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the Montrose Mirror

Free news for fresh people!

Issue No. 455 Nov. 15 2021

DMEA AND ELEVATE EXPERIENCE NETWORK ISSUES

Mirror staff report

REGIONAL-Delta Montrose Electric Association (DMEA) members have struggled over the past week to make timely payments, with the co-op's phone system and online payment system unavailable due to internal network issues.

The outage affects [Elevate Fiber](#) as well. In addition, DMEA and Elevate's physical offices are closed due to COVID-19 concerns. The service disconnection process has been suspended and no late fees will be charged due to the network outage, which impacts phone, email, and payment processing systems. Customers of Elevate Fiber and DMEA have not experienced disruptions to core services such as power and connectivity. Utility payments may still be made through the company's on-site drop boxes. Still, neither DMEA nor Elevate has issued a press release.

When reached for comment, DMEA Board President Kyle Martinez said, "We are working on a solution. In the meantime, we thank everyone for their patience, and we will not be issuing any disconnects...we will have an estimate mid week as to when all systems will be operating normally."



Utility payments may still be made through DMEA's on-site drop boxes. Mirror file photo.

RE-1J BOARD OF EDUCATION ASKS DISTRICT TO PAUSE PLAN TO TERMINATE NON-COMPLIANT STAFF



Allison Nadel of Montrose Altrusa honored two educators at the Nov. 9 Board of Education meeting. Altrusa Apple awards were presented to Yesica Marquez (pictured with ECC Director Penny Harris) of the Early Childhood Center and to Mallory Shaffer of Northside Elementary School.

By Caitlin Switzer

MONTROSE-With a sizeable crowd in attendance and a packed agenda, Board of Education Vice President Sarah Fishing presided over the regular meeting of the Montrose County School District RE-1J Board of Education on Tuesday, Nov. 9, in the absence of Board President Gayle Johnson, who is leaving the board this month due to term limits. Also absent was District G Director Stephen Bush. District B Director Jacob Suppes, District D Director Tom West, and District F Director Eric Kelley were present.

All joined in saying the Pledge of Allegiance. Directors voted unanimously to approve the meeting agenda.

STUDENT SPOTLIGHT

RE-1J Public Information Officer Matt Jenkins shared information on events taking place in honor of

Continued pg

in this
issue

[A Fresh Point of View...
My Survey Results!](#)

[Arlyn Macdonald-Five reasons
we should practice gratitude](#)

[Publisher Paul Arbogast:
Get Ready to Run-for City Council](#)

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GMUG EXTENDS COMMENT PERIOD TO NOV. 26 FOR REVISED DRAFT FOREST PLAN

Special to the Mirror

REGIONAL-The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests are extending the comment period by 14 days for the revised Draft Forest Plan. Comments must be received by Friday Nov. 26 2021 to have standing to object to the final plan. Please submit your comment using the online comment tool by clicking [HERE](#). You can also send an email to gmugforestplan@fs.fed.us.

Comments can also be submitted via:

Fax: (970) 874-6698

Mail: 2250 South Main Street, Delta, CO 81416

For past publications, webinar recordings, information on how to comment, and other helpful resources, please visit the planning website: <https://www.fs.usda.gov/goto/gmug/forestplan>. For more information, please contact the GMUG planning team at gmugforestplan@usda.gov.

We thank you for your contributions and participation. Your engagements and comments are critical to creating a Forest Plan that is comprehensive and inclusive.

THE MONTROSE MIRROR

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MEMBER OF THE
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OPINION/EDITORIAL: LETTERS

TREAT EACH OTHER AS WE WOULD LIKE TO BE TREATED

Editor,

As a child, I was taught to do my part, to be responsible: take the garbage out, feed the dog, clean my room, do my homework. I was taught to say please and thank you, excuse me, I'm sorry. These simple lessons helped me become a responsible adult contributing to my community: as a public educator, community organizer, offering leadership at my church, volunteering at nature reserves and mentoring young people. I show up for my family, keep the weeds pulled in my yard and put my shopping cart away. Doing my part creates a place for me, allows me to belong.

Early in the morning, November 8, I ended up at the Montrose Regional Hospital

Emergency Room with COVID.

The nurses and doctors were kind, attentive and their sole purpose was to help me feel better. They ran tests and treated me accordingly. They listened and took time to answer my questions. Clearly, they have each learned some of the same childhood lessons.

I made a point to thank each nurse and each doctor for taking care of me, and for taking care of all those in COVID distress across the past 20 months. I am just one of so many. Each and every one of them stopped, looked at me, seemed to take a breath and said, "Thank you for saying that. We don't hear it very often."

How can that be? Instead, sometimes, after doing their work to help someone

breathe easier, they have been harassed, even yelled at, because public health has been politicized. It's a shame.

Still, they have continued to show up, putting themselves and their families at risk, in order to do the work they have chosen out of a simple heartfelt desire to help others.

That's what they told me.

My plea, my prayer is that, as a community, we might recommit to treating each other as we would like to be treated.

Be like the ER nurses and doctors.

Be responsible, be kind. Take care of yourself and take care of others. Wear a mask. Get vaccinated. Say please. Say thank you.

Carol Keeney, Montrose



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HEALTH & WELLNESS WITH TRACIE BEARDEN

PROPERLY FITTING WINTER SPORT HELMETS REDUCE THE RISK OF SKI AND SNOWBOARD-RELATED HEAD INJURIES

By Tracie Bearden, MS, CCC-SLP, CBIST, CTP

MONTROSE-Winter is here, who is ready to hit the slopes? Winter recreational sports, such as skiing and snowboarding, are the most beloved recreational activities in Colorado. These sports do come with a heavy risk to participants: concussions, orthopedic injuries, and moderate-severe traumatic brain injuries. Head injuries accounted for up to 20 percent in adults and 22 percent in children, of the 600,000 annual skiing and snowboarding injuries in the United States reported in 2020 by Jessie Oldham, PhD at Micheli Center for Sports Injury Prevention in Massachusetts.

While helmets are not created to eliminate concussions altogether, wearing a helmet while skiing and snowboarding does help to prevent more serious and catastrophic injuries such as more severe traumatic brain injuries and skull fractures. Traumatic brain injuries are the most common severe injury and risk-factor in up to 88 percent of skiing and snowboarding fatalities.

The United States has yet to implement a mandatory helmet requirement for recreational skiers and snowboarders, though there have been some ski resorts such as Vail Resorts, Aspen Skiing, and Intrawest resorts in Colorado that do require the use of helmets on their slopes for ski school.

However, just because we "can" doesn't always mean we "should," right? There are three significant factors that put someone on the slopes at an elevated risk for injury and those are: being male and youth aged, a beginner, and snowboarding. Those individuals that snowboard are at a 50 percent greater risk for head injury than skiers, but all winter sport enthusiasts remain at an elevated risk for sports related concussions and head trauma on the slopes. The use of helmets in winter recreational activities has been shown to decrease head, face, and neck injuries by 43 percent. Falling is the number one cause of skiing and snowboarding head injuries, followed by collisions with inanimate objects such as a tree. More importantly, properly fitting winter sport

helmets reduce the risk of ski and snowboard-related head injuries by 60 percent.

How can you protect yourself this winter while still enjoying the sports you love?

Prior to hitting the slopes, make sure your helmet and your child's helmet fit properly. Helmet fitting is a precise art, so ask a professional at your local ski shop or at the resort for assistance with proper helmet fitting and making sure it has the ASTM F2040 or CE EN 1077 safety certification. And the most important tip I have for this winter for readers, if you or a loved one do fall or have a collision while on the slopes- seek emergency medical

services even if you feel "fine" or a "little off."

Head trauma and concussions are no joke and the sooner you can get medical attention, the sooner your symptoms can be addressed and you can start to heal for your next run.

Tracie Bearden is a medical speech pathologist with twelve years of clinical experience treating medically complex patients. Tracie owns Neuro-based Speech Solutions, a Trauma Informed, Speech Therapy private practice in Montrose, Colorado. Tracie is a board certified Brain Injury Rehab Specialist and Trainer.



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COLORADO NEWS BRIEFS

LABOR DEPARTMENT ADOPTS LANDMARK NEW OVERTIME RULES FOR AGRICULTURAL WORKERS

Special to the Mirror

DENVER -- The Colorado Department of Labor and Employment's (CDLE) Division of Labor Standards and Statistics (DLSS) has published as final the revised Agricultural Overtime Rules. The rules are part of the **Colorado Overtime and Minimum Pay Standards Order**, and will make Colorado among the top states for worker rights and protections:

Among the strongest agriculture overtime in the country. Only six other states have

any ag overtime, and only four of those have similar or stronger overtime rights. Expanding overtime rights discourages excess hours, increasing both jobs and safety. Historically, the purpose of overtime hasn't been extra money -- it's encouraging shorter work hours, especially in tough manual labor. Excess hours increase injuries and deaths, and stifle labor force participation. Colorado's and other states' experiences with overtime rules confirm: expanding overtime rights in-

creases jobs: more workers stay in the workforce, and employers hire more rather than just assign more hours. Adding heat safety and service access rules gives Colorado among strongest ag labor rights. The rules include heat protections (water, shade, extra breaks during heat, and more) which only 3 states have - plus access to service providers in long workweeks. These landmark rules reflect extensive input from hundreds of Colorado workers and employers from statewide listening sessions, public meetings, and written comments. Some of the changes based directly on public input include: -protections against especially long workdays, those over 12 and 15 hours; a relaxed 56-hour overtime standard for peak times at seasonal farms (which can define their peaks by their individual needs), and new overtime exemptions for family employed on family farms, and decision-making managers at livestock ranches, feedlots, and dairies.

-gradual but not excessively long phase-in -- a year before overtime starts, and 2-3 years before full overtime requirements -- to let employers consider options like increasing hiring or adjusting schedules to limit overtime;

"These measures give Colorado the nation's strongest protections against haz- ardously long hours, including time-and-a-half overtime at 48 hours for most ag workers, and also -- between our now-final overtime rules, and our pending heat protection and service access standards -- much-needed extra paid breaks for workers during long days, long weeks, and high heat," said Director of the CDLE Division of Labor Standards and Statistics Scott Moss. "We adopted many good ideas from farm, ranch, and dairy businesses to accommodate their operations needs -- flexible peak seasons with reduced overtime, years-long phase-in, family farmer and livestock manager exemptions, and more. These standards are better for all Coloradans, thanks to their extremely constructive participation in the extensive, open, statewide outreach we performed."

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REGIONAL NEWS BRIEFS

CITY OF MONTROSE FALL LEAF COLLECTION EVENT BEGINS TODAY

Special to the Mirror

MONTROSE — The City of Montrose will begin its annual fall leaf cleanup on Monday, November 15, with the free service running through Friday, Dec. 10.

All leaves must be bagged, preferably in clear bags. Bagged leaves must be placed on the curb in order to be picked up. Limbs and other yard debris will not be collected. Bagged leaves will be picked up by routes running Monday through Thursday and a final city-wide sweep will occur from Dec. 6 to 10.

Starting Monday, Nov. 8, the city will begin selling bundles of leaf bags for the annual cleanup. The bundles, which contain four clear leaf bags each, are available for \$1 at City Hall, located at 433 South First Street, and at the Public Works Shop located at 1221 6450 Road. Please note that any brand of clear leaf bags is acceptable.

Contact Public Works at 970.240.1480 to schedule a pick-up.

The City of Montrose would like to remind residents to refrain from raking leaves into the street or city storm drains.

For more information, contact City Hall at 240.1400 or visit www.CityOfMontrose.org.



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REGIONAL NEWS BRIEFS

POLICE DEPARTMENT TO HOST RECRUITING OPEN HOUSE

Special to the Mirror

MONTROSE — The Montrose Police Department will host a local recruiting open house at the Montrose County Event Center on Saturday, Nov. 20, from 10 a.m. to 4 p.m.

Police Department staff and recruitment team members will be there to speak with

individuals interested in joining the Montrose PD. "The Montrose Police Department recognizes the high level of community support here locally, and would like to invite everyone out to visit with us during this event," Montrose Police Commander Matt Smith said.

Police Department equipment will be on

static display, and officers will be available to answer questions about the department's community programs. Staff will also be available to share information about the department's new facility, the Public Safety Complex currently under construction on South First Street, which is scheduled for completion in 2022.

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Special to the Mirror

MONTROSE—Join Montrose County to discuss water at the third annual West Slope Water Summit on Nov. 16 from 9:30 a.m. – 3 p.m. at the Montrose County Event Center. Doors open at 9:30 a.m., with presentations starting at 10 a.m. The Water Summit is free and includes lunch but does require registration. For more information and to register online, visit westslopowatersummit.com. You can also register via the phone by calling (970) 249-7755. Local water information and resources are available on montrosecountywater.com.

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COLORADO NEWS BRIEFS

COLORADO PARKS AND WILDLIFE COMMISSION TO MEET NOV. 18 - 19

Special to the Mirror

LAMAR— At its hybrid virtual/in-person meeting in Lamar, the Colorado Parks and Wildlife Commission will hear regulations related to adjusting license fees and license agent commission rates according to adjustments to the Denver-Aurora-Lakewood Consumer Price Index, annual review of fishing regulations including removing the prohibition on fishing on the South Prong of Hayden Creek and removing the Wakara Lease property from regulations pertaining to the White River in Rio Blanco County, annual review of turkey hunting regulations including creating Novice Adult Outreach Hunting Licenses for turkey and creating an over-the-counter fall turkey season in Game Management Unit 23, regulations related to the requirements to access State Wildlife Areas and State Trust Lands including exempting multiple properties from public access license requirements (see Agenda item 14), authorizing CPW to issue permits to commercial users of properties controlled by CPW, clarifying seasonal clo-

sures at Perins Peak State Wildlife Area, and modifying general refund procedures, the restoration of preference points, and the Director's disaster relief authority.

The commission will also discuss requiring reservations for big game and small game hunting in the Jefferson County portion of Golden Gate Canyon State Park where hunting is permitted, permitting kiteboarding through special activity permits at Navajo State Park, annual review of big game regulations including amending season timing and/or fluorescent orange/pink requirements during the overlapping archery and muzzleloader seasons and decreasing the fee charged for exchanged licenses, consideration of new and amended regulations authorizing livestock owners and their agents to haze gray wolves to prevent or reduce injury to livestock, regulations making it unlawful for any person to place any olfactory attractant with the intent to lure any threatened or endangered species unless permitted by the division, the Sangre de Cristo Bighorn Sheep Herd Management Plan, and the GOCO

representative vote results at its meeting on Thu., Nov. 18 and Fri., Nov. 19. The meeting will be streamed live on CPW's YouTube page.

The meeting is scheduled to begin at 8:30 a.m. on Thu., Nov. 18 and adjourn at 4:30 p.m. The commission will reconvene at 8:30 a.m. on Fri., Nov. 19 and adjourn at noon

Additional agenda items include:

- Department of Agriculture update
- Department of Natural Resources update
- Financial update
- Annual Capital Development update
- Great Outdoors Colorado (GOCO) update
- Awards and presentations
- Wolf Public Engagement update from Keystone Policy Center
- Keep Colorado Wild Pass update

A complete agenda along with all materials for public review for this meeting can be found on the CPW website. The public is encouraged to email written comments to the commission at

dnr_cpwcommission@state.co.us. Details on providing public comments for virtual meetings are available on the CPW website.

The commission meets regularly and travels to communities around the state to facilitate public participation. Anyone can listen to commission meetings through the CPW website.

This opportunity keeps constituents informed about the development of regulations and how the commission works with Colorado Parks and Wildlife staff to manage the parks, wildlife and outdoor recreation programs administered by the agency. Find out more about the commission on the CPW website.

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- We have a small variety of seedlings for sale, however due to construction delays it will be next year before we will have large inventory of vegetable plants available for retail or sales of 4-pack seedlings and mature vegetable plants for sale to the home gardener.
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UTAH NEWS BRIEFS

VIETNAM VETERANS WITH CHOLANGIOCARCINOMA GET HELP TO NAVIGATE FILING CLAIMS WITH VA

Special to the Mirror

SALT LAKE CITY, UTAH-- Navigating how to file claims with Veterans Affairs can be daunting when diagnosed with a rare disease such as cholangiocarcinoma (bile duct cancer). That's why the Utah-based Cholangiocarcinoma Foundation hosted a [webinar featuring volunteer Lourdes Rocha](#) and is resharing the recording to raise awareness and provide support for Vietnam veterans.


"Vietnam veterans fought in perhaps the most controversial war in American history and deserve full benefits for their service," said Cindy Thomas, Foundation staff member. "While this webinar was recorded in 2020, the information is just as relevant today to help veterans with cholangiocarcinoma get full federal health and disability benefits. Providing a webinar on their behalf to honor their service this Veterans Day is the least we can do."

Vietnam veterans were exposed to two different risk factors regarding developing cholangiocarcinoma during their service in Vietnam. The risk factors are exposure to liver flukes and dioxin, which is in Agent Orange. Although exposure to the liver fluke in Vietnam is mainly through eating raw, undercooked salted, or fermented fish, there are cases that have been contracted through cross-contamination.

The VA has approved claims for liver fluke exposure and herbicide exposure. In some cases, the VA will state the Agent Orange Studies by the National Academy of Sciences as reasons not to recognize cholangiocarcinoma. However, research shows due to the rarity and other factors regarding cholangiocarcinoma, Agent Orange Studies are flawed. In some cases, the VA will deny service connection because the veteran did not show symptoms in the service or within a year after discharge. The veteran did not have to have symptoms in the service or within a year after discharge for this to be service-connected. In the majority of cases, this cancer is asymptomatic and in most cases takes 30 to 40 years to develop. Because of those aforementioned issues, Rocha provides instruction to help veterans file claims since service connections must be established on a direct basis. This requires a


nexus opinion linking military service to bile duct cancer because the VA has a history of both granting and denying veterans' claims for service connection for cholangiocarcinoma. However, in cases where service connection is granted, VA recognizes the connection between service in Vietnam and the later onset of the disease. If you are a Vietnam veteran, know

a Vietnam veteran who has cholangiocarcinoma, or you are the spouse of a veteran who has passed away from cholangiocarcinoma and experienced problems with your VA claims/appeals, please contact Cindy Thomas at cindy.thomas@cholangiocarcinoma.org. Please include your claim/appeal status and a brief history of your claim process.



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Please note that several cast members will be cast in multiple roles, of varying genders. In addition, this aims to be a diverse and inclusive production, open to actors of any race, ethnicity, and gender/gender expression.

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REGIONAL NEWS BRIEFS

DELTA HEALTH'S PATIENT AND FAMILY ADVISORY COUNCIL MARKS 1ST ANNIVERSARY

Special to the Mirror

DELTA-One year ago, Delta Health created its first-ever Patient and Family Advisory Council (PFAC) where family members, caregivers, patients and healthcare employees could focus on a variety of hospital and patient/family-care initiatives.

Today, the group is comprised of 10 members who have helped spearhead

multiple projects and initiatives focused on improved patient care at Delta Health Hospital and its Clinics.

"It has been amazing to see this council grow into what it is today," said Richard Harding (Olathe), Co-Chair of the Delta Health PFAC. "Everyone has come with ideas on how the healthcare system can be improved to better serve the communi-

ty, and it has been a great way for us all to connect directly with hospital administration and healthcare staff at the hospital and clinics."

The group has already spearheaded multiple projects and initiatives; one of which is planning the creation of sensory bags to help calm and comfort children. These bags will be for children who may be visiting the hospital as a patient or with their parent or guardian. The bags will include items like stuffed animals or books for different age groups to help ease and calm anxieties that can come from hospital visits.

Another project in the planning stage is to coordinate with Region 10 to develop presentations throughout the area to advise senior citizens on documents needed should they become incapacitated on what their wishes are.

PFAC meets the first Thursday of each month, with meetings alternating between noon meetings where the group gets to hear presentations from hospital staff and evening "working" meetings where the group dives into their special projects. The PFAC has multiple goals to generate new program ideas, to enhance collaboration and cooperation and to improve the way that information is shared between patients, family and the Delta Health staff.

"Last year during the pandemic we saw it was a critical time to remain in touch with our community," said Jacque Davis, Delta Health Director of Marketing/Communications/PR. "A group of Delta Health employees were appointed to the PFAC planning committee to help create bylaws, a charter and more. From there, the group began working on recruitment and we have been growing our membership ever since."

The group encourages any community members, patients, family, or caregivers who utilize Delta Health facilities to apply to join the Delta Health PFAC. To apply, fill out the general inquiry form located on the Delta Health website at deltahealth-co.org/patient-and-family-advisory-council/. Those interested can also call 970.874.2291 or email info@deltahospital.org.

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COLORADO NEWS BRIEFS

SUPREME COURT APPROVES THE FINAL APPROVED CONGRESSIONAL PLAN

Special to the Mirror

DENVER-The Colorado Supreme Court unanimously approved the final approved congressional plan. The decision can be viewed at https://www.courts.state.co.us/userfiles/file/Court_Probation/Supreme_Court/Opinions/2021/21SA208.pdf. According to the Colorado Constitution, the Court will file the approved plan with the Secretary of State no later than Dec. 15, 2021.

"Receiving this approval from the Colorado Supreme Court reaffirms that this new redistricting process is a successful model that should set the standard for the rest of the country," said Jessika Shipley, staff director of the Colorado Independent Redistricting Commissions. "It took a lot of patience, dedication, and thoughtfulness from the commissioners, staff, and the public and we look forward to seeing how the new congressional districts bring positive support and representation to the people of Colorado."

The Colorado Supreme Court has the deadline of Nov. 15 to issue a ruling on

the final approved state house and state senate plans.

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COVID-19 Testing Sites in Montrose County



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URGENT CARE**
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970-249-2118
www.cedarpointhealth.com/testing

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970-240-8199
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www.basinclinic.org

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www.peakpros.org

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970-252-8896
www.pic.place

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308 Main St, Olathe
970-323-6141
www.rivervalleyfhc.com

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2351 South Townsend Ave, Montrose
970-252-1743
www.walgreens.com/pharmacy

Please reach out to one of the providers listed to schedule a COVID-19 test.

For additional regional testing sites, please visit www.montrosecountyjic.com
updated 11/8/21

REGIONAL NEWS BRIEFS

BUREAU OF LAND MANAGEMENT WELCOMES NEW FIELD MANAGER TO THE GUNNISON FIELD OFFICE

Special to the Mirror

GUNNISON-The Bureau of Land Management (BLM) Colorado Gunnison Field Office welcomes Jon Kaminsky as the new Field Manager to the Gunnison Field Office in Gunnison Colorado.

Jon will be responsible for the management and stewardship of more than 20 employees and 600,000 acres of public land in the upper Gunnison River Basin of southwestern Colorado.

"We are delighted to welcome Jon Kaminsky aboard as the new Field Manager for the Gunnison Field Office here in southwest Colorado," said acting District Manager Elizabeth Dawson. "Jon has a proven history of building consensus and finding innovative solutions to manage public

lands in Colorado, and we're thrilled to have him join our team."

Trained as a professional hydrogeologist, Jon has earned a bachelor's degree in geology from Western State College of Colorado (now Western Colorado University) and a Master of Science in Hydrogeology from Idaho State University. Jon has broad experience in project management, National Environmental Policy Act analysis, including the preparation of Resource Management Plans, and is experienced from both regulator and proponent perspectives in natural resource management.

"I am honored to be the new Field Manager in a region that has played such an important part in my life," said Gunnison

Field Manager Jon Kaminsky. "I look forward to continuing to connect with the local communities, government officials, Tribes, and stakeholders."

Jon's career has taken him all over the western United States since 1982 as an educator, employee of the USGS, Department of Energy and the Bureau of Land Management.

Jon is married to Shannon Kaminsky, and their family includes two children, son Ian and daughter Kaylee.

They enjoy skiing, ice hockey, hiking 14ers, and cycling. Ian recently graduated from college, and with Kaylee's recent graduation from Gunnison High School, they are now settling in to being empty nesters.

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Residential Market Report October 2021

October 1-31 2021 Data source is CREN MLS

Montrose County **93 Active Listings, 105 Under Contract**
74 Sold, \$422,899 Average Price

Delta County **124 Active Listings, 103 Under Contract,**
53 Sold, \$331,545 Average Price

Ouray County **47 Active Listings, 21 Under Contract**
16 Sold, \$957,778 Average Price



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THE CENTER SQUARE: COLORADO REAL ESTATE

By Robert Davis |

The Center Square contributor

(THE CENTER SQUARE) – The median sales price of homes in Colorado has increased by more than 15 percent since October 2020 as housing inventory continues to lag demand, according to the latest data from the Colorado Association of Realtors (CAR).

Statewide, the number of new listings has fallen 8.1 percent on an annualized basis, resulting in an 18 percent drop in home sales. At the same time, CAR data show the average sales price of homes in Colorado has climbed 10.7 percent since last year up to \$678,755.

Homes that are listed for sale are spending less time on the market as well. Homes spent an average of 28 days on the market in October compared to an average of 43

days a year ago.

“We all know prices are up and ‘affordability,’ well, what does that even mean anymore?” Denver area realtor Matthew Leprino said in a statement. “It seems the definition can sometimes change from month to month as a relative response to what a ‘normal’ house sells for.”

The seven-county metro Denver area saw its inventory fall by 9.8 percent to just over 4,700 homes with nearly as many sold listings, according to the data. Meanwhile, the median sales price increased to \$570,000 from \$562,000 in September.

Jarrod Nixon, a realtor in Durango, said mountain towns are also being squeezed by low inventory and high demand from outside buyers.

For example, Nixon points to La Plata

County, where October’s single-unit listings were down 41 percent when compared to last year. This leaves the market with just over a month-and-a-half of supply, Nixon said.

Attached properties like townhomes and condos are also seeing increased demand as buyers feel more comfortable in close living quarters than they did last year, according to Boulder-area realtor Kelly Moyer. Moyer said the median home prices for townhomes and condos in Boulder are up 10 percent since last year compared to the 23 percent gains for single-unit homes.

However, the average days on market for attached homes also dropped, a sign that buyers are expanding their options as winter approaches. “This market might just drive right through the holidays,” Moyer said.

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OPINION/EDITORIAL: LETTERS

WHEN IT COMES TO SAFETY OF COVID-19 VACCINE FOR YOUNG CHILDREN, QUESTIONS AND CONCERNS REMAIN

Editor:

This opinion piece was recently submitted to the Montrose Daily Press but was rejected for publication. The response I received from the editor was, "I appreciate the submission, but we're gonna pass on publishing this one. There's just a lot of information and claims in here and we don't have the time or means to fact check. We just don't want to take the chance of possibly spreading misinformation about vaccines." It appears they have joined the current trend of censorship presently flourishing in our country. If you are reading this, then you realize the Montrose Mirror still believes in dissenting opinion and freedom of speech. I believe 'we the people' are intelligent enough to decide for ourselves what is fact or fiction. I'm sure my opinion may generate other's to voice theirs. That would be healthy. That would be America.

The FDA's Vaccines and Related Biological Products Advisory Committee recently endorsed the Pfizer-BioNTech COVID-19 vaccine for children 5-11 years of age.

FDA panelist, Dr. Eric Rubin, Editor-in-Chief for the *New England Journal of Medicine*, stated, "We're never gonna learn about how safe the vaccine is until we

start giving it. That's the way it goes." As a parent you should think long and hard about that statement. Every 5-11 year old who receives a COVID-19 vaccination will become participants in the clinical safety trials for their age group, just as every adolescent and adult who has received a COVID jab has entered themselves into the ongoing clinical trials for the experimental mRNA vaccine. If you didn't know, the original clinical trials are not scheduled to end until 2023.

There is no long term safety data, but there are the alarming numbers of 856,919 adverse events and 18,078 deaths associated with the COVID-19 vaccines as reported in the VARES Analysis website as of October 29, 2021. The total number of deaths associated with COVID-19 vaccines is greater than the number of deaths associated with all other vaccines combined since 1990.

Prominent cardiologist, Dr Peter McCullough, in a speech given at the 78th Annual Meeting of the Association of American Physicians and Surgeons on October 2, 2021, shared research showing the chances of children ages 12-17 being hospitalized for myocarditis from the vaccine is greater than being hospitalized for

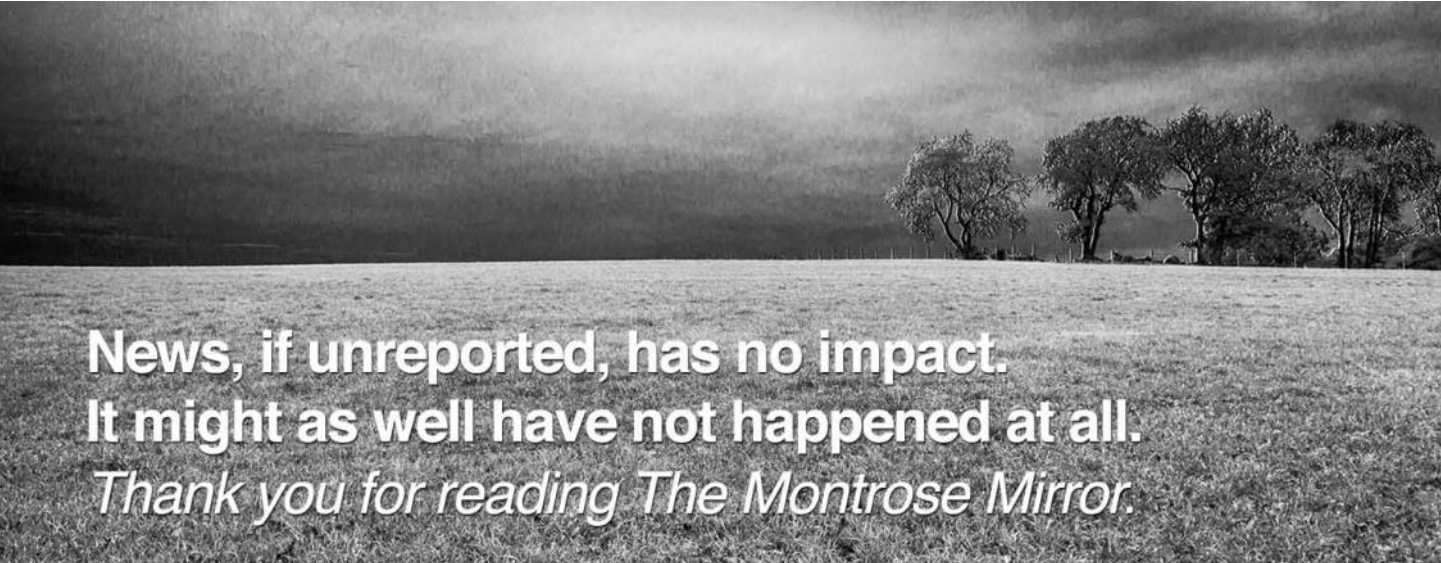
COVID-19.

Could this also prove true for those 5-11? (In order to provide true informed consent, this speech should be mandatory continuing medical education for all physicians and healthcare workers promoting and/or giving the vaccine.)

According to CDC data presented during the FDA panel's discussion, COVID-19 death rate in children ages 5-11 represented 0.03 percent of all COVID-19 deaths in the United States, and 0.008% of total COVID-19 cases. Ages 0-17 accounted for 0.0000002% deaths by total COVID-19 cases. This is statistically a zero death rate for ages 0-17. A statistic out of Stanford puts it this way. Through age 19, children and adolescents have a 99.9973% COVID-19 survival rate.

Why vaccinate? Our children are the last line of defense. They should be allowed complete freedom to be children. If they contract COVID, they develop life-long robust immunity via their innate immune system, thereby helping to push our society toward natural herd immunity. Do your research. There are no do-overs. Adverse vaccine consequences for your children may be devastating.

David Loncar, Montrose



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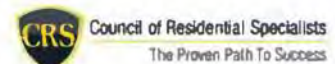


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RE-1J BOARD OF EDUCATION ASKS DISTRICT TO PAUSE *From pg 1*



The Nov. 9 Montrose County School District RE-1J Board of Education meeting drew a sizeable crowd for a discussion of the district's planned serial testing program.

Veteran's Day, including Donuts with Heart-in which Third Graders and their families invited veterans for morning donuts; Olathe Middle-High School's Veteran's Day Assembly; and a tailgate meal for veterans and their family members before the Nov. 12 MHS football playoff game, hosted by Montrose High School's STUCO, ROTC, Catering, LULAC, and Project Unify students. Veteran recognition was also planned for halftime.

Allison Nadel of Montrose Altrusa honored two educators. Altrusa Apple awards were presented to Yesica Marquez of the Early Childhood Center and to Mallory Shaffer of Northside Elementary School. Columbine Middle School was recognized with an Apple Distinguished School award for 2021-2024.

Fishing gave an update on the results of the Nov. 2 election. District A Candidate Jeff Bachmann and District G Candidate Stephen Bush ran unopposed and officially won their seats with 100-percent of the vote. Alice Murphy won the District C seat formerly held by Gayle Johnson, and Fishing won re-election to her District E seat. The District F seat remained undecided at the time of the meeting, with a very close margin between Incumbent Eric Kelley and Challenger Dawn Schieldt; final results were expected Friday morning.

There will be a special board meeting on Nov. 30 to seat the incoming board members, and to select new officers.

The Colorado Association of School Boards (CASB) Conference is Dec. 2-4. Kelley gave an advisory update on the master capital improvement committee. "...RTA is going to present a briefing to the distribution team next week...the priorities have risen to the top, ranked against the needs of the district...now they're getting a detailed plan together about how we're going to execute those priorities and help our facilities stay good and get better for the future."

Fishing thanked Kelley for serving on the committee.

COMMUNITY INPUT

First to speak was Jamie Simo, RE-1J educator and parent. She thanked the board for the opportunity to speak and expressed gratitude for the precautions and mitigation strategies that the district has implemented in response to COVID.

"This topic is obviously one that comes with a varying opinion from many, so I am here to share mine," Simo said. "My 63-year-old mother was exposed to COVID in August. She was hospitalized for a month, put on oxygen, and placed on a ventilator. Before she could be fully intubated her heart stopped and she could not be re-

vived."

Simo said she fully supports voluntary rapid response testing of students at each school. "This is a mitigation strategy that is quick and will allow the family their choice not to be vaccinated but at the same time allow the student to not be quarantined while protecting the teachers and students in that building. We can respect all the varying opinions out there, but I am sure we all have friends and family that we want to keep safe and healthy."

Centennial Middle School Principal Joe Simo also expressed support for the rapid response testing option. "...I am excited that at this point Montrose County School District is providing another option for families. Learning loss has been dramatic this year."

He thanked the school board and central office staff for offering rapid response testing to the community.

Citizen Judy Stevens spoke, "I am here today to express my concern over a policy that will go into effect Nov. 12," she said. "I've received communications from several different teachers and staff at this district about the COVID screening program for unvaccinated staff. They are very distraught and upset over this practice, which will single them out once again, and take away their privacy with regard to their personal medical choices."

"The impetus for forcing unvaccinated individuals to undergo weekly testing seems to be primarily justified based on the amount of day missed by unvaccinated staff," Stevens said. "Unfortunately, the number of days missed by vaccinated staff was not disclosed in the staff email...it gives the impression that the figures are merely a manipulation to support an underlying agenda."

"Basically these teachers and staff are being given the message that they are being given the option to forego their personal medical choices or face being terminated."

She asked the board to reconsider the plan.

"This plan is going to discriminate against the unvaccinated and cause more animosity in the workplace," Stevens said. "These

RE-1J BOARD OF EDUCATION ASKS DISTRICT TO PAUSE *From previous pg*



RE-1J Directors Jeff Bachman (l) and Jacob Suppes (r) expressed concerns over the school district's plan, announced Nov. 5 in the Montrose Daily Press, to terminate non-compliant staff.

teachers have worked through a pandemic and they're still going. If we keep pushing, we're going to push our teachers right out the door, to neighboring districts up north."

Local physician Dr. Sarah Judkins spoke. "...I think we need to rely on evidence, I think we need to rely on medical recommendations, and while we don't need to mandate vaccination in our community—I think that is a losing battle...this proposed policy to figure out a way to work within the confines of respecting other peoples' beliefs and opinions and how they want their healthcare to go is appropriate.

"I fully support the board and their proposed policy plan change," Judkins said, "For asking for voluntary testing of all students and mandating it for unvaccinated staff members."

Dr. Tim Judkins spoke as well. "...I think it's important that our school board and our district at least has one kind of unifying way that they are going. I think having one source that you guys work from could be helpful." He suggested the American Academy of Pediatrics as a source.

Brooke Perkovich spoke, introducing herself as a third-year medical student.

"...How much are our kids missing because we are not able to make sure that they have the steady ability to stay in school, and how much are our parents missing...who don't know if they might have to stay home to take care of their children...masks help to protect those around you. Testing can help to know who needs to stay home and who is safe to be in school," Perkovich said.

"When did we stop caring about our community and making sure everybody is safe?"

Local physician Dr. Gayle Frazzetta spoke, "I think the fact that 96 percent of physicians in the U.S. are actually vaccinated speaks for itself...yes, we all have personal choices to make, but we don't have personal choices to make that harm others."

Parent Matt Boisen noted that the current situation has resulted in children staying home when they are not sick and urged clarity on the protocol with regard to quarantine.

"Elementary age kids, they don't learn on their own," he said. "...I would like

to see something along the lines of, if an individual is vaccinated and they are exposed and they do not have symptoms, I really think they should be able to continue to go to school, likewise if they're masked..."

"We're all here because we love our kids and we really believe in the value of public education," he said.

Erica Burns spoke, introducing herself as a parent and nurse practitioner. "We all have the same goal...we want our kids to be healthy and we want them to be school...and we want our educators to be able to do their job...masking seems to be a very simple, cheap and effective way for us to keep our kids where they need to be, which is in school."

Burns said she has started a petition. RE-1J Teacher and parent Jamie Gann spoke in support of the new testing protocol, "As cases rise at the alarming rate they are right now, to have this program available for all children, even my vaccinated sons, it's that added layer of protection against a currently raging disease...the disruption of learning...is real.

"...This protocol is a very big help," Gann said. "...It keeps more of my students with me more of the time more safely."

Community member Linda Gann spoke, "...I am back again tonight to encourage and support this administration and the board in all of your efforts to mitigate this serious and deadly virus. We have many tools at our disposal...errring on the side of caution is the best way to keep us all safe...what I cannot support is doing nothing or rolling back the policies and proto-

cols that you are doing now."

Cottonwood Elementary School Principal and parent Jack Christiansen spoke. "For me this testing protocol that we adopting in the district...helps keep my kids safer and helps keep everybody's kids safer...At the end of the say what we all want is a return to the normal before COVID. I think that testing allows us to get there, to fill the gaps that exist currently.

"...As a principal, the last thing I want is kids to not be in school."

ENROLLMENT AND STAFFING DISCUSSION

Finance Director Emily Imus, Human Resources Director Michelle Pottorff, and Instruction Services Supervisor Jessica Beller presented a discussion of enrollment and staffing, with data from the district's Wendell tracking system.

SERIAL TESTING DISCUSSION

Operations Director James Pavlich shared slides and information on the district's [rapid response testing program](#). Current COVID prevalence in the community is at 14.5 percent, prevalence in schools is 18 percent. With rapid testing, once a building reaches participation levels of 70 percent of unvaccinated staff and students, quarantines will no longer be necessary. Pavlich spoke at length. Staffing is a big challenge right now, he said at one point, with only 70 percent of requested substitute spots filled.

"Stop," District B Director Jacob Suppes interjected, and asked Pavlich if noncompliant staff were to be fired after five weeks for declining to be tested, as reported in the *Montrose Daily Press* Nov. 5.

A mandate is not a law, and cannot be compared to seat belt laws, Suppes said.

"I feel we are on the verge of several lawsuits," he said, adding that in two years the number of children in the United States who have died of COVID is 586.

"Kids are in more danger from Influenza."

"We want to work with staff," Pavlich said, noting that serial testing will allow the highest quality teachers to be in front of students every day.

District A Director Jeff Bachman asked why the district would not first try a voluntary approach to testing.

"We're in crisis," Pavlich said, "...highest prevalence since we kicked this whole deal off."

Continued next pg

RE-1J BOARD OF EDUCATION ASKS DISTRICT TO PAUSE *From previous pg*

"Let people make their own choices," Suppes said, "I am not my brother's keeper."

"We really feel this is in the best interests of staff and students," Pavlich said.

"...We're trying to choose the most reasonable course based on the data we know."

Vaccination status is not protected under HIPAA, the Health Insurance Portability and accountability Act of 1996, Human Resources Director Michelle Pottorff said. The School District has every right to ask for proof of required vaccinations.

Said Suppes, "I would really love to see you guys meet with these people instead of sending them a damn email."

A teacher in attendance at the meeting said that Central Office staff met with members of the Uncompahgre Valley Education Association (UVEA) on Monday, Nov. 8, but said nothing about terminating non-compliant employees. In addition, an email was sent to staff with information about mandatory testing but the email made no mention that employees could end up being terminated for non-compliance. "We found out through the Press," said the teacher.

The Nov. 5 *Daily Press* article, which is behind a paywall, stated that non-compliant staff would first receive a verbal warning and would be placed on unpaid administrative leave after three weeks, with possible termination after five weeks. The article quoted District Spokesperson Matt Jenkins, saying that unvaccinated staff members are placing a "significant additional cost burden" on the district.

A retired law enforcement professional, Suppes said that he spent 31 years protecting the rights of citizens and did not intend to turn around and deny those rights as a school board member.

Said Bachman, "I don't want to lose one teacher over this. I would like to take this

dismissal thing off the board until we can talk to the teachers. We haven't even met with them.

"And I think as a board we have a part in this decision."

Board Vice President Sarah Fishing noted the need for a consistent source of data and for improved communication. The way that information on rapid response testing was communicated to staff has caused some anxiety, Fishing said. "...We need to let people know we are not going to kick them to the curb.

"I would like us to consider masks, frankly," she said. "And I don't want us to sacrifice one teacher to crisis communication that can feel rather shrill."

She suggested taking a step back, "...take a breath, have a chat...how can we build consensus?"

INFORMATIONAL UPDATES

The Board of Education heard an enrollment report from Imus. As of Nov. 3, there were 6,065 students in RE-1J Schools, 243 higher than last year.

Imus also presented a Quarterly Financial Report, and Quarterly Investment Report.

The evening was growing late by the time Early Childhood Center (ECC) Director Penny Harris took the podium to present an ECC update. "There's a lot of data here and I am going to go over it in excruciating detail," Harris said. "Jim got his hour and I want my hour!"

Still, Harris was brief as she presented information on Enrollment, Financials, Health, Family and Community Engagement, Non-federal share/In-kind, and a 2021-2022 Head Start Community Assessment.

CONSENT AGENDA

The Board of Education voted to approve Consent Agenda items including a revised Personnel Report.

NEW BUSINESS

The Board of Education voted to approve

revised board policies:

-AC, Nondiscrimination/Equal Opportunity - updated discrimination identification and definitions as required by law

-AC-E1, Nondiscrimination/Equal Opportunity Regulation - updated discrimination identification as required by law

-JB, Equal Educational Opportunities - updated discrimination identification as required by law

-JF, Admission and Denial of Admission - updated discrimination identification as required by law

-JFBA, Intra-District Choice/Open Enrollment - updated discrimination identification as required by law

-JFBB, Inter-District Choice/Open Enrollment - updated discrimination identification as required by law

-JICDE, Bullying Prevention and Education - updated discrimination identification as required by law

-LBD, Relations with District Charter Schools - updated discrimination identification as required by law

The Board of Education considered revised board policies on First Reading:

-BID/BIE, School Board Member Compensation/Expenses/Insurance/Liability - updated to reflect legal change in compensation to Board members

-IHCDA, Concurrent Enrollment - minor language changes and addition of information to middle school students

-JEB, Entrance Age Requirements - updated age requirements for enrollment

-JICDD, Violent and Aggressive Behavior - updated anti discrimination designations

-JII, Student Concerns, Complaints and Grievances - updated anti discrimination designations

-DAA, Fraud Prevention and Reporting -

New Policy recommendation from the state in support of the districts RISE grant

- With no further business the meeting was adjourned.

Some things never go out of style.
#montrosemirror

OPINION/EDITORIAL: LETTERS

TAXPAYER ABUSE: HAS MURA BECOME A SLUSH FUND FOR THE CONTRACTORS?

Editor:

NOTE: My opinion, your thoughts to ponder. I hope you can digest this opinion article CONCERNING the workings of Montrose Urban Renewal Authority (MURA) located across from the JUSTICE CENTER AND ADJACENT LOTS. If not please review CITY/ MURA PROMISSORY NOTE CHART . It' your money.

Commentary: Every citizen has a right if not an obligation to review and comment about how our/your taxpayer money is being spent . The Montrose City Council/ MURA board welcomes public comment and concerns. It is past time that EVERY INDIVIDUAL MEMBER of the MURA takes a hard look at what is appropriate spending and what is not. The current attitude of the MURA board seems to be to fund every" bedtime" story brought before it. In my opinion that only puts more PUBLIC FUNDED CASH in the pockets of the owners of this project at taxpayers' expense . The MURA board is so predictable that two leaders of the board say whatever and swish another million dollars is spent out of the city coffers. This begs the question for us all and the entire MURA Board: HAS THIS PROJECT BECOME A SLUSH FUND for THE CONTRACTORS AND IS IT BECOME TAXPAYER ABUSE???

How about this: is it appropriate for the taxpayers to fund on site property improvements that directly benefits the owner of that property ? Is it appropriate to fund building cost (inflation of materials) to ensure the owner can keep the RENT PRICES down to a level of affordability the owner of the building decides is appropriate to subsidize market rent rates from public funded Grants and/or City Cash?? Where does it stop? WHEN IS ENOUGH?

SIDE ISSUE: PROJECT 7 AND MORE CITY FEE'S ON THE TAXPAYERS TAB.

People are "talking" concerning City Council spending priorities , their voting philosophy, concerning the upcoming higher city WATER and SEWER utility

bills and how the water & sewer fund could face bankruptcy as reported in the press. Clearly, water and funding project 7 increases for required projects is without question a top priority. What is not a surprise is that the city council (ALSO MURA BOARD MEMBERS) have known for a long time that project 7 funding increases would be required. Now the expected Water & Sewer fee rate increases are coming. Where has all our money gone and why was the expected increase not SAVED for by CITY COUNCIL? Like clockwork, tax and/or fee increases (about every two years) come forward from the city council. Now interject the Montrose Urban Renewal Authority spending on the buildings, apartments and hotel that are coming across from the Justice Center and adjacent lots AND ASK WHY THE CITY CAN FUND MURA BUT NOT PROJECT 7 WITHOUT MORE COSTLY FEE'S TO THE TAXPAYER'S?

OPTIONAL GENERAL INFORMATION.

First, here is a brief overview of how the deal (MURA) is structured.

1. MURA was put into being by the city creating a public / private partnership to develop the about 158 acre lots.
2. Private owners own the lots, cover normal businesses risk, and receive the financial rewards.
3. The PUBLIC part (MURA) is structured to provide millions of dollars of "UNLIMITED FUNDING" for whatever reason the city council and by extension the MURA board awards directly to the owner's personal accounts **without any collateral or requirement for the recipient (owner of the property) to personally pay the money back.** How can that be? In simple terms, MURA as structured is to pay back the money MURA it has borrowed from the city (various accounts) at a simple return fixed interest rate of 4% regardless of the cost of money a commercial financial instrument would be at market rates today or in future years.
- 4.. MURA actually has no money. MURA

upfront operating money comes from city backed Promissory notes and is paid for from the **City General Fund, Water fund and an outstanding commercial bank loan.** In short, all of us the taxpayers .

5. Contractors that receive huge amounts of funding for example to pay for their own site project development pay the loan back through a "someday generated sales and property tax "generated fund. What's different from this be it a, personal or commercial note, is that as MURA is structured to make the recipients of the awarded Promissory Note funding exempt and NOT directly responsible to pay the money back, they receive from MURA except through future generated property and sales taxes in the future (AMOUNT NOT KNOWN) that are returned to the MURA Board from all properties as a group .

Example, the proposed hotel through generated sales tax revenue goes into the MURA pot and shares in all the various properties promissory notes payback.

6 . WANT TO KNOW WHO THE PROMISSOR IS?

As stated in the Promissory notes. MURA IS THE PROMISSOR :

" UNDER THE TERMS OF REPAYMENT USING TAX INCREMENT FUNDING (TIF) FROM BOTH PROPERTY AND SALES TAX " then to STIPULATION OF THE promissory note. (c).

STIPULATION C . PROMISSOR'S OBLIGATION TO PAY THE PRINCIPAL BALANCE OF THE LOAN AMOUNT SHALL BE AVAILABLE FUNDS OF THE PROMISSOR WHICH ARE NOT OTHERWISE ENCUMBERED AS OF THE DATE OF THE PROMISSORY NOTE AND SHALL BE SUBORDINATE TO ALL OTHER DEBTS OF THE CITY.

In the end , maybe decades out, (maybe 2042 and beyond) should the MURA Board NOT have the money to pay back the PROMISSORY NOTES , (public partnership) that is funded from taxpayer's city funds and is to be paid back through future generated public taxes tax receipts

TAXPAYER ABUSE: HAS MURA BECOME A SLUSH FUND? From Previous pg

and IN THE EVENT a default happens the balance of the PROMISSORY NOTE is to be absorbed by the city i.e., "the taxpayers", **Not the person's or owner having directly receiving the "CASH" from the PROMISSORY NOTE in the first place. Not personally collateralized. THAT IS THE DEAL?**

Let's talk the cost of money

7. **"OPPORTUNITY COST"** . Of course, as stated by MURA and City Council this is going to be paid back "someday" with a simple interest calculation of 4%. All along the PROMISSORY NOTES/CASH put into this MURA project in the name of partially government funded jobs and additional market priced housing has ignored the real cost of money by not calculating the future value of money (inflation cost) and even more important the high cost to build years out for example streets and infrastructure later RATHER THAN in earlier YEARS 2016 FORWARD ON A YEARLY BASIS for millions of dollars less. See #8 **8. IN REAL DOLLARS/COST**. Financial and business owners understand Why OPPORTUNITY COST is extremely important? . What does that mean in real dollars? For example, at the inception of MURA (2016) it was costing the city about \$600.00 dollars a lane mile to maintain our streets that have not been fully funded. Today those same city lane miles (315) to do the exact same work may cost more than \$1,800.00 per lane mile to fully fund streets or three times more amounting to millions of dollars more in today's cost. Since the money was not spent for example on city infrastructure in the first place but MURA instead each year after the eventual street /infrastructure cost will be far more than the return from the MURA project will be. The inflationary cost OF MONEY is in the millions of additional dollars and cost to the taxpayers minus any revenue from taxes received from the MURA project CANNOT BE IGNORED or removed from the total comprehensive cost of the MURA project.

9..Today , repayment revenues from taxes both property and sales have yet to occur and need to be professionally ascertained by the County Assessor in project dollars amounts and years or expected MURA loans payoff . How many years out and how much money from property and sales

tax has to be generated has yet to be determined to break even considering that the amount of the loan plus interest must be paid back first by MURA .

PURPOSE OF MURA. The MURA board's purpose is different from the city council. The MURA board in meeting its fiduciary duties MANAGE THE TAX INCREMENT FINANCING revenues (TIF) and to pay back the infrastructure and associated cost. To date MURA has not been able to define or create an accounting statement that fulfills that obligation. All five city council members sit on the MURA Board and through their votes our tax dollars fund the promissory note FROM THE CITY COFFERS with no actual limitations or funding caps required of the public part of MURA.

What's UP WITH THIS ? By City Council members (all 5) sitting both on CITY COUNCIL and the MURA board it is my opinion that the DEAL is assured without any opposition of the remaining board members or the public. The funding members are also the same spending members of MURA. As always what we know is important. What we do not know can be critical. We all are paying the public part for MURA upfront and are also responsible at the same time for the ending balance should a Promissory Note default occur in the end. It is my opinion that

there are city council members and supporting members of MURA that do not care what the MURA project costs the taxpayers of Montrose and yet the same persons are always in front of any proposed tax increase or fee increase. Today we are PAYING in real time the cost of MURA . Buy a car, food, and anything else transported by a truck .Delay year after year full funding for streets and infrastructure. What happens ? we have another Water and Sewer Fund fee increase coming our way. One project can be fully funded, the other requires a fee increase. The MURA DEAL without a reality check is in play no matter what the final costs are. In the end as "Montrose Turns " years from now and the current council and remaining MURA board members are nothing more than an unidentifiable " who were they memory ' and those of us no longer around that know the history will PAY UP.

There will always be some very smart business people that when questioned about the deal may possibly reply. Thanks for the MONEY. "it was just business" and that was the MURA DEAL.

Jim Anderson, Montrose

P.S. Just one more small thing. Who specifically wrote the MURA PROMISSORY NOTE and put it into MURA use? Just asking, it's only business?????

CURRENT MURA /CITY AWARDED PROMISSORY NOTES/DEBT

Date	Interest Rate	Water Fund	General Fund	Bank Loan	Total
1. 5-11-2017	4%		\$353,759.55		\$353,759.55
2. 6-5-2017	4%		\$52,570.005		\$52,570.005
3. 7-24-2017	4%		\$121,951.00		\$121,951.00
4. 10-5-2017	4%	\$1,700,000.00	\$250,000.00	\$4,800.00	\$6,750,000.00
5. 10-15-2017	4%		\$805,937.09		\$805,937.09
6. 3-6-2019	4%		\$1,100,000.00		\$1,100,000.00
7. 4-13-2021	4%		\$853,935.00		\$853,935.00
8. 8-16-2021	4%		\$1,367,000.00		\$1,367,000.00
9. 10-20-2021	4%		\$1,100,000.00		\$1,100,000.00
				Total to Date	- \$ 13,005,152.64

REGIONAL NEWS BRIEFS

DESLER HATTER OF MONTROSE WINS AMERICAN LEGION RIDERS RIFLE RAFFLE



Special to the Mirror

MONTROSE-Avid outdoorsman and hunter Desler Hatter of Montrose said he was very excited to win the recent Montrose American Legion Riders rifle raffle. He also said he was thankful to all veterans for their service to our country. The rifle was presented to him at Colorado West Tool, Sports and Pawn, 517 E. Main Street in Montrose Nov. 9.

From left, John Boughton, President Jeremy Rousseau and Dave Vergamini representing the American Legion Riders, Hatter, and Wendy Brittell, owner of Colorado West Tool, Sports and Pawn. Photo courtesy Montrose ALR

SEE SOMETHING - SAY SOMETHING



970-249-8500

ANONYMOUS CALL

MONTROSE REGIONAL CRIME STOPPERS

OPINION/EDITORIAL: LETTERS

AMERICANS ARE COLLATERAL DAMAGE IN QUEST FOR ONE PARTY RULE

Editor:

After ten months of Biden catastrophes, it should be clear to most everyone that the crazies calling the shots in this administration (1) firmly believe that most Americans are idiots in dire need of big government control, and (2) they simply do not care about the damage their self-induced calamities have done and are doing to working-class Americans across this land. Biden and company believe their chaos, damaging millions of lives, is just collateral damage in their quest for one-party rule --- and is quite acceptable.

Has anyone ever imagined deliberately not pumping gas and oil, and then immediately begging countries that hate us to bail us out by increasing their production? Biden deliberately created shortages amid a sea of our own gas and oil. When asked about the U.S restoring some of our production, Biden's Secretary of Energy laughed and said "That is hilarious."

How about deliberately eliminating our southern border and inviting the whole world to invade us, and then dispersing the illegal immigrants in the middle of the night to small communities across the country? (And lying about it. For example, Biden's Homeland Security Secretary indicated the border "is no less secure than

before.") Our current "leadership" thinks that some of these illegals deserve hundreds of thousands of dollars per family for breaking our laws?

Medical costs are soaring, inflation is destroying working class families, and there is a supply chain crisis, but Biden's White House chief of staff somehow thinks these problems "are high class problems." (Not sure that a working-class single mom wondering how she is going to buy gas to get to work and pay her heating bill this winter thinks of herself as "high class.") Democrats will say anything knowing the media will repeat it as if it were true (and because they think we are idiots). They think we are dumb enough to believe that spending trillions of dollars of our own tax money on their radical Marxist vision and creating massive unsustainable debt is somehow not destroying the middle class? Democrats intend to destroy a system that has created the freest, most prosperous, most tolerant and least racist people in the world, and replace it with a system that has never worked in all of history and which has resulted in poverty, violence, and death on a massive scale. If a country can tax itself to prosperity, would there ever be any poor countries? If printing money were the same as creating wealth,

would there ever be a poor person again?

The most toxic of Democrats' gifts to America is their fixation on race. Democrats defended slavery, founded the KKK, imposed segregation, and fought the civil rights acts of the 1960's. In today's America, Democrats have had to replace their overt racism with a more subtle bigotry. They believe that there is no way black and brown minorities can succeed on a level playing field. They disdain successful blacks like Candace Owens, Larry Elder, and now Winsome Sears who dare step off the Democrat plantation and highlight how absurd the left's racist dogma actually is. Somehow whites electing the first black lieutenant governor of Virginia are "white supremacists" and Sears is a "black white supremacist," or something. Democrats further insult blacks and other minorities when they teach that qualities such as rational thinking, hard work being a key to success, and a belief in God are aspects of "whiteness."

What could be more racist than insinuating that irrational thinking, laziness, and atheism are aspects of minorities? (Almost as insulting as Democrats believing black people are incapable of easily obtaining a state I.D.)

Chanda Ouimet, Montrose

DON'T DRINK THE COOL-AID

Editor:

Let's all make sure we don't drink the Cool-Aid (the poisoned drink of the 70's guru Jim Jones in the jungles of Guyana). As columnist Diane Carman pointed out in her Nov. 10 MDP article, we don't have to be addicted to outrage. The mesmerism of hysteria is not only destructive, but blinding, as was Jones' hypnotic influence. The message here is not to allow demagogues to paint the scene for you and be "addicted to outrage", such as emphasized in the "Let's Go Brandon" hype.

Wayne Quade, Montrose

**The Mirror:
many views,
one newspaper.**



REGIONAL NEWS BRIEFS

CPW'S 2021 BIG GAME HARVEST SURVEY WILL HELP AGENCY GUIDE HERD MANAGEMENT

Special to the Mirror

DENVER – CPW is randomly selecting approximately 160,000 big game hunters to participate in its annual harvest survey. CPW's annual Big Game Harvest Survey collects hunt and harvest information from deer, elk and pronghorn hunters.

Hunters are asked questions that relate to where and when they hunted, whether they harvested, what they harvested, and whether they were satisfied with the herd. The information will help CPW biologists estimate annual big game harvest and population numbers and set future license numbers.

New for 2021: At the end of the survey, hunters can choose to answer five additional questions.

"The five optional questions at the end of

this year's survey will collect feedback from hunters on crowding, satisfaction, and preferences for future herd management," said CPW Terrestrial Data Analyst Sherri Huwer. "Hunters, please answer those questions as well to help CPW manage our herds for future generations."

Who can take the survey?

Only those who have been randomly selected by CPW are eligible to take the survey. If a hunter has been selected to participate, they will be contacted via email and/or phone. If they are not contacted, they cannot take the survey.

The big game harvest estimates will be posted on the CPW website in March.

Other Feedback Opportunities:

Hunters not randomly selected to complete the Big Game Harvest Survey have

another opportunity to provide feedback on hunting in Colorado via the [Big Game Hunting License Distribution Public Comment Form](#). Feedback must be submitted by Nov. 22, 2021.

CPW is considering changes to policies and regulations that direct the distribution of big game hunting licenses. To help inform this process, CPW is asking hunters for feedback on what topics they think are the highest priority for the agency to review over the coming year.

All hunters are welcome to submit feedback via the Big Game Hunting License Distribution Public Comment Form. Hunters selected to complete the Big Game Harvest Survey can also submit feedback on the Big Game Hunting License Distribution Public Comment Form.



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Rio Bravo
970-964-4477

Busy Corner White Kitchen
970-323-6215

Jimmer's Steak & BBQ
970-252-1227

Fiesta Guadalajara
970-249-2460

El Jimador
970-249-8990



Trattoria de Sofia
970-249-0433

San Juan Brews
970-901-8594

Camp Robber
970-240-1590

Crash Burger
970-249-0825

Heidi's Brooklyn Deli
970-240-1605

Coffee Trader
970-249-6295
970-787-9021

Tacos & Beer
970-964-4448



Rib City
970-249-7427

Double Barrel Taco Co.
970-417-4340

Stone House
970-240-8899

Cold Stone Creamery
970-252-8014

Mimo's
970-249-0616

Pahgre's
970-249-6442

My Favorite Muffin
970-765-0076

Sidelines Sports Bar
970-765-0129

DineOutMontrose.com

REGIONAL NEWS BRIEFS

EXTRAORDINARY NURSES RECOGNIZED AT DELTA HEALTH



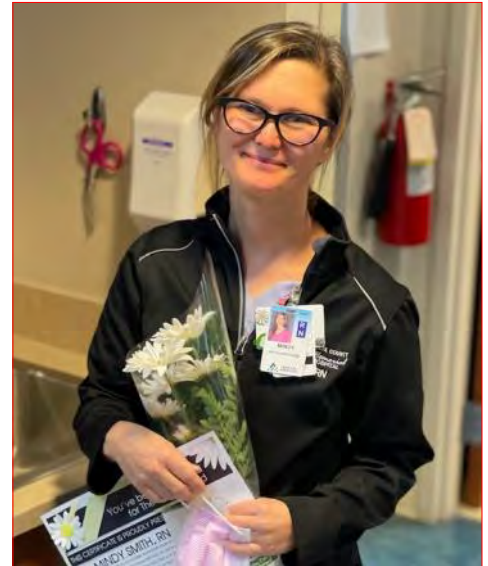
Theresa Wrich, RN . Courtesy photo.



Lisa Garcia (Abila), RN. Courtesy photo.



Rebekah Wilson, RN. Courtesy photo.



Mindy Smith, RN . Courtesy photo.

Special to the Mirror

DELTA— Four nurses at Delta Health were honored with The DAISY Award for Extraordinary Nurses® to recognize the extraordinary, compassionate nursing care they provide patients and families every single day. This quarter's DAISY nominees were: Rebekah Wilson, RN, Mindy Smith, RN and Lisa Garcia (Abila), RN. The overall DAISY Award winner for the fourth quarter was Theresa Wrich, RN from Delta Health Oncology and Infusion.

"Theresa is very deserving of the Daisy Award," said Nysa Wilson, RN, BSN, OCN and Directory of Oncology/Hematology/Infusion at Delta Health. "She goes above and beyond as an Oncology Nurse Navigator, giving so much of herself every day. The patients are incredibly blessed to have her by their side on this journey. I am so proud of Theresa and all of her accomplishments. I am lucky to have her, as part of the Oncology team!"

The award is part of the DAISY Foundation's mission to recognize nurses who go above and beyond in the care for their patients. Nurses may be nominated by patients, families, and colleagues, and the quarterly DAISY award recipient is chosen through a select Daisy Committee and DCMH's T.E.A.M. M.A.S.H through a scoring rubric recognizing the nurses P.E.T.A.L.S., (Passion, Empathy, Trust, Admirable attributes, Love and Selflessness). Applications are blinded to these committees and scored. Awards are then presented four times throughout the year to celebrate the nominees.

"The DAISY Award Program allows us to

honor and remind our nurses that they are highly valued and appreciated at Delta Health," said Dawn Arnett, RN, BSN, Director of In-Patient Services at Delta Health. "Our healthcare staff have truly been heroes for our patients and community members throughout uncertain times. We are proud to be among the healthcare organizations that participate in the DAISY program where we can honor our amazing staff."

The certificate that each honoree receives commends her or him as an "Extraordinary Nurse." The certificate reads: "In deep appreciation of all you do, who you are, and the incredibly meaningful difference you make in the lives of so many people." Honorees also receive a DAISY Award pin and a beautiful and meaningful sculpture called A Healer's Touch, hand-carved by artists of the Shona Tribe in Zimbabwe.

To nominate a nurse for a DAISY Award, go online to deltahealthco.org/bee-daisy-awards/ and submit a digital nomination form. Nomination forms can also be found throughout the hospital. Delta Health will honor their next quarter nominees for October, November and December in January 2022.

REGIONAL NEWS BRIEFS

DELTA HEALTH NATIONALLY RECOGNIZED WITH AN 'A' LEAPFROG HOSPITAL SAFETY GRADE

Special to the Mirror

DELTA— Delta Health received an “A” Leapfrog Hospital Safety Grade for fall 2021. This national distinction recognizes Delta Health’s achievements in protecting patients from harm and error in the hospital. “Our team’s commitment to prioritizing patients and their safety, especially during these trying times is nothing short of incredible – and we are extremely proud,” said Matt Heyn, President and Chief Executive Officer of Delta Health. “This achievement is a reflection of our team’s hard work and talent.”

The Leapfrog Group, an independent national watchdog organization, assigns an “A,” “B,” “C,” “D,” or “F” grade to general hospitals across the country based on over thirty national performance measures reflecting errors, injuries, accidents and infections, as well as systems hospitals have in place to prevent harm.

The Leapfrog Hospital Safety Grade is the only hospital rating program based exclusively on hospital prevention of medical errors and harms to patients.

The grading system is peer-reviewed, fully transparent and free to the public. Grades are updated twice annually, in the fall and spring.

“Our staff has done an amazing job rising to the occasion of improving quality standards for patient safety,” said Janel Webb, RN, BSN, Quality Director for Delta



Delta Health. Courtesy photo.

Health. “We know that it will take the same amount of hard work to maintain this status, but we are committed to rising to the occasion by continuing to provide compassionate, remarkable care.”

“An ‘A’ Safety Grade is a tremendous achievement, of which this community should be extremely proud,” said Leah Binder, president and CEO of The Leapfrog

Group. “I thank the leadership and workforce of Delta Health for its commitment to prioritizing patients and their safety, especially during these trying times.”

To see Delta Health’s full grade details and to access patient tips for staying safe in the hospital, visit HospitalSafetyGrade.org and follow The Leapfrog Group on [Twitter](https://twitter.com/LeapfrogGroup) and [Facebook](https://facebook.com/LeapfrogGroup).

A large, white, stylized sign with a black border. The word 'Yes' is in a cursive font, followed by 'WE'RE' in a bold, sans-serif font, and 'OPEN' in a very large, bold, sans-serif font.

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REGIONAL NEWS BRIEFS

COLORADO ECONOMY CONTINUES SLOW RECOVERY

Special to the Mirror

DENVER—The Colorado economy continues to notch improvements in job growth, gross domestic product (GDP) and existing entity renewals, but new entity filings fell in the third quarter 2021 according to a

report released today by the University of Colorado Boulder and Colorado Secretary of State Jena Griswold.

The Quarterly Business and Economic Indicators report is prepared by the Leeds Business Research Division (BRD) at CU

Boulder in conjunction with the Colorado Secretary of State's Office. The latest report shows that Colorado added 102,100 jobs between September 2020 and September 2021 (3.9% growth), and the state's unemployment rate improved to 5.6%.

The state recorded 38,211 new business filings in the third quarter, down 2.7% from the previous quarter. Business renewals increased 4.7% in Q3, with 162,260 filings.

"While our economy continues its recovery with gains in GDP and job growth, too many Coloradans are still struggling to afford housing, childcare, healthcare and monthly bills," said Secretary Griswold. "While the signs of recovery are encouraging, we still have a long road ahead until the recovery is felt by all Coloradans."

Colorado's GDP ranks above average, increasing 11.8% between the Q2 2020 and Q2 2021, returning the state to pre-pandemic levels.

Prices are impacting consumers

The national GDP slowed to an annual rate of 2% in the third quarter 2021, and prices increased sharply. In Colorado, home price growth increased 13.8% from the second quarter 2020 to the second quarter 2021. That pace is the 12th-fastest in the country. Retail gasoline prices also increased 58% year-over-year. The average cost per gallon in Colorado on October 25, 2021 was \$3.64.

"Businesses have expressed concern about the impacts of increased inflation, as well as supply chain constraints at a time when consumer demand for goods and services is increasing," said Rich Wobekind, senior economist and faculty director of the Leeds Business Research Division. "COVID-19 variants and worker shortages also remain a concern."

Colorado's unemployment rate remains higher than the national average at 5.6%. Yet, the state's labor force participation rate ranks 4th in the country at 68.2%.

Business leaders have tempered their optimism ahead of the fourth quarter 2021, but still have expressed confidence in the economy as Colorado continues to rebound from the pandemic.

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Lighthouse Eatery
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Mimo's
970-249-0616

Jimmer's Steak & BBQ
970-252-1227

Pahgre's
970-249-6442

Fiesta Guadalajara
970-249-2460

My Favorite Muffin
970-765-0076

Alpen Confections
970-648-0609

Heidi's Brooklyn Deli
970-240-1605

Camp Robber
970-240-1590



DineOutMontrose.com

OPINION/EDITORIAL: PUBLISHER'S CORNER

GET READY TO RUN...FOR CITY COUNCIL



Paul Arbogast.
Courtesy photo.

By Paul Arbogast
Mirror Publisher
MONTROSE-Next April (2022) will be the next municipal election. This will allow for the replacement of city council members. There will be four slots

open, District I, II, III and that At Large seat.

District I is currently filled by Douglas Glaspell, who is eligible to run again, this being his first term.

District II is currently filled by Anthony Russo, who was selected to replace former council member Dave Bowman when he stepped down. Russo is eligible to run again.

District III is currently filled by David Reed, who was selected to replace former council member Roy Anderson when he stepped down. Reed is eligible to run again.

The At Large seat is currently filled by Barbara Bynum, who was originally selected in 2017 to fill the seat vacated by former council member Bowman, who

stepped down to be appointed to the open District II seat. Since then, Bynum has won the at-large seat in 2018 and 2020, which would allow her to run one more time under Colorado's term limits guides.

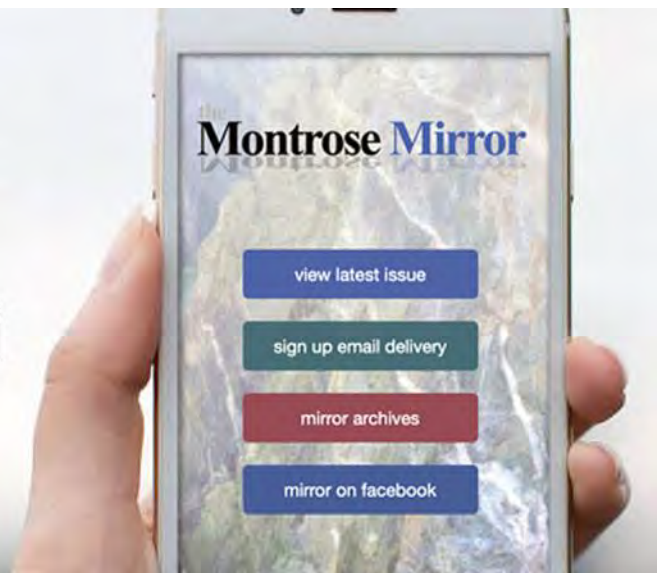
I am personally hoping to see some people--middle class, working people, not tied to a political party, but critical thinkers who know what it's like to work to provide for their family--step up and petition to run for council. Yes, I know some will try to discourage you by saying it takes a lot of time to serve on Council, but other than a few meetings a week every couple of weeks, the reality is that there is not that much time involved. The city is full of knowledgeable and talented people who fill in the council with everything going on, and are there for questions, so you do not need to know all about tourism, engineering, wastewater, and the numerous other things that the council votes on.

The other line that will be used to discourage you is that you need 'experience.' No, you do not. Some of you will say you don't have the money or time for fundraising, and I understand that. But remember, a truck driver in New Jersey just beat one of the most powerful 'politicians'

in their local legislature and didn't spend much. Show that you are capable of critical thought, are willing to question everything and not just be a rubber stamp to those you are the boss of, and you will already have an advantage.

Most of the positive change in the 17 years I have been here has come from a handful of private developers, not from city spending and 'incentives.' Most of the real business growth has come from entrepreneurs and small businesses that came here because they see the potential, not because the city was handing them our tax dollars to get them here. On the other hand, a growing number of the businesses that the City has invested in have not survived, calling into question the business acumen of those who currently manage our tax dollars. I know roads and actual infrastructure, which should be the focus of a municipal government, are mostly in worse shape today than when I moved here. So why do pet projects and things that do not benefit all citizens seem to take priority? It is beyond time for change, and I hope others see it, and that some new candidates will step forward to help return our city to an organization that is accountable to the people it serves.

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COMMUNITY OBITUARIES

JOHN EDWARD APPELHANZ

January 23, 1932- November 5, 2021



JOHN EDWARD APPELHANZ, lifetime resident of the Montrose / Olathe area, passed away on Friday, November 5, 2021, at the age of 89.

John E. was born on January 23, 1932, to John and Mary (Unrein) Appelhanz. He attended various country schools as the family moved to different farms they owned around the Valley. He enjoyed trapping and hunting with his brothers, as they grew up. He graduated from Montrose High School in 1950. He then served two years in the United States Army and was stationed in Korea. He rose to the rank of sergeant. After he was honorably discharged from the Army, he rejoined the family farming

operation with his parents and four brothers. John E. always enjoyed raising livestock, whether it was a few sheep and goats, or horses and cattle. After the Appelhanz Brothers purchased Forest Service permits in both the Tabeguache Basin and Hanks Valley, John E. spent most of his time taking care of the cattle operation. He always had dogs and cats, and there wasn't a stray dog or cat that he didn't take in and care for.

John E. was a kind-hearted, generous man and extremely honest. He really enjoyed visiting with everyone he met. He was happiest just living a simple life, was patient and never really complained about hardships that came his way. He was good-natured, and he liked teasing his nieces and nephews as they grew up. He very much enjoyed listening to jazz

music.

He was a long-time member of St. Joseph Traditional Roman Catholic Church in Olathe. He was preceded in death by his parents, John and Mary Appelhanz, his brothers George, Tony and Albert, his sister Mary Jo Kubin, his brothers-in-law Robert Schlauger and George Kubin, his sisters-in-law Marion Appelhanz and Shirley Appelhanz. He is survived by his brother Ed Appelhanz of Montrose, his sister Eleanor Schlauger of Grand Junction, his sister-in-law Kathy Appelhanz of Olathe and numerous nieces and nephews.

Visitation will be held on Monday, November 15, 2021, at Crippin Funeral Home from 5 to 7 PM with the Rosary at 7 PM. The Funeral Mass will be at 10 AM on Tuesday, November 16, 2021, at Crippin Funeral Home.

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COMMUNITY OBITUARIES

HAROLD LEWIS HANSEN



HAROLD LEWIS HANSEN, age 87, passed away peacefully on November 4, 2021, in Montrose. Harold was born in 1934 in Seward Nebraska and moved to his longtime home of Montrose in 1964.

Harold is survived by his wife Goldie Hansen who resides in the home they built together in Montrose, his daughter Cindy Meyer (Louis) from Durango, Grandchildren Evan Meyer from Mancos CO, Brittany Osborn (Tom) in Durango CO, and Great grandchildren Maya and Leif in Durango. Harold is also survived by Siblings Howard, Donna, and Donita and families from Nebraska and brother Dean and family in Denver.

Harold is preceded in death by his parents Laurith and Clara Hansen, Son Ron, and Sisters Dorothy and Dolores.

A private memorial service and celebration of his life was held on Sunday, November 7 with his close family. Arrangements are being made by Crippin Funeral Home, 802 E. Main Street in Montrose. In lieu of flowers, Memorial contributions can be made to the Shriners Children's Hospital at

www.donate.lovetotherescue.org.

Harold was raised on farms in Seward and

Burchard Nebraska. After he and his wife Goldie moved to Montrose in 1964, he began his long career as a home builder in Montrose as a founder and owner of H & P Construction along with his business partner Hugh Phillips.

He later founded Hansen and Phillips Realty with Hugh Phillips as well. Harold built more than 200 homes in Montrose along with schools and other structures in the area. Many of the homes he built were alongside his son Ron.

Harold was involved in many Montrose community organization, a few of which include the Masonic Lodge as a mason, a member of the Elks Club, a member of the Montrose Planning and Zoning Commission and a long-time member of Shriners International. He was a member of the Zion Lutheran Church. He was a long-time pilot for the Civil Air Patrol and was involved in helping to rescue many stranded and lost hunters in his single engine airplane.

He was in the military in 1953 leaving it with an Honorable Discharge.

The true measure of Harold, however, was not the many accomplishments but rather how he could make you feel. To his close friends and family, he will be remembered for how he had the knack of making you feel like the most important person in the room. He was always quick with a favorite joke to start each conver-

sation and immediately made you smile. His smile was ever-present and contagious.

He immediately noticed something unique and complimentary in every person. He was the first to help homeowners, neighbors, family, and friends by showing up at all times of the night and day to assist in anything that needed attention or repair.

His household was not complete without the love and companionship of his many pets including dogs, cats, horses and yes, the occasional pet raccoon, rabbits and a pigeon, much to the chagrin of Goldie. He was the first to be on the ground playing and laughing with his kids, grandkids, and great grandkids, who affectionately called him Nampa.

He was a fixture in local parades all over the West Slope driving his small white Shriners car, usually accompanied with a wide-eyed child experiencing their first ride in the parade. He and Goldie loved spending time with family on Lake Powell on their houseboat and traveling throughout the US in their RV visiting all contiguous states.

"Nampa" will be sorely missed; however his legacy will continue on with his daughter, grandkids and great grandkids who will remember his generosity, community service, craftsmanship, smile and that positive gleam in his eye.

Thank you for reading

THE MONTROSE MIRROR

COMMUNITY OBITUARIES

Beloved Sisters

ESTER MONTONATI 10/11/1938 ~ 11/1/2021 and ROMANA G HIBBS 11/18/1942 ~ 11/4/2021

Both Ester and Romana were born in Regnana, Italy, to Dominico and Clementina (Mattivi) Groff. After immigrating to the United States, they joined their father in Silverton, Colorado. There they grew to be women who were greatly loved and respected not just in Silverton, but in the surrounding communities as well. Ester and Romana were members of St. Patrick's Catholic Church in Silver-

ton. Longtime residents of Montrose, Colorado, Ester and Romana passed away at Montrose Memorial Hospital. Ester and Romana are survived by their sister-in-law, Jane Groff, and several nephews, nieces, and extended family in both Italy and the US. Romana is also survived by her step grand-children, Hans Sorensen and Ingrid Sorensen.

Ester was preceded in death by her husband, John Montonati. Romana was preceded in death by her husbands, Dale Thompson, and Charles A Hibbs respectively. These beloved sisters have now joined their spouses, parents, and siblings in peace and love, forever. They will be missed, and remembered, by all that knew them.

WAYNE G. WILLIAMS

April 4, 1938-November 9, 2021

WAYNE G. WILLIAMS, of Montrose, formerly of Cove, Or, passed away early Tuesday, November 9, 2021 at his daughter's home in Montrose, with his loving family by his side.

Wayne Griffith Williams was born April 4, 1938 in Utica, New York, to Griffith Morris and Margaret (Davies) Williams. Wayne grew up in the Utica area and graduated from Utica Free Academy, in 1955. Wayne and his family enjoyed the outdoors of the Adirondacks, often spending weeks with family and friends camping. After high school Wayne headed west, to take his love of the outdoors and study Forestry. This led him to different jobs within the United States Forest Service. When in Washington State he met the love of his life Rosemary Ellen Warfield, they were married December 21, 1963, in Quilcene, Washington, where in September 1965, their daughter Carla Jean was born, then in October of 1969 their son Griffith Ewan was born in Corvallis, Oregon; and the early in 1970 the family moved to La Grande, Oregon, where Wayne took a job with the US Forest Service, at the Range & Wildlife Lab, where he was a Research Technician. He helped to gather research for many different papers, within the Range

& Wildlife Lab. Wayne was instrumental in the construction of the Starkey Experimental Enclosure.

Wayne & Rosemary, resided in La Grande, till the time of his retirement. In 1997, they moved just outside of La Grande, to Cove, Oregon, where they had their little farm, which they both loved. Between fruit trees and a large garden, and many friends, they enjoyed sharing their crops of raspberries, and peaches, apples & vegetables. Wayne was also very active with the Anthony Lakes Ski Patrol, he spent over 45 years as a member of the National Ski Patrol, earning many awards, and commendations. He was also a past member of the La Grande Volunteer Fire Department as well as Grand Ronde Hospital Ambulance Service. He will always be remembered for his fun demeanor, his love of western clothes, his dance shuffle in his cowboy boots. And his love for helping people and his comforting smile. He enjoyed spending time with his family, whenever he could.

Wayne is survived by his wife Rosemary of Montrose, his daughter Carla (Kelly) Crippin of Montrose, Co; his son Griffith (Yvonne Santiago) Williams, of La Grande, Or., Sister Margaret "Penny"

Moody of Portland, Or; Granddaughters, Lindzey (Drew) Ruderman of Montrose; Nicole (Nicholas Parks) Santiago of San Juan, Puerto Rico; &

Monique Williams Santiago of La Grande, Or. As well as his Great Grandson Henley J. Ruderman of Montrose. As well as many nieces and nephews. Memorial Contributions may be made to Hopewest, 725 S 4th St, Montrose, CO 81401 <https://www.hopewestco.org/donate/> or Anthony Lakes Ski Patrol % of amy@anthonylakes.com, for the purchased of rescue equipment. We would like to Thank everyone from Hopewest, that made our husband & dad last days as peaceful as possible. You are all a Blessing! A Celebration of Life will be held at a later date here in Montrose, as well as La Grande, Or., A Last Sweep to honor Wayne will be held at Anthony Lakes, Or.



COMMUNITY OBITUARIES

AMANDA KAY RIDER FEB 10 1984 - NOV 5TH 2021

She was a daughter, mother, beloved partner in life, sister, grandmother, aunt and best friend. Amanda Kay Rider. Born to Tim Rider sr (Kim Myers) and Nadene Mize on February 10 1984. She left this life unexpectedly to go live with our lord on November 5th 2021. Surviving brothers JC Brown, Timothy Rider Jr, Shane Rider, Anthony Rider and Billy Mize.

Amanda had two daughters with Jason Martinez. Ashley Martinez (Dustin Martinez) and Brandi Martinez whom she adored. She was a doting Grandmother to Damion Martinez. She enjoyed watching him grow and learn. She had numerous nieces whom she cherished. Aman-

da leaves behind many aunts, uncles, cousins, and many, many, friends. Amanda settled down with her beloved Dillon Langlois in Montrose where they shared a home with many memories. She was the first person to call if you needed something and she would figure out a way to help. She loved helping people. She also loved her gardens. Something about watching it grow, gave her peace and solitude. She loved her many animals and always giggled at a new mama hen who stashed her eggs until they hatched. We will miss you Manda Kay.

May you rest in peace and give our lost ones a hug. This isn't good bye, this is



see ya later...

DANNY BUD BLOWERS 10/10/48 – 10/31/21



Danny was born and raised in Montrose CO. He attended Northside and Columbine and was a wrestler for Montrose High School. He attended and wrestled for Trinidad State and Mesa College. He

then served in the National Guard for six years.

He retired from the Bureau of Reclamation in 1995. He worked in the Montrose and Phoenix Arizona offices where he started as a surveyor and worked various positions for the many dam-building projects in the area. The last position he held was a Supervisory Construction Liaison for the grouting crews stabilizing New Waddell Dam in Arizona. He was very well respected during his career for his honesty and integrity in all the work he did.

In his personal life, he loved the outdoors and was an avid hunter and fisherman. He was a true cowboy— broke and rode horses, stacked thousands of bales of hay and cared for many animals during his lifetime. He was an artist, a great dancer, knew how to tell a joke and enjoyed life.

Danny loved his family dearly and had many friends. He helped so many people in his life and never met a stranger. He

will be missed.

He was preceded in death by his grandparents - George (Hap) and Elizabeth Blowers, parents - Bud and Effie Blowers and dear cousin Mickey Blowers, along with other extended family members.

He is leaving behind his wife Charlotte, son Bodie (Gina) Blowers, granddaughters Cora and Andie Blowers, brother Don (Barbara) Blowers, niece Jolene Blowers and nephew JoAllen Blowers, God-daughters Alexa Anders and Olivia Martin and sisters-in-law Donna Martin of Montrose and Bonny Miller of Cibolo, Texas.

He loved his many cousins from the Stryker and Mills families. He was greatly loved and respected by his wife's Aunt Charlotte Northcutt and her Northcutt cousins in Texas.

Hope West Hospice was instrumental in getting Danny home and taking care of him after he arrived. Any donations to them in honor of Danny would be greatly appreciated.

ISSUE 343 Nov. 15

ART & SOL

OCPAG FEATURES CLASSICAL-CROSSOVER VIOLINIST

Special to Art & Sol

OURAY-The Ouray County Performing Arts Guild is pleased to feature violinist Jeff Leigh as he presents a concert on Saturday, Nov. 27, 3 p.m. at the United Church of the San Juans, 295 N. Le-na St. in Ridgway.

Jeff will perform a variety of familiar tunes in the first half of the program, then will move into holiday favorites and selections from the Nutcracker Ballet in the second half of his performance. A great way to begin the Seasonal Holidays!

Jeff is a violinist who specializes in classical-crossover, Gypsy jazz and Christian Arts. A fellow at both Tanglewood (music venue in the towns of Lenox and Stockbridge in the Berkshire Hills of western Massachusetts) and the Aspen Music Festival, he's also played with the Naples Philharmonic for the past 10 years.

Composition and improvisation are constant tools in his musical belt as he seeks to expand how the traditional violin is commonly used. Such expansions include collaborations with visual and dance artists. He also applies these ideas to Christian worship in a variety of contexts. To expand such efforts Jeff has recently founded a ministry called Abiding Arts Night.

Advance tickets are \$15 for Adults and \$5 for Students (18 years and under). More information and tickets may be found at www.ocpag.org.

The Ouray County Performing Arts Guild is a non-profit organization bringing quality events in music, dance, theater and other genres to the local area. Its purpose is to sponsor presentations and performers of the highest caliber in the performing arts for the enjoyment of Ouray County's residents and visitors.



At right, Jeff Leigh. Courtesy image.

A FRESH POINT OF VIEW: 'HOW ARE YOU HOLDING UP?'

By Jack Switzer, 18

MONTROSE-Lately, I've found myself being overtaken by melancholy when I start to reflect on where I am now and where I was six months ago when I graduated. My high school days are over, when it feels like they stretched on for eons. I've found myself in an unfamiliar place and, to be honest, it's terrifying being in this entirely new world. It's not about just doing my best in school everyday anymore, I have to be mature enough to handle the oncoming position of "ADULT." So, while I was struggling with this pressure, I remembered that I probably wasn't the only one struggling to find their footing in this brand new environment. I started to wonder how the people I used to know were doing.

In search of an answer to my own question, I created a google form with four short questions and sent it on its journey into the labyrinth that has become the internet. Typical question—"How are you holding up?"

A week or so later, I found myself with more than 30 responses and a lot to think about. At first I was incredibly surprised anyone actually took the time to answer, and even more surprised when I started reading through the responses. It was about what I expected, although the genuine emotions I felt in the responses from people I had only ever passed in the hallway made me feel much better about where I was now. Some people were struggling, others had found incredible success in a short time, and some were in

the same uncertain position as me. And despite everyone's wildly different circumstances there was a single constant. We wanted to meet the expectations facing us, we wanted to surpass them with all of our might and prove to ourselves that we are ready to live our entire lives headfirst despite everything that might keep us from wanting to. Whether it was my best friend from high school who keeps in touch, or that one kid I saw putting his entire mouth on the water fountain, We all share the same drive to live despite our flaws.

And while it's really sappy to say it, I'm really glad I got to hear what was going on in our wildly separate worlds, and I'm glad that even if we aren't friends we're going to keep moving forward together.



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YOUR BRAIN ON NATURE – ELECTRONICS



By Lauren Hall Ruddell, Ph.D.. Courtesy photo.

Greetings Mirrorites!

Ah...the Smartphone. I do love my mini-me. It provides me with safety and connectivity both outdoors and indoors. When goat walking, I always make sure it is charged and tucked into my fanny pack. It is not in my hand, which has sometimes caused me to miss some awesome photo ops. But using it while on those walks turns out to be a bad thing. So, I have changed my ways and no longer even listen to Colorado Public Radio while walking, much less chatting with a friend. I have found that, like many things in life, my smartphone is a tremendous blessing, but can be a double-edged sword.

When I walk in nature, with or without hiking companions, my brain is working to analyze and assimilate the complexities presented, from colors to sounds and smells. Focusing on a conversation on a cellphone while participating in this activity causes a different part of the brain to be engaged. The result of this attempt at multitasking while supposedly trying to enjoy nature means that I will remember very little about the details of that trip, even as soon as the next day. That is because distraction derails memory formation.

Case in point, in 2017, researchers at MIT identified the brain neuron responsible for memory formation, and found that these neurons work best when the subject is actively engaged and focused on what they are learning. For instance, on one of my walks, I was surrounded by an enor-



mous flock of barn swallows. They had been sunbathing as a group of at least a hundred on a warm sunny hillside in the early morning light. The goats and I disturbed them but did not unduly terrify them. They swirled around me in a curious and delightful swarm that enchanted me utterly, and I remember it in vivid detail today. Because I was not engaged with my cellphone, listening to a broadcast or texting a friend, that vivid and fully attended to image became a memory that was later “consolidated” — that is, transferred to another part of the brain for longer-term storage.

Weirdly, according to the researchers, long-term memories of this sort remain “silent” for about two weeks before reaching a mature state. Once in that state, those memories retain extraordinary clarity, but only if the original image was encoded sharply. Perhaps that is why more than a year later, the imagery of the motion, the colors, the chittery sounds and the play of light and dark on wings and hillsides are like a photograph I can take out and examine whenever I wish, even though it happened almost a year ago. Emerging science on multi-tasking indicates that this memory would never have been encoded in this way if I was distracted. Mindfulness and focused attention are critical in the formation of these long-term memories.

Anyone can fall prey to the loss of mindfulness that distraction can bring while spending time in the outdoors. A hilarious study by Hyman et al. (2014) reported that preoccupied people avoid obstacles yet apparently have no perceptual awareness or later memory of these obstacles. Participants talking or texting on cell phones avoided a low-hanging branch impeding their route yet failed to register the bizarre fact that three-dollar bills had been clipped to the branch. The participants experienced functional “blindness” for the obstacle’s characteristics (although I bet I would have noticed the three

dollar bill, or any denomination for that matter, even if distracted, but moving right along...).

My research on this topic has helped to reinforce my habit of keeping my phone confined to its dark resting place on my hip while I’m out and about. It also reassured me that I am unlikely to get a brain tumor from my infrequent usage. But that doesn’t mean mobile phone radiation has no effect on anybody’s brain at all. Swiss researchers studied 700 adolescents aged between 12 and 17. They tracked their phone habits and asked them to complete memory tests. They found that one year’s worth of exposure to mobile phone radiation could have a negative effect on the development of memory performance in specific brain regions in adolescents. For young people, this effect can be ameliorated by holding the phone to the left side of the head, wearing headphones, or putting the phone on speaker. Or ahem, not using it so much (oh wait, that wasn’t part of the study, and is just IMHO). Chronic use of a cell phone while trying to enjoy the outdoors results in a 20 percent reduction (on average) in hippocampal function, while immersion in nature without distraction results in an average 20 percent improvement in memory. Hmm...let’s see, which one should I choose (LOL)?

For folks entering a wilderness area with

Continued next pg

YOUR BRAIN ON NATURE – ELECTRONICS From previous pg

which they are unfamiliar, their cell-phones should still stay firmly confined to their packs.

In a study published over a decade ago, researchers sought to identify the consequences of overreliance on GPS navigational devices (Burnett and Lee, 2005). The results from this study showed that the participants in a voice navigation group performed significantly worse in landmark and route knowledge of the environment. Further, those in the voice navigation group drew simpler and more fragmented maps in the assessment of survey knowledge. This was a driving navigation test but holds true for other forms of locomotion as well.

If you spend a great deal of time in Western Colorado's backcountry, or you would like to start, familiarization with paper maps and a solid grasp of cardinal directions, map scales, hillside contours and other features should be your homework long before venturing out. Be as the London Cabby, whose extraordinary mental

wayfinding has been shown to result in greater development in the hippocampus, the region responsible for spatial memory, among other kinds. Do *not* be as the ill-prepared tourist that so many search and rescue folks are currently railing about. A tremendous increase in rescues and even back country deaths has been occurring due to over reliance on electronic devices for wayfinding and connectivity. If the battery dies, the network is non-existent, or the digital map is incorrect, hikers may find themselves stranded, or worse, like one hiker on the Appalachian Trail who died in her sleeping bag from starvation and dehydration because her tracking app indicated she was closer to her final destination than she really was. Some hikers have been led to death and serious injury by trusting that Google Maps and other apps are a genuine representation of the terrain. Instead of falling prey to this, cross reference various guides and maps as well as apps, do the work to build the necessary skills, and keep your cellphone

handy but turned off while hiking. Better still, carry a satellite device like the Garmin that I use, with a monthly subscription service that you can turn on and off as needed. For back country emergencies, a sat phone is well worth the modest monthly cost, although the cost of the item itself will set you back a couple hundred dollars.

For solo hikers, so worth it.

Immersion in nature coupled with exploration is an ancient and critical aspect of the human experience. Let it inform your spirit and mind without interference from technology, except as needed in emergencies. Your hippocampus will thank you for it, as will your wallet. Bear in mind that one hour of helicopter time for a rescue can cost \$1,600 or more. So get the maps out and stow the electronics, at least until you are back home safe and indoors once again.

Be well and get outdoors safely, and as always, questions digitally answered by contacting agescapesnow@gmail.com.

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LIVE MUSIC ROUNDUP-WEEK OF NOV. 15

By Paul Arbogast, Mirror Publisher

Grand Mesa Arts & Events Center, Cedaredge:

- Saturday, Nov. 20, 7 PM – True North Duo

Healthy Rhythm Art Gallery:

- Friday, Nov. 19, 7 PM – True North Duo

Horsefly Brewery:

- Wednesday, Nov. 17, 6:30 PM – Open Mic Night

- Saturday, Nov. 20, 6 PM – Gary Russel
Mesa Theater, Grand Junction:

- Tuesday, Nov. 16, 7 PM – The Infamous Stringdusters

- Wednesday, Nov. 17, 7 PM – Volumes w/ Varials, Unity-tx & Kingsmen

- Saturday, Nov. 20, 8 PM – David Nail
Sherbino, Ridgway: (as of Nov. 1, proof of COVID vax required for entry)

- Friday, Nov. 19, 7:30 PM – Wood Belly

Two Rivers Tavern, Grand Junction:

- Saturday, Nov. 20, 6 PM – Sole Aggression, The Wrong Impressions, Ryan Harrison Acoustic, Suckafish, Just as Well, Wowzers, and David Abad.

Upstairs at Precedence:

- Friday, Nov. 19, 4 PM – The Sunday Morning All-Stars

Warehouse 25sixty-five, Grand Junction:

- Thursday, Nov. 18, 7 PM – Eli Young Band

COMMUNITY NEWS BRIEFS

MAGICIAN TY GALLENBECK TO PERFORM IN DELTA NOV. 19

Special to Art & Sol

DELTA-Ty Gallenbeck is an inspiring magician, speaker and performer. He has been called Colorado's premier Magician and he is the star of the highest rated show in Telluride Colorado, "Mind Blown" at the Madeline Hotel, during the summer months.

Ty will be performing on Friday, Nov. 19, at 7 p.m. at the Delta Performing Arts Center, 822 Grand Ave. as a part of the Delta-Montrose Community Concert Series. With the COVID levels continuing to be in the red/high category, masks will be required for all attending the performance. Beginning his career in college, David Blaine's "Street Magic" was his mentor.

Ty's show has made him nationally and internationally known as an elite performer. Thousands of people, including celebrities like Dierks Bentley come to the Telluride show every year and leave feeling a sense of wonder and amazement that brings many of them back to see the show again and again. Nate Ware, Ty's "beardful assistant," serves as the videographer and tech assistant along with being a character in the show. Reactions from audience members: "Not very often that you get to see a magician of this caliber anywhere except Las Vegas. He was amazing, the show was perfect, and everyone in the audience was awestruck!"

"By far the best magic show we have ever seen."

Single admission tickets for this performance are available at the door for \$20/Adult; \$5/Student. The outside doors open at 6 p.m. For more information, visit the website at

www.deltamontroseconcerts.com or call Bob, 970-835-4480, or Connie, 970-249-4308. Season tickets will also be available at the door for \$45/Adult; \$15/Student; \$95/Family. Other performances scheduled for the 2021-2022 Season include: Duo Baldo on February 26, 2022; Classic Nashville Roadshow on March 4, 2022; Uptown Girls on March 21, 2022; and Veritas on April 26, 2022.



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MIRROR CHURCH DIRECTORY

FIRST CHURCH OF THE NAZARENE

Denomination: Church of the Nazarene
Address: 705 South 12th Street
Office Hours: Monday - Thursday 9 am-Noon and by Appointment
Contact Information: Office Phone 970-249-9213, mncfirst@gmail.com, www.montrosenazarenechurch.org

Pastor: Buddy Cook
Services Sunday: Worship 10 AM, Adult Bible Study 11:30 AM Worship includes age-appropriate children's ministry during adult worship.
 Wednesday: Prayer Boot Camp - 7 PM
 Mission Statement: *Montrose First Church of the Nazarene exists to make Christlike*

disciples in Montrose Colorado and around the world.

Demographics: Our church consists of older and younger people. We have younger families with children and young teens and older adults as well. We also support the work of Calvary Ranch Colorado and its addiction recovery ministry.

FIRST PRESBYTERIAN CHURCH MONTROSE

Affiliation: Presbyterian
Address: 1840 E Niagara Rd. Montrose CO. 81401
Office Hours: M-Thu 9AM - 12PM
Contact Information: 970-249-4732, [\[form@fpcmontrose.com\]\(mailto:form@fpcmontrose.com\), \[www.fpcmontrose.com\]\(http://www.fpcmontrose.com\)
In Transition-Currently: Howard Davidson
 Merle Bierma
Worship Service times: 9:30AM, Student Worship at 6PM](mailto:in-</p>
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We strive to encourage, challenge and support one another through spiritual growth, worship, and service in our community, country, and world. We also encourage children and youth to grow their relationship with Christ through our children and student ministries

MONTROSE UNITED METHODIST CHURCH

Denomination Affiliation: United Methodist
Address: 19 S. Park Avenue Montrose CO. 81401
Office Hours: M-Thu, 9 a.m. - 2 p.m.
Contact Information: 970-249-3716,

office@montroseumc.org, montroseumc.org
Current Senior Pastor: Rev. Lisa Petty
Worship service times: 9:30 a.m. Casual Contemporary Worship & 11:15 a.m. Traditional Worship
 10:30 - Social/Devotional Time
Montrose UMC is a leader in being fully

inclusive, loving and just servants of Christ. Our church family welcomes people from various cultural and faith backgrounds: single, married, remarried, with and without children, from diapers to dentures. Wherever you are on your spiritual journey we invite you to come and discover hope, joy, peace and purpose.

ROSEMONT BAPTIST CHURCH

Affiliation: Southern Baptist
Address: 1598 E. Niagara Road, Montrose, CO 81401
Office Hours: Tues-Thurs, 9am-4pm
Contact information: Phone: 970.249.4887
 website: www.RosemontBaptist.org
 email: office@rosemontbaptist.org
Senior Pastor: Rolland Kenneson
Worship Service Times: Our engaging and relevant Sunday Worship Service is at

10:45 AM. We also have Bible Study for All Ages Sunday mornings at 9:15 AM. We provide a professionally-staffed nursery throughout both.
Rosemont Baptist's desire is to passionately bring people face-to-face with the life-changing power of Jesus Christ. We are a multigenerational church from different walks of life who love Jesus, love each other, and love our community. Everyone comes dressed in whatever is comfortable. We love meeting new people no

matter what stage of life they are in.
Children's services: We have a fun Sunday School for children from four years old through youth. We provide Children's Church during the Sunday Worship Services where children four years old through 9 years can learn to be worshippers of Jesus.
We provide a nursery for children under four years old with paid staff providing excellent care during Sunday Morning Bible Study and Worship Service.

SPIRITUAL AWARENESS CENTER

Denomination affiliation: Independent Interfaith
Address: Meeting at Lions Park Community Building, 602 N. Nevada, Montrose
 Office hours: Tues-Fri, 9 am to 4 pm,
Home Office – 970-252-0908
Contact information: Rev. Dr. Arlyn Macdonald, 970-252-0908,

arlyn@spiritaware.org, www.spiritaware.org
Name of current pastor: Rev. Dr. Arlyn Macdonald, Senior Minister; Rev. Catharine Gates, Associate Minister. Spiritual counseling available.
Worship service times: Unity Service at 11 a.m., Adult Discussion at 9:30 a.m., Quiet Meditation at 10:30 a.m.

The Spiritual Awareness Center is an interfaith spiritual community welcoming spiritual seekers and people of all faiths, providing a safe place to explore and nurture the individual's unique connection to the Divine through Unity services, classes, family and community projects, including the Great Community Giveaway and Wellness Fair.

MIRROR CHURCH DIRECTORY From previous pg

SUMMIT CHURCH OF MONTROSE:

Denomination affiliation:

Southern Baptist

Address: 10977 60.75 Rd. Montrose, CO 81403

Office hours: Varies

Contact information:

phone number: 970-275-7026

email: summitchurchmontrose@gmail.com

website: www.summitchurchmontrose.org

Name of current Senior Pastor: John De-Sario

Worship service times: 9 AM for Sunday Worship, Monday Night Bible Study 6:30-8pm Summit Church Montrose preaches the Word of God, reaches the lost with the Gospel of Jesus Christ and equips Christians to serve the Lord. Summit Church is a group of diverse people, (widows, retired couples, families with adult children, fami-

lies with young and school aged children, and recent high school and college graduates). Our services are in English, but many in our congregation also speak Spanish, as we partner with Verdad Y Vida (a Spanish congregation meeting in the same building).

We have a children's area we call "Base Camp" for children ages birth to Kindergarten during the Sunday Service.

VICTORY BAPTIST CHURCH OF MONTROSE

Denomination Affiliation: Independent Baptist

Address: 2890 N Townsend Ave., Montrose, CO 81401

Office Hours: Monday-Friday 8am-12pm

Contact Information: Phone (970) 249-

6874; email at info@vbcmontrose.org;

website: vbcmontrose.org

Current Pastor: Roland Kassales

Worship Service Times: Sunday School at 9:30am, Sunday AM Service at 10:30am, Sunday PM Service at 6pm, Wednesday Night Service at 6:30pm (all services include childcare)

Victory Baptist Church exists to exalt God, edify saints, and evangelize the lost.

Demographics: Victory Baptist serves everyone with age-appropriate classes, groups, and activities. Families with children make up the majority of VBC with young adults, singles, middle-aged couples, and seniors comprising the rest.

Church Directory

Mirror Editorial Staff

MONTROSE-As a way of serving the faith community in Montrose, the Montrose Mirror is in the process of establishing a Church Directory. If your congregation or fellowship would like to be included in the directory, please supply the following in-

formation to the Montrose Mirror:

Name of church

Denomination affiliation

Address Office hours

Contact information (phone number, email address, website)

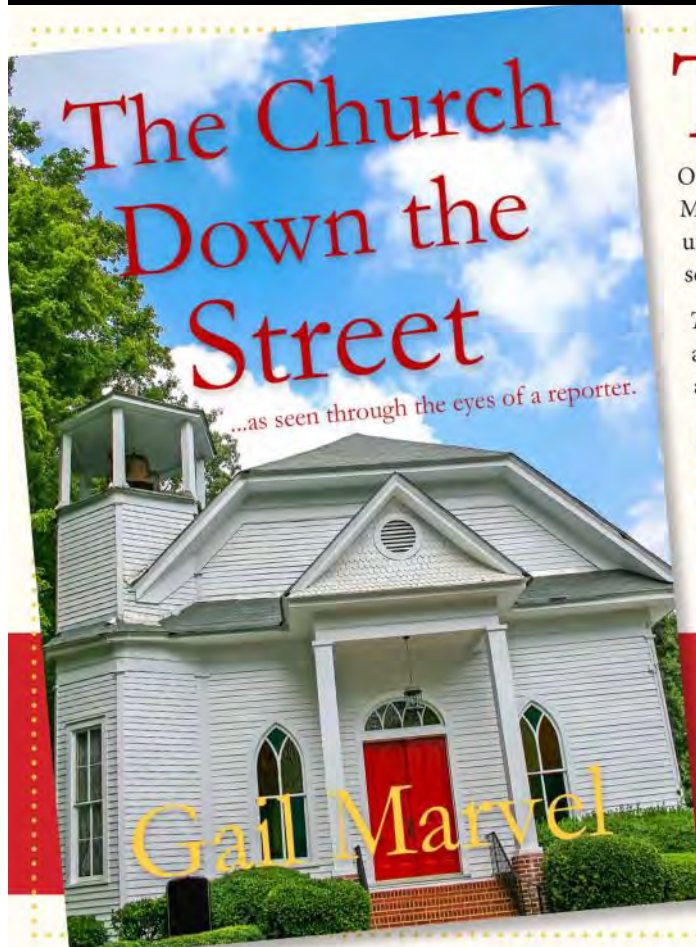
Name of current Senior Pastor

Worship service times

Please give a one sentence description of your church and its mission in the Montrose community.

Brief description of your current church demographics (predominately family, youth, seniors, singles).

Do your church services include Sunday School and childcare?



The Church Down the Street, published pre-COVID, peers into the worship services of more than 70 churches, some of which have a weekly attendance of less than 10.

Organized in a topical format (Hospitality, Program & Source Material, Music, Meditations & Invitations, and The Message), the author uses an unbiased approach to allow readers to experience the worship service as seen through the eyes of a reporter.

The Church Down the Street contains anecdotes and stories from the actual worship services and asks thought-provoking questions that allow readers to draw their own conclusions.

Readers will:

- See strengths and weaknesses in the worship service
- Re-evaluate hospitality toward visitors
- Become more aware of source material used in the worship service
- Compare and contrast music presentations and selections
- Discern the value and content of the sermon.

Gail Marvel's book, *The Church Down the Street*, is available online at [Amazon.com](https://www.amazon.com) and [wingedpublications.com](https://www.wingedpublications.com).

GAIL MARVEL
Montrose Author & Reporter



FIVE REASONS WHY WE SHOULD PRACTICE GRATITUDE

By Rev. Dr. Arlyn Macdonald

MONTROSE-Through many recent scientific studies about gratitude, it has been found that there is a biological root to gratitude. It is not just a cultural construct we have to learn, but gratitude is embedded in our DNA. Gratitude has long been classified as the "social glue" of our human society.

It was Marcus Tullius Cicero that said, "Gratitude is not only the greatest of all virtues, but the parent of all others." A modern translation would be "Gratitude is the mother of all virtues," because it helps develop other virtues such as patience, humility, and wisdom. Recently gratitude studies have focused on the benefits to children and adolescents. Gratitude helps teens become more interested in their school lives, more kind and helpful, and more socially integrated.

We are not the only species on earth that practices gratitude. Fish, birds, bats, apes, dogs, cats, and every kind of species exhibits some form of gratitude. You might say that gratitude fosters the good of the whole and ensures successful evolution.

What have these gratitude studies discovered? Grateful people are happier, more satisfied with their lives, less materialistic, less likely to suffer from burnout, and have increased positive moods. However, most studies have not included the spiritual benefits of practicing gratitude.

Gratitude is an essential part of any spiritual or religious practice because it affects your whole being. Let's look at five reasons why we should practice gratitude every day.

Gratitude is good for your soul. Gratitude is actually food for your soul. Every time you feel gratitude you are nourishing your soul. Your soul thrives on the connections

you make through love and compassion. Your soul is fed by those uplifting thoughts and feelings of connecting with each other, with nature, and with God. Gratitude is the doorway into those positive and inspiring feelings that feed your soul. Feed your soul every day in ways that are most meaningful to you.

Gratitude is good for your physical body.

Being grateful stimulates your immune system by activating all the systems in your body for good health and wellbeing. It also strengthens your body. It's like doing inner exercises. When we feel better, we want to get out and do some exercise. Gratitude also affects the look of our bodies, especially our faces. When we are grateful, we stand taller and smile more. *Gratitude radiates outward to others as happiness energy.* Be grateful to your body and treat it well and keep smiling in gratitude. Do your "thank you" exercise every day.

Gratitude is good for your mind. Gratitude is one of the best tools we have for bringing our minds back into alignment with the positive. Practice gratitude mindfulness. When your thoughts start going down those dark roads, stop, and be grateful for someone or something in your life. Keep expressing gratitude out loud until your thoughts shift back into harmony. We are in charge of our thoughts; our thoughts are not in charge of us. Gratitude also helps clear the mind and the pathways to our creativity. Count your blessings every day to refresh and renew your mind. Keep a Gratitude Journal.

Gratitude is good for your heart. Most of the time we believe gratitude only helps our hearts. That is not true, but we feel gratitude in our heart space. Just by saying grateful phrases makes our hearts open

and we start to feel love.

This what the DNA in our cells is meant to do, to open our hearts. Since emotions follow

thoughts, every time

we think a grateful thought, hear ourselves expressing gratitude, and feel gratitude in our hearts, we can't help but feel the overwhelming feeling of God's love beginning to radiate outward. Be grateful every day for your precious heart.

Gratitude is good for your family, your community, and the world. When our soul is nourished, our body strengthened, our minds in a positive groove, and our hearts filled with love, we can make a difference in our families, our communities, and the world. Gratitude fosters kindness and compassion and peace. Gratitude steers us towards finding resolutions to challenges and new ways to help our brothers and sisters. What new acts of kindness can come from your gratitude?

During this month of celebrating gratitude, remember that each expression of gratitude strengthens your heart, mind, and soul and brings you closer to God. Gratitude can be expressed in words, through actions, with your thoughts, and through prayers and meditation. There are so many ways to express gratitude. Live every minute of your life in gratitude and you will be surprised at the wonders that will come your way. You will be healthier and happier and radiant. How will you express gratitude today?



Rev. Dr. Arlyn Macdonald.

THANK YOU FOR READING.



#montrosemirror

It's the **46th** Annual **Basement Boutique**

Craft Show and Sale

at the

Montrose Pavilion

Locally Handcrafted gifts

for all ages

Friday- November 26th

9 am till 5 pm

Saturday- November 27th

9 am till 4 pm

a central checkout

for shopping convenience

Visa - Mastercard- cash & check

canned goods appreciated to

support Sharing Ministries'



SAVE THE DATE! LOCAL EVENTS CALENDAR

ONGOING-

FREETHINKERS meet 1st Sunday of the month at 1pm. more info at 970-708-8333.

NEWCOMERS AND NEIGHBORS welcomes adults who are new to Montrose or have been here awhile, who would enjoy learning more about the area and participate in social activities. 2021-22 meeting info. We will hold our first monthly meeting on Wednesday September 8 in our new location. All other meetings will be on the 1st Wednesday of each month (October, November, and January – May). 10am-11:30am in the downstairs meeting hall of Cedar Creek Church, 222 S. Townsend and S. 3rd. enter through the side door on S. 3rd St. Hope to meet you there! Contact Patti 951-544-6289 if you have questions.

THE MONTROSE GENEALOGY CENTER at 700 E. Main St. is now open Wednesday and Thursday afternoons, 1-4 p.m. or call for an appointment: 970-240-1755. Free help and resources for your family history research.”

(The center is sponsored by the non-profit organization, Fore-Kin Trails Genealogical Society.)

NAMI FAMILY SUPPORT GROUP will be held the 3rd Wednesday of each month at the PIC Place 5:30-7pm. Please call Kathy at 520-282-9060 for more information.

MONTROSE FARMERS' MARKET -Saturdays from 9 am-1 pm.. **Location:** Montrose Centennial Plaza . 81401 **Cost:** Free to attend.

COMMUNITY BIBLE STUDY-Registration now open for Sept 2021 - Apr 2022 **COMMUNITY BIBLE STUDY**, an international nondenominational Bible study. Studying Revelation Sep 2021-Jan 2022 and Christian Living (1,2,3 John, Jude & Philemon) Feb-Apr 2022. In person for women and children of all ages on Wednesday mornings 9-11. Virtual/Zoom for women Thursday evenings 6-7:15. Contact 720-635-0091 to register or for more information. Or come to our first meeting Wed., Sep. 8, at the First Presbyterian Church, 1840 E. Niagara St., Montrose, at 9AM.

MONTROSE ALTRUSA-1st Tuesday of the month Program meeting; 2nd Tuesday of the month committee meeting; 3rd Tuesday of the month Business meeting. Meetings are held at the Hampton Inn conference room at Noon.

MONTHLY

Nov.16-Join Montrose County to discuss water at the third annual West Slope Water Summit on Nov. 16 from 9:30 a.m. – 3 p.m. at the Montrose County Event Center. Doors open at 9:30 a.m., with presentations starting at 10 a.m. The Water Summit is free and includes lunch but does require registration. For more information and to register online, visit westslopewatersummit.com. You can also register via the phone by calling (970) 249-7755. Local water information and resources are available on montrosecountywater.com.

Nov. 16-Congresswoman Lauren Boebert will hold mobile office hours in Montrose on Tuesday, Nov. 16: Montrose County Mobile Office Hours at the Montrose County Public Works Public Meeting Room, 63160 LaSalle Rd, Montrose from 11:30am-1pm.

Nov. 19-Magician Ty Gallenbeck will perform on Friday, Nov. 19, at 7 p.m. at the Delta Performing Arts Center, 822 Grand Ave. as a part of the Delta-Montrose Community Concert Series. With the COVID levels continuing to be in the red/high category, **masks will be required for all attending the performance.** Single admission tickets for this performance are available at the door for \$20/Adult; \$5/Student. The outside doors open at 6 p.m. For more information, visit the website at www.deltamontroseconcerts.com or call Bob, 970-835-4480, or Connie, 970-249-4308.

Nov. 20-San Juan Weavers Guild 43rd Annual Show and Sale is scheduled for Saturday, Nov. 20, 9 a.m. to 4 p.m., at the Ute Indian Museum, 17253 Chipeta Rd

Nov. 22-23-SOM Footwear's Open House will be Nov. 22-23, with extra hours: 9am to 7pm. All Factory 2nds significantly reduced. (Between \$20 - \$99) - to benefit local non-profits.

Nov. 25-Montrose Community Dinner 27th Annual Friends Community Dinner, Friendship Hall. To Go and delivery only. For more information, to volunteer, or to sign up- www.montrosecommunitydinners.com or call 970-318-6724.

Nov. 26-27-Basement Boutique Craft Show and Sale at the Montrose Pavilion. Central checkout for shopping convenience. Canned goods appreciated to support Sharing Ministries. Hours are Friday 9am to 5pm, Saturday 9am to 4pm.

Nov. 27-Saturday, Nov. 27, 3:00 p.m. – OCPAG presents violinist Jeff Leigh at the United Church of the San Juans, 295 N. Lena Street in Ridgway. Advance tickets \$15 adults, \$5 students (18 years and under), available online at www.ocpag.org.

Dec. 4-Delta Parade of Lights scheduled for 6 p.m. Saturday, Dec. 4.

Contact the Montrose Mirror:
970-275-0646

Editor@montrosemirror.com
www.montrosemirror.com

At first they didn't realize they had company...two Montrose walkers at the River Landing Shopping Center were joined by a small deer on Saturday, Nov.13.

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MIRROR IMAGES: OUT AND ABOUT



EVERY HERO'S JOURNEY
REQUIRES CROSSING A
THRESHOLD. READY TO
MAKE THAT BOLD MOVE
BUT NEED A GUIDING
HAND? I'VE BEEN
THERE, AND I CAN
HELP.

LAUREN HALL RUDDELL, PHD

Coaching and Consulting
Services offered. Free initial
1/2 hour consultation.

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agescapesnow@gmail.com

For info:

laurenhallruddell.com