- **WEST END DARK SKY ALLIANCE:** No meeting schedule set. Email westenddarkskyalliance@gmail.com to join or volunteer.
- **RIMROCKER HISTORICAL SOCIETY:** Board meetings are third Monday of the month at 5:30 p.m. in the museum building.
- **MONTROSE COUNTY SHERIFF'S POSSE:** Meets first Monday of the month, 6 p.m., at Nucla Airport.
- **VETERANS COFFEE AND DONUTS:** second Wednesday of the month, 10 a.m., at Nucla Airport.
- **REDALE COMMUNITY BUILDING BOARD:** Meets first Sunday of every month at 4 p.m. in the Redvale Community Building.

HEALTH CARE

IICC brings focused service, tele-health to West End

SPECIAL TO THE FORUM

Integrated Insight Community Care (IICC) is thrilled to announce its unwavering commitment to enhancing health care services in the communities of Delta and Colorado’s West End region. With a vision of creating a healthier and more connected community, IICC is dedicated to providing comprehensive care through innovative tele-health solutions and in-person visits.

Understanding the importance of accessible and reliable health care resources in rural areas, IICC has initiated monthly in-town visits and is actively working towards establishing a local office to cater to the health care needs of the residents. Meanwhile, IICC is embracing cutting-edge tele-health services, placing a significant emphasis on in-home tele-health to ensure patients can receive top-notch care from the comfort of their homes.

Amie Hart, the medical director of Integrated Insight Community Care, leads the charge in providing exceptional medical and psychiatric care. As a prominent psychiatric provider and a PA-C, she plays a vital role in ensuring that patients receive the best possible care in mental health and overall well-being.

“We are proud of our compre-

hensive patient care model, offering primary care, psychiatric care and extensive behavioral health services — a model that allows us to meet our mission in taking a thoughtful and effective care approach for every individual,” Hart said. “We opened three offices that offer medical services in the last year, and we are looking forward to expanding our integrated care model into areas where there are limited care options and long wait times.”

Additionally, Kristen White, a lifelong community member, has been working within the health care system in the area for more than a decade and is an essential part of the IICC team.

“As a lifetime community member that has worked within the health care system in the area for over a decade, it prides me to be a part of a team that is working so hard to increase local resources for whole health. Breaking the barriers of access to care will assist in the reduction of unnecessary emergency service utilization and hospitalization as well as lead to a healthier community overall.”

Furthermore, John J. Bockrath, the district chief of Norwood Fire Protection District, highlights the urgent need for additional medical services in the West End communities.

“The residents, visitors and workers in the West End of these counties do not have many options when it comes to medical care. Additional medical services, including behavioral and long-term care, are a much-needed resource in the West End and should not be disregarded. People of the West End already travel miles for treatment and care. The residents, visitors and workers in our community feel disregarded in this matter. Any additional medical resources would be greatly appreciated,” he said.

Integrated Insight Community Care is unwavering in its commitment to the Western Slope and is investing heavily to ensure long-term access to quality health care services. By offering both in-person visits and state-of-the-art tele-health solutions, IICC aims to revolutionize health care delivery, providing patients in Delta and the West End region with compassionate and comprehensive medical attention.

Integrated Insight Community Care is a forward-thinking health care organization that aims to integrate medical, psychiatric and behavioral health services to provide comprehensive and individualized care for patients. Through a patient-centric approach, IICC strives to enhance access to health care and improve the overall well-being of communities.

HEALTHIER TOGETHER

Everyone benefits from stable blood sugar

By SAGE CARVER

You’ve probably heard of the term “blood sugar,” also known as blood glucose. But did you realize that it plays a critical role for many aspects of your health, including risk for chronic disease, and your daily quality of life? It affects inflammation levels, metabolism, hormone balance, quality of sleep, body composition goals, and so much more. Whether or not you are diabetic, understanding blood sugar is key for both short-term and long-term health. Today, I am explaining blood glucose, as well as tips to balance your blood sugar levels.

What is blood sugar? Blood sugar, or “glucose,” is the body’s main source of energy. The term “blood sugar” refers to the amount of energy (sugar) present in our bloodstream at one set time. Sugar is produced when we break down any form of carbohydrate. This could be fruit, a slice of cake, or piece of toast; that carb is absorbed into the bloodstream, and the concentration of glucose in your blood starts increasing.

The faster and more it increases, the more likely you are to experience a dip below baseline levels, known as a blood sugar crash. You may already be familiar with spikes and dips in blood glucose — hello, intense sugar cravings, hunger and

afternoon fatigue.

Unfortunately, a lot of people are riding the glucose rollercoaster. Meaning, their glucose is spiking continuously over the course of the day and chronically over the course of years. Within our bodies, the longer the rollercoaster goes on, the more insulin, inflammation and oxidative stress is produced. This ultimately leads to poor metabolism and chronic disease.

The good news is you are in control of your health outcomes. There are several things you can do to help regulate your blood sugar levels.

First and foremost, nutrition. Focus on foods high in fiber, healthy fats and protein. Unlike sugar and refined starches found in processed foods, these foods help slow down the absorption of glucose in the bloodstream. When possible, start your day with a savory breakfast (eggs, cottage cheese, Greek yogurt, sautéed veggies with avocado toast, etc.). When it comes to lunch and dinner, focus on fiber-rich vegetables (mushrooms, leafy greens, broccoli, summer squash, etc.). Add four to six ounces of high-quality protein and one to two sources of healthy fats (avocado, olives, cheese, ghee, etc.).

Exercise is another crucial factor in maintaining healthy blood sugar levels. As your muscles soak

up extra glucose in your bloodstream during exercise, your body becomes more insulin sensitive. Aim for consistency over intensity. Walking, biking, playing with your pets and yard work are all great ways to get your blood flowing. Include your kids; they will love the extra outings and fresh air.

Finally, managing stress in your life is perhaps most important. Easier said than done, I know. Stress alone can cause cortisol to be released into the body, and that cortisol goes to the liver and actually tells our blood sugar to rise. The purpose of that is to provide energy for our body to mount a response to whatever that stress signal is. However, we are not designed to be in “fight or flight” states for long periods of time. Prioritizing time to relax, sleep, meditate, have time in nature, and whatever makes your soul happy is a must.

Want to find out your average glucose? Your health care provider can test your A1C (blood draw). You can call me at the Uncompahgre Medical Clinic, and I’ll even give you my direct line, 970-327-0624. I’d be glad set up an appointment with one of our providers, and we can work together to get your blood sugar balanced, so you can easily manage weight, be free of fatigue, and live a healthier life.

San Miguel Basin Forum

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LETTERS

A community thank you

Dear Editor,

On Saturday the 22nd, we celebrated the life of Debbie Littlejohn. As a family, we all would like to thank everyone who was able to attend, as well as for the beautiful cards, flowers, food and thoughts. The last couple of years have been very difficult for our family. The support we received from the community has been more than we ever could have asked for, and we are unable to put into words how much it has meant and cannot say thank you enough. It is very special to have a place in the world where people still do their best to try to take care of one of their own, and it was something that touched our hearts to be the ones that the community rallied around. We appreciated all of the love and support and can't thank everyone enough. We are going to miss her dearly.

The family of Debbie Littlejohn
WEST END

A theory at best

Dear Editor,

Those who invented global warming (manmade climate change) are geniuses and the proponents today are brilliant. However, those that believe in those climate change fabrications are (tactfully said) unwise.

The former, as all con men do, feel that it is their moral obligation to separate the money and freedom from the latter.

J.B. Shurk says it best when he wrote "A Revolution in the Minds of the People."

"They (One-world-government types) preach about 'climate change' not because they fear that our planet is coming to an end, but because scaring humanity into handing governments complete control over the use of energy, hands governments complete control over humanity as well."

Manmade climate change is a theory at best, and it only becomes fact when it is repeated for the 100 millionth time and when they take a poll and ask a few select individuals is it real.

Carbon dioxide makes up 0.041 percent of the atmosphere. Convert that to decimals that is 0.00041. Humanity contributes roughly only 33 percent of that total, so in reality, the man in manmade is 0.0137 percent. Convert that to fractions, the number is now 0.000137.

Carbon dioxide levels have roughly doubled since the industrial revolution which started in the late 18th century, and carbon dioxide is a green house gas.

Period. Everything else is theory, and the experts have a very poor track record getting the data to fit their theories. By the way, scientists used to look at the data and then propose a theory. Today, that is backwards; scientists propose a theory and then try to manipulate the data to prove it.

Assuming for a moment that manmade climate change is real, I would be willing to settle for a minus 19 degree Fahrenheit temperature reading on the thermometer, rather than a minus 20 during this coming winter. What I would not be willing to settle for is unreliable sources of energy which renewables now represent. Solar and wind generated energy cannot compete with fossil fuels and nuclear for reliability and affordability. It is agreed that there should be a mix but not an exclusion over the other.

It is ludicrous to suggest that carbon dioxide is a pollutant. Without carbon dioxide there would be no oxygen. Plants take in carbon dioxide and give off oxygen. Politicians have been searching for costly means to capture CO2 from the atmosphere, but it seems obvious that plants will do that job for free. Plant and animal life is pretty much in equilibrium with their environment; something gets out of whack, then nature will compensate. Take honeybees, for example. If the honeybees go extinct, then something else would step into that void and pollenate the crops. Not because they are consciously pollinating, but because they are going after the energy source that nectar provides. It follows that by increasing CO2, then plants will proliferate.

What is really sad is that if you do not buy into the whole climate change agenda, then you will be canceled. You will never receive a grant. You will never get a permit, and you will never have a platform to express your own observations. The government and the media and the howling liberal elite will cancel you, and if you are important enough, then they will destroy you.

One of our most vocal and powerful proponents for climate change is a former president, a famous war-on-coal commander-in-chief. If he was so concerned with global warming and the rise of ocean levels, due to melting of polar ice, why would he be living off his multi-million dollar mansions on the beaches of Martha's Vineyards and Hawaii?

Don Hemme
REDDALE

PUBLIC HEALTH

Back-to-school health fair in Norwood is Aug. 17

SPECIAL TO THE FORUM

As students across the county head back to school this month, San Miguel County Public Health urges parents and guardians to get children back on track and caught up on their vaccines. SMCPH is hosting back-to-school vaccination events to offer childhood immunizations.

Within Colorado, there has been a decrease in K-12 and childcare vaccination rates for all vaccines, with the most pronounced decreases among kindergartners. Several factors, including access to care during the pandemic, may have contributed to this decrease.

Many vaccines are required for school and child care entry in Colorado. The Colorado Department of Public Health and Environ-

ment (CDPHE) recently released the aggregate 2022-23 school year vaccination data, showing a decrease in vaccination rates within San Miguel County.

Experts say vaccines are the most effective way to prevent infectious diseases, both individually and as a community. Lower vaccination rates could lead to outbreaks of preventable diseases and impact children's health and education. Public health officials said now is the time to get up to date to protect against diseases.

"Let's do everything possible to make sure we have a healthy school year ahead," said Grace Franklin, San Miguel County Public Health Director. "The easiest, most effective way to make sure your child has a healthy school year is to get them vaccinated."

Those families attending Nor-

wood Public School are invited to attend the event in Norwood on Thursday, Aug. 17, from 9:30 a.m. to noon. The event will be at the Glockson Building, which is located at 1120 Summit St. There, vaccines and other resources will be available.

Vaccines are offered no cost and are available for those with and without insurance. To register for vaccines, families should visit bit.ly/smc-vaccine (en español, registro de vacunas: bit.ly/smc-vacuna).

To learn more about the immunization program, all are welcome to visit San Miguel County's Public Health page. They may also contact the office by calling 970-728-4289, or email publichealth@sanmiguelcountyco.gov.

Immunization records are available on the state's public record portal.

FIRE

Lowline Fire holds at 55% containment

SPECIAL TO THE FORUM

On Wednesday, Aug. 16, at 7 a.m., management of the Lowline Fire, a fire caused by lightning and reported on July 26, will be returned to the Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests.

Information and media numbers created specifically for the Lowline Fire were deactivated Monday. Then, the fire was 1,871 acres in size and had 55 percent containment. There were 130 personnel on the fire.

Moving forward, the public should call the GMUG Fire Information Hotline at 970-874-6602 for active fire information in the area. For any other United States Forest Service (USFS) questions, the public should contact the local USFS district office.

While smoke may be period-

ically visible in and around the Lowline Fire area, air quality there has improved and is no longer at concerning levels. Those still wishing to view the smoke outlook can find it online at outlooks.airfire.org/outlook/ed63b240.

Firefighters who were working on the Lowline Fire on Monday were maintaining patrols along the fire perimeter on the north, east and south edges of the fire. The hotspots and smoking trees were limited and did not have the potential for significant spread, officials said. The fire had not experienced an increase in acreage in six days, as of Monday, and had remained at 55 percent containment.

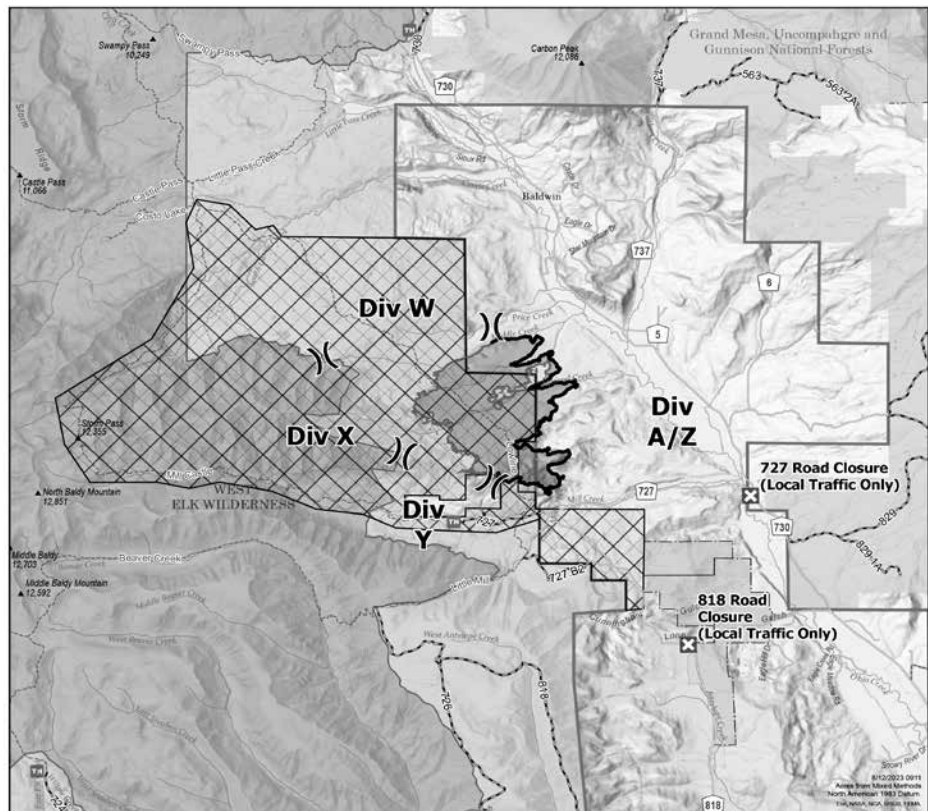
Monday was set to bring sunnier conditions as the pockets of moisture aloft pushed farther to the southeast. Chances of precipitation were slightly lower than

over last weekend, and relative humidity was also set to decrease. The public is invited to visit weather.gov for ongoing weather information from the National Weather Service.

A pre-evacuation order remains in effect for CR 727, Mill Creek. No other evacuations or pre-evacuations are in place near the fire. For additional evacuation information on the Lowline Fire, the public should see Gunnison County Emergency Management at www.gunnisoncounty.org and sign up to receive emergency alerts at https://bit.ly/3QhZVZg.

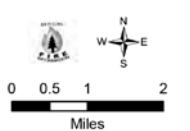
In the interest of public safety, fire officials ask visitors to be aware of fire traffic and avoid the area. County Roads 727 and 818 remain closed to the public and are for local traffic only.

There are currently no fire restrictions in Gunnison County.



Public Information

Lowline
COGMF000176
Maintaining at 1,871 acres
since 8/8/2023



- () Division Break
- ⊠ Road Closure
- ▭ Contained
- ⬮ Wildfire Perimeter
- ⊞ Closure Area
- Ⓜ Recreation Site
- ⋯ Trail
- Open Road
- County Road
- State Lands
- Bureau of Land Management Lands
- Forest Service Land
- FS Wilderness Boundary
- USFS Boundary



This image shows a map of the Lowline Fire. (Image courtesy of the U.S. Forest Service)

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RECIPE

Stock the freezer with beef and noodles

By REGAN TUTTLE, Editor

My sister, Ashley, has a really good beef and noodles recipe that she makes. She just prepared it for our dad, so that he had several servings of a home-cooked meal in the freezer that he could take out at any time and enjoy.

Families returning to school might also benefit

from freezing some beef and noodles to have on hand this fall.

Ashley makes a roast first, and then will serve that with mashed potatoes and other vegetables for supper, but the leftover beef will be more than enough to also make the servings of beef and noodles that can be frozen for later.

First, cook the roast in a crockpot. You'll need:

- 1 beef roast that weighs a few pounds
- 2 tbs Better than Bouillon, beef variety
- 1 package of dried onion soup (could be Lipton)

Place roast in crockpot, and put bouillon on top and also sprinkle soup mix on top. Then, cover the roast completely with water. Cook on low for 7-8 hours, depending on when the roast is tender and appears done.

Next, take the roast out and shred the beef, but save the broth from the crockpot. Serve roast the first night with mashed potatoes. My family will usually do green beans and maybe corn with a really good tomato.

The other half of the shredded roast will go in the beef and noodle dish. You'll need:

- All the broth from the crockpot
- 1 big package of Reames frozen egg noodles (or something similar)
- Half of the beef from the roast you just made

First, dump the broth from the crockpot into a big stockpot. Then, cook the egg noodles in the broth, according to the package directions. Once noodles are done, add half of your roast beef back in. Let it simmer for a bit.

Then, to freeze your beef and noodles, let the mixture cool. Find freezer-friendly containers, and divide your servings according to your family's needs.

To serve, take servings out of the freezer and warm them up.

Cell tower on Wright's Mesa

Cont. from Pg. 1

inquire about whether the county's moratorium on energy development would affect cell tower construction. The moratorium followed an anticipated application for a large-scale solar project at the bottom of Lone Cone that is highly contested in Norwood. Bordogna said he didn't believe the moratorium pertained to cell towers.

Still, the upcoming public

meeting will give the people of Norwood a chance to speak their opinions. Town administrator Patti Grafmyer agreed the last cell tower that was constructed in Norwood was contentious.

"It was quite a feat," Grafmyer said.

She said things might be different now.

"Most of us walk around with a cell phone in our hands," she said.

"And, when we don't have service, we are not quite sure what to do with our lives."

Currently, the only tower in Norwood is the AT&T tower on the north side of town.

Grafmyer said besides the upcoming public meeting, Atlas Tower would be required to go through a two-step process with the county before any construction could take place.

Flying Bear grand opening

Cont. from Pg. 1

be placed: pizzabikesbeer.com), Facebook page and an Instagram account too.

And, the owners are working on making the experience even better for patrons. Along with the kitchen updates will be faster, smoother wait times. Ericson said the goal is to serve guests in 20 minutes or less.

Ericson and Badovinac also listened to West End locals' requests for certain flavors, and they've tweaked their menu just a bit to accommodate their following.

The last few months, Ericson said she's been working with local

chambers of commerce and on event planning. The pizzeria now has the capability to cater events, since the pizza oven is mobile. Flying Bear will be present at this fall's Heritage Festival in Nucla, an Apple Core Project event that showcases local fruit, but celebrates other local flavors too. More Flying Bear events will be announced in the near future.

Going forward, as people enter the doors of Flying Bear to satisfy their pizza cravings, they'll also have the experience of watching Badovinac at the bike bar. His suspension service business is picking up, and he is establishing partner-

ships in Moab, Ridgway and other places. He'll be servicing bikes while patrons enjoy their food, and he's able to answer questions during that time.

Additionally, the couple is also looking forward to the official ribbon cutting ceremony for the business that is scheduled for the end of the month. Details will be announced later, but it will be a sort of Nucla-Naturita Chamber of Commerce ceremony, invitation only, and with cocktails.

Flying Bear is still in search of a few bartenders, and anyone wishing to apply should contact the shop directly.

Annual community grants

Cont. from Pg. 1

or projects aligned with the foundation's mission of improving the quality of life for the citizens of San Miguel, Ouray, West Montrose counties and Rico are encouraged to apply for financial support. Applications are reviewed by the grants committee, who then make funding recommendations that are reviewed and finalized by the board of directors at their annual meeting in December.

Telluride Foundation's community grants program is just one of the ways the foundation supports the region. The foundation also provides trainings, workshops, capacity building and technical assistance for nonprofit organizations, as well as facilitates initiatives in housing, health, community development, local food, apprenticeships, climate

resiliency, and equity and inclusion. The foundation additionally provides emergency hardship grants to low-income residents through its "Good Neighbor Fund."

The Telluride Foundation is committed to enriching the quality of life of the residents, workforce and visitors of the Telluride region. It's a nonprofit, apolitical community foundation that makes grants and runs programs in arts, education, health and human services, community development and social enterprises. The foundation strives to achieve excellence for the community through its mission and core values of inclusion, self-reliance and innovation. The work is funded through the generous support of hundreds of donors, as well as grants from state and national foundations.

Uranium Price – Aug. 7, 2023
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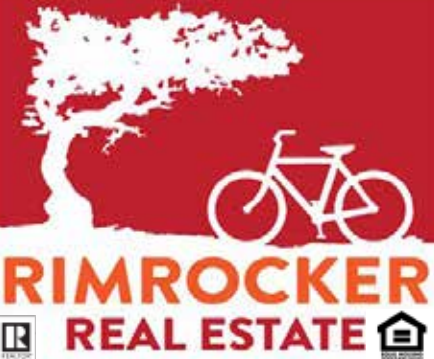
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School construction

Cont. from Pg. 1
 will sit on top of that, and the space up there will be used for work on HVAC and other mechanical things. For the utilities and easement work, the school board has reviewed the internet service provider cost proposals, submitted by NNTC of Nucla, along with Deeply Digital. The board chose NNTC as the school's provider. And, the

tap fees for domestic water and fire protection will be paid by the district so the utility tie-ins can be made, something required by the FCI construction schedule. Superintendent Clint Wytulka told the San Miguel Basin Forum he is pleased with the pacing and work. "It's been a pretty unique project since the beginning," he said. "I can't say enough about FCI, Artaic

and architects Hord, Coplan and Macht. I couldn't envision a better team to be working on this project." Wytulka said he was also impressed by FCI showing up at the San Miguel Basin Fair to support local youth and purchasing market animals. He said it's proof that the company is community-based and representatives are invested in Nucla.



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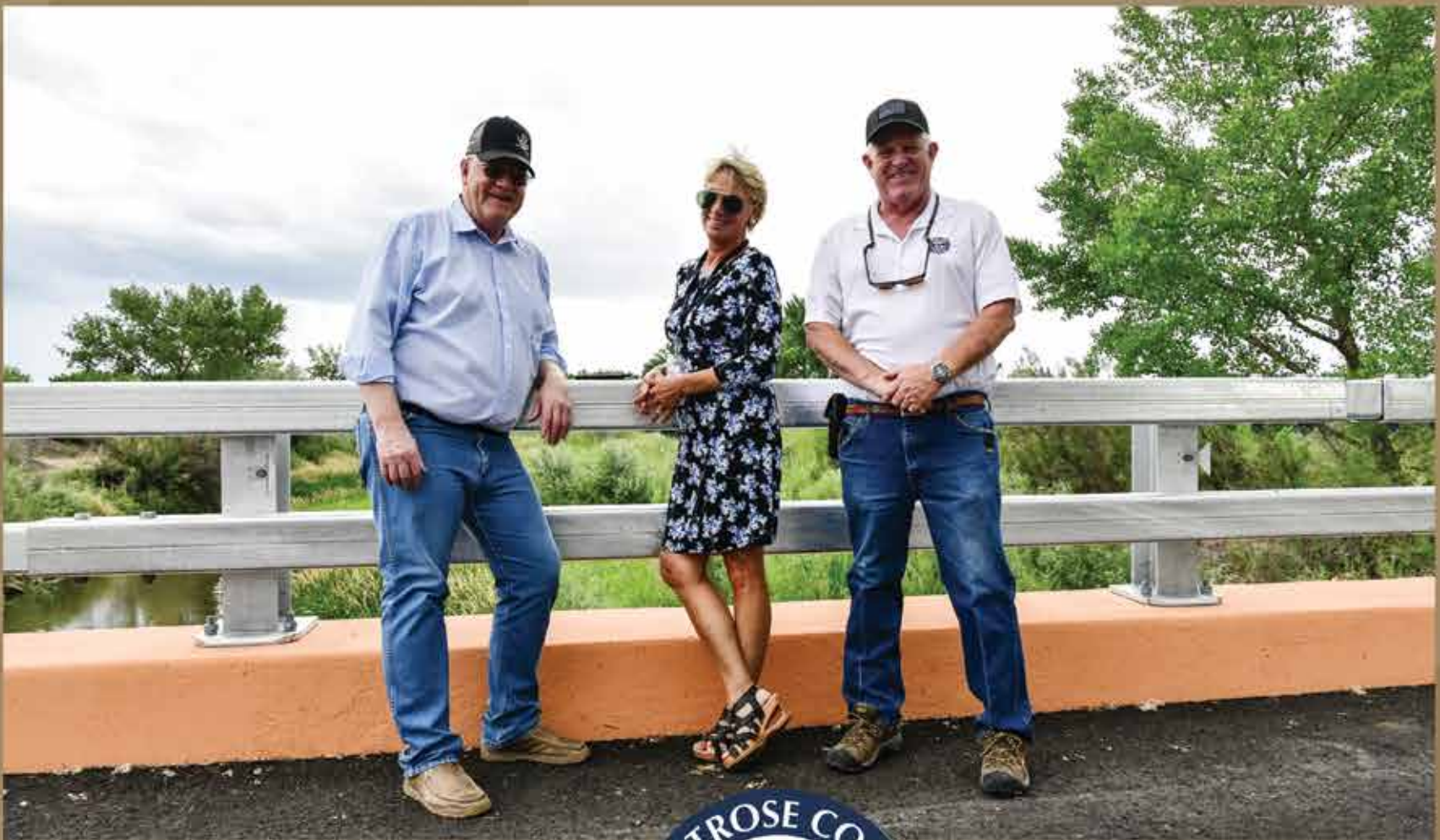
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YOUTH

Local children fundraise for St. Jude's

By REGAN TUTTLE, *Editor*

Laurie Koontz grew up in the West End and also in Rifle, Colorado. Most of her family still resides in the Nucla area, and she comes back as often as she can from Albuquerque.

Recently, she helped her great-nephew Ryan Chiles, age 9, and great-niece Cierra Ross, age 8, host a lemonade stand, for the purpose of raising money for St. Jude's Children's Research Hospital. They were assisted by Mason Chiles, age 5, as he helped with decorating the poster and also with some preparation for the event.

The lemonade stand lasted for one day only in July, but the cam-

paign lasted through the end of the month. For the live event, the children set up shop in front of the Nucla Public Library.

West End folks stopped by and bought lemonade, and the kids were grateful. One young man on a bicycle passed the kids, but circled back and donated \$20. Another man with diabetes couldn't drink the lemonade, but made a donation anyway.

Koontz' mother, age 82, started crying. She said the West End is such a beautiful community, especially when people who don't have much will still give and give.

Koontz simply supervised the kids, but she said it was good to socialize with others.

Ryan Chiles said he was happy

they got not only donations, but made new friends.

The children ended up raising a total of \$79.88 for their efforts.

Koontz agreed that every little bit helps, and even a check from Nucla for close to \$80 can make a difference, especially when children all over the U.S. have been doing lemonade stand fundraisers for St. Jude's this summer.

Koontz said there are heart-warming stories online, and one boy close to the Sturgis Motorcycle Rally was able to raise thousands when bikers came through his town.

She said for her own family, the experience was positive. The kids together practiced teamwork, empathy, work ethic, business

skills and public service.

Thinking of other children who are struggling with their health is something important to their family. Ryan Chiles was diagnosed with Type 1 diabetes a few years ago, and Koontz said he understands what it means to deal with an illness that impacts daily life and activities.

Koontz has also done some caregiving of those with cancer. She, herself, has had breast cancer. She has compassion for the sick, and she wants to teach young people to care about others, too.

After presenting the certified check to the kids to show them what they accomplished, she mailed it to Memphis, Tennessee, the St. Jude's headquarters.

"It does a heart good to see the kids' reactions to their efforts," she said.

In the future, Koontz would like to do a project related to diabetes, in light of her nephew (and other family members) battling the life-long disease.

Ryan Chiles said he wants to keep making lemonade stands, and Koontz has actually encouraged his father to build a stand that can be placed outside on the weekends.

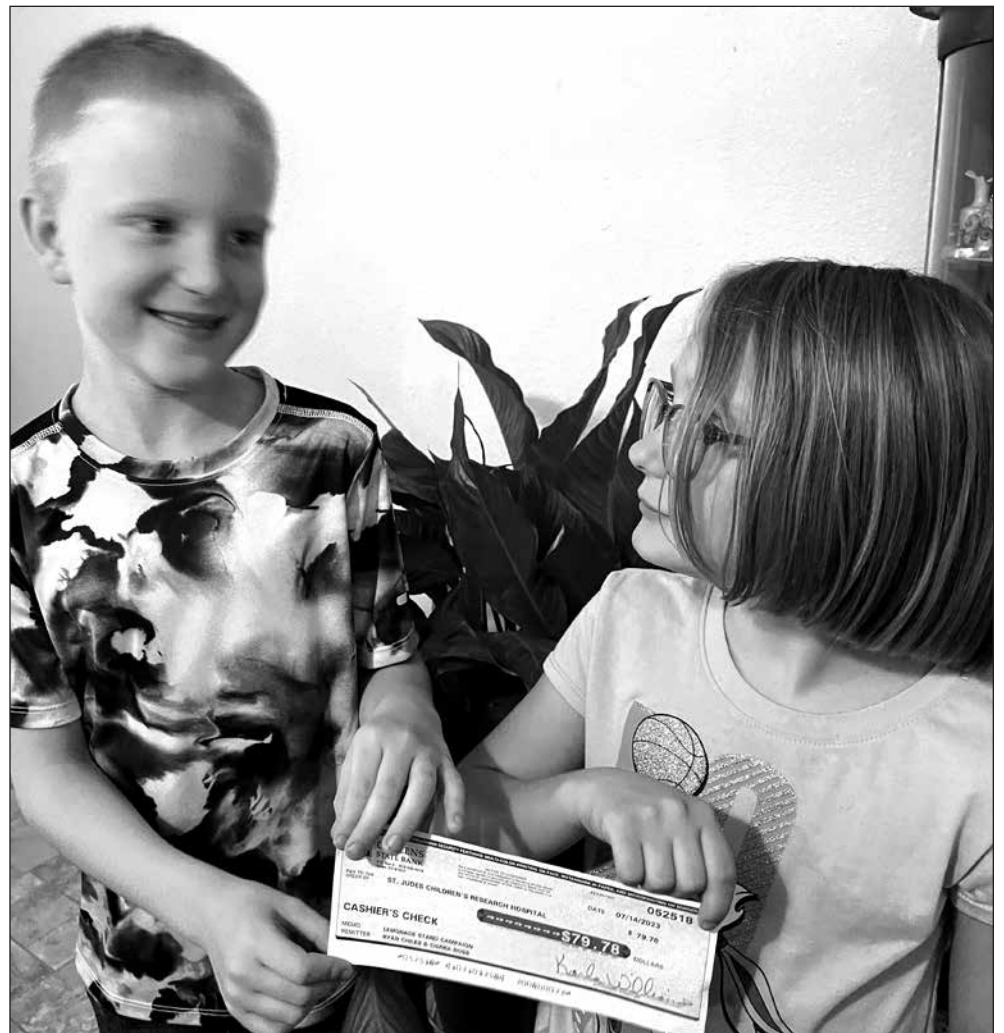
Koontz is thankful that the kids could do their fundraising at Nucla Public Library, so they could have a visible place in town. Their grandmother, Sherri Ross, is the library director and was on site. Sarah Brandt was there to help too.



Mason Chiles, Cierra Ross and Ryan Chiles prepare for their lemonade stand.



Many West End locals supported the kids' fundraiser.



The kids were proud to send their certified check to St. Jude's. (Courtesy images)

YOUTH

Simple joys of summer



Jaxton Wilkerson plays at the Naturita Town Park.



Tate and Theo Sickels enjoy Nucla's splash pad.



Dawson Winner is fishing.



Raelynn, Kinley and Stetson Sickels spend time outside.



Trenadi and Harper Carver porch swing with Papa Roger.



Deanie Huckabay holds Dallas Palmer, visiting from Nebraska.



Avery Sutherland enjoys the music.



Jaycee Johannsen hooks a big one. (Courtesy images)

Classified Ads

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HELP WANTED

West End Public School District RE-2 is seeking qualified applicants for a full-time Special Education Paraprofessional position \$14.50/hr. Benefits include: health, dental, vision, & life insurance, PERA Retirement, PERA 401K, & paid time off. Hours are Monday-Thursday 7:30-4:00pm, during scheduled school days. Applicants should have experience working with children, be able to multi-task, & work in different settings throughout the day. Please fill out the classified application found at <https://www.westendschools.org/page/employment> and email it with a resume to Sara Bray, Naturita Elementary School Principal, at sbray@westendschools.org.

Town of Naturita is seeking full-time help in its Public Works, Parks department. Applicant must be able to work in all kinds of weather, willing to be on call, self-motivated. Preferred knowledge in water and sewer repairs and installs. Equipment knowledge a plus, but not required. Sprinkler repair and lawn equipment knowledge preferred. Willing to work weekends if required, overtime if required, fill in where needed for what is

best for the town. Good people skills a must. If interested, please fill out an application at: Naturita Town Hall, 222 East Main Street, Naturita, Co. We are an Equal Opportunity Employer. Must be able to pass drug test. Town of Naturita, 222 East Main Street, P.O. Box 505, Naturita, CO 81422, 970-865-2286

San Miguel Power Association, Inc. (SMPA) is seeking to fill: PURCHASING/STORES SPECIALIST (Nucla or Ridgway) To view the complete job posting, benefits, compensation and how to apply, please visit our website www.smpa.com. SMPA is an Equal Opportunity Provider & Employer.

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LEGAL PUBLICATION NOTICE OF PROPOSED DECISION

THE COLORADO DIVISION OF RECLAMATION, MINING AND SAFETY - TR-107

The Colorado Division of Reclamation, Mining and Safety proposes to approve Technical Revision Application No. 107 (TR-107) for the New Horizon Mine (Permit No. C-1981-008), submitted by Elk Ridge Mining and Reclamation, LLC. TR-107 proposes the Johnson Access Road which will provide long-term access from the north side of BB Road down to the Pond 013 area.

The New Horizon Mine is a/an surface coal mine located in Montrose County, approximately 1.7 miles NW of Nucla, Colorado. Coal interest is private, and the surface affected is private land. The permit area encompasses approximately 342.25 acres.

This proposed decision is based on a finding of whether the proposed operation will comply with all requirements of the Colorado Surface Coal Mining Reclamation Act, Section 3433101, et seq., C.R.S., and the regulations promulgated thereunder.

The revision application, as well as all other permit documents, can be viewed at <https://dwrweb-link.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/18OUdf_Mpjo3kxIhkP5hMH-w7MeBtxX7/view.

Persons with an interest that may be adversely affected by the proposed decision may request a formal hearing before the Mined Land Reclamation Board on the proposed decision. Such request must be made within ten (10) days of the date following initial publication of this notice, must be in writing, and must state with reasonable specificity the reasons for the request and the 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 on August 16, 2023

LEGAL PUBLICATION CALL FOR NOMINATIONS FOR SCHOOL BOARD DIRECTORS NORWOOD R-2J SCHOOL DISTRICT MONTROSE AND SAN MIGUEL COUNTIES, COLORADO

The Board of Education of Norwood R-2J School District in the Counties of Montrose and San Miguel, State of Colorado, calls for nomination of candidates for school board directors to be held on the ballot for the regular biennial school election to be held on Tuesday, November 7, 2023.

At this election 3 directors will be elected for a term of office of four years. To be qualified, a candidate must have been a registered elector of the school district for at least 12 consecutive months before the election and a resident of the director district which will be represented. A person is ineligible to run for school director if he or she has been convicted of committing a sexual offense against a child.

A person who desires to be a candidate for school board director shall file a written notice of intention to be a candidate and a nomination petition signed by at least 25 eligible electors who are registered to vote in the regular biennial school election. Nomination petitions may be obtained at Norwood R-2J School District. Office hours are 8:00 a.m. to 3:30 p.m.

Completed petitions shall be submitted to Norwood R-2J School District no later than 3:00pm on August 31, 2023.

IN WITNESS WHEREOF, the Board of Education of Norwood R-2J School District, Counties of Montrose and San Miguel, State of Colorado has caused this call for nominations to be given the 9th day of August, 2023.

Published in the San Miguel Basin Forum August 9, 16, & 23, 2023

STATEPOINT CROSSWORD

THEME: BACK TO SCHOOL

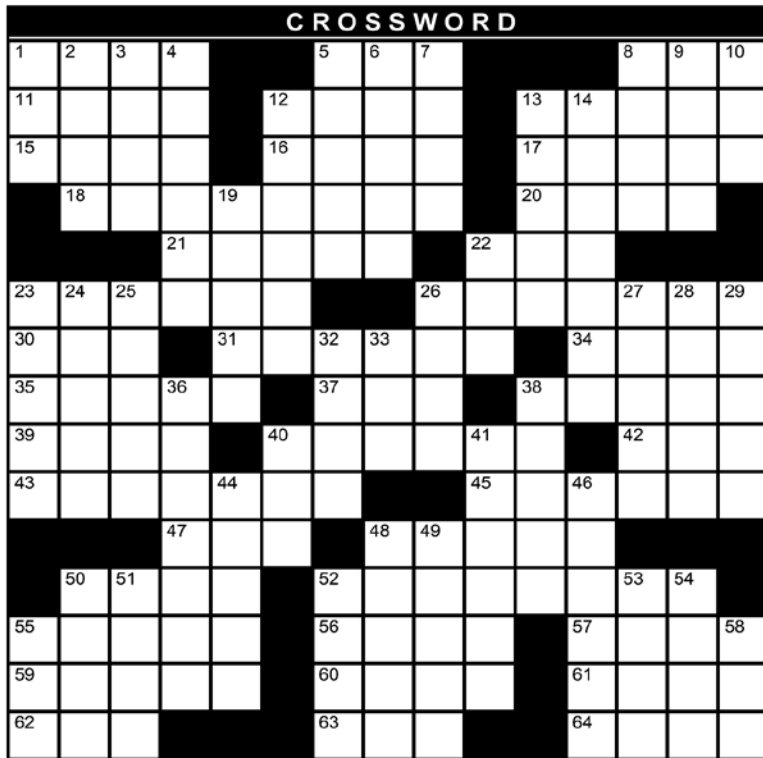
- ACROSS**
- *Medical school entry requirement, acr.
 - *Atlas image
 - Hula dancer's necklace
 - German money
 - Ready for picking
 - Nerd
 - Like many Brothers Grimm stories
 - Month of Purim
 - *Some exams
 - *Laptop and books container
 - Fastens a fly
 - Licorice-like herb
 - *Teacher's favorite
 - Like hot lava
 - Cassava, pl.
 - Chapter in history
 - Deadly
 - DEA agent

- Second person singular past of "do," archaic
- Greet, to a dog
- Be in harmony
- Inwardly
- Opposite of pluralism
- Even, to a poet
- *Academic planners
- *High predecessor
- PassÉ
- Barnyard honker
- Rooftop contraption
- *Meal container
- Emerald or aquamarine, chemically speaking
- Trans-Siberian Railroad city
- Venus de Milo's are missing
- *Plural of #51 Down
- Comments from prompt box
- Do like Ella Fitzgerald
- *PE in school
- Make a choice
- Piece of cake



DOWN

- Actress Ryan
- Larry David's "___ Your Enthusiasm"
- Bizet's "Habanera," e.g.
- Tabby's mate
- King with a golden touch
- Rapidly
- ___ up, to become more cheerful
- Spring
- Morays
- Abdominal pain cause, acr.
- Plunder
- Dirty one
- *One of 3 Rs in grade school
- Genuflected
- Letter-writing friend
- *M in LMC, educationally speaking
- Circular gasket
- Big Dipper's visible shape
- Biblical gift-givers
- Propelled a boat
- Angler's basket
- Part of an act
- Rare bills
- Chewbacca's sidekick
- *Word in thesaurus, e.g.
- Mennonite's cousin
- *Gym class prop
- *Art class cover ups
- Old fashioned contests at dawn
- Lower value, as in currency
- Plug a pipe, e.g. (2 words)
- Beginning of ailment
- Exceedingly
- Bob of boxing world
- Bonkers
- Shamu, e.g.
- Dec. holiday
- Capture
- Porky's or Petunia's home



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UMC COMMUNITY Newsletter

Issue 1 - 07/07/2023

• DIABETES CLINIC RODEO AUGUST 16TH, 2023

UMC is offering a FREE Diabetes Clinic Rodeo for patients:

- With Diabetes
- With Prediabetes
- Family History of Diabetes
- If you have ever been told your blood sugar is above normal.

Patients will be able to get an A1c test, urine test, foot check, and discuss Diabetic Retinopathy Screening with one or more of our providers at one appointment.

**Participants will be entered into a drawing for a gift card.*

CALL 970-327-4233 TO SCHEDULE AN APPOINTMENT.

USE KEYWORD: DIABETES RODEO

- UMC is proud to announce it is collaborating with Montrose Memorial Hospital for nutritional services. UMC patients may receive these services either via telehealth or onsite at MMH! Please speak with your UMC provider for more information if you are interested.

• *Medical - Creating a Care Plan*

A care plan for diabetes is a personalized guide to manage your blood sugar levels and prevent complications. It involves setting goals, monitoring your blood glucose, taking medications, following a healthy diet, and exercising regularly.

• *Dental - Oral Care Can Prevent Problems*

People with diabetes can be more prone to gum disease. If you are careful about keeping your teeth clean, you are less likely to have tooth decay, gum disease, and other oral infections.

• *Pharmacy - Integral to Diabetes Care*

Our pharmacist is here to assist with medication reconciliation, medication use, product selection of diabetes products, along with education and awareness of blood glucose results.



Diabetes Awareness

CONTACT US TO SCHEDULE AN APPOINTMENT

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Norwood CO, 81423

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www.umclinic.org