

# GRAND GAZETTE

*The Voice of Grand County*

April 20, 2023 VOLUME 12 NUMBER 5

free publication



**BOB'S WESTERN MOTEL**  
110 Park Ave, Kremmling, CO 80459



According to Google, Bob's Western Motel is permanently closed. A portion of the former motel rooms across the street are still in use as "Kremmling Spaces", a multi-use business that rents the rooms out to different professionals, vendors or artists. The original sign was very different. It had a wood grain that gave it a very "campy" feel. Next time you're on your way to Steamboat keep an eye out for this iconic sign.

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*An exhibit at DIA Concourse A titled "The Art of Old Signs" displays paintings of old neon signs mostly in Colorado. Among them is the "Bob's Western Motel" sign in which Bob Menhennett and his wife Grace Menhennett, had designed and built for the motel they built and operated for almost 50 years. The sign is still up on the north side of Hwy 40 in Kremmling.*

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# Kremmling

## Town of Kremmling Board Meeting

April 19, 2023 @ 6:00 p.m.  
at the Kremmling Town Hall,

located at 200 Eagle Avenue.



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# Sunday Worship

## FAITH NOTES

**Kremmling Community Church & The Gathering**

**204 4th St**

Sunday worship gatherings will be held at 10 a.m. and 5 p.m..

Weekly emails provide updates, ongoing opportunities, and Stirling Group news. For more information or to sign up for email contact, go to [kremmlingcommunitychurch.org](http://kremmlingcommunitychurch.org).

*" Bless those who persecute you; bless and do not curse."*

*Romans 12:14*

**St. Peter's Catholic Church: 106 5th St**

Masses begin at 10 a.m. at St. Peter's in Kremmling, and online at [GrandCatholic.com](http://GrandCatholic.com). Confession is available 30 minutes prior to mass.

**Trinity Episcopal Church:**  
*(with St. John the Baptist in Granby)*

**805 Central Ave**

Service: Sundays at 10 a.m.

4th Sunday of Every month at 5 p.m.

"We are a Christian family of God that seeks to serve Christ with justice, peace and love for all people."



**Keller Williams Realty  
Sudoku Answer Key**

Puzzle on page 13

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

Puzzle by websudoku.com

# National Volunteer Week – a spotlight on volunteers

by Susan Michaud

In honor of National Volunteer Week, the Gazette is delighted to spotlight volunteers who have made a difference in the community.

## Rick Wahl

Leathercraft 4-H leader Rick Wahl has been working with leather for 30 years. He was introduced

to the art by a man named Carlos Brannon out of Ft Worth, TX who taught Rick the trade and upon passing from this world left Rick the leather business “Indian Creek Leather.”

Rick has paid this kindness forward by serving the 4-H community for approximately 10 years, sharing

his knowledge, tools, leather, and love of the craft with more kids than he’s been able to count.

Rick has added a great assistant to join in his efforts, Avery Arduser, who’s in his second year of assisting Rick with helping kids on their projects.

lived next to. I also volunteered at The Hope Therapeutic Horse Center where I learned more about horses and helping kids with disabilities before moving to Colorado.”

Where does Luke volunteer now? “I play guitar for residents at the Kremmling hospital on a monthly or



photo credit Katie DeBell

*Rick leads classes in both Granby and Kremmling locations on a weekly basis from approximately mid-February through mid-June to help 4-H'ers complete their leather projects leading up to the fair. (L to R): Jadyn Castillo, Paizlee VanderLinden, John Butler, Stella Moore, Rick Wahl, Darcy DeBell, Stran Lechman, Pake VanderLinden, and Luke Hickam.*



photo by Taedra Hickam

## Luke Hickam at Troublesome Horse Rescue

### Luke Hickam

Eighth-grader Luke Hickam has been volunteering for 8 years but more consistently since the pandemic in 2019. When the 14-year-old was about 6, he remembers joining his family and church group at Cape County Cowboy Church in Oak Ridge, Missouri, packing meals for “Feed My Starving Children.”

In 4th grade, Luke built and donated a Legos war scene to the Perry County History Museum also in Missouri. “I loved history and building Legos, so I hoped kids would want to visit the museum if they had a display made for kids.

“When COVID happened I was homeschooled for the rest of my 5th-grade year and all of 6th grade, so we made volunteering part of our curriculum. I helped the elderly in our neighborhood with outside tasks, chores, and pet care. A friend and I picked up trash along our road and around the conservation area we

every other month basis, depending on our schedules, and I played guitar for residents at Cliffview once. I volunteer daily-weekly helping with horses and chores at the Troublesome Horse Rescue outside of Kremmling.”

Luke also shares why he loves to volunteer, “I like helping people and getting to know new people; they all have interesting stories. Maybe one day I’ll write a song!”

Luke’s parents, Jeff and Taedra Hickam, encourage Luke to volunteer “because it gets him out of his comfort zone initially – then he ends up enjoying it, meeting great people, and learning from them while sharing his talents.

“Getting there is sometimes the most difficult part. That’s often the case in most things worth doing, but when you do and look back, you’re really glad you made the effort. We’re fortunate as parents that Luke’s willing to listen and we (...continued on page 4.)

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(continuance from page 3) consider when present new opportunities. He's also discovering that in giving to others, you always get far more in return – we've met some wonderful people who've become lifelong friends thanks to volunteering."

**Volunteer opportunities**

Volunteer opportunities abound for students and adults alike. In fact, all West Grand High School graduates have to have at least 40 hours of community service to graduate. According to West Grand Superintendent Elizabeth Bauer, the school provides the seniors with a list of known opportunities. There is also information for all students provided through announcements, physical postings throughout the school, and in advisory/seminar classes.

The level of opportunity for community service lies with the entity or group offering or needing the service; however, more has been concentrated at the high school level.

Regarding community service, Bauer states, "In my opinion, serving others is one of the highest forms of leadership and empathy. Our goal is not only to prepare students for the workforce or higher education but also to be good members of society. Community service is a great way to connect with others."

There are also volunteer opportunities at local libraries, churches, or non-profits. Last Time 'Round Thrift Store is run solely by volunteers, and the local Rotary Club volunteers for events year around.

Emily Pedersen, Kremmling and Hot Sulphur Springs Library branch manager, explains, "We currently have multiple volunteers at the Kremmling Library. They shelve books, create displays, assist with program preparation, run craft and science programs, and help with other programs (contests, ice cream parties, after-school clubs, and Summer Reading Programs). We have a group of teen volunteers as well, called T.A.G. (Teen Advisory Board), who work with us to plan programs for teens. We could not do all we do at the library without their amazing dedication, skills, and service, and we are so appreciative of the time



photo by Katie DeBell

**Rick Wahl and Avery Arduser helping the 4-H leathercraft kids**

they choose to spend with us!" Melisa Sherman, activities director at Cliffview has many ideas

endless and include helping with a planned activity, visiting with well-behaved pets, and entertainment such as playing musical instruments (Cliffview has a piano available), dancing, or putting on a show.

This time of the year, there are opportunities outdoors such as yard work, landscaping, and window washing.

According to Andy Radzavich, executive director of Middle Park Health Foundation, the volunteer program is just getting back off the ground after being shut down for COVID. In addition to companionship for Cliffview residents, he would like to see the same for MPH's extended care patients at the hospital.

Volunteers for both facilities are required to fill out an application and, per policy, will be required to provide the following Employee Health documentation prior to volunteering at MPH: influenza vaccine (flu season is from September 1 – March 31, so if they are just volunteering for the summer they wouldn't need to worry about this), COVID vaccine documentation or declination form, and a tuberculosis questionnaire.

Additionally, background checks and drug screens are required for volunteers who will be assisting patients of Middle Park Health.

Applications are available from Melisa at Cliffview Tuesday through Friday from 8 a.m. to 4:30 p.m. and

**MIDDLE PARK HEALTH**  
Orthopaedics

**Orthopaedic Clinic in Kremmling**

**Orthopaedics in Kremmling**  
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Orthopaedic clinics are hosted by Dr. PJ Bevan every Friday morning at our Kremmling Campus. We are excited to provide Orthopaedic care right here in our Kremmling community as part of our ongoing effort to provide local high-quality healthcare to all of Grand County!

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photo by Katie DeBell

**Hickam with longterm residents at MPHC in Kremmling**

for adults, students, and families. "We love volunteers! We would like to start a companion program where members of the community would pair up with a resident and spend time with them on a weekly or monthly basis. They could read, play cards or bingo – anything."

Melisa, or Mel as the residents call her, has a monthly calendar that gives volunteers ideas for when and how they can plug in with their gifts and talents. Possibilities are

on Saturday from 3 p.m. to 11 p.m. She can be reached during those times at (970) 724-3530. Or contact [Foundation@middleparkhealth.org](mailto:Foundation@middleparkhealth.org) for an application and more information.

To learn more about National Volunteer Week, go to <https://nationaltoday.com/national-volunteer-week/>

# Meet Whiskers!

Meet Whiskers. She is about 2 yrs old. Whiskers was surrendered to us because she wasn't liking the new cats that were brought into the household. She is a very friendly

girl and needs a house with no other cats. We were told that she gets along with smaller dogs. Please call the shelter if you are interested in meeting this beautiful girl. 970-887-2988.



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# Hot Sulphur Springs

Thank you to everyone that came out for the Town's annual Easter Egg Hunt. It was a great time, and we enjoyed seeing the kids have so much fun.

The Hot Sulphur Springs Chamber of Commerce would like to thank the Town of Hot Sulphur Springs, The Hot Sulphur Springs Chamber of Commerce members, The Grand County Managers Office, the Grand County Sheriff's Office, the Hot Sulphur Springs/Parshall Fire Protection District, and all the awesome volunteers who helped make it a wonderful event.

Meetings have started for Hot Sulphur Days. The HSS Days Committee would appreciate any

help you would be willing to give to ensure another successful HSS Days event. Contact Town Hall at (970) 725-3933 for meeting dates and more information.

Hot Sulphur Days is scheduled for June 9 – 11, 2023, and sponsors are still needed. These events are great fun for the whole community but take many willing hands to make them work. Any help would be greatly appreciated!

Town Clean-Up Day is May 6 – watch for flyers around town. Congrats to the newest Town of Hot Sulphur Springs Board Trustee Richard Gott. The next Board meeting will be Thursday, April 20 at 6:30 p.m.

Thank you all for making our community special!

**PUT YOUR AD HERE!!**

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**RE/MAX RED**

**KREMMLING** – Rebecca Guthrie, with RE/MAX Red, has received the celebrated RE/MAX 100% Club Award for 2022 which honors successful agents for their achievements in the past year.

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– Rebecca Guthrie.

Rebecca has been licensed in the real estate industry since 2000 and has extensive experience in residential and commercial real estate as well as property management.

Rebecca Guthrie supports her local community by serving on the school board.

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# Granby

## Granby Rec. to Sponsor Paintball Games Trip May 5

The Granby Recreation Department will sponsor a paintball games trip on Friday, May 5 for anyone ages 10 to adult. We'll travel to Dacono for hours of paintballing. The cost for this trip is \$65 and the fee includes transportation, 3-4 hours of play, rental of paintball

gun, safety equipment, and 500 paintballs. Meeting time is 8 a.m. at the Granby Community Building, and we plan to return by 5 p.m. Pre-registration is required by May 3. For more information or to register, call the Granby Recreation Department at 887-3961.

## Granby Youth Baseball Registrations now being taken

The Granby Recreation Department is now taking registrations for the youth t-ball, machine pitch and player pitch baseball which begins with practices in May. The teams are open to all children ages entering Kindergarten through 6th grade in the fall of '23. Practices will begin in early to mid-May and games will

start in early June and run through the end of June. Registrations are now being taken until April 25, or until teams are full. The fee ranges from \$60 to \$90 (plus a \$10 late fee after 4/25). For more information or to register, please call Granby Recreation Department at (970) 887-3961, or go online to granbyrec.activityreg.com.

## Granby Rec. Dept offers an Adult Black Hawk / Central City Trip

Join the Granby Recreation Department for a trip to Black Hawk & Central City on Saturday, April 22! The cost for this trip is \$25, which includes transportation to and from Black Hawk. We will leave the Granby Community Building (129 3rd Street) at 5 p.m. and return by

approximately midnight. A minimum of 7 is people needed. You must be 21 years of age to attend this trip. For more information or to register for this program contact the Granby Rec. Dept. at (970) 887-3961. Pre-registration is required by April 21.



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In Granby everything's a little more independent. It's a small town nestled at 8,000' where people re-use, refurbish and renew.

### Take the Granby Yoga Barn.

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**GRANBY.**  
A LITTLE MORE INDEPENDENT.



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APR 17 - 23

WHAT TO DO

this week



**YOGA (MON, WED, THURS, SAT)**  
Check Schedule | Granby Yoga Barn



**FAMILY LEGO CLUB**  
1:00 - 3:00 PM | Granby Library



**EARTH DAY SHRED-A-THON**  
9:00 AM - Noon | H & R Block



**BOUNCE HOUSE FUNDRAISER (BENEFITTING LITTLE SPROUTS)**  
11:00 AM - 4:00 PM | Granby Dome

**GC COMMUNITY OF WRITERS**  
2:00 PM | Granby Library



# West Grand Activity Schedule

## West Grand Activity Schedule April 20 – 27, 2023

### Thursday, April 20

- GHS FFA Ag Adventure
- Kindergarten Round-Up NO SCHOOL FOR KINDERGARTEN – Incoming kindergarten students for the 2023-2024 school year attend school in preparation for the next school year. Currently enrolled preschool students will attend between 8:30 a.m. – 11 a.m. and all other incoming kindergarten students from 12:30 p.m. – 3 p.m.
- 10:30 a.m. Storytime @ Juniper Library
- 4 p.m. Elementary Aerolab – West Grand Elementary after-school program.  
Contacts:
  - Courtney Matney - matneyc@wgsd.us or Angie Munoz - munoza@wgsd.us
  - 4:15 p.m. English/Social Studies, English/Public Speaking Support @ Mr. Mericle's room
  - 4:15 p.m. Virtual Reality @ Kremmling Library
  - 5 p.m. Afterschool Club – Water Education and Exploration @ Juniper Library for the entire family. Registration required.
  - 6:30 p.m. Overflow (Christian Youth Group for grades 6 - 12) @ Shiloh Building

### Friday, April 21

- Juniper Library Makerspace Weekend: Electronics and Circuits
- 9 a.m. HS Track Meet @ Coal Ridge

### Saturday, April 22

- 7 a.m. PeeWee Volleyball Tournament
- 9 a.m. MS Track Meet @ Hayden
- 2:30 p.m. Water Education and Exploration @ Kremmling Library. Registration required.
- 8 p.m. High school Prom, CSU Extension Hall

### Monday, April 24

- 10:30 a.m. Storytime @ Hot Sulphur Springs Library
- 4 p.m. Book Float Ice Cream Party @ Kremmling Library. Open to all who entered a book float! Winners will be announced, and all participants will receive a certificate, prize, and ice cream float.
- 4 p.m. Elementary Aerolab – West Grand Elementary after-school program.  
Contacts:
  - Courtney Matney - matneyc@wgsd.us or Angie Munoz - munoza@wgsd.us
  - 4 p.m. Middle School Aeorlab – West Grand after-school academic support. Contact: Kimberly Cameron - cameronk@wgsd.us
  - 4:15 p.m. Math Support in Ms. Harmon's room

### Tuesday, April 25

- 10 a.m. High Country Pole Vault @ WGHS
- 11:15 a.m. Storytime @ Kremmling Library
- FFA Chapter meeting @ lunch, WGHS
- 4 p.m. Elementary Aerolab – West Grand Elementary after-school program.  
Contacts:
  - Courtney Matney - matneyc@wgsd.us or Angie Munoz - munoza@wgsd.us
  - 4:15 p.m. English/Social Studies, English/Public Speaking Support @ Mr. Mericle's room
- 6 p.m. Board of Education Special Meeting, K-8 Boardroom

### Wednesday, April 26

- HS CMAS Testing
- 8 a.m. The Project @ WGHS Auditorium
- 4 p.m. Elementary Aerolab – West Grand Elementary after-school program.  
Contacts:
  - Courtney Matney - matneyc@wgsd.us or Angie Munoz - munoza@wgsd.us
  - 4 p.m. Middle School Aeorlab – West Grand after-school academic support. Contact: Kimberly Cameron - cameronk@wgsd.us
  - 4:15 p.m. Math Support in Ms. Harmon's room
  - 5 p.m. Book Float Ice Cream Party @ Hot Sulphur Springs Library. Open to all who entered a book float! Winners will be announced, and all participants will receive a certificate, prize, and ice cream float.

### Thursday, April 27

- Health and Safety Fair @ K-8
- 10:30 a.m. Storytime @ Juniper Library
- 4 p.m. Elementary Aerolab – West Grand Elementary after-school program.  
Contacts:
  - Courtney Matney - matneyc@wgsd.us or Angie Munoz - munoza@wgsd.us
  - 4:15 p.m. English/Social Studies, English/Public Speaking Support @ Mr. Mericle's room
  - 5 p.m. Afterschool Movie Night @ Juniper Library for the entire family. Registration required.
  - 5:45 p.m. Family Movie Night @ Kremmling Library. Open to all ages. G or PG movies will be shown. Please call the library to find out the movie for the month! Snacks and treats are provided. Bring a drink (with lid or cap) and a friend!
  - 6:30 p.m. Overflow (Christian Youth Group for grades 6 - 12) @ Shiloh Building

### LOOKING AHEAD:

Baccalaureate Service, 2 p.m., May 21, WGHS Auditorium

## West Grand Track continues to shine

By Chris Brown

The West Grand Track team continued their strong performances at the 42nd Demon Invite in Glenwood Springs Saturday. The weather seemed to change with each event with wind, clouds, sun, and calm all showing up.

The girls continued to show their strength in their relays scoring in all 6. Fourteen girls participated in those being mixed and matched, allowing 3 of them to have season bests. The throwers' 4x100 relay placed the highest with a 2nd that included Wendy Eller, Celia Guzman, Lily Butler, and Morgan Nelson. The 4x200 and 4x400 team had season bests placing 3rd and 4th – made up of Taylor Martinson, Brooke James, Lillian Hufford, and Sara Leahman. The medley relay was 4th and composed of Callie Freitag, Brooke, Taylor, and Sara while the 4x800 was 4th with Celia, Louisa Parmenter, Evelyn Amaya, and Gracie Hast.

Individually, Evelyn [5th], Gracie [6th], and Louisa [7th] placed in the

3200, and Olivia Stefanik was 3rd [7-11] in the pole vault. The team was 7th of 17 teams with 33 points.

The boys' team scored 48 – good for 6th with outstanding relay work also. The throwers' 4x100 relay blew away the 7-team field to win the coveted extra large pizza, a Demon tradition. Chris Wellington, Kai Edson, Lawson Landrus, and Jackson Steinle quickly made good use of their free lunch.

The 4x100 and 4x200 teams, both top 5 2A ranked, placed first in 45.03 and 1:34.25. Wyatt Shearer, Joe Probst, Brayden James, and Wyatt Howell continue to improve. Cooper Martinson joined Joe, Brayden, and Howell to place 3rd in the 4x400 in 3:44.

Joe placed 2nd in the 110HH [16.29], Wyatt Howell 2nd in the 100 [11.51], and Brayden 3rd in the 400 [53.62]. The Coal Ridge Meet Friday will be the toughest of the season with 25 teams, many 4A. It will be a real challenge for the Mustangs to score here.

## WEST GRAND ELEMENTARY KINDERGARTEN ROUNDUP

**715 Kinsey Ave, Kremmling**  
**970-724-1000**

**April 19 and 20, 2023**

**Wednesday**  
**April 19th**

**Mandatory pre-registration**  
**and meeting of all parents.**  
**5:30pm in the K8**  
**Boardroom.**

**Thursday**  
**April 20th**

**½ day Kindergarten**  
**class for all incoming**  
**Kindergarten students**

**Schedule of Visits to Kindergarten:**  
**8: 30-11: 00 am and 1: 00-3: 30 pm**

**If your child is NOT currently enrolled at the Kremmling Preschool,**  
**they may attend the AFTERNOON Kindergarten session.**

**Please register for a visiting schedule at the meeting of all parents**  
**The following documents are required for registration:**

- Birth Certificate
- Immunizations
- Copy of Parent/Guardian ID
- Proof of Residency



# East Grand Activity Schedule

## East Grand Activity Schedule April 6 –13, 2023

### Thursday, April 20

- CMAS testing for grades 3,4, and 5 – Granby Elem
- FVE Scholastic Book Fair
- Granby Elem 5th grade at Ameritowne
- 7:30 a.m. Minnesingers at Granby Elem
- 10 a.m. Storytime @ Fraser Valley Library
- 4 p.m. Makerspace Thursday @ Granby Library
- 5:30 p.m. 4th Grade Keyboard Performance at Granby Elementry
- 6:30 Overflow (Christian Youth Group for grades 6 - 12) @ Shiloah Building in Kremmling

### Friday, April 21

- JMS Track @ Hayden CANCELLED
- 1 p.m. Family Lego Club @ Granby Library
- 4:30 p.m. HS Lacrosse vs Vanguard @ home
- 4:30 p.m. HS Girls Soccer @ Arrupe

### Saturday, April 22

- EGMS Track @ Coal Ridge TENTATIVE
- HS Track @ Berthoud High School, Randall Hess Invite
- 10 a.m. Saturday Storytime @ Granby Library
- 1 p.m. Makerspace: Coding and Robots @ Fraser Valley Library
- 2 p.m. HS Girls Soccer vs Basalt @ home
- 4 p.m. HS Lacrosse vs Heritage @ home

### Sunday, April 23

### Monday, April 24

- CMAS make-ups, grades 3,4,5 – Granby Elem
- 8 a.m. MPHS CMAS Science Testing
- 4 p.m. HS Lacrosse vs Holy Family @ home
- 4 p.m. HS Baseball vs Ft. Lupton @ home
- 5:30 p.m. Good Music Informance @ Granby Elem

### Tuesday, April 25

- CMAS make-ups, grades 3,4,5 – Granby Elem
- 7:30 a.m. Granby Elem Minnesingers Practice
- 10 a.m. HS Track – High Country Pole Vault at West Grand HS
- 4:30 p.m. Lacrosse vs Clear Creek @ home

- 5:30 p.m. Green Music Informance @ Granby Elem

### Wednesday, April 26

- CMAS make-ups, grades 3,4,5 – Granby Elem
- 4th grade “Changing Bodies” at Granby Elem
- 7:45 a.m. Bike helmet sales @ Granby Elem
- 10 a.m. Granby Library Storytime
- 3:45 p.m. Afterschool Club – Water Education and Exploration for all ages @ Fraser Valley Library
- 4 p.m. Bike helmet sales @ Granby Elem
- 4 p.m. HS Girls Soccer vs Pinnacle @ home
- 4 p.m. HS Baseball @ Englewood HS
- 4:15 p.m. Leadership Club in Library – Granby Elem
- 4:15 p.m. Granby Library After-school club and homework help. For students in Grades K-5 - Registration Required
- 4:45 p.m. MPHS Parent/Teacher Conferences
- 5:30 p.m. Illyes Music Informance @ Granby Elem
- Kindergarten Parent Information Night @ FVE

### Thursday, April 27

- CMAS make-ups, grades 3,4,5 – Granby Elem
- 5th Grade KSS trip – Granby Elem
- 7:30 a.m. Granby Elem Minnesingers Practice
- 7:30 a.m. Donuts with Grownups @ Granby Elem
- 7:45 a.m. Bike helmet sales @ Granby Elem
- 10 a.m. Storytime @ Fraser Valley Library
- 3:30 p.m. FVE Art Show Opening @ Fraser Valley Library
- 4 p.m. Bike helmet sales @ Granby Elem
- 4 p.m. HS Baseball vs Clear Creek @ home
- 4 p.m. Makerspace Thursday @ Granby Library
- 5:30 p.m. 3rd grade Ukulele Performance @ Granby Elem
- 6:30 Overflow (Christian Youth Group for grades 6 - 12) @ Shiloah Building in Kremmling

### LOOKING AHEAD

**EGSD Board Meeting, May 2, 6 p.m.**

**MPHS Prom, May 6, 8 p.m.**

**MPHS Spring Play, May 11 – 13**

**MPHS Graduation, May 20, 4 p.m.**

## Pregnancy Resource Connection classes and events

Infant Massage Classes through Pregnancy Resource Connection are held twice per month during the last week of the month. The next classes will be on April 24 and 26. In May, they will be on May 22 and 24.

Parent-led play group is every Tuesday at 10 a.m., changed from 1 p.m.

Childbirth Classes for mothers expecting in June, July or August,

May 12, 13, 19, and 20.

PRC’s Baby Bottle Campaign will begin on Mother’s Day, May 14. Pick up your bottle, fill it with spare change, and return it to your church or PRC by Father’s Day, June 18.

Contact Pregnancy Resource Connection (970) 887-3617 for questions about any of these events.

## Coat Drive

Middle Park 4-H Council is sponsoring an All Season Coat Drive. The deadline to donate coats is April 28 by 5 p.m. Drop-offs are at the CSU Extension office in Kremmling and Old Time Feed and Things in Granby. Men’s and women’s coats will be donated to the JBBS program at the Grand County Jail. To benefit recently

released inmates leaving the facility.

Children’s coats will be donated to the Mountain Family Center.

For questions please contact: The Grand County CSU Extension Office at 970-724-3436 or via email at kmoyer@co.grand.co.us

## 21st Annual Children’s Fair

Grand Beginnings will hold its annual children’s fair on April 28 from 11 a.m. to 1 p.m. at Sun Outdoors, 1051 Summit Trail, Granby. There will be community businesses and organizations attending that

all have interesting, fun, and educational activities planned for children and families! This event isn’t all games, as free dental, hearing, and eyesight screenings will be offered on the premises.



# MPHS LAX Game

Saturday the MPHS varsity lax team won 18-8 against Denver North. JV won 13-5.

This week, varsity travels to Palmer on Monday. Tuesday, St. Mary’s travels to MPHS’s home field. Friday, there is another home game vs. the Vanguard School. Saturday we wrap up the week with a home game vs. Heritage.



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# Citizen scientists can make a difference in their communities

by Tallie Gray, GCLD Director of Library Resources

Science lab coats are not necessary for this citizen science project, but you may want a detective cap to protect you from the sun!

As director of library resources for Grand County Library District (GCLD), I purchase the resources for our patrons. One area that keeps me alert for new and noteworthy titles is anything pertaining to science and particularly Colorado water issues. Science is especially relevant this month as April celebrates both Earth Day and Citizen Science Month.

Last summer, GCLD, Grand County Water Information Network (GCWIN), and Upper Colorado Watershed Environment Team (UCWET), formally Upper Colorado River Watershed Group (UCRWG), collaborated to bring water quality and water bugs into fine focus for GCLD's children's programming.

Geoff Elliott, a founder of UCWET, gently planted a seed for another collaboration in February. "How about joining forces for an ongoing citizen science project in which all ages and scientific abilities could participate? The data collected and shared could have a great impact on future decisions about Grand County water sources that affect so many."

I was hesitant. Then Geoff explained, "You don't need a Ph.D. and

a university laboratory to learn more about our world. In fact, with some informal training, anyone can make research-grade observations that shed light on important natural processes."

That got my attention, hook, line, and sinker. After all, a character hero of mine, Sherlock Holmes, is a master of observation, deduction, and reasoning – all skills that are also important to science.

We organized a meeting. Geoff summed up the outcome: "This citizen science approach is perfect for watershed-scale studies. We can all choose one or more sites along our streams, visit, then revisit throughout the year to document conditions, fish, wildlife, and even bugs that live there or even pass through seasonally. The CitSci.org app makes data sharing easy while guiding more consistent observations. As a professional scientist myself, I appreciate the curiosity and enthusiasm of our local citizen scientists of all ages. I always learn something myself along the way."

Greg Newman, founder and director of CitSci.org and CitSci mobile app, showed our committee how amazing and easy his website is to use. There are about 1,200 citizen science projects utilizing this platform, including the Colorado Headwater BRAT survey, a pilot project near

Grand Lake. You can start adding data and observations to it today.

Greg shared, "My dream is a society where all people from all backgrounds are engaged in co-creating the places in which they live together with their fellow neighbors and community members by collecting and easily submitting data and observations as guiding evidence for effective decisions that lead to thriving communities and sustainable ecosystems."

The dream is attainable. Those who participate in the collaboration of the "Adopt a Waterway Citizen Science Project," focused on St. Louis Creek, will be creating a database that can be used for reports, projects, policy making, and evidence-based decisions pertaining to our water sources. Even "novice" scientists like me can help protect our waters in meaningful ways.

To learn more, visit [www.gclld.org/](http://www.gclld.org/)



programs, [ucwet.org](http://ucwet.org), or email [tgray@gclld.org](mailto:tgray@gclld.org). Soon, instructional brochures will be in all GCLD libraries, and presentations will be made at three Senior Lunch & Learn events in June. Find library resources under "Citizen Science Month" at [gclld.marmot.org](http://gclld.marmot.org).

## 15 Tips for Greener Living to Celebrate Earth Day on April 22

by Anne Spitza

Earth Day is a great time to take a beat and find new ways to improve our daily lives by making sustainable choices. From the volume of waste we generate, the materials we toss into the recycling bin, the resources we use, and much more, improving our environmental choices adds up to positive change. WM of Colorado had done some research and gathered 15 Tips to share for honoring the Earth and becoming better stewards of the planet we call home.

**Ground Yourself:** Shed those shoes and wiggle your toes in the grass. Physical contact with the earth

itself is said to ground a person's energy and is known as "earthing".

**Smell the Roses:** Studies have shown that quiet time enjoyed outdoors can lower stress, improve mental attention, and better one's mood.

**Sow Seeds:** Whether you plant a tree, cultivate a vegetable garden, or grow herbs in tiny pots on a windowsill, planting something green that must be watered and tended to is an active way to honor Mother Nature.

**Feed the Birds:** Making winged guests welcome in your neck of the woods can support pollination

and help control insects and weeds. (it can also invite unwelcomed visitors, so be sure to put up bird feeders at night or when away)

**Recycle Right:** The rules of recycling are fundamentally simple so don't overthink them. Put only clean cardboard, paper, metal cans, and plastic containers shaped like bottles, jugs, tubs, and jars into recycling bins. To learn more, visit [wm.com/RecycleRight](http://wm.com/RecycleRight).

**Keep Recycling Clean:** Never put plastic bags or plastic packaging into recycling bins. Never bag-up recyclables. Keep food, liquids, trash, and organic material out of recycling bins. Clean recycling makes for successful community recycling programs.

**Stash Totes in the Trunk:** If you keep reusable tote bags handy, you're more likely to grab them when you head into the grocery store. Estimated benefits vary but the regular use of a single tote bag can annually replace the need for upwards of 500 plastic bags.

**BYO Cup:** Taking your own travel tumbler when you pick up morning coffee or investing in the refillable soft drink cup accepted at your favorite convenience store are pro-environment choices. If you pick up one beverage every business day this year, by opting not to use disposable

cups you will save 260 cups.

**Forego Hard Copies:** Visions of the paperless office have not yet been achieved considering the average office worker uses 10,000 sheets of copy paper a year. Being ever mindful to only print documents that are truly needed in hard copy form saves paper, which saves trees. If you have to print a document, make sure to recycle the paper.

**Read Labels:** Check out product labels to seek out goods made from recycled materials or that utilize sustainable packaging.

**Frequent a Little Library:** Books are historically not intended to be single-use reads. Support a Little Library in your neighborhood or start one.

**Donate Clothing:** The EPA reports that Americans generate 16 million tons of textile waste each year, which equates to 6 percent of all municipal waste. Donate unwanted clothing and household linens and consider buying gently used items. Remember it takes 1,800 gallons of water to make one pair of jeans.

**Reduce Single-Use Plastic Use:** Invest in sustainable items that replace the need for single-use plastics. Reusable stretch covers for food containers, beeswax food wrap, bamboo utensils, and stainless-steel drink straws.

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- Cashiers- Full or Part time

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Cliffview Administrator – Full Time	\$28.84 - \$46.15 DOE
Registered Dietician – PRN	\$24.72 - \$35.00 DOE
Dietary Assistant – Kremmling – Full Time	\$17.50 - \$21.52 DOE
Rehab Registration Specialist – Full Time	\$20.00 - \$24.88 DOE
Rehab Registration Supervisor – Full Time	\$24.30 - \$32.25 DOE
RN and LPN - Full Time	\$28.00 - \$42.00 DOE
DI/CT Tech – Full Time	\$29.08 - \$48.19 DOE
Physical Therapist – Full Time	\$38.00 - \$50.00 DOE
HR Director – Full Time	\$98,165 - \$176,599 DOE
HR Assistant/Admin – Full Time	\$22.00 - \$26.00 DOE
MLT – Full Time	\$25.00 - \$33.60 DOE
MT/MLS – Full Time	\$32.00 - \$43.01 DOE
MRI Tech – Full Time	\$31.38 - \$49.32 DOE
Phlebotomist – Part Time	\$17.50 - \$22.17 DOE
Recruiting Specialist - Offsite	\$25.50 - \$40.78 DOE
Speech Language Pathologist – PRN	\$33.19 - \$52.10 DOE
Sterile Processing Tech – Full Time	\$20.06 - \$26.49 DOE
Surgical Services OR Circulator – PRN	\$38.40 - \$51.61 DOE
Surgical Services Circulating RN	\$32.00 - \$43.01 DOE
Surgical Services RN – Full Time	\$32.00 - \$43.01 DOE
Surgical Tech – Full Time	\$18.72 - \$36.14 DOE

\*All Full Time/Part Time positions offer a full benefit package\*

For additional job opportunities, full position descriptions, minimum requirements, or to complete an application, visit [MiddleParkHealth.org/employment](http://MiddleParkHealth.org/employment).



Winter Park | Fraser | Granby | Grand Lake | Kremmling | Walden  
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Take a moment to be in the moment

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

Puzzle by websudoku.com

Answer key found on page 2



This storybook cabin features 2 beds, 1 bath, large loft, 2-car garage, wood-burning fireplace w/ custom stone chimney, stainless steel appliances, natural finishes, wood floors, log beams, a wood ceiling & a deck. The cabin would make a great residence, with views of the Colorado River & the Continental Divide.

Call Carrie for more info  
\$889,000

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teamkellen@kw.com

Sudoku puzzle compliments of Carrie & Brenda - Enjoy!  
310 Park Ave | Kremmling | CO | 80459

### Is your home safe from radon?

#### What is radon?

Radon is a naturally-occurring invisible, odorless gas that comes from the radioactive breakdown of uranium in soil, rock, and water.

#### Radon in Colorado

About 50% of homes in Colorado have high radon levels.



Every year, over 20,000 people die in the U.S. from lung cancer caused by radon.



Testing for radon is easy

Grand County Public Health provides **FREE** radon test kits to residents.

To get your free test kit, go to your local Grand County public library.

For questions, reach out to:

Email: [EHinfo@co.grand.co.us](mailto:EHinfo@co.grand.co.us)  
Phone: (970) 725-3288

For more information, visit:



[www.co.grand.co.us/1458/Indoor-Air-Quality](http://www.co.grand.co.us/1458/Indoor-Air-Quality)



Grand County Public Health  
Providing Public Health, Home Care, & Senior Nutrition Services

## Historical Hindsights

provided by the Grand County Historical Association



*This week's photo is of men and horses at Lapland. Date and individuals in the photo are unknown. The photograph was donated by Lucille Marrow and Mary Specht*



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Message and data rates may apply. 1 message per request. Text STOP to 33011 cancel. Text HELP to 33011 for help.

FedEx Ground is an equal opportunity/affirmative action employer (Minorities/Females/Disabled/Veterans) committed to a diverse workforce.



## Dates to Remember

### Dates to Remember: April 20 – 27, 2023

#### Thursday - April 20

- Too Fit to Fall Fitness Class, 7:30 and 8 a.m., Middle Park Health Wellness Center
- Back in Action 9 a.m., Middle Park Wellness Center
- Kremmling Food Pantry, 10 a.m. - 2 p.m., behind the high school
- Grand Seniors' Luncheon, 11:30 a.m., Mountain Family Center, Granby
- Senior Luncheon, noon at Silver Spruce Apts. Spaghetti with Italian sausage meat sauce, tossed salad, pineapple upsidedown cake
- Zumba, 5 p.m., Shiloah Building
- Kremmling Chamber of Commerce Board meeting, 5:30 p.m., Chamber offices
- Clases y Conversation en Ingles, clase avanzada, 6 p.m. Kremmling Library
- HSS Town Board of Trustees meeting, 6:30 p.m., 513 Aspen Street in Hot Sulphur Springs

#### Friday - April 21

- Family Lego Club, 1 p.m., Granby Library

#### Saturday - April 22

- Recycling, 10 a.m. to 2 p.m., 3rd and Central
- Earth Day Celebration & Community Festival 2023, 1 p.m. at Headwaters River Journey, Winter Park
- Museum After Dark, Pioneer Village Museum, 4 – 6 p.m. Members Only. Must RSVP.

#### Sunday - April 23

- Grand County Community of Writers, 2 p.m. Granby Library. To join the group, call John Marte, group coordinator, at the Juniper Library (970) 627-8353, or email [jmarte@gcld.org](mailto:jmarte@gcld.org) to be added to the email list.

#### Monday - April 24

- Granby Library Book Group, 5 p.m. Join the Granby Library Book Club to discuss books by Ted Conover. Bring your own food and drink if desired. Meet by the fireplace area in the Granby Library.
- Infant Massage Classes, contact Pregnancy Resource Connection, Granby, (970) 887-3617
- Zumba, 5 p.m., Shiloah Building

#### Tuesday - April 25

- Too Fit to Fall Fitness Class, 7:30 and 8:15 a.m., Middle Park Health Wellness Center
- Board of County Commissioners' meeting, 8 a.m. Listen online at [co.grand.co.us](http://co.grand.co.us).
- Back in Action 9 a.m., Middle Park Wellness Center
- Parent/Infant Playtime, 10 a.m., Pregnancy Resource Connection, Granby
- Kremmling Food Pantry, 10 a.m. - 2 p.m., behind the high school
- Senior Luncheon, noon, at Silver Spruce Apts. Meatloaf/gravy, baked potatoes, CA Vegetables, 7-layer salad, peaches
- Clases y Conversation en Ingles para principiantes, 6 p.m. Kremmling Library

#### Wednesday - April 26

- Senior Lunch 11:30 a.m., Sagebrush, Grand Lake
- Infant Massage Class, at Pregnancy Resource Connection, Granby. Contact (970) 887-3617 for time.
- Cardio sculpting 5 p.m., Shiloah Building
- Rotary meets at 6:00 p.m. Kremmling Library Conference Room

#### Thursday - April 27

- Too Fit to Fall Fitness Class, 7:30 and 8 a.m., Middle Park Health Wellness Center
- Back in Action 9 a.m., Middle Park Wellness Center
- Kremmling Food Pantry, 10 a.m. - 2 p.m., behind the high school
- Grand Seniors' Luncheon, 11:30 a.m., Mountain Family Center, Granby
- Senior Luncheon, noon at Silver Spruce Apts. Roast beef, mashed potatoes/gravy, green beans, fresh fruit
- Juniper Library Senior Lunch and Learn, 12:30 p.m.
- Zumba, 5 p.m., Shiloah Building


- Clases y Conversation en Ingles, clase avanzada, 6 p.m. Kremmling Library
- KMHD Board Meeting, 6 p.m. MPH Wellness Center, 109 South 9th Street, Kremmling


#### Save the Date:

- Grand Beginnings Children's Fair, April 28 @ Sun Outdoors, Granby
- Crafternoon with Teresa Banman, April 28, 2 p.m. at HSS Library
- Kentucky Derby Party, May 6, Middle Park Fairgrounds
- HSS Town Clean-up Day, May 6
- Childbirth Classes, May 12, 13, 19, and 20, Pregnancy Resource Connection (970) 887-3617
- Hunter Education class, May 20 – 21, CSU Extension, Kremmling
- NW Colorado Annual 4-H Livestock Expo, June 12 – 16, Garfield County Fairgrounds

## Happy Birthdays & Anniversaries

#### Thursday, April 20


in 2019  
 Bill Adams  
 Leroy Johnston  
 Cindy Multerer  
 Brylie Miller  
 Jason Adams  
 Rhae Reiker  
 Verne & Wanda  
 Singer   
 Bruce & Kathleen  
 Larkins 

Kim Stapish 


Foster Krempin  
 Laurie Henderhan  
 Carson Culbreath  
 Jessica Bensing Wood  
 Danette Billington  
 Sotera Santiago  
 David & Mindy  
 Henderhan 

Kim Stapish 



#### Tuesday, April 25

Maddie Roller  
 Charlotte Lester  
 Scottie Henry 


#### Wednesday, April 26

Laura Schonlau  
 Andy Miller  
 Chelsea Lassaline  
 Mandy Villalobos  
 Jennifer Vance  
 McCall Linke Knecht  
 Taylor Miniat Hildreth  
 Cindy Darland 

#### Sunday, April 23

Michael Flanigan  
 Carla Hargadine  
 Ryley Dakota Friesen  
 Alan Wheatley  
 Gary Hallsted  
 Patrick O'Hotto   
 Chad & Jolene  
 Cooley 

#### Friday, April 21

Kim Seltzer  
 Kym Colvin  
 Trish McEuen  
 Leslie Hill  
 Lynn Gutierrez  
 Jim & Cassidy  
 Henderhan 


#### Monday, April 24

Letha Lemon  
 Faris Marie Jones  
 Eric Ryan Henderhan 

#### Saturday, April 22

Caden William  
 Uncapher – Born

#### Thursday, April 27

Melissa Brusco  
 Ariell Trujillo  
 Jess Davison  
 Chuck Watson  
 Scotty Cameron  
 Tom & Angela Lay 



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**Food Club Hot Dog Buns**  
8 ct  
**\$1.99**



**Meadow Gold Dips**  
12 oz  
**\$2.39**



**Bar S Smoked Sausage**  
14 ct, 40 oz  
**\$5.69**



GROCERY

DESSERT

**Crav'n Ice Cream Sandwiches**  
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**\$5.99**



**Jell-O Pudding**  
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**Beehive Muffins**  
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**Arrowhead Distilled Water**  
1 gal  
**\$2.49**



**Food Club Water**  
24 pk  
**\$5.39**



**Food Club Lemonade**  
52 oz  
**\$2.89**



BEVERAGES

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750 mL  
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**Roscato Sweet Red Wine**  
750 mL  
**\$13.49**

**Milbrandt Pinot Grigio**  
750 mL  
**\$15.09**

**Durango Ultimate Margarita**  
1.75L  
**\$15.19**

**Pepperwood Grove Big Green Box Chardonnay**  
3L Box  
**\$18.69**



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**TopCare Sensitive Toothpaste**  
4 oz  
**\$5.49**



**TopCare Dandruff Shampoo**  
14.2 oz  
**\$3.49**



**TopCare Spring Mint Mouthwash**  
16.9 oz  
**\$3.89**



**TopCare Hand Soap**  
7.5 oz  
**\$1.59**



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Store Hours: 7 AM-9 PM Daily

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We Reserve The Right To Limit Quantities.