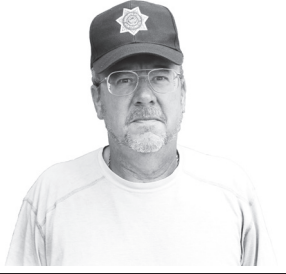


Camp snorer



Tips from the Posse

By Mark Rackay

Every camp seems to have that one person who is a snorer. Not the kind of person who is a freeloader, as snorer means in some cultures, but the kind of person who keeps everyone else awake because of their loud snoring.

Years ago, I had a friend who was a retired Air Force Colonel, and he was into all the hunting and fishing sports. One year, during the Colorado combined deer and elk season, he camped with us. There were five of us total in camp.

On the first evening, as we began retreating to our tents, the Colonel grabbed his sleeping bag and headed out of camp. He claimed to be a snorer and did not want to keep us awake all night, so he rolled his bag out a hundred feet away from our tents.

Overnight it snowed eight inches on our little camp. None of us got any sleep because of the raucous snoring of the Colonel. Finding him in the fresh snow was easy, just follow the sound of the snoring. The following night we made him head a hundred yards farther away from camp.

Snoring is common as billions of people worldwide are snorers. More than one third of married couples sleep separately because one partner snores. Snoring gets worse with age and is more common in men.

For many people, snoring is just a minor inconvenience, as it is not loud or affecting their breathing. For others, it can be a serious issue. Besides being loud and annoying enough to wake the dead, it can be a contributing factor to serious



Around our house, even the dogs snore, much to my wife's dismay. (Photo/Mark Rackay)

health issues.

When the snoring is chronic, and begins to cause problems with breathing, it can be obstructive sleep apnea. Sleep apnea can be linked to high blood pressure, cognitive impairments, and an increased risk of type 2 diabetes, not to mention keeping everyone else around awake.

In adults, snoring can be caused many allergies, diet, alcohol consumption, acid reflux, GERD, obesity, and anatomical problems with the sinuses and mouth. There are 2 types of snoring, mouth and nose. Nose snoring can be caused by nasal

congestion, such as with allergies or a cold, a deviated septum, or a narrow nasal passage.

If you are a bad snorer, start out with a visit with the doctor to determine the cause of the snoring is the first step. You may be referred to a sleep specialist. In the worse cases, you might have to be hooked up to a CPAP machine whenever you sleep or have to undergo surgery. I have several hunting buddies that bring a CPAP to camp with them.

For the common snorer, one without sleep apnea or other health issues, there is some etiquette that you can use to keep

your camp happy.

If you are a loud snorer, a so-called "goose-honker", like my buddy the Colonel, roll your sleeping bag, or pitch your tent away from everyone else. Do it the first night as you don't want to be in camp with a bunch of grouchy campers who were awake all night because of you.

If you are sharing a tent, tell your companions that you snore before you all go to bed and ask them whether snoring bothers them. Offer to take up residency in another place. I have even had snorers offer soft earplugs to their roommates.

You can let folks know

what to do if you start snoring. You might be a person who only snores when they sleep on their back. In that case, have them wake you and tell you to roll on your side.

Breathe Right nose strips work well for many people. They help open the nasal passages allowing a person to breathe better, and often at least reduces the volume of the snoring.

If your snoring is caused by seasonal allergies or a cold, try hitting the decongestant sprays or taking an antihistamine before hitting the hay. Often times, that is enough to temporarily reduce the snoring.

One thing that really increases snoring is alcohol consumption. I realize that many folks enjoy a glass or two of man's best friend at sundown, but it will increase the volume of snoring. Try and allow 4 hours after your drink before turning in.

Wait to be the last person to turn in at night, giving everyone else a chance to fall asleep before you get there. Sometimes that is enough to have everyone get a good night's sleep.

Sleep elevated, like on two pillows. In a pinch, you can roll up a hoodie or jacket to provide some elevation for your head and neck. Often times, this helps keep the nasal passages open and reduces snoring. If you keep rolling onto your back, you can place a rolled-up jacket against your back to keep you on your side.

When choosing a campsite, try something near a natural sound, such as flowing stream or waterfall. This natural noise will help folks not notice the snoring so much and hide the snoring under the natural noises.

Snoring can be a serious problem in camp. I was in a hunting camp once, where several grouchy hunters stuffed an onion in the snorer's mouth on the second sleepless night. If you think that was harsh, remember that John Wesley Hardin once shot a man for snoring.

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CPW seeks public input on potential changes to commercial fur sales regulations

SPECIAL TO THE MDP

Colorado Parks and Wildlife (CPW) is seeking public input to inform a regulatory proposal related to the commercial sale of furs in Colorado.

In response to direction from the Parks and Wildlife Commission, CPW has initiated a formal rulemaking process slated for the July meeting tied to a citizen petition submitted in June 2025 by the Center for Biological Diversity. The petition requests changes to Chapter W-0 regulations to prohibit the commercial sale, barter or trade of furs from furbearer species in Colorado, with

limited exemptions.

Following the Commission's direction, CPW staff will develop an issue paper outlining the regulatory considerations and potential changes to current rules. The issue paper will be presented to the Commission for action at its July 16-17, 2026 meeting.

CPW is now seeking public input to help inform the development of that issue paper.

Members of the public are encouraged to review information and submit comments to CPW through [EngageCPW.org](https://engagecpw.org).

Public input will be accepted from April 7 through May 3, 2026.



Pelts for sale at the annual fur auction held by the Colorado Trappers and Predator Hunters Association. Colorado Parks and Wildlife (CPW) is seeking public input to inform a regulatory proposal related to the commercial sale of furs in Colorado. (Courtesy Photo/Mark Surls)