



BY JESSE AITKENS

## **CNCC NIFA Flight Team Achieves National Recognition as Top Two- Year School**

The Colorado Northwestern Community College (CNCC) NIFA Flight Team has soared to new heights, earning the prestigious title of Top Two-Year School in the nation and ranking 22nd overall, surpassing eight four-year universities. This remarkable achievement is a testament to the hard work, determination, and excellent leadership of the team members and staff.

“For many years CNCC had left NIFA. We rejoined NIFA and began competing again just three years ago. To make so much progress in three years is really amazing and I am so proud of our staff and students for their remarkable achievements.” -Nathan Hardin Aviation Technology Program Director

The NIFA Flight Team's individual results reflect their dedication and skill in various events. The team secured a 20th place ranking in Flight Events and a 22nd place ranking in Ground Events.

Head Coach Kinton Shannon said “NIFA is a lot like a track meet for pilots with individuals competing in their own events and trying to gain cumulative points as a team. These aviators showed up each week to hone their own skills but the support they gave to each other and their team cohesiveness was really inspiring to watch”.

Among the standout performances, Daycen Rohrer, the Team Captain, achieved notable placements, including 40th in Aircraft Preflight Inspection and 12th in Message Drop as the Dropmaster. Co-Captain John Roberts was recognized as an Outstanding Team Member, placing 23rd in the Certified Flight Instructor Event.

“I was incredibly grateful for the opportunity to compete in the Certified Flight Instructor event and I gained some very useful information to make me a better CFI. As a two-year school CNCC does not often have a CFI to even compete in the event so just to compete was really an honor.”-John Roberts Co-Captain

Other team members also showcased their talents, with Adler Mueller finishing 11th as an Unlimited Navigation Pilot and achieving 55th overall. Logan Collins excelled as the 12th Message Drop Pilot, while Wheatley Nieslanik made impressive strides in multiple events, including 20th in Instrument Simulated Flight. When interviewed by NIFA at the National Competition Wheatley said “ We are having the time of our lives and we are so lucky to be here.”

The CNCC NIFA Flight Team consists of dedicated students, including John Roberts, Wheatley Nieslanik, Daycen Rohrer, Stilen Adams, Megan Wagner, Logan Collins, Jacob Royer, Dakota Pilarcik, Carter Swan, Adler Mueller, Logan Svaldi, Yonas Bursch, Aida Hughes, Weston Boese, Cody Spice, Justin Langer, Julie McCallister, Orion Rand, David Gendron, and Jakub Pecinka. The team

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## Rangely District Hospital CEO Corner

BY KYLE WREN

It's a pleasure to write another article and give you an update on what's happening here at the hospital. In this entry, I want to focus on something deeply important: gratitude.

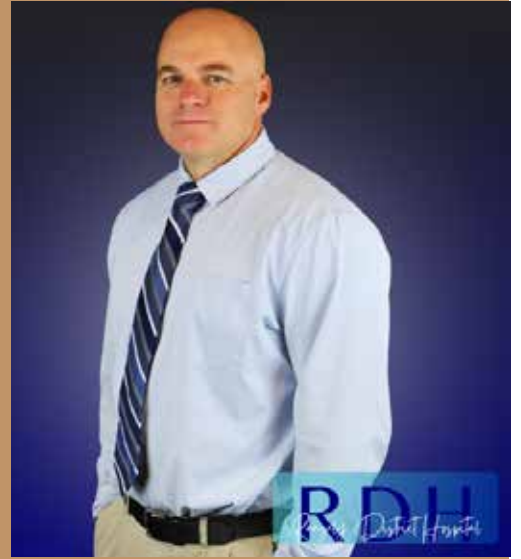
Thanks to your ongoing support, we can do what we do. From the original mill levy set years ago for the bonds to the more recent operational mill levy, your contributions have made a lasting impact. A special thank you goes out to the local businesses who shoulder an especially large share of the tax burden, four times more than households. Your commitment to our town does not go unnoticed.

I also want to express heartfelt thanks to our providers and staff. We simply would not be where we are today without the hard work and dedication of our team. Every day, they go above and beyond to provide the best care possible. Over the past several weeks, we've faced some unfortunate emergency scenarios that have truly tested us, but these challenges have brought us even closer together. Our prayers go out to the patients and their families affected.

We also owe a debt of gratitude to the previous board and administration. Former CEO Nick Goshe (2008–2018) and his team were instrumental in building this beautiful facility. Through their leadership, the community passed a 15-year, \$35 million bond to bring this hospital to life. In 2021, we refinanced that bond to save taxpayers approximately \$2.7 million, without extending the payoff date. As a result, this building will be paid off in full by November 2026. We're thrilled to celebrate this milestone with a community event next year—after all, this hospital belongs to you.

We continue to strive to meet your needs and provide high-quality care at a reasonable cost. In 2020, we opened our walk-in clinic, which has been a tremendous success. What used to be a monthly clinic visit average of 300–400 in 2019 has now grown to around 600 visits per month. If you have a sick child, a laceration, or an earache, please don't hesitate to bring them in. Our providers—Tyler Savage, Vivian Dillon, Kelsey Riggio, Dr. Torgerson, and Dr. Morwood—are ready to care for you and your family. We are also grateful for Dr. Hsu and Dr. Sutton, who cover the ER every other weekend, and Dr. Daniel and Dr. Kruger, who step in when we need extra support.

Lastly, I want to close with a sincere thank you to all our hospital employees. Working in healthcare is not easy. Like any profession, it comes with its ups and downs—but in healthcare, there are added layers of complexity and stress, both bureaucratic and emotional. From “womb to tomb,” our staff face it all, and they do so with compassion and professionalism. I couldn't be more proud or more grateful. We will be holding an employee appreciation dinner at Kenny Reservoir on July 17th at 5pm to give out an employee gift and recognize employees for their years of service. Thank you, Rangely. We are here because of you, and we are here for you.



### *NIFA continued...*

is supported by an exceptional staff, including Kinton Shannon, Dalton Dembowski, Dalton Vetter, Zachary Guthrie, Brayden Isaacson, Nathan Shull, and Nathan Hardin.

This achievement not only highlights the talent and commitment of the CNCC NIFA Flight Team but also underscores the college's dedication to providing top-tier aviation education. The CNCC community celebrates this significant milestone and looks forward to future successes.





# CSC Students Gain Science Research Experience

BY GEORGE LEDBETTER

How do over the counter medications affect behavior in a Madagascan Hissing Cockroach? How effective are masks used by wildland firefighters? What happens when a medicine that raises blood pressure is administered to living heart tissue?

Original findings on these and a variety of other subjects formed the basis of presentations by 25 Chadron State College physical science students at the 135th annual meeting of the Nebraska Academy of Sciences conference in April.

The CSC contingent presenting at this year's NAS conference was the largest in several years and follows the recent growth in students majoring in physical science, according to Dr. Mary Keithly, associate professor of chemistry. The degree requires a research component and a conference presentation, she said.

The projects begin in a student's junior year when they work with a mentor to select a topic that allows collection of quantitative data and contributes new information to a field of study. In their senior year the students collect and analyze the data and write a thesis that they present at the conference.

The research that Crimsen Blankenship, of Rangely, Colorado, conducted on the effect of hallucinogenic pharmaceuticals on animal behavior began last fall when CSC purchased the cockroaches (*Gromphadorhina Portentosa*) as a possible alternative to fruit flies for studying neurological affects, said Keithly.

The two to three inch long insects are good for research because they are easy to observe and docile with people but loud and territorial, according to Dr. Jeffrey Kiiskila, assistant biology professor.

As it turns out the roaches may not be useful subjects for the type of project that Blankenship conducted. Although they became more aggressive on Benadryl and more passive on Robitussin, the roaches showed little interest in running a maze to test the drugs' effect on memory, Kiiskila said.

"It may point to the inability to use them as a model if you cannot get them motivated by food to run any trials," said Keithly.

But the project still had educational value, according to Kiiskila.

"The quality of the research was good for a starter experiment. Philosophically (Blankenship) learned that Benadryl did not align with our expectations whereas Robitussin did," he said. "I think the biggest take away is learning about experimental design...and what to do when things go wrong."

For his investigation into the effects of drugs like adrenaline on heart tissue Elijah Huntington, of Rapid City, S.D, used thinly sliced segments of a freshly harvested rat heart which he placed in an oxygenated solution with a device that delivered an electrical current to keep the tissue alive by mimicking a beating heart.

Huntington created the device, called a Bioelectrophysiological Cardiac Model Apparatus (BECMA) himself, based on a design he found, said Keithly. His BECMA cost half the price of the original design, she added.

Huntington's experiments showed predicted increases in heart function with the drug treatments, and that tissues treated repeatedly showed faster declines, according to Keithly. Further studies are needed to confirm these findings and complete a full statistical analysis, she said.

Among other research topics were a study on firefighter face mask effectiveness by Alexis Kramer, of St. Paul, and an analysis by Morgan Ekwall of Yoder, Wyoming on how a person's head movement is affected by the way they walk.



Chadron State Students and faculty attending the Nebraska Academy of Sciences annual meeting in Lincoln DATE. Front row, from left, Hunter Wiebelhaus, Ashley Jansen, Crimsen Blankenship, Jocelyn Schiaffo, Maddison Frohling, Bailey Scherbarth and Dr. Mary Keithly. Second row, from left, Autumn Skow, Aiyana Fujiyama, Paige Boitz, Alexis Kramer, Aubree Quast, Piper Ryschon and Kinsley Mason. Third row, from left, Conner Schwend, Chance Cooper, Nicholas Lembke, David Johnson, Elijah Huntington, Thomas Walsh and Dr. Clint Evrard. Back, Brady Abbott. (Photo courtesy Mary Keithly, used with permission)

see Crimsen on pg 11





# Rangely, CO TOWN-WIDE GARAGE SALE WEEKEND JUNE 20<sup>TH</sup> - 22<sup>ND</sup>, 2025

To add your address to the posted  
list of participating locations,  
please scan the QR Code:





- DOWN
- 1. Mother superior
  - 2. Get ready for action
  - 3. Infamous prison
  - 4. \_\_\_\_-Wan Kenobi
  - 5. Time div.
  - 6. Kitchen pest
  - 7. "Funny \_\_\_\_ or funny strange?"
  - 8. Beth's preceder
  - 9. Antsy
  - 10. Apple Variety
  - 11. Sharpshooters
  - 12. "To \_\_\_\_ is human..."
  - 13. Utter
  - 18. "Hold on a \_\_\_\_!"
  - 19. Boxing match
  - 23. Brought into play
  - 24. Calf-length skirt
  - 25. Mont or Mel
  - 28. Uncool sort
  - 29. Members of the AMA
  - 32. Ready to serve, as beer
  - 34. Authentic
  - 35. Beseech
  - 36. Hurl
  - 38. Data-speed unit
  - 39. Kill in a sacrifice
  - 40. Sicilian peak
  - 41. BP alternative
  - 42. Soapmaker's need
  - 45. Milk containers
  - 46. O. Henry's "The Gift of the \_\_\_\_"
  - 48. The Great White North
  - 49. Has a sense of belonging
  - 50. Barred to entry
  - 53. Bright group
  - 55. "Dear" one
  - 57. Approve
  - 58. Cookbook direction
  - 60. Adage
  - 61. Mathematician's ordinal
  - 62. "For \_\_\_\_ a jolly...."
  - 63. Diva's problem
  - 64. \_\_\_\_Xers (Boomers' kids)

WHERE THE CRITTERS AREBy Bill Bobb

1	2	3		4	5	6	7	8		9	10	11	12	13	
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60	61								62	63	64				
65							66						67		
68							69						70		

- ACROSS
1. Karim of the Khans, for one

31. Fodder holder

54. Toast
4. City on the Missouri

33. First-\_\_\_\_(novice jailbird)

56. Registers, as a complaint
9. Folklore heavies

35. Show-off scholar

59. "What's gotten \_\_ you?"
14. Wager

37. Plural suffix with "auction" or "musket"

60. Backstabber
15. Twofold

38. Sure thing, it's said

65. Flower-petal oil
16. Nigerian currency

42. Dalai\_\_\_\_

66. Attack on a fort, e.g.
17. Crazy, proverbially (with "has")

43. Syndicate

67. It's spotted in casinos
20. Toledo's lake

44. "Delicious!"

68. Cheese byproducts
21. Having no feet

47. Composes

69. Firebug's doing
22. Knuckle under

48. Ozone layer pollutant, for short

70. "Go on...."
26. Embrace

51. Tokyo, formerly
27. Finale

52. Beaver's work
30. Health resort

# Heartfelt Thanks From RDH Foundation

BY SIERRA BLACK

We extend our heartfelt thanks to everyone who has supported the Memorial Tree project. If you haven't had a chance yet, we invite you to stop by and see the beautifully engraved leaves and rocks that now adorn the tree—a touching tribute to loved ones that continues to grow. Our tree is located just before the Rangely Pharmacy entrance inside RDH. Purchase forms are available at the main desk in Rangely District Hospital or reach out to Sierra Black for a form; leaves are \$100 and rocks are \$250.



We're also pleased to announce that the architectural drawings for Sunrise Memorial Park are now 100% complete. This marks a significant milestone in our journey, and we're excited to be making progress on bringing this meaningful space to life. We are actively seeking out funders for our park. If you or someone you know would like to make a tax-deductible donation to the RDH Foundation, please reach out to Sierra.

Looking ahead, don't forget to mark your calendars! Our annual Golf Tournament will be held on September 13, 2025. Keep an eye out for registration forms coming soon—we hope to see you on the course for another great event.

Please reach out to Sierra Black if you have any questions or if she can assist you in any way. Sblack@rdhosp.org or 970-675-5011 ext. 116.





# CNCC Welcomes James King: A Passionate Paleontologist

BY JESSE AITKENS

James “Logan” King, a dedicated paleontologist originally from the small rural town of Sulligent in western Alabama, has recently joined Colorado Northwestern Community College (CNCC) to enhance its natural sciences education and paleontology programs. King’s journey into paleontology began at the tender age of five when he first learned about dinosaurs, igniting a lifelong passion for the field.



“I am here to provide a natural sciences education to students as well as reinforce the paleontology opportunities run through the college,” King said. His academic credentials include an undergraduate degree from the University of Alabama in Tuscaloosa, a master’s degree from Fort Hays State University in Hays, Kansas, and a Ph.D. from the University of Bristol in England.

King has traveled extensively for fieldwork, research, and conferences across the United States, Canada, China, England, and Wales, with additional collaborations in India, Morocco, and Japan. His diverse experiences have equipped him with a unique perspective on paleontology and its educational potential.

At CNCC, King aims to streamline summer programs and expand the college’s educational, museum, and research capabilities. “In the short term, I want to streamline our summer programs and help to expand our educational, museum, and research capabilities,” he stated. Looking ahead, he envisions a future where CNCC becomes a permanent fixture in the Craig and Rangely communities through its paleontology initiatives.

“There are many, many people that have a stake in seeing us succeed as an educational, scientific, or community-based program,” King emphasized. He believes that by pursuing local paleontological opportunities, CNCC can build something truly special among community colleges and small towns.

Having moved to Craig in January 2025, King is eager to engage with the community. “If you want to discuss CNCC opportunities, community engagement opportunities, or just local odds and ends, feel free to reach out to me at [james.king@cncc.edu](mailto:james.king@cncc.edu),” he invites. King can also be found in his office which is located in the main Academic building on the second floor in Faculty Row. With his enthusiasm and commitment, King is poised to make a significant impact at CNCC and in the broader community.

## Free Open Saturdays at The TANK Kicks Off

BY JEANNIE CALDWELL

The TANK Center for Sonic Arts launched its Free Open Saturdays which is a weekly event inviting the public to explore the extraordinary acoustics of the iconic water tank. Running every Saturday from 9 a.m. to 1 p.m. through November 1, 2025, the free admission program welcomes visitors to sing, play instruments, or simply soak in the resonant sounds of this unique venue.



The TANK is renowned for its otherworldly acoustics, transforming any sound—be it a voice, an instrument, or a gentle tap—into a reverberating masterpiece. Free Open Saturdays offer a rare opportunity for community members, musicians, and curious visitors to experience this acoustic marvel without an admission fee.

Since its transformation into a sonic arts center, The TANK has become a cultural gem in northwest Colorado, drawing musicians, sound artists, and tourists from across the globe. Free Open Saturdays aim to make this experience accessible to all, fostering creativity and community connection.

Visitors are encouraged to bring their own instruments or simply their curiosity. No prior registration is required, and all are welcome to explore the sonic possibilities of The TANK. For more information about Free Open Saturdays or other events at The TANK Center for Sonic Arts, visit [www.tanksounds.org](http://www.tanksounds.org).

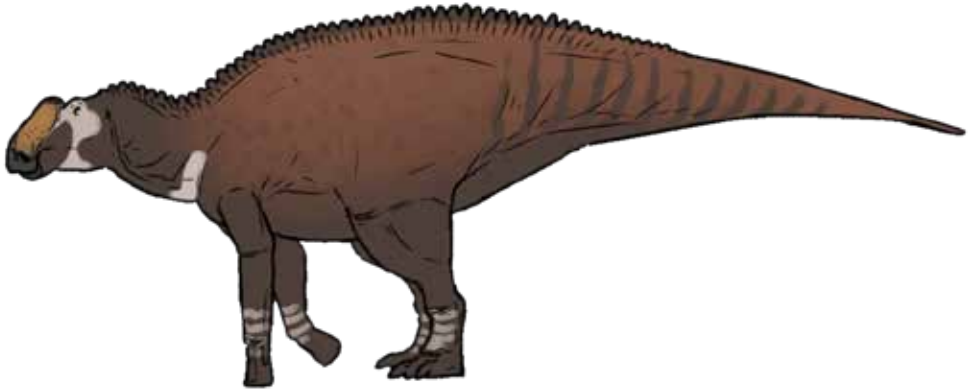




# Rangely Welcomes Walter - Our Personal Dinosaur Replica

BY JEANNIE CALDWELL

The Town of Rangely is set to unveil a striking new landmark: a steel replica of Walter, a kritosaurin saurolophine hadrosaur dinosaur, discovered on the outskirts of town. Walter will be placed at the entrance to the East End Park/



Rangely Outdoor Museum. This exciting project celebrates Rangely's rich paleontological heritage and its place along the Dinosaur Diamond Scenic and Historic Byway.

Walter, a 74-million-year-old duck-billed dinosaur, was excavated in 2014 by staff and students at Colorado Northwestern Community College (CNCC), led by retired science instructor Ellis Thompson and her husband, who named the fossil after their Great Dane. The find, notable for its rare skin impressions, has been a source of pride for Rangely. "Walter is a vital part of our history," said James Caldwell, VP at CNCC. "As a community on the Dinosaur Diamond, it is only fitting to honor our very own dinosaur with a replica that welcomes visitors to our town and museum."

Crafted by artist Jeff Bates, the steel sculpture will capture Walter's majestic form, standing as a durable and eye-catching tribute at the East End Park/Outdoor Museum entrance.

CNCC is contributing a plaque detailing Walter's discovery and significance, while informational kiosks will highlight Rangely's role in the Dinosaur Diamond and its paleontological legacy.

The project aligns with Rangely's commitment to enhancing community pride and tourism. The Rangely Outdoor Museum, which also showcases the Fremont culture, and local oil and ranching history, will gain a bold new focal point with Walter's installation, drawing visitors to explore our museum and learn about the incredible history of our region. The Dinosaur Diamond, a 512-mile National Scenic Byway looping through Colorado and Utah, attracts many fossil enthusiasts, with Rangely serving as a gateway to nearby Dinosaur National Monument, just 20 miles away.

The installation is expected to be completed this year with a public dedication ceremony planned for 2026 during the 250-150 celebration.

## Chipiggit 4-H Group Leads Community Cleanup Effort

ANONYMOUS

On the evening of Sunday, April 27th, members of the Chipiggit 4-H group rolled up their sleeves and took to the drainage ditches of Rangely, Colorado, in a commendable display of community spirit. Armed with gloves, bags, and yellow vests, the young volunteers spent their evening collecting trash, a community service project aimed at keeping their town clean and vibrant.

The Chipiggit 4-H group, part of the national 4-H youth development organization, emphasizes leadership, citizenship, and community involvement. For the



members, picking up trash is more than just a chore—it's a chance to learn responsibility and foster pride in their hometown. The drainage ditches, often overlooked, can accumulate litter that impacts local waterways and wildlife, making the group's efforts especially meaningful.

Rangely, a small town, relies on the dedication of its residents to maintain its community pride. And, the Chipiggit 4-H members, setting the example, aren't done yet. They have their sights set on June, when they will tackle trash along the highway west of town.

As the Chipiggit 4-H members prepare for their next cleanup in June, their Sunday evening efforts stand as a testament to the power of youth leadership and community pride in shaping a cleaner, brighter Rangely.





# A Difficult, Responsible State Budget

BY DYLAN ROBERTS

Colorado is constitutionally required to pass a balanced annual state budget. Each year, the legislature has to make decisions on how to allocate limited resources to our state programs and obligations: about two-thirds of the general fund each year is allocated to K-12 education and Medicaid and the other third is split among transportation, prisons, public health, and a multitude of other state agencies, programs, and services for Coloradans.

This year's budget process has been particularly difficult as we were tasked with closing a nearly \$1.2 billion shortfall in order to balance the budget. After months of debate, proposals, and compromise, the state Senate just passed a bipartisan, balanced, state budget that contains some difficult, yet necessary, cuts while preserving support for key priorities like K-12 education.



## How did we get here?

These budget cuts are not because Colorado's economy is poor or due to unwise spending decisions in the past. The Colorado economy continues to do well, even in the face of affordability challenges (and that could all change with the imposition of tariffs on the federal level). So what happened? In the last year, Medicaid utilization rates have far exceeded historical averages. In addition, the cost of providing medical care has increased exponentially. Part of the budget deficit is the result of needing to pay for medical services that have already been provided to Coloradans and improved estimates that more accurately reflect the increased cost of continuing care. Further, the Taxpayer's Bill of Rights, also known as TABOR, allows the state budget to grow based on a formula using population growth and inflation as the only two variables. In this case, the state-wide inflation rate is far lower than medical inflation, meaning that our budget is not able to account for the true cost of existing services and requires cuts to balance it. In addition, Colorado voters have passed several ballot measures that cost a considerable amount of funds over the years to which the legislature is legally obligated to fund, regardless of our annual budget outlook. All these factors and more combined and we were faced with a challenging situation in endeavoring to balance our state budget.

## What does this year's budget look like?

For the 2025-2026 budget, we protected and increased K-12 education funding, made investments in higher education, avoided substantial cuts to Medicaid and tried to make sure the cuts were not disproportionately severe to any essential responsibility of the state. Last year, we made historic investments to pay off the 'budget stabilization' factor and fully fund K-12 education. That landmark was the culmination of years of effort and financial planning by the state, and bringing back the education funding deficit was not something anyone in the legislature was willing to consider. In addition, last year we passed an updated public school finance formula, led by the Speaker of the House Julie McCluskie, that was designed to better support rural schools and students in need of extra support. Protecting funding for our students and hard-working teachers, especially in rural schools, was one of my top considerations in the budget this year and I am pleased to say that our school finance projections for the coming year show a \$150 million increase in funding instead of any cuts. In order to meet our obligation to pass a balanced budget, we had to make difficult and significant cuts to programs that we all care about like transportation. We're not happy about having to make these cuts, but doing so allows us to protect essential services including Medicaid and education. As a senator for rural Colorado, I fought successfully to add in a little more investment for our critical health care clinics that are the last safety net for so many. I am also working on other bills to ensure that we are protecting and expanding funding for water projects that benefit agriculture and outdoor recreation, no matter what happens with our state budget year over year. Finally, I successfully inserted a budget

*see State Budget on pg 13*



# May CNCC Corner

BY DR. LISA JONES

I hope everyone had a wonderful Easter holiday, if you celebrate. Although Colorado never fails to provide us with a beautiful snowstorm in April, the turn of the season is not disappointing. At CNCC, we are busy bees preparing for the close of the academic year and celebrating our students through honors activities and commencement exercises. You may have also noticed work being done on the Rangely campus soccer field. The Striegel Family generously donated funds to install the scoreboard for the Larry "Bud" Striegel soccer field in honor of their family. We thank them for their ongoing generosity and commitment to education.



In both Craig and Rangely, we honored students for academic and leadership excellence. Members of our community were welcome to attend. The Craig Honors Ceremony was held on May 7, 2025, at 4:00 PM in the library located on the 2nd floor of the Administration Building. The Rangely event took place on May 8, 2025, at 3:00 PM in Rector Hall.

CNCC student scholars were inducted into the National Honors Society, Phi Theta Kappa on Tuesday, April 15, 2025. We are pleased to announce the following 2025 Inductees: Cassandra Geske Ross, Shawna Terrones, Taylor Billman, Abigail Daniels, Shannon Wilson, Mark Johnson, Jamie Arriaga, Terrill Thibodeaux, Theresa Boadi, Jocelyn Cutshall, Anne Harmston, Kenneth Myers, Jai Petmezas, Megan Wagner, Crystel Silva Montes, Sebastian Barreda, Jack Davis, Halia Pelton, Landon Williams, Stilen Adams, Jaxon Torsell, Landon Bollinger, Aiden Lundquist, Chloe Gronewoller, Makenzie Castille, Shunbaah Begay, Arletta De La Cruz Castillo, Ada Polge, Lilly Wittwer, Jasmine Hernandez, Taygen Overall, Allee Williams, Millie Warner, Chloe Vowell, Dax Wilkinson, Kyrh Lozano, Adywen Meeks, Andelyn Jensen, Marissa Rivas, Yoana Coronado, Kolby Wheadon, Kristonna Milburn, Kali Milsap, Titus Porter, and Hunter Bouwens.

We also honored students through program completion activities and commencement. In honor of these occasions, you can see new banners as you enter Rangely and Craig campuses with Spartan values and quotes. Along with our mission, vision and values, we take great pride in our Spartan identity and values.

The activities that took place to honor students for completion and commencement were as follows:

- Friday, May 16, Park Ranger Law Enforcement Academy (PRLEA) Graduation - Rector Hall, Rangely Campus at 10:30 am
- Friday, May 16, Aviation Technology Wings Ceremony - Rector Hall, Rangely Campus at 7:00 pm
- Friday, May 16 Nursing Pinning Ceremony - Craig High School at 6:00 pm
- May 17, Saturday, Dental Hygiene Pinning Ceremony - Rangely High School at 9:00 am
- May 17, Saturday, Commencement, Rangely Campus, Hefley bldg. 2:00 pm

We wish you a wonderful start to the spring season and hope you will join us for one of our end-of-year celebratory events.

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					8			

## April Crossword Solution

HERE WE GO!

By Cale K. Brody

1	P	3	C	5	E	6	C	7	H	8	P	9	S		11	O	12	A	13	R		
14	S	W	O	R	N		15	C	H	E	T	U	P		16	U	F	O				
17	I	N	N	E	R		18	C	I	R	C	L	E		19	T	I	C				
					20	M	O	O	L	A	H			21	C	L	E	R	K			
23	P	L	I	A	B	L	E					26	S	T	E	R	E	S				
27	H	I	N	T	E	D			28	A	P	P	E	A	L							
30	A	N	N	E				31	S	P	E	A	R			32		33	I	34	R	
35	S	E	E			36	C	E	N	T	E	R	S			38	M	O	T			
39	E	R	R			40	A	R	I	L	S				41	S	I	D	E			
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46	A	V	I	A	T	E				48	C	R	I	M	S	O	N					
49	L	A	T	H				50	E	G	O	I	S	M								
52	A	L	I			53	O	U	T	E	R	P	L	A	N	E	T		56		57	
58	R	O	E			59	U	L	N	A	E			60	E	T	U	D	E			
61	M	R	S			62	S	T	A	R	S			63	S	E	T	O	N			





# The Whispering Canyons of Rangely - A Thrilling Series Story

BY JEANNIE CALDWELL

In the high desert of northwest Colorado, where the White River carves lazy loops through sagebrush and sandstone, lies Rangely—a town tough as the oil rigs that dot its horizon and quiet as the star-streaked nights. It's the kind of place where stories cling to the wind, and in the summer of '78, Rangely spun a tale no one's forgotten.

Ellie Mae Harper, a wiry 16-year-old with a penchant for fixing carburetors and sneaking smokes behind the DinoMart, was Rangely's unofficial troublemaker. She wasn't bad, just restless—born with a spark that didn't fit the town's slow rhythm. Her dad, a roughneck on the Chevron rigs, always said she'd either leave Rangely or burn it down trying. That summer, she found something that nearly did both.

It started when Ellie Mae, bored out of her skull, swiped her dad's beat-up Jeep and tore out to Dragon Trail, a rugged stretch of canyon country where kids dared each other to climb the cliffs. Locals swore the canyons whispered—old Ute legends about spirits trapped in the rock, guarding secrets from before the dinosaurs left their bones. Ellie didn't buy ghost stories, but she liked the thrill of the climb.

Halfway up a jagged outcrop, she spotted a crevice glinting with something unnatural. Not mica, not quartz—something made. She wedged her hand in, scraping her knuckles raw, and pulled out a smooth, palm-sized disc, metallic but light as a feather, etched with symbols that didn't look like any language she'd ever seen. It hummed faintly, warm against her skin, like it was alive.

Ellie stashed the disc in her jacket and didn't tell a soul, not even her best friend, Tommy, who ran the projector at the town's one-screen theater. But Rangely's a small place, and secrets don't keep. By the next night, folks were whispering about strange lights flickering over the canyons—blue and cold, like heat lightning but wrong. Old Man Carver, who'd been drilling wells since Eisenhower, swore he saw a shadow move across the moon, too big to be a plane.

Ellie kept the disc hidden under her floorboards, but it started messing with her head. She'd dream of endless tunnels under the desert, of voices chanting in those same weird symbols. One night, the disc glowed so bright it lit up her room, and her radio started spitting static that sounded like words: "Return it. They're coming."

Freaked out, Ellie finally showed Tommy. He was a sci-fi nut, always babbling about UFOs and government cover-ups. His eyes nearly popped when he saw the disc. "This ain't from Earth, Ellie," he said, half-awed, half-terrified. "You found something big." They decided to take it to Mrs. Lujan, the high school science teacher who'd once worked at Los Alamos and knew things she wasn't supposed to.

Mrs. Lujan took one look at the disc and locked her classroom door. "Where'd you get this?" she hissed, her face pale. Ellie told her about the canyon, and Mrs. Lujan started muttering about "non-terrestrial alloys" and "classified projects." She wouldn't say more, just told them to hide it and keep their mouths shut. But that night, black SUVs rolled into Rangely, their plates blank, their drivers asking questions at the diner about "a girl and a shiny object."

Ellie and Tommy knew they were in deep. They snuck out to the canyons under a moonless sky, the disc pulsing in Ellie's backpack like a heartbeat. The plan was to put it back, let the desert swallow its secret. But as they reached the crevice, the air crackled, and those blue lights lit up the sky again. A low hum shook the ground, and Ellie swore she saw shapes—tall, thin, wrong—moving in the shadows.

Tommy panicked, dropped his flashlight, and bolted. Ellie, stubborn as ever, shoved the disc back into the crevice. The humming stopped. The lights vanished. The canyons went silent, like they were holding their breath. She didn't wait to see if anything followed her home.

The SUVs left by morning. No one in Rangely talked about the lights again, at least not sober. Ellie never told her dad, and Tommy swore he'd take the story to his grave. Mrs. Lujan retired early, moved to Denver, and didn't answer letters. Life in Rangely rolled on—oil pumps creaking, winds whispering, stars burning cold.

*see Whispering on pg 28*





## *Crimsen continued...*

Keithly said research projects combine students' knowledge and lab skills gained from CSC coursework to real world problems and presenting at the conference provides them with important communication skills.

Students also realize that conducting research and presenting at the conference has lasting value, said Keithly.

"Developing and completing their own research projects will make them more competitive in their graduate or professional programs," she said.

### **Students and their presentation titles**

Brady Abbott of Chadron: pXRF of the ADE collection, Crimsen Blankenship of Rangely, Colo.: Physiological and behavioral effects of over-the-counter hallucinogens on *Gromphadorhina portentosa*, Paige Boitz of Pueblo West, Colo.: Bioaccessibility of macronutrients in organic vs conventional food, Chance Cooper of Bridgeport, Neb.: The pyrolysis paradigm: transforming plastic waste into valuable resources, Morgan Ekwall of Torrington, Wyo.: The effects pronation and supination of the feet have on lateral head tilt, Maddison Frohling of Rapid City, S.D.: The effects of mental and physical activity on speech language delays, Aiyana Fujiyama of Wahiawa, Hawaii: Uranium absorption in produce, Kaylea Geiser of Syracuse, Neb.: Investigating toothbrush hygiene practices: storage and decontamination methods for disease prevention in daily oral care, Natalie Hamaker of Overton, Neb.: Sequencing the genome of a *Borrelia burgdorferi* strain found in Thurston County, Nebraska, Xavier Harrell of Highlands Ranch, Colo.: The effects of calcaneal pronation and supination on the posture of the shoulders, Colton Holoubeck of Kearney, Neb.: Examination of insulin degradation, Elijah Huntington of Rapid City, S.D.: Cardiotoxic effects of vasopressors on in vitro myocardial tissue, Ashley Jansen of Box Elder, S.D.: The use of nitrogen-based fertilizers on tomato plants, Christopher Jennings of O'Neill, Neb.: Microbial harmonies: investigating the influence of music genres on *E. coli* growth, David Johnson of Chadron: Nanoparticle-based biosensing assay for multiplexed detection of circulating transcripts for early detection of PDAC, Alexis Kramer of Saint Paul, Neb.: Zerumbone as a GLI-1 inhibitor in triple-negative breast cancer cells, Kendall Petty of Loveland, Colo.: Analyzing the effectivity of wildland firefighter masks, Aubree Quast of Clarks, Neb: Black cumin as an antimicrobial agent, Bailey Scherbarth of Hay Springs, Neb.: Analysis of IGF-1 and anti-inflammation on in vitro muscle healing, Conner Schwend of Saint Xavier, Mont.: Turmeric threads – dying to change color, Autumn Skow of Midland, S.D.: Analysis of the hoof structure with jojoba oil and aloe vera, Thomas Walsh of Kearney, Neb.: Electroculture of tomato plants, Hunter Wiebelhaus of Springview, Neb.: Effects of apple cider vinegar on BMI

## **10 Healthy Habits for Your Brain**

*Special to the Review - Alzheimer's Association*



Positive, everyday actions can make a difference in brain health, even lowering the risk of

cognitive decline and possibly Alzheimer's and dementia. Incorporate some or all of these habits into your life to help maintain a healthy brain.

Take charge of your brain health today — it's never too early or too late to start.

### **Challenge your mind**

Be curious! Put your brain to work and do something that is new for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.

### **Stay in school**

Education reduces the risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library or college, or online.

### **Get moving**

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!

### **Protect your head**

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt.  
*see Brain on pg 26*





# DOLA Main Street Creates New Promotional Video for Rangely

BY JEANNIE CALDWELL

On Friday, May 2, 2025, the Town of Rangely welcomed a videographer from Main Street, a program supported by the Colorado Department of Local Affairs (DOLA), to capture the essence of our favorite Northwestern Colorado community. The several hour long shoot aimed to create a compelling two-minute promotional video showcasing why Rangely is an exceptional place to live, work, and play.



The videographer conducted interviews with key community figures to highlight Rangely's unique appeal.

Among those featured were Allen Parker, Rangely's new Town Manager, who shared insights into the town's vision for growth and community development. Joining him were Keely Ellis, Matt Scoggins, and Kyle Wren, who each offered personal perspectives on what makes Rangely a special place to call home. Their stories emphasized the town's tight-knit community, economic opportunities, and abundant recreational offerings.

In addition to the interviews, the videographer utilized drone technology to capture stunning aerial footage of Rangely's iconic landmarks and scenic beauty. The footage included sweeping views of Colorado Northwestern Community College (CNCC), Elks Park, the Western Rio Blanco Recreation Center, Rangely District Hospital, Kenney Reservoir, The TANK Center for Sonic Arts, and Cedar Ridges Golf Course. These locations showcase the diverse amenities and natural splendor that define Rangely's lifestyle, from outdoor adventures to cultural and educational opportunities.

The goal of this video is to tell Rangely's story in a way that resonates with residents, potential newcomers, and visitors alike. We want to highlight the town's unique blend of small-town charm, modern amenities, and endless possibilities for work and play.

Stay tuned for updates on the video's debut!

# High School Baseball Team Paints Main Street Curbs in Community Service Effort

BY JEFF LEBLEU

On the morning of Friday, May 2, 2025, the local high school baseball team traded their bats and gloves for paintbrushes and cans of bright yellow paint, dedicating the day to a community service project that left Main Street looking sharp!. The team, known for their teamwork on the diamond, brought that same spirit to the heart of town as they painted curbs along Main Street, enhancing the area's appearance and safety.



The coaching staff worked with the town's public works department to organize the event.

Residents passing by couldn't help but smile at the sight of the young athletes hard at work. "It's so great to see these kids giving back," said Bethany Porter.

The project not only beautified Main Street but also fostered a sense of unity and civic pride among the players. The freshly painted curbs now stand as a testament to the team's commitment to their community, proving that their teamwork and pride extend far beyond the baseball field.

As the baseball season continues, the players can take pride in knowing they've left a lasting mark on their hometown—one brushstroke at a time.



State Budget continued...

footnote that will hold Colorado Parks and Wildlife accountable to more responsibly spending the funding they are receiving for wolf reintroduction and allocating proper resources to help ranchers and communities with this ongoing and growing challenge. In the end, the Senate passed our balanced 2025-2026 state budget with a bipartisan vote of support.

Looking forward

Working on and ultimately voting in favor of this year’s budget was difficult, but necessary. Every Colorado family will feel the effects of the budget cuts we were required to make, and I ask that you be in touch with me directly as you navigate potential changes and challenges. I am, as always, deeply committed to ensuring that our rural communities are not forgotten in conversations at the Capitol. Please reach out anytime to share ideas at [SenatorDylanRoberts@gmail.com](mailto:SenatorDylanRoberts@gmail.com) or my cell: 970-846-3054.

*Dylan Roberts is the State Senator for Clear Creek, Eagle, Garfield, Gilpin, Grand, Jackson, Moffat, Rio Blanco, Routt and Summit Counties.*

# Rangely Development Agency Launches RARE Small Business Grant Program to Boost Local Economy

BY JEANNIE CALDWELL

The Rangely Development Agency (RDA) is excited to announce the launch of the Retain, Attract, Rebuild, Expand (RARE) Small Business Grant Program, a three-year initiative designed to fuel economic growth and support local entrepreneurs in Rangely. Funded by a \$500,000 grant from the Colorado Office of Economic Development and International Trade (OEDIT) and the Office of Just Transition, the program will provide grants of up to \$40,000 to 8 to 10 businesses, fostering job creation and economic diversification.

The RARE program aims to empower both new and existing businesses by offering financial support, business training, and marketing resources. Over the next three years, the program will distribute grants to selected businesses, prioritizing projects that create sustainable jobs and strengthen Rangely’s economic landscape.

To apply for the Small Business Grant Program, please visit the website listed below: <https://townofrangely.colorado.gov/rare-a-business-support-program-for-local-businesses-and-entrepreneurs>

For individuals receiving a hard copy of the Rangely Review you can utilize the QR Code to take you to the website.

“The RARE program is a game-changer for Rangely,” said Jeannie Caldwell, Rangely’s Marketing/Economic Development Coordinator. “We’re open for business, and this initiative will help our local entrepreneurs take their ideas to the next level while building a brighter future for our community.”

For additional questions about the RARE Small Business Grant Program, contact Jeannie Caldwell via Town Hall at (970) 675-8476 or email [jcaldwell@rangelyco.gov](mailto:jcaldwell@rangelyco.gov).





# Colorado Northwestern Community College Announces Launch of New Hall of Fame

BY JESSE AITKEN

The Colorado Northwestern Community College (CNCC) Alumni Association is excited to announce the launch of the new CNCC Hall of Fame. This prestigious event will take place annually during Homecoming Week in the fall, honoring alumni, athletes, and CNCC employees whose personal and professional accomplishments have made positive contributions to the college and community.

Keely Ellis, Chief Advancement Officer said, "We are proud to launch the CNCC Hall of Fame to celebrate the extraordinary achievements of our alumni, athletes, and CNCC employees. Their stories are a testament to the transformative power of community colleges and the lasting impact they have on individuals, families, and communities. This Hall of Fame honors not just success, but the spirit of perseverance, service, and excellence that defines our institution."

This initiative provides a unique opportunity to recognize those who inspire, lead, and embody the spirit and values of our institution. Whether they've made groundbreaking achievements, shown exemplary service, or demonstrated lifelong dedication to our mission, we want to hear their story.

"We are thrilled to install the new CNCC Hall of Fame and Donor Wall. This active wall serves to acknowledge the contributions to the College's educational mission and sustainability made by employees, donors and alums. It also represents a tangible symbol of our gratitude for their generosity and support," stated Dr. Jones, CNCC President.

Nominations for the CNCC Hall of Fame were accepted through Saturday, May 31, 2025.

CNCC Foundation Board Chair, Ron Granger, said, "I'm excited about CNCC's new Donor and Hall of Fame Wall. This is a great way to recognize the people who support the college and to honor those who have been a part of CNCC and achieved outstanding things in life. Recognizing these people is important to them, to us, and to the future students at CNCC."

Nomination Submissions for CNCC's Hall of Fame are accepted year-round. A nomination form must be completed for each nominee. All nominees will be reviewed by a selection committee, ensuring that the most deserving individuals are honored. The first class of inductees will be celebrated during CNCC's 2025 Homecoming Week on Friday, September 26th. Let's celebrate the incredible impact these individuals make every day. We look forward to your nominations!







# Summer Safety for Kids

BY RICH GARNER

Summer is often a time when children get to take a break from school and participate in fun activities like swimming, biking, camping, or traveling to popular vacation spots with their families. During this season of enjoyment and outdoor play, it's important to stay safe.

Here are some summer safety tips to help you and your family avoid some common accidents.

## Water Safety

According to the CDC, approximately 4,000 unintentional drowning deaths occur annually in the United States. The highest drowning rates are among 1- to 4-year-olds; in fact, drowning is the leading cause of death for this age group. Increasing access to basic swimming and water safety skills training is a key prevention strategy – and not just for children. Consider this: more than half of U.S. adults reported that they have never taken a swimming lesson!

The estimated number of non-fatal drowning injuries in 2022 was 6,400 for children younger than 15 years of age.

Here are some simple ways that families can practice water safety:

- Never leave children alone in or near the water, even for a minute. Actively watch children when they are in and around water. Have adults take turns being “child watchers” at family events.
- Young children need to wear life jackets when playing in or near water and while on docks. Children, teens and adults should wear life jackets for boating and while swimming in lakes, rivers or the ocean.
- Bring life jackets with you on outings and vacations. Make sure they fit and are comfortable.
- Teach your children to swim. Be aware of the hazards of swimming in a lake or river. If you don't know what's under the water never dive in headfirst.
- Toys and mattresses that inflate will not keep children safe. U.S Coast Guard-approved life jackets are the only flotation aid you can rely on.
- Children should swim only when lifeguards are on duty or if an experienced swimmer is watching. Having a designated “Water Watcher” is a great idea.
- Pools need a fence that has 4 sides, is at least 4 feet high, and is self-latching and secure.
- Cover your spa when not in use. Keep long hair away from intake drains at the bottom of spas.
- If you spend time on boats, learn about boating safety. Visit [boatus.org](http://boatus.org) to learn more. Colorado State law requires a PFD, of the correct size, for every person on the boat or watercraft.
- Ponds, 5-gallon buckets and wading pools are drowning hazards for very young children. Empty water from buckets and wading pools, and make sure children are supervised around the water.
- Consider having older children and adults in the family learn CPR (cardiopulmonary resuscitation) to help someone if their breathing or heart stops.
- Read and obey all water safety signs at the pool, beach or water park.
- Enroll family members of all ages in swimming classes so they can learn basic swimming and water safety skills.

## Be Smart in the Sun

During the summer, days are longer and there is more sunlight. Great sunny weather allows little ones to enjoy the outdoors while receiving a beneficial dose of vitamin D for bone health. However, too much sun can cause harm. Negative effects can include sunburns, skin changes, early aging, eye injuries, a weakened immune system, and skin cancer.

Families can protect their skin from the sun's harmful rays by taking a few preventative measures. These measures are especially helpful at our high altitude.

- Use sunscreen with an SPF of 30 or higher. Reapply sunscreen every two hours or after sweating or swimming. Sunburns are still possible on cloudy days, so don't skip the sunscreen just because the sky is overcast.
- Wear protective clothing like sunglasses, wide-brimmed hats, pants, and lightweight long-sleeved shirts whenever possible. Purchase sun-protective clothing with an ultraviolet protection factor (UPF) number for more effective protection.
- Seek shade during the day between 10 a.m. and 2 p.m., which is when the sun's UV rays are the strongest.

*see Summer on pg 19*





# Rangely's Anchor Club - A Post-War Haven for Oil Boom Workers

BY JEANNIE CALDWELL

In the small, rural oil town of Rangely, Colorado, a new establishment emerged as a beacon of friendship and respite for the workers fueling the region's post-war economic surge. The Anchor Club, a bar owned by Army veteran Frank Skul and his wife, Lela, became a cornerstone of the community in 1947 and 1948, offering a place for oil field workers to unwind amid the booming oil industry.

Frank Skul, returning from his service in World War II, and Lela arrived in Rangely in 1947, drawn by the promise of opportunity in a town transformed by the oil boom. The couple, originally from Denver, set up shop on Main Street, establishing the Anchor Club to cater to the influx of workers flocking to the region.

Rangely's oil industry was in full swing, with Chevron's Raven A-1 well, reopened during the war to meet soaring demand, driving unprecedented growth. By 1948, the Rangely Oil Field boasted 478 wells across 30 square miles, producing thousands of barrels daily and earning its place as the largest oil field in the Rocky Mountain region.

The Anchor Club quickly became a hub for the rough-and-tumble oil workers, ranchers, and locals navigating the challenges of a rapidly growing town. Tents, trailers, and makeshift cabins dotted the landscape as Rangely struggled to accommodate its swelling population, and the Skuls' restaurant/bar offered a nice location to connect and share a meal.

While the precise reasons for the Skuls' move to Rangely remain unclear, the lure of economic opportunity likely played a significant role. The post-war migration to oil-rich areas attracted veterans and families seeking a fresh start, and Frank, with his military background, may have seen Rangely as a chance to build something new. The Anchor Club thrived in this environment, serving as a testament to the couple's entrepreneurial spirit.

By the end of 1948, Frank and Lela made the decision to return to Denver. The factors prompting their departure are uncertain. Some speculate that the harsh realities of life in a remote oil town—marked by a cold semi-arid climate and limited infrastructure—may have weighed on the couple. Others suggest that the intense pace of the boomtown, coupled with personal or business considerations, could have drawn them back to the familiarity of Denver, where they had lived before the war.

The Anchor Club's impactful presence left a mark on Rangely's history, reflecting the resilience and adaptability of post-war veterans like Frank Skul. As the town continues to navigate the cycles of its oil-driven economy, the story of the Skuls and their bar remains a vivid reminder of the individuals who shaped Rangely during its formative years.

For now, the Anchor Club lives in the memories of those who gathered there, a symbol of a fleeting but vibrant era in Rangely's past. When the Skuls left for Denver they carried with them the experience of a town that, for a moment, was the heart of the Rocky Mountain oil frontier.

While the name, "The Anchor Club," no longer exists on Main Street Rangely, the building does, and the last business there was called, "El Agave Mexican Restaurant."







# 2025 Legislative Session Recap

BY DYLAN ROBERTS

The 2025 legislative session has adjourned. With a major emphasis on balancing our state budget and reacting to dynamics both in Colorado and across the country, it was challenging, unique, and productive.

As your Senator, I am proud of the bills I passed on your behalf. My priority bills passed with bipartisan support and will increase the supply of affordable housing, help Coloradans save money, protect our state's water resources and public lands, keep our roads open, and make our communities safer.

Here are some of the highlights of my legislation and major themes of the session overall.

## Budget

By far, the biggest topic of this year's legislative session was the difficult and constitutionally-mandated task of balancing our annual state budget. This year's process was particularly difficult as we were tasked with closing a nearly \$1.2 billion gap in order to balance the budget. That difference was not caused by overspending or a weak economy - in fact, Colorado's economy remains one of the strongest in the nation - it was caused by a combination of rising medical costs and a revenue cap formula that was locked into our constitution in 1992. In the end, we were able to pass a balanced budget and school finance act that strengthens our support for K-12 education, especially for rural school districts, and supports rural health care providers.

## Making Housing More Available & Attainable

Expanding housing opportunities for our communities' essential workers - teachers, first responders, health care providers, and more - continues to be one of my top priorities. This session, I spearheaded several bills that will increase construction of more affordable homes. SB25-006, recently signed into law in Summit County, will kickstart construction for first-time buyers through low-interest bonds for home construction. HB25-1272 is a major reform of Colorado's construction defect laws, which have hindered condo construction since the great recession. After years of special interests delaying this reform, this year, we finally got it done. I'm confident these new laws will encourage the construction of more attainable multi-family housing over the next decade.

## Water

In Western Colorado, we know our most precious resource is our water. This legislative session, I was proud to lead several important efforts to boost funding and change water policy to support agricultural producers and our outdoor recreation economy, mitigate wildfire, and secure our water future. Even in a tight budget year, water remained a bipartisan funding priority. Our annual water projects bill hit near-historic funding highs at \$67 million powered by strong returns on sports betting and severance taxes. We also passed measures to study the usage of severance taxes to adequately fund future water project needs, consolidated our water supply measurement systems, ensured metro areas are conserving more water, and created more efficiency in the division of water resources. Finally, I was proud to lead a bipartisan effort alongside Speaker McCluskie and Rep. Soper to expand the state's water funding by making a reform to our sports betting tax deduction allowance that will increase conservation funds by at least 25% year over year.

## Rural Colorado

Rural legislators are far outnumbered by urban and suburban legislators, but I always fight for policies that will help our rural communities. For example, SB25-037 will make key reforms to the Office of Just Transition so that the concerns of Hayden, Craig, and other coal transitioning communities are better addressed. HB25-1222 will help sustain our rural and independent pharmacies with fairer reimbursement rates and HB25-1288 & SB25-290 will help keep our rural hospitals and health clinics open. I passed SB25-038, which guarantees privacy for ranchers who are already struggling with the



*see 2025 Recap on pg 19*





# CNCC Inaugural CTE Signing Day

BY JESSE AITKEN

Colorado Northwestern Community College hosted/sponsored the inaugural Career and Technical Education (CTE) and Military Signing Day on May 1st in conjunction with the national decision day for colleges. Nineteen Rangely High School students were recognized for their commitment to Career and Technical Education or military service. CNCC President Lisa Jones kicked off the event welcoming everyone and explained the purpose of the event and the importance of technical education. Industry partners spoke to the students about the importance of the industries they will be supporting and the value they will be providing to our nation and local communities. Speakers representing three main CTE fields included Captain Ray Phillips, retired Air Force Veteran and United Airline pilot representing the aviation and transportation industry, James Caldwell, Colorado Northwestern Community College vice President of Finance representing the business and IT industry, and Paulo Fernandez RN representing the health care industry. Additional speakers included CNCC's SR Vice President of Academic Affairs and CTE programs Keith Peterson, Vice President of Student Services Brett Caskey, Dean Meghan Davis, Rangely Mayor Ron Granger, and Rangely High School principal Sarah Hepworth.



The event was created to showcase and honor Northwest Colorado students who have committed to CTE programs for their post school goals. Honored students represent 8 different institutions of higher education and military branches. Each student signed a letter of intent for their respected CTE program and received an industry T-shirt. Afterwards everyone enjoyed a luncheon provided by CNCC.

Thank you to CNCC for sponsoring the CTE and Military signing day and all the CTE committee members who made it a huge success. Special thanks to the parents, friends, high school staff, and other family members who came and helped support the students at this event.

Students and the CTE career path, schools/military branch they are attending:

- Damian Bernal Eribes – Business, Colorado Northwestern Community College
- Jordan Blanchard – Electrical Line Professional, Colorado Mesa Tech
- Jasmine Brannan – Nursing, Colorado Northwestern Community College
- Landon Carlson – Welding, Northeastern Junior College
- Miley Chism – Lab Technology, Colorado Mesa Tech
- Ashlyn Ducey – Cosmetology, Northeastern Junior College
- Gage Fielder – Construction/Electrician, Colorado Mesa Tech
- Karlee Halcomb – Esthetician
- Davin Hinkle – Automotive Technology, WyoTech
- Jarvis Jensen – Information Technology, Uintah Basin Technical College
- Nicholas Larsen – Information Technology, Uintah Basin Technical College
- Lexi LeBleu – Nursing, Colorado Northwestern Community College
- Trenton Long – Allied Trades Specialist, US Army
- Jade Miller – Cosmetology, Northeastern Junior College
- Paola Muñoz-Anchondo – Nursing, Northeastern Junior College
- Robert Murry – Construction/Electrician, Colorado Mesa Tech
- Marcos Quintana – Automotive Technician, Northeastern Junior College
- Audy Ryder – Nursing, Colorado Northwestern Community College
- Emma Winder – Radiologic Technology, Snow College

About CNCC: Colorado Northwestern Community College enhances people's lives by providing an accessible, affordable, quality education. It is the college of choice for students seeking a unique education grounded in the Colorado experience.





## 2025 Recap continued...

impacts of wolf reintroduction and depredation of their livestock, and I fought hard to insert a footnote into our state budget that will hold CPW's feet to the fire and ensure their promises to the ranching community are kept. Finally, once again, I am proud to report that every single bill I introduced and passed earned bipartisan support.

### High-Profile Bills

There are 99 other legislators in the General Assembly who also bring bills forward. You may have read about some of the high-profile debates around firearms, immigration, transgender rights, abortion care, and more. Often, these bills are introduced with language that is removed or changed as they go through the legislative process, but that initial bill text drives the press coverage and public discourse. As a Senator for a very politically diverse district, I continued to work with colleagues to amend their bills that started off as too extreme for SD8, listen to constituents, and do my best to vote based on the will of my district. I realize that both sides of the political spectrum will never agree with my votes 100% of the time, but please know that I always seek to find the position that puts SD8 first. Thank you, as always, for being in touch to share your thoughts and ideas!

I remain humbled and energized by the opportunity to represent the many rural and mountain communities of Senate District 8 and look forward to connecting with constituents across the district in the weeks and months ahead. I am in the middle of my post-session town hall tour where I am holding a town hall meeting for you, my constituents, in each of the 10 counties of SD8. I hope to see you at a town hall meeting soon. You can also be in touch directly at [senatordylanroberts@gmail.com](mailto:senatordylanroberts@gmail.com) or my cell: (970) 846-3054.

*Dylan Roberts is the State Senator for Clear Creek, Eagle, Garfield, Gilpin, Grand, Jackson, Moffat, Rio Blanco, Routt and Summit Counties.*

## Summer continued...

- Stay hydrated with chilled drinks and fresh fruits and vegetables with high water content. Integrate hydration breaks into summer schedules so that children can rehydrate while playing.

### Lawn Care & Safety

- When you mow the lawn, keep children under 5 inside or away.
- Never let children ride on mowers or in carts towed by mowers.
- Don't allow children under 12 to use a push mower or those under 16 to drive a riding mower.
- Store mowers away from children. Toddlers can cut or burn themselves on mower parts.
- Avoid using insect or weed killers on your lawn or garden. If you do, keep children out of the yard for at least 48 hours.

### Home & Window Safety

- Move furniture, and anything else a child can climb or stand on, away from windows.
- Install window guards or stops on windows. Kids can fall from windows open as little as 5 inches.
- Don't rely on window screens - screens keep bugs out, but they don't keep kids in.
- If you don't have window guards or stops, keep windows latched.
- Watch young children closely.

### Playgrounds

- Watch children while they play in a playground.
- Keep children away from the front and back of swings while in use.
- Make sure metal slides are cool to prevent burns.
- Check play equipment for exposed bolt heads, sharp edges and places where fingers can get pinched. Cover these with rubber.
- Place new play equipment over wood chips, sand or another soft surface.
- Avoid riding double on swings and slides.
- Teach children to take turns and not push or roughhouse on play structures.



*see Safety on pg 21*





## **Police Patrol Officer Rangely Police Department**

The Rangely Police Department Police Patrol Officer I position requires that candidate have a High School Diploma or GED, A VALID Colorado Driver's License and must be 21 years of age. Applicants must be Colorado Post-certified and able to perform all essential job functions and peripheral duties as well as meet specific knowledge and skill requirements.

Salary range is \$53,000-58,000 and would be evaluated and commensurate with the candidate's qualifications. Benefits Health, Dental, Life Insurance, Short Term Disability, Credit Union Membership, WRB Park & Recreation Admission, and Retirement with matched contribution by Town of Rangely. Vacation, Sick, and Personal Days start accruing immediately.

Successful applicants for the position will be administered a psychological test, pre-employment drug screen, physical/function capacity test, polygraph and full background check. Applicant must be able to work rotating shifts including nights, weekends and holidays.

Applications may be obtained from the personnel department (970) 675-8476 or police administration (970) 675-8467. Applications are also available on our website at [www.rangely.com](http://www.rangely.com). Email resume and completed application to [thamblin@rangelyco.gov](mailto:thamblin@rangelyco.gov)

Rangely is a small town located among the stunning mesas of the high desert in Northwest Colorado, which is part of the Great West Region. Our town is filled with caring citizens, clean air and amazing adventures...right out your backdoor. We feel fortunate to have 300 days of sunshine a year, dark skies, hundreds of miles of OHV Trails and one of the only designated natural rock-crawling parks in Colorado. We are located on the Dinosaur Diamond Scenic Byway.

Please visit our website and see everything that Rangely has to offer. We look forward to hearing from you! Position is Open until filled. The Town of Rangely is an Equal Opportunity Employer.

## **DISPATCHER**

Minimum Qualifications & Position Requirements:

### **MINIMUM QUALIFICATIONS:**

#### **Education and Experience:**

High School diploma or GED equivalent, and zero to one (0-1) years public safety dispatch experience OR an equivalent combination of education and experience. Will train the right individual with no previous experience.

#### **Additional Information:**

Depending on the needs of the Town, incumbents may be required to obtain and maintain additional licenses or technical certifications. Working nights, weekends, and holidays is required. Must be able to type a minimum of 35 words per minute. Successful applicants for the position will be administered a psychological test, pre-employment drug screen, physical/function capacity test, polygraph, and full background check. Applicant must be able to work rotating shifts including nights, weekends, and holidays. As of January 1, 2023 starting wage \$20/hr.

Applications may be obtained from the personnel department (970) 675-8476 or police administration (970) 675-8467. Applications are also available on our website at [www.townofrangely.colorado.gov](http://www.townofrangely.colorado.gov). Email resume and completed application to [thamblin@rangelyco.gov](mailto:thamblin@rangelyco.gov)

Position is Open until filled. The Town of Rangely is an Equal Opportunity Employer.





## *Safety continued...*

### **Bites and Stings**

- Teach your child to never surprise or scare a dog and never approach a dog they don't know.
- Check eaves and under decks for bee or wasp nests. Teach children not to touch or throw things at nests.
- Avoid using insect repellent on babies younger than 2 months.
- Use repellent that contains no more than 30% DEET.
- Use repellent on the outside of clothing and on exposed skin. Avoid putting it on cuts. Do not spray repellent on your child's face. Instead, spray a little in your hand and rub it on their face. Be careful to avoid their eyes and mouth.
- Avoid dressing your child in brightly colored and floral print clothing.
- Avoid using scented soaps, perfumes and hair products.

### **Ticks**

- To protect against ticks, especially when playing or hiking in woods or fields with long grass:
  - » Have children wear long-sleeved shirts and pants.
  - » Tuck clothing into pants and pant cuffs into socks.
  - » At the end of the day, check your child's whole body for ticks.

### **Heat Injury Prevention**

Most parents cannot imagine themselves ever leaving their children in a hot car, but it can happen to anyone. According to the National Highway Traffic Safety Administration, 29 children died of heatstroke in vehicles in 2023. A child's body temperature increases three to five times faster than an adult, so when children are left unattended in hot vehicles, the situation becomes dangerous quickly. More than 50% of pediatric vehicular heatstroke deaths are the result of a caregiver forgetting that the child was in the car.

Family drivers can help prevent heatstroke deaths by taking the following measures:

- Develop a habit of checking the entire vehicle interior—specifically the back seat—before locking the vehicle and walking away.
- Place an important object in the back seat to serve as a reminder to check your vehicle before you leave it. The item should be something that you will need when you arrive at your destination, such as a cell phone, purse, or briefcase.
- Don't leave a young child alone in a car for any amount of time, even if the windows are down or you park in the shade.
- Create a plan with your childcare center to call you if your child is unexpectedly absent after the school day begins.
- Keep keys out of children's reach and teach kids to never enter a vehicle for play without an adult present.

### **Biking and OHV Safety**

Bicycling is a popular recreational activity for U.S. youth, with 18% of children (ages 6-12) cycling on a regular basis. While biking allows kids to enjoy the outdoors and boost their physical health, it also requires responsibility and vigilance on the road or biking path to avoid serious injury or death. You may be surprised to learn that bicycling leads to the highest number of sports- and recreation-related emergency department visits for traumatic brain injuries (TBIs) in the United States. Using a bicycle helmet reduces head injury by 48%.

Families can protect young bike riders by teaching them to follow these important safety tips:

- Follow the rules of the road and be aware of your surroundings. Teach your kids to take riding seriously. This includes obeying all traffic signs and signals, avoiding cell phone and headphone use, and following local bicycle and traffic laws.
- Use the right bike. Ensure that your child has the right bike size so that they can ride comfortably and safely. Be sure to also check all bike equipment before riding.
- Wear a properly fitting helmet and safety gear, including gloves, elbow pads, knee pads, and wrist protection.
- Wear appropriate attire for bike riding, including brightly colored clothing and close-toed shoes. Instruct your children to always make sure their shoes are tied and none of their clothing is loose before they begin riding.

*see Kids on pg 22*





## *Kids continued...*

- Teach children to always be mindful of hazards like potholes, broken glass, loose gravel, and any similar obstacles that could cause them to lose control of their bikes.

Anyone riding an ATV / OHV should follow these tips before and during riding:

- Take a safety training course to learn how to operate an ATV / OHV safely and only ride an ATV / OHV that's right for your size and age. Visit the ATV Safety Institute's website for information.
- Always wear an approved helmet and eye protection. In many states, helmets and eye protection are required by law, particularly for kids.
- Wear long pants, long sleeves, gloves, and over-the-ankle boots to help prevent scrapes and cuts.
- Only ride during daylight hours.
- Always ride at a safe speed on a designated trail. The speed limit for any off-highway vehicle in the Town of Rangely is 15 MPH.
- Know basic first aid to treat minor injuries and be able to get help in an emergency.

It's important to never do the following while riding an ATV / OHV:

- Never ride on a three-wheel ATV.
- Never ride while drinking alcohol or using drugs.
- Never exceed the number of passengers recommended by the manufacturer.
- Never let kids and teens drive an ATV with a passenger.

ATV / OHV riding will always be risky — and because they're fun, many kids and teens will want to try them. There are no guarantees that kids won't get hurt, even with precautions and protective laws in place. But by making sure that riders follow safety rules and know how to use ATVs safely, parents can do their best to help protect them from being injured.

By following these summer safety tips and common-sense precautions, you and your child can experience a fun and adventure filled summer. As always if you have any questions or concerns you can contact any of our helpful officers at the Rangely Police Department. Have a safe summer and we'll see you when school starts.

## **Mosquito Abatement Season Begins in Rangely with Fogging Operations**

BY KELLI NEIBERGER

As warmer weather settles in, the Town of Rangely has officially kicked off its mosquito abatement season to protect residents from mosquito-borne diseases and reduce the nuisance of biting pests. Earlier this spring, we began to put larvicide in places where there is standing water. This kills the mosquito larvae before they hatch. We will continue to do this throughout the summer. On May 1, 2025, we began to “fog” for mosquitoes.

This spraying system is mounted in the back of a truck, and we use it to help control adult mosquito populations throughout the community.

The mosquito abatement effort is managed by the Town's building & grounds department. Fogging will take place Monday through Friday at either 7:00 pm to 11:00 pm or 5:00 am to 8:00 am depending on the wind and weather conditions. Fogging may occasionally take place on the weekend before outdoor events in Town. The Town plans to fog twice a week; however, this could vary based on need and weather/wind conditions. Fogging is a safe and effective way to reduce mosquito populations, especially in areas where they pose a health risk or become a significant nuisance.

In addition to fogging, the Town urges residents to help reduce mosquito breeding sites by eliminating standing water around their properties. Simple actions like draining buckets and clearing clogged gutters can significantly curb mosquito populations. Keeping your lawn and grassy areas trimmed back reduces the area where mosquitoes like to rest. The steps residents take at home make a huge difference.

As the mosquito season progresses, Rangely's abatement program aims to keep the community safe and comfortable, ensuring residents can enjoy the outdoors with fewer bites. Stay proactive, stay informed, and call Town Hall at (970) 675-8476 with any questions.







# Rangely Police Department Launches New Community Service Officer Division!

BY TI HAMBLIN

The Rangely Police Department is excited to announce the establishment of our new Community Service Officer (CSO) Division! This new initiative marks a significant step forward in our commitment to proactive policing, enhancing community engagement, and efficiently allocating our resources to better serve you.

The CSO Division will be led by CSO Supervisor Laycie Coker and Katelyn Fricke, alongside our

existing shelter technicians. Laycie and Katelyn will receive specialized training to handle a wide range of non-emergency calls and tasks working hand in hand with our patrol division, improving our response times and overall effectiveness.

## What Will the CSO Division Do?

Our new CSO Division will play a vital role in fostering positive relationships within our community and enhancing the overall quality of life for Rangely residents. Their key responsibilities will include:

- **Animal Control & Shelter Duties:** All existing animal control and shelter responsibilities will now be handled by the CSO Division.
- **Code Enforcement:** Current code enforcement duties will transition to the new CSO Division.
- **Responding to Non-Emergency Calls:** CSOs will handle calls related to parking violations, VIN inspections, and other non-criminal matters.
- **Community Engagement:** Look for our CSOs participating in community events and acting as a liaison between the department and residents.
- **Traffic Control:** They will assist with traffic management at events and accident scenes.
- **Report Taking:** CSOs will take reports on minor incidents and provide administrative support.
- **Vacation House Checks:** If you're away, CSOs will perform requested checks on your home

## Benefits for Our Community

- The implementation of the CSO Division offers numerous benefits for our community, including:
- **Increased Officer Availability:** By handling non-emergency calls, CSOs will free up our sworn officers to prioritize critical incidents, leading to faster response times and improved overall effectiveness.
- **Enhanced Community Relations:** CSOs will be visible and approachable representatives of the department, helping to build trust and stronger relationships with residents.
- **Improved Efficiency:** Delegating non-emergency tasks to CSOs will streamline our operations and optimize how we use our resources.
- **Increased Community Presence:** The added presence of uniformed personnel will contribute to a greater feeling of safety within our community.

We are confident that the new Community Service Officer Division will be a valuable asset to the Rangely Police Department and the entire community. We look forward to the positive impact this initiative will have!







# Community Service Blooms in Rangely

BY JEANNIE CALDWELL

This spring, the Town of Rangely has been buzzing with the spirit of community service, as local groups and residents roll up their sleeves to enhance the town's beauty and pride. From painting curbs to cleaning ditches, these efforts are fostering a deeper connection to the community and inspiring hope for a brighter future.

The Rangely High School baseball team kicked off the season of service by spending a day painting curbs along Main Street, giving the town's Main Street, a vibrant look. Meanwhile, the LDS Church youth group dedicated their time to sprucing up the Outdoor Museum, meticulously cleaning the grounds to ensure the town's history shines. Not to be outdone, the Chipiggit 4-H group tackled trash in the drainage ditches and has plans to clean up litter along the highway west of town in June.



Students, faculty, and staff from Colorado Northwestern Community College (CNCC) also joined the effort, spending a day painting crosswalks and preparing the headworks building for a new coat of paint. These acts of service, big and small, are leaving a lasting impact on both the town and those who participate.



Konnie Billgren once said, "When you spend time working on something, it becomes more important to you. You take pride in what you did, and you feel good about it."

These efforts are more than just cosmetic improvements; they're building a sense of ownership and unity in Rangely. Each painted curb, cleaned ditch, and polished museum grounds reflect the care and respect residents have for their town. The hope is that this momentum continues, making Rangely a place where community pride thrives through giving back.

As summer approaches, residents are encouraged to join in and keep the spirit of service alive. Together, Rangely can remain a town to love and respect for generations to come.

# The Trading Post Brings Sweet Treats, Espresso and Souvenirs to Rangely

BY JEANNIE CALDWELL

A vibrant new business has opened its doors in Rangely, Colorado, transforming the former location of The Salon located by Maverick into a delightful destination for ice cream, coffee, and souvenir enthusiasts. The Trading Post, located at 321 E Main Street is quickly becoming a community favorite with its irresistible offerings and welcoming atmosphere.



The Trading Post is a haven for ice cream lovers, offering both soft serve and hard ice cream to satisfy any sweet tooth. Their soft serve menu includes classic chocolate, vanilla, and twist options, perfect for a refreshing treat on a warm Colorado day. For those seeking variety, the shop features an extensive selection of hard ice cream flavors.

Adding to the excitement, The Trading Post serves rich, aromatic espressos that are sure to delight coffee enthusiasts.

Beyond its delicious eats and drinks, The Trading Post doubles as a souvenir shop, offering a wide range of Rangely-themed and Colorado keepsakes. Visitors can browse t-shirts, sweatshirts, and an assortment of unique mementos that capture the charm of our favorite Western Colorado town.

The Trading Post is open Monday through Thursday from 3:00 PM to 8:00 PM, and Friday through Sunday from 12:00 PM to 8:00 PM, making it a convenient stop for both weekday and weekend visitors.

Be sure to check out this awesome new business in town! You will be glad you did!





# OEDIT Announces New Director of the Rural Opportunity Office

BY TREY ANDERSON

The Colorado Office of Economic Development & International Trade (OEDIT) has named Meridith Marshall as Director of the Rural Opportunity Office (ROO). She will lead the Office's efforts to foster sustainable economic growth across Colorado's rural communities. Marshall began her role on April 28.

"We are thrilled to welcome Meridith Marshall back to the State of Colorado and OEDIT. She brings into this role an expertise in building strong relationships and strategic plans which are valuable skills for supporting Colorado's resilient communities. Through her previous work, Meridith fostered regional economic development and served communities across the state making her an excellent leader for the Rural Opportunity Office," said Eve Lieberman, Executive Director of OEDIT.

Through her previous work with the State of Colorado, Marshall significantly contributed to the creation and execution of Colorado's statewide economic development strategy, Blueprint 2.0, collaborating with leaders across all 14 regions to create localized economic growth plans. Her work also supported key workforce development efforts, the expansion of the state's apprenticeship program, and the National Governors Association (NGA) Policy Academy which focused on strengthening workforce development strategies across the state. Furthermore, Marshall implemented the "Healthy Economy, Healthy Colorado" strategic plan, working with public and private partners to advance the health and wellness industry. As Colorado's Infrastructure and Investments Job Act (IIJA) Coordinator, she managed the planning and drawdown of billions in IIJA and IRA funds, directly engaging with the White House and federal partners to benefit Colorado communities.

Before joining OEDIT, Marshall served as CEO of UNCHARTED, where she partnered with organizations to create thriving, people-centered workplaces through data-driven insights and one-on-one coaching. Her time at UNCHARTED sharpened her focus on building environments that attract and retain talent, an essential component of rural economic development. During her time at the New Jersey Economic Development Authority, Marshall led the rapid and record-setting deployment of federal disaster recovery funds following Hurricane Sandy.

"I am honored to return to OEDIT and take on the role of Director of the Rural Opportunity Office. By supporting Colorado's rural communities and collaborating with partners across the state, we'll continue to strengthen local economies and help our communities truly thrive. I'm excited to leverage my experience and build on the great work already underway to ensure every corner of our state has the opportunity to prosper," said Meridith Marshall.

In recognition of her outstanding achievements, Marshall was honored with the 40 Under 40 award from the International Economic Development Council, the Denver Business Journal 40 Under 40 Award, and is a recipient of the German Marshall Memorial Fellowship. She holds an MBA, a Bachelor of Science in Business Administration with a major in Economics and a minor in Neuroscience from Drake University, and a Master's degree in Couples and Family Therapy.

## About OEDIT's Rural Opportunity Office

The Rural Opportunity Office (ROO) supports Colorado's rural communities, economic development offices, business support organizations, and small businesses by connecting them to relevant OEDIT and State Partner programs to work toward a resilient future. The office consists of a director, program manager, data analyst, and three rural opportunity representatives that directly serve Colorado's eastern, western, and southern regions. Each representative lives within the region of the state that they support.

## About the Colorado Office of Economic Development and International Trade

The Colorado Office of Economic Development and International Trade (OEDIT) works to empower all to thrive in Colorado's economy. Under the leadership of the Governor and in collaboration with economic development partners across the state, we foster a thriving business environment through funding and financial programs, training, consulting and informational resources across industries and regions. We promote economic growth and long-term job creation by recruiting, retaining, and expanding Colorado businesses and providing programs that support entrepreneurs and businesses of all sizes at every stage of growth. Our goal is to protect what makes our state a great place to live, work, start a business, raise a family, visit and retire—and make it accessible to everyone. Learn more about OEDIT.



Rangely Community Garden  
PO Box 224  
Rangely, Colorado 81648  
970-620-6800  
Gardenchick4@hotmail.com



To Whom It May Concern,

The Rangely Community Garden has long been a cherished tradition in our town, offering residents the opportunity to cultivate their own gardens while fostering a strong sense of community. Gardeners of all ages come together to share knowledge, lend a helping hand, and provide fresh produce to family, friends, our local food bank, and those in need. As a non-profit organization, we rely on the generosity of individuals and businesses to sustain our efforts, and we are always in need of volunteers to support ongoing projects in the Garden.

Thanks to our generous sponsors, the 2024 growing season allowed us to replace essential hoses, equipment, and tools. It was a true privilege to provide the community with fresh, organic produce, and we were thrilled to revive our signature event—offering pumpkins to all local school children. In collaboration with the Rangely School District, students from kindergarten through fifth grade visited the Garden on field trips to select their pumpkins, while preschoolers at the EEC received their own to take home. Additionally, four new fruit trees were planted in our orchard, with hopes of expanding further to bring fresh, organic fruit to our community.

The annual cost of operating the Garden is \$9,000, and ongoing fundraising is essential to cover expenses, equipment needs, and future projects. The Rangely Community Garden would not exist without the unwavering support of our generous donors, and we are immensely grateful for the continued commitment of our community.

At this time, we are seeking financial support for the upcoming growing season to ensure we can continue fulfilling our mission. Any contribution, no matter the amount, will help sustain this vital community asset, and we would be happy to answer any questions or discuss further opportunities for support.

Thank you for your consideration,  
Janet Miller, Carrie Fouch, Diana Sizemore

*Brain continued...*

- Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.
- Be smoke-free**
- Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.
- Control your blood pressure**
- Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help, too. Work with a health care provider to control your blood pressure.
- Manage diabetes**
- Type 2 diabetes can be prevented or controlled by eating healthier, increasing physical activity and taking medication, if necessary.
- Eat right**
- Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.
- Maintain a healthy weight**
- Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list — eating right, exercising and sleeping well — can help with maintaining a healthy weight.
- Sleep well**
- Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.





# CNCC Honors and Student Outcomes

BY LISA JONES

Each June, we at the College reflect on the achievements of our students, celebrate the excitement and pageantry of commencement, and share updates on what's next in the lives of our graduates.

CNCC's Aviation Flight Program is one of the college's pride and joys. According to the National Intercollegiate Flight Association's judges at the 2025 SAFECON competition, CNCC is ranked #1 in the country among two-year flight programs! The competition, held in May, saw CNCC scoring higher than eight four-year colleges and universities, receiving top-tier scores in various areas.

At the Wings ceremony, aviation students were awarded certificates in multiple categories, with nearly 50% earning private or commercial pilot's licenses. Additionally, five students received certified flight instructor licenses.

CNCC operates one of only six Park Ranger Law Enforcement Academies in the country. Among its Spring semester completers, four received job offers prior to graduation to work as federal rangers in our national parks, and three will become law enforcement officers in Alaska and Colorado.

Ranked among the highest academic programs nationally is our Dental Hygiene program. Among our 22 graduates, 13 were hired before commencement, with an additional 6 planning to enroll in the college's bachelor's in dental hygiene program in the fall. CNCC accepts students into this program who have completed an associate's degree in dental hygiene from any regionally accredited college; they do not have to be CNCC graduates.

The bachelor's degree in dental hygiene at CNCC is unique in that all students will have a one-week service abroad experience as part of its capstone. At its May 2025 commencement exercises, CNCC graduated its first baccalaureate class comprised of dental hygiene completers.

CNCC's nursing students participated in their annual pinning ceremony and were honored as part of the college's 20th graduating class! Most students plan to go straight to work, while several are pursuing a BSN through CNCC partner programs.

On Friday, May 30, 2025, CNCC was informed that it received the 2025 Governor's Award for Institutional Advancement for achieving zero textbook costs for its students. In short, the college has excelled in reducing or eliminating textbook costs. As CNCC strives to provide unique programs grounded in the Colorado experience at a level of national excellence, we also seek to offer this education at the most reasonable price possible.

As summer approaches, we at CNCC will begin planning and preparing for the new academic year. We will design new student programs focused on fun, engagement, and success. Additionally, we look forward to launching our new radiologic tech program and archery in Craig, as well as cross country and men's wrestling in Rangely.

The college is also working hard to finalize plans for its second annual Spartan Scramble golf tournament, scheduled for June 29, 2025, at the Yampa Valley Golf Course. If you are interested in sponsoring or entering a team, please visit <https://cncc.edu/about/foundation/foundation-events> for more information.

We wish each of you a wonderful, healthy and happy end of Spring and delightful start to summer on the Western slope.







INVITATION TO PARTICIPATE

Rio Blanco County Facilities Tour

Saturday, June 21, 2025 | 8:00AM - 5:00PM

Rio Blanco County cordially invites the Town Trustees, Mayors, Managers and CNCC Officials to participate in a Countywide Facilities and Projects Tour on Saturday, June 21st, alongside the Board of County Commissioners. This full-day event is intended to highlight key county assets and showcase selected community projects from both the Town of Meeker and the Town of Rangely. The tour will also serve as an opportunity to gather valuable input in anticipation of our 2026 budget processes.

**Transportation & Itinerary**

- Meeker Participants: Board the bus at the Rio Blanco County Courthouse at 8:00 AM
- Rangely Participants: Board the bus at Columbine Park in Rangely by 9:00 AM
- The tour will officially begin at Columbine Park and continue throughout the county
- Participants are encouraged to mix and mingle between buses throughout the day

**Rio Blanco County Facilities Will Include (in order):**

- Columbine Park – Rangely
- Rangely Airport
- Meeker Fairgrounds
- Meeker Airport
- Additional venues or projects (two per town recommended) as selected by the Town of Meeker and the Town of Rangely

**Transportation and Lunch:**

Boxed lunches and bottled water will be provided by Rio Blanco County for the officials as well as 10 constituents from the Rangely area and ten from the Meeker area. Everyone is welcome to attend but must provide their own transportation and food.

**Participation Request**

To ensure a meaningful and productive experience, we respectfully ask that all participants commit to attending the full tour. A complete-day presence will provide a clearer picture of countywide priorities and help foster a shared sense of direction and unity across Rio Blanco County.

RSVP by **Friday, June 13, 2025** by emailing me at: [vicky.edwards@rbc.us](mailto:vicky.edwards@rbc.us) with the subject line: Tour, or by calling Chrissy Nielsen at (970) 878-9575.

This tour represents another step forward in our continued efforts to bring our agencies together in a spirit of collaboration. By visiting these key facilities side by side, we hope to facilitate meaningful dialogue, strengthen interagency relationships, and enhance communication across our communities.

*Whispering continued...*

But Ellie, she changed. She stopped sneaking smokes and started sketching those symbols in her notebook, like she was trying to decode the desert itself. By '79, she was gone—left for college, then a job at some lab out east. Folks say she works for NASA now, or maybe something shadier. No one knows for sure.

The canyons still whisper, though. Kids in Rangely dare each other to climb Dragon Trail, chasing rumors of lights and lost treasures. Sometimes, late at night, a rig worker will swear they heard a hum, felt the ground shiver. And if you ask the old-timers at the DinoMart, they'll tell you: Ellie Mae Harper didn't just find something out there. She woke it up.









# SUMMER

## Word Scramble

Unscramble the ten summer themed words below.

1. SLCOEIP
2. NCAOE
3. NUNYS
4. SWRRBAITSREE
5. SNSLSSAGUE
6. GRNSUIF
7. TWMISUSI
8. CMNAPGI
9. OTORODSU
10. ASELBBAL

Summer Word Search

W	O	M	X	A	K	L	J	R	T	I	O	S	W	I	M	M	I	N	G
E	U	N	D	S	U	M	M	E	R	D	W	E	R	P	Y	U	H	J	K
G	T	B	C	X	Q	L	K	T	H	F	F	I	R	E	W	O	R	K	S
I	D	X	C	A	M	P	I	N	G	W	E	X	Z	B	V	N	M	L	O
C	O	P	L	R	E	G	F	T	Y	U	M	N	V	S	A	N	D	B	C
E	O	S	F	D	Q	W	J	U	T	Y	L	C	L	U	P	R	I	O	U
C	R	X	W	H	A	M	M	O	C	K	E	T	Y	N	O	P	L	J	M
R	S	D	S	F	R	W	H	V	G	T	M	H	W	E	A	Q	R	K	B
E	H	R	T	G	F	P	I	L	A	O	O	J	U	T	G	F	B	N	R
A	X	C	Z	W	E	S	D	F	G	C	N	Q	A	D	E	R	H	Y	E
M	O	L	B	T	H	Y	U	J	N	M	A	H	G	B	V	I	X	C	L
G	S	W	D	E	F	G	V	C	X	S	D	T	G	H	K	E	H	L	L
H	D	F	E	W	A	T	G	H	Y	H	E	O	I	L	Y	N	J	H	A
D	P	O	P	S	I	C	L	E	S	F	D	C	V	O	X	D	S	E	W
F	I	F	Y	U	I	O	H	K	L	Y	U	I	M	N	N	S	B	V	B
B	C	D	W	E	R	L	K	Y	T	E	F	C	V	J	Y	D	X	R	W
H	N	M	C	X	H	G	T	R	B	A	R	B	E	C	U	E	W	E	Q
K	I	C	V	F	A	M	I	L	Y	W	S	C	V	T	R	E	G	L	A
L	C	H	R	E	Y	U	L	P	Y	G	F	Y	U	K	J	N	G	A	H
I	S	D	E	C	V	G	H	T	S	U	N	B	L	O	C	K	Z	X	X

summer  
sun  
beach  
umbrella

sunblock  
sand  
ice cream  
vacation

barbecue  
picnic  
camping  
outdoors

swimming  
popsicles  
friends  
family

lemonade  
hammock  
relax  
fireworks

