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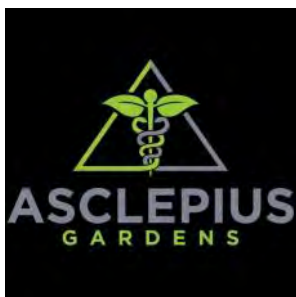
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# the Montrose Mirror

Fresh news for busy people!

Issue No. 462 Jan. 3 2022

## 'THERE IS A SHORTAGE OF ALL TYPES OF HOUSING' *Renters struggle with scarce inventory, high prices*



*Rentals in Montrose have become scarce as home prices rise. Mirror file photo.*

By Caitlin Switzer

MONTROSE- For potential home buyers, the cost of purchasing a home in Montrose County is higher than ever, with the average sales price for a single-family home rising in November, 2021 to \$429,149, up from \$376,718 in 2020, and the average sales price of a townhouse or condo rising to \$330,938, up from \$252,500 in 2020, according to market statistics from the Colorado Association of Realtors.

Of course, that depends on whether you can even find a place to buy—the inventory of available single-family homes was in the negative, at -10.8% in November, while the inventory of available townhouses and condos was also in the negative, at -58.3%.

For renters, the outlook is

*Continued pg 5*

## VOLUNTEERS, FINANCIAL DONATIONS NEEDED FOR THE SHEPHERD'S HAND AND LIGHTHOUSE SHELTER

Mirror staff report

MONTROSE-Over the years that Garey Martinez has worked to feed and comfort hungry people in Montrose, his location has changed while the mission has remained stable.

Today, Martinez' non-profit organization, The Shepherd's Hand, is bringing new life as a day shelter to the former funeral home building at 505 South Second Street, with an array of services that include food distribution, outreach, hot meals, showers, laundry, clothing, financial assistance, and counseling.

For those who need shelter at night, Martinez also serves on the board of the Lighthouse Shelter, now open and serving clients during the coldest months.

For Lighthouse donors, there is definitely a need for financial assistance, though other needs are being met, Martinez said. "The shelter has been blessed with all the food, clothing, blankets, cleaning supplies and volunteers needed to operate our 30-bed facility. Our one need at this time is funding to pay our bills...utilities, gas for van, insurances, etc."



*The Shepherd's Hand Day Shelter at 505 S. 2nd St. Photo by B. Switzer.*

*Continued pg 6*

in this  
issue

Reader Photo Spotlight  
*With Deb Reimann!*

Lauren Hall Ruddell Ph.D.  
*Your Brain on Nature!*

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## REGIONAL NEWS BRIEFS

### CHRISTMAS TREE PICKUP SERVICE BEGINS JAN. 3

*Special to the Mirror*

**MONTROSE** — The City of Montrose's annual Christmas tree pickup service begins Monday, Jan. 3, and will run through Friday, Jan. 14. Place trees behind the curb in front of homes for pickup.

Frosted trees or trees with tinsel, tree stands, and/or ornaments will not be collected. Trees will be picked up by routes running Monday through Thursday. Trees must be put out by Wednesday, Jan. 12.

There is no charge for this service. For more information or to request a pickup, please contact City of Montrose Public Works at 970.240.1480.

## THE MONTROSE MIRROR

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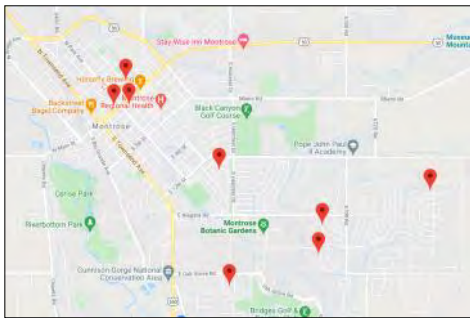
# WALK OR BIKE YOUR NEIGHBORHOOD, PICK UP A FREE BOOK!

By Jeff Rice

MONTROSE-It is that time of year for resolutions. If yours include saving money, exercising more, and reading more books then you might be surprised to find that your community is wanting to help with Little Free Libraries. You may have noticed these oversized bird houses in the front of houses. Some are colorful, some are carved into stumps, and some are even a bookcase in front of a business like Precedence Music Academy on Main Street.

No matter the size or shape, the concept is the same for all of them: Take a Book (or) Leave a Book. There are no set rules and nobody is keeping track. Sometimes visitors take one book and sometimes they leave three books (although please limit contributions to what will fit inside of the library). You don't have to make an exchange on the same visit or even from the same Little Free Library.

The history of the movement began in 2009 when Todd H. Bol of Hudson, Wisconsin, built a model of a one room schoolhouse in tribute to his mother who



was a teacher that loved to read. Now 13 years later there are more than 90,000 registered free libraries across the globe.

A search on the website [www.littlefreelibrary.org](http://www.littlefreelibrary.org) shows that there are seven in the city limits of Montrose and likely one within walking distance from your home.

By walking or biking around your neighborhood to pick up a free book and maybe learning something new, you could be on great pace for some of those resolutions. All the libraries are hand built and likely made local. For a community our size, it is quite impressive to have seven+ families wanting to help share books for free.

Happy reading!



Happy Reading! Courtesy photos & map.



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## 'THERE IS A SHORTAGE OF ALL TYPES OF HOUSING' From pg 1

is even more bleak.

One Montrose senior citizen who lives on a fixed income told the *Mirror* that in his case, losing a long-term rental during the initial phase of the pandemic was stressful and difficult. Though he eventually found a suitable and affordable apartment at the Woodgate Trails Senior Apartments, it took persistence and luck.

"When I was looking--I started in March 2020--there was a lack of places to rent, and the selection was few," he said. "For low-income folks like me there was very little available. Also, at the time there was an eviction freeze, so even if the (previous) tenant was going to move, they didn't."

The few options that were available were often not affordable or appealing.

"I remember looking at a dump—it should have been razed--and they wanted \$1,500 for it," the renter said. "The house was old, small, and the walls had bulges." For those searching for a rental in Montrose County today, there are even fewer choices.

A quick search of the popular home site Zillow Rentals brought up three properties, two of which are in Delta, and no single-family homes. A search of rentals on Realtor.com generated no results for the 81401 zip code and only one possibility in 81403. Local firm Colorado West Property Management lists on its web site several townhomes and apartments but no single-family homes for rent in Montrose, while the Area Best Property Management web site lists two single-family homes in the 81401 zip code.

As 2022 begins, low-income seniors and others continue to struggle to find affordable rental homes in Montrose--even in one of Montrose's newest facilities there are no units presently available.

"We have a huge waiting list," Woodgate Trails Manager Ginny McNair told the *Mirror* last week. When the Woodgate Trails Senior Apartments were in the planning stages several years ago, [the multi-partner project](#) was seen as a way to help meet the growing need for more senior housing in Montrose. The project opened its doors in November of 2019 with 50 units, and is an income-restricted, tax credit project

serving four income brackets, McNair said. All of those units are now full, while the need continues for more affordable housing in Montrose, McNair said, with the greatest need among those in the very low-income bracket.

At the [Montrose County Housing Authority](#), there are now waiting lists not only for the [units owned](#) and managed by the Authority, but for housing vouchers as well.

"Our voucher waiting list alone is over two years long," Housing Authority Executive Director Susan Barrientos said.

According to the Housing Authority web site, the Housing Choice Voucher program is a federal housing program funded by the U.S. Department of Housing and Ur-

ban Development and provides rental subsidies to eligible low-income individuals and households who wish to live in private rental housing.

Usually, the Housing Authority issues 30 to 38 new housing vouchers per year.

"This year we issued six," Barrientos said. She said that in some cases, affordable housing may go to a tenant who can afford to pay a higher rent, just because it can be hard to find a rental at all.

"There is a shortage of all types of housing," Barrientos said. "So, some residents are renting down."

Most of the rent-subsidized units in Montrose County have a six to 12-month waiting list right now, she said.



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## ***SHEPHERD'S HAND AND LIGHTHOUSE SHELTER From pg 1***

To learn more, visit <http://montrose-lighthouse.org/>.

For those who wish to donate to the Shepherd's Hand, Martinez said, "God has blessed The Shepherd's Hand with all the food, equipment, clothing, and cleaning supplies needed for day-to-day operations. Two areas of need do stand out, he said. There is a need for volunteers, and a need for funding to operate (utilities etc.) the new 8,300 square foot day center.

Services provided through the day center include hot meals (including hot meals delivered to homebound seniors daily), food boxes for all in need, showers, laundry services, clothing, and facilitating counseling with local non-profits for those who need it.

"Also, a place to rest out of the weather throughout the day if just for a hot cup of coffee," Martinez said. "All services provided are free of charge to the communi-

ty. Shepherd's Hand has no paid staff."

The structure itself has been updated, Martinez said, noting that the former sanctuary is now a dining area, there is space for short-term storage of clothing, and there is now a kitchen area.

"The whole building is different," Martinez said. "We also added showers and plumbing for washers and dryers."

For more information visit <https://www.shepherdshandmontrose.org>.



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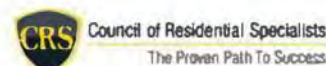
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# COLORADO STATE PATROL: TROOPER TIPS

## NEW YEAR'S RESOLUTION: DRIVE DEFENSIVELY AND AVOID ROADWAY FATALITIES IN 2022

By CSP Master Trooper Gary Cutler

COLORADO-As we arrive in yet another year, it's time for a few New Year resolutions. If you'll indulge me, I have a suggestion for one of them this year. 2022 needs to have a little more happiness than the last two seem to have severely missed, and I have tips to make it happier.

On top of Covid issues, Colorado has been getting hit hard with record breaking fatal crashes. Each morning I receive a report that lists all of the fatal crashes in the state that happened the day before.

There are days we receive up to five people who have lost their lives. This is awful and doesn't have to be this way.

I have been working our roads for 18 years and have covered a lot of fatal and injury crashes. I can honestly say that not one of them happened without some form of careless driving. So, this time I'll focus on talking about being careful when driving. Because sometimes all it takes is a small event that no one would believe will cause a crash.

It can be something as simple as tuning the radio to a new station, talking to a passenger, looking at something on the side of the road, eating, even daydreaming--anything that divides your attention from the road. Most of these crashes have one thing in common beyond the distraction: the vehicle went out of its lane because of the distraction. So please give driving the attention it needs and deserves. There is nothing worth your life.

When drivers drift out of their lane, even if it's only a little bit, or for a short amount of time it can have huge ramifications. Often the driver over corrects and they lose even more control of the vehicle. Sometimes they strike a vehicle coming the other direction. They go down embankments, impact trees, or over-turn. All of these add to the severity of a simple unintentional action.

For those drivers who do keep their full attention to driving, I want you watching

out for those that aren't fully paying attention to the road. You can still be doing everything right and have another driver hit you.

Try to keep these tips with you when driving.

Always look past your hood. I'm still surprised at how many people slam their brakes on at the last second because they didn't look far enough past their vehicle and were shocked to see an obstacle in

the roadway. Another important item is watching for vehicles drifting into your lane whether it be the same or opposite direction. On interstates watch for vehicles that have lost control and might be coming across a median.

My message comes down to enjoy the ride but be aware of your surroundings, and you'll be around a long time to remember the fun times.

As always, safe travels!



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## REGIONAL NEWS BRIEFS

### NEW HOURS FOR THE MONTROSE COUNTY OLD COURTHOUSE

*Special to the Mirror*

MONTROSE— The Montrose County Courthouse will be changing office hours for the public beginning Jan. 3, 2022. The courthouse includes the Clerk and Recorder's Office (Vehicle Registration, Elections, and Recording), Assessor's Office, Treasurer's Office, and (GIS) Geographic Information Systems Office.

**The old courthouse will not be open on Fridays to the public.**

The Assessor, Treasurer, and GIS offices will be open to the public Monday through Thursday from 8:30am to 4:30pm.

As a reminder, several services are available online at [montrosecounty.net](http://montrosecounty.net) or via mail-in-options.

In an effort to provide expanded office hours, the clerk and recorder will have the following office hours for each department:

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Thursday 7am - 5:30pm  
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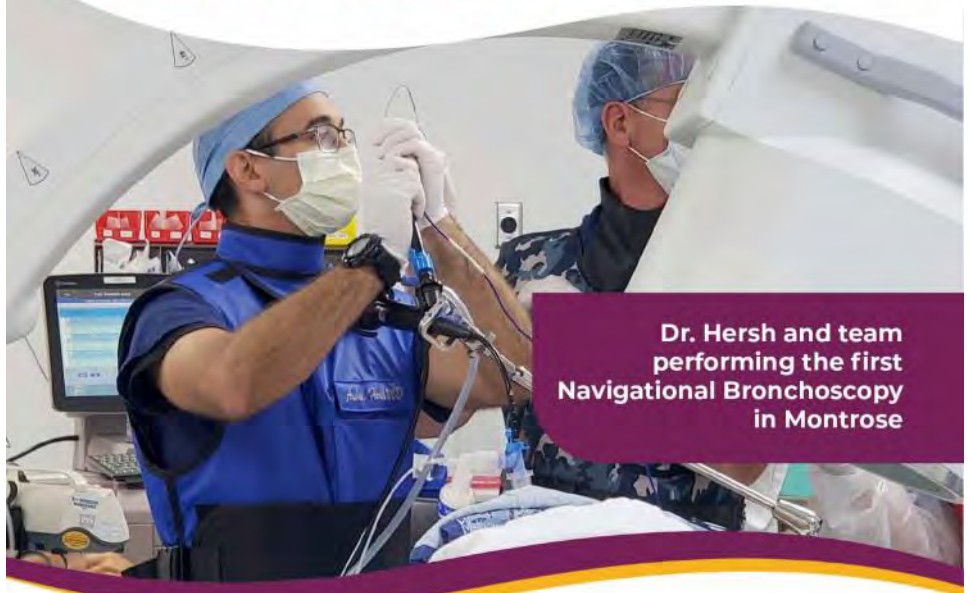


## MIRROR IMAGES: WINTER FUN



B. Switzer took these photos of kids and families having fun Sunday on the Sledding Hill near the Dave Wood Road.

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# REGIONAL NEWS BRIEFS

## PROTECT CRITICAL HABITAT: RESPECT SEASONAL CLOSURES



**Big-game animals come down from the high country to find winter habitat as they seek refuge during the harsh winter season.**  
Wayne D. Lewis/CPW

### Special to the Mirror

MONTROSE – Seasonal closures at two State Wildlife Areas in Montrose and Ouray counties provide more than 11,000 acres of critical wintering habitat and refuge for big-game animals. Colorado Parks and Wildlife asks the public to respect these closures beginning Jan. 1 to give wildlife the best chance to survive the tough winter months. The Cimarron State Wildlife Area, located east of Montrose, is closed from Jan. 1 through June 30. The Billy Creek SWA, located south of Montrose, is closed from Jan. 1 through April 30, except along the Uncompahgre River corridor from U.S. Highway 550 as posted. “State Wildlife Areas are acquired by CPW for the specific purpose of providing and protecting wildlife habitat,” said CPW Area Wildlife Manager Rachel Sralla. “This is a critical part of our agency mission, and it’s our local priority. As part of this obligation, human activity is restricted at certain times of the year.” As the human footprint continues to grow through the impacts of development and increased recreation, there are fewer areas for wildlife to seek refuge during the harsh winter months when forage is less abundant and lacking in nutritional value. Big-game animals come down from the high country as temperatures turn colder, snow piles up and they seek easier living conditions. Human activity in these areas during the winter months could cause animals to unnecessarily expend calories, hurting their chances of survival and producing healthy offspring in the spring season. That makes seasonal closures imperative for sustain-

ing healthy wildlife populations. “We know people like to hike and walk their dogs, but please do not enter closed areas during the winter,” Sralla said. “It has been incredibly well-researched that disturbing big game during the winter has an adverse effect. We need to accept that our actions do add up and it’s the cumulative actions that take a toll on wildlife.”

All closures are clearly marked, yet CPW issues citations every year to people in violation. CPW officers will take the time to explain the reasons for the closures, but enforcement action will be taken if necessary. Those in violation can be ticketed for themselves as well as their dogs.

“CPW takes these closures seriously so the wildlife resources we all hold in high regard will be perpetuated into the future,” Sralla said. “We live in an area with plenty of BLM and U.S. Forest Service lands that are open year-round. Please, respect our vulnerable wildlife and explore other areas during the winter.”

For more information on the BLM’s seasonal closures in parts of the Dry Creek Restoration Area, Ridgway Trails Recreation Area, Gunnison Gorge National Recreation Area, Jumbo Mountain Special Recreation Area, Burn Canyon Area and the Dominguez Escalante National Conservation area, go to [go.usa.gov/xepSb](http://go.usa.gov/xepSb)

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## REGIONAL NEWS BRIEFS

### GAYLE GOUKER JOINS DMEA AS CHIEF FINANCIAL OFFICER

*Special to the Mirror*

MONTROSE— Delta-Montrose Electric Association (DMEA) has appointed Gayle Gouker as the co-op's Chief Financial Officer.

Gouker is responsible for the finance and accounting divisions of DMEA and the cooperative's fiber internet subsidiary, Elevate. She began her position on Dec. 13, 2021.

Gouker brings both electric cooperative and telecom experience to DMEA. She served for the past eight years as Manager of Financial Services at Navopache Electric Cooperative, Inc. in Lakeside, Arizona. Her responsibilities included overseeing member billing, strategic planning and execution, and financial forecasting. Prior to Navopache, Gouker worked for 17 years in the telecommunications industry as a Controller and Chief Financial Officer for CellularOne in Show Low, Arizona. Gouker is a

Certified Public Accountant and has 25 years of combined experience in finance, accounting, and compliance.

"Gayle is an experienced financial executive in both the electric and telecommunication industries. Her knowledgeable perspective will help DMEA and Elevate continue successfully meeting the needs of our local communities," said Alyssa Clemensen Roberts, DMEA's Chief Executive Officer.

"DMEA has an impressive track record for serving its members. It is transforming the communities it serves for the better through high-speed broadband and innovation in energy generation. I am excited for the opportunity to join such a dedicated team," said Gouker.

Gouker joins DMEA's leadership team as it embarks on two major initiatives. In August, the Rural Utilities Service awarded the co-op \$10.5 Million in grant funds to

expand its fiber-optic network an additional 261 miles to bring Elevate Internet to the rural homes, farms, and businesses in Pea Green and southern Delta County. In addition, Guzman Energy, DMEA's

wholesale power supplier, is developing the region's first large-scale renewable energy generation project—an 80-megawatt solar array in Delta County.

DMEA will purchase a significant portion of the plant's output, increasing the cooperative's locally sourced renewable energy to 20 percent.



*DMEA CFO Gayle Gouker. Courtesy photo.*

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COVID  
TEST**

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## REGIONAL NEWS BRIEFS

### CPW SOUTHEAST REGION SPORTSPERSON'S CAUCUS TO DISCUSS HOW HUNTING LICENSES ARE ALLOCATED

*Special to the Mirror*

COLORADO SPRINGS, Colo. – Sportsper-  
sons from across Colorado are invited to

Colorado Parks and Wildlife's Southeast  
Region Sportsperson's Caucus for updates  
on a variety of issues important to hunt-

ers, anglers and outdoor enthusiasts.

The featured topic will be allocation of big  
game hunting licenses.

"CPW is examining its current big game  
allocation policies," said CPW Southeast  
Region Manager Brett Ackerman. "This  
caucus discussion will be part of our thor-  
ough and comprehensive outreach to  
stakeholders to determine the path for-  
ward."

The virtual-only caucus is scheduled 6-8  
p.m., Thursday, Jan. 6, 2022. It will be  
streamed live, online, via CPW's statewide  
Facebook page: [www.facebook.com/CoParksWildlife](http://www.facebook.com/CoParksWildlife).

Besides Ackerman, the caucus will feature  
Larry McCormack and Ron Goodrich, who  
represent the CPW Southeast Region cau-  
cus as delegates to the statewide Sports-  
person's Roundtable.

Ackerman will also provide an update on  
CPW's wolf reintroduction efforts and he'll  
discuss recent staff changes within the  
Southeast Region. Also, CPW biologists  
will provide updates on aquatics and ter-  
restrial sections.

"Our Sportsperson's Caucus is a great  
opportunity for hunters, anglers, trappers  
and outdoor enthusiasts to engage with  
CPW staff as well as our caucus represent-  
atives," Ackerman said.

He noted that McCormack and Goodrich  
will carry all positions taken by the South-  
east Region caucus to the Statewide  
Roundtable when important policy deci-  
sions and issues are debated.

"We want all Colorado residents to have  
an active voice in how CPW manages wild-  
life," Ackerman said.

The caucus agenda is posted on the CPW  
[website](#).

**What:** CPW Southeast Region Sportsper-  
son's Caucus

**When:** 6 p.m., Thursday, Jan. 6, 2022

**Where:** Streaming online on CPW's [Face-  
book page](#).

**Info:** Call 719-227-5200 for additional in-  
formation or visit: [https://  
cpw.state.co.us/aboutus/Pages/](https://cpw.state.co.us/aboutus/Pages/)

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# REGIONAL NEWS BRIEFS

## MONTROSE REGIONAL CRIME STOPPERS ALERT

### Montrose Regional Crime Stoppers

MONTROSE-The Montrose Police Department is requesting assistance in identifying this male party involved in a burglary at Charlie Golf One Pawn and Gun.

In the early morning hours of Christmas Eve, this male is seen forcibly damaging protective containers and stealing several handguns before fleeing the area. Attached are still photos of the male subject.

Anyone with information about this crime or the identity of the perpetrator(s) or any other crimes may call Crime Stoppers anonymously at 970-249-8500, use the free mobile app P3 Tips, or provide information via [P3tips.com](https://p3tips.com). Crime Stoppers wants your information, not your identity. If the Tip results in an arrest, the Tipster



Montrose Regional Crime Stoppers courtesy photos.

may receive a cash award. For additional information, please view our Facebook page, [Montrose Regional Crime Stoppers](https://www.facebook.com/MontroseRegionalCrimeStoppers). **MRCS would like to remind everyone**

**that all persons of interest depicted in our Alerts by photo or not, or by any other means, are presumed innocent until proven guilty in a court of law.**

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## REGIONAL NEWS BRIEFS

### TRI-COUNTY HEALTH NETWORK RECOGNIZED AS JANUARY 2022 RACC MEMBER OF THE MONTH

#### Special to the Mirror

RIDGWAY-Tri-County Health (TCH) Network is being recognized as the January 2022 Ridgway Area Chamber of Commerce (RACC) Member of the Month. This RACC program is an ongoing effort to provide the community and visitors with information about businesses and organizations in the area and promote patronage of our local resources and small, independent companies.

TCHNetwork is improving the overall health of our rural region by identifying, developing, and operating community programs focused on increasing health equity and access to care. These programs have been hugely successful in filling this void by assuring care is accessible, affordable and available to everyone living in our rural counties. By taking a whole-person approach to health, the network's team can identify and address underlying social factors that may impact an individual's ability to live as healthy as possible.

The nonprofit serves more than 13,000 community members annually, including the following counties: Ouray, San Miguel, Montrose, and Delta. Its programming

ranges from direct services to community outreach and education. Programs and initiatives include the following: insurance enrollment assistance, food security, behavioral health education and teletherapy, oral health, transportation, care coordination, and multicultural advocacy.

"TCHNetwork's mission is to collaborate with our communities to improve health for everyone. Volunteers are a critical part of these efforts! Our volunteers help to fill gaps where services don't exist such as palliative support services," said Executive Director Lynn R. Borup. "You can also sign up to take any of our educational classes to learn how to best support community health needs. Always complete our Community Health Needs Assessment surveys. Lastly, we always appreciate donations, not matter how small; it's a great way to give back."

Learn more about Tri-County Health Network at <https://tchnetwork.org/>. While the nonprofit has offices in Telluride and Montrose, it serves residents in Ouray and Ridgway as well other towns in the counties it serves. To get more information, call 970-708-7096 or email [in-](mailto:info@tchnetwork.org)



Courtesy photo.

[fo@tchnetwork.org](mailto:fo@tchnetwork.org). To read the full interview about this Ridgway Chamber Member of the Month, go to <https://ridgwaycolorado.com/news-events/tri-county-health-january-2022-racc-member-of-the-month>.



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# HEALTH & WELLNESS WITH TRACIE BEARDEN

## COVID-19: IT'S IMPOSSIBLE TO UNDERSTAND WHAT NO ONE HAS TRIED TO EXPLAIN TO YOU

*By Tracie Bearden*

MONTROSE-As a medical speech therapist with 12 years of clinical experience in acute, inpatient hospital settings ranging from trauma 1 hospitals to small, rural hospitals, I have worked with medically complex patients with mild to severe respiratory dysfunction. Medical speech pathologists work with patients who have been intubated, are on ventilators, have tracheostomies, along with diagnoses of congestive heart failure, COPD, hypoxemia, along with strokes, traumatic brain injuries and both active and long-haul COVID-19.

During my clinical training and experience, I have been trained on airborne and droplet precautions and viruses as mandated by all hospitals for employees, however these topics and the information to support the science of COVID 19, masks, vaccines, and how such a virus becomes transmitted in the community has not been easy to understand for anyone that has never worked in a medical setting. And over the past two years, I have observed this education and information is not easily accessible to our community on a regular, consistent basis.

COVID-19 is caused by a virus called SARS-CoV-2. It is part of the coronavirus family, which include common viruses that cause a variety of diseases from head or chest colds to more severe and rare diseases like severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS).

The COVID-19 vaccine has created a lot of public doubt and uncertainty. And to be honest, I totally understand that. Between media headlines, social media, politicians pretending to be doctors, and lack of education to the general public to address real questions, without a medical background it could make you skeptical. The COVID-19 vaccine was originally designed for the Alpha variant and since then COVID has had a series of additional variants: Beta, Gamma, Delta, and Omicron.

This vaccine did go through all of the FDA steps to become approved for use, just like every other vaccine you are given, but here is the difference.

When the pandemic of Sars-COV2 became a global outbreak, currently the cause of over 800,000 deaths, scientists did not need to create the virus in a lab, over multiple trials to test the vaccine efficacy. However, since the COVID-19 pandemic is active and spreading, scientists have had the opportunity to actively perform ALL of the vaccine trials and collect the sufficient data to pass the appropriate FDA standards for clearance. Yes, it seems like a short amount of time but given that this is the first global pandemic most are experiencing, we are very fortunate to have the science and capabilities to create the vaccine quickly and to know it's safe and effective.

Like many other respiratory viruses, coronaviruses spread quickly through droplets that you project out of your mouth or nose when you breathe, cough, sneeze, or speak. The COVID-19 virus has spike protein; when you see a picture of the virus, the "spikes" are what the virus attaches to on your cells and the more "spikes" a variant of the COVID-19 virus has, the more spikes it can catch, increasing the chances of catching the virus. The spike protein is the part of the virus that attaches to a human cell to infect it, allowing it to replicate inside of the cell and spread to other cells. Each new COVID-19 variant has had additional spikes, allowing a greater risk of infection especially amongst the unvaccinated. Research is showing that individuals who have been previously infected with covid and are unvaccinated do not have immunity to the virus past 90 days. With the new variant, Omicron, there is research showing that if you have had covid-19, you do not have any immunity to this variant if you have not been vaccinated. More breakthrough infections are happening with mild symptoms in double vaccinated and boosted individuals be-

cause of the higher amount of spike proteins on the Omicron specific variant.

I want to take this opportunity to answer and highlight some of the most common questions I've received about why COVID is such a dangerous and ongoing viral pandemic, why masks are important, and why vaccines are doing their job.

Sars-CoV2 is passed in the community through airborne particles and respiratory droplet particles. Respiratory droplets are the respiratory fluids that come from your mouth and nose, like when you sneeze, cough, breathe, exercise, and talk!

Imagine the one person you know who sprays their saliva all over you when they talk, we all know one, right?! These particles have two sizes: small droplets and large droplets. Small droplets containing the virus can remain released and active in the air for minutes to hours. Large respiratory droplets release into the air within seconds to minutes.

Social distancing and masks help decrease the chances of spreading the virus when you are indoors because the very small droplets and aerosol particles of respiratory fluids that you breathe out can accumulate, especially without proper ventilation, and can build-up in the air space and continue to stay alive and well in that area. Secondly, if a person with the virus is performing physical exertion such as exercising, shouting, singing, or performing labor activities for work, the respiratory fluids will be released at a higher rate and at an increased amount of droplets and particles containing the virus. When someone says "prolonged exposure" this refers to 15 minutes or more exposure to any of these conditions. mRNA does not change or alter your DNA in any way shape or form. mRNA acts as a messenger to your cells. By injecting muscle cells with a synthetic mRNA, a message is sent to your body to create a viral spike protein. An mRNA vaccine can direct human cells to make a viral spike protein and evoke an immune response without a person ever

*Continued next pg*



## HEALTH & WELLNESS COLUMN From previous pg

ever having been exposed to the viral material. Your cells make copies of the spike protein and the mRNA is quickly out of your system, within a few days! The cell breaks the mRNA up into small harmless pieces. mRNA vaccines do not contain viral material. mRNA vaccines contain fat bubbles that surround a segment of mRNA, which provide cells with the instructions to make a certain viral protein.

Where does the mRNA go? The vaccine is injected into your arm muscle near lymph nodes and stays in that region. Lymph nodes produce white blood cells and antibodies to protect us from disease. Lymph nodes also clean up fluids and remove waste materials. Finding pieces of spike protein in the lymph nodes is completely normal, because lymph nodes act as the trash removal service for the body. That means the vaccine did its job (made spike proteins, which caused the creation of antibodies) and will be cleared from the body.

If the vaccine works, why are vaccinated

people getting the virus? No matter what anyone has ever told you, NO vaccine has ever been scientifically proven or stated to completely prevent catching a transmissible and contagious virus. The COVID-19 vaccine is designed, like all other vaccines, to decrease the risk of contracting the virus, hospitalization, severe illness, and death from COVID-19.

I want to highlight a scientific fact about the Spanish Influenza. I often hear this virus referred to when I hear "what about herd immunity?". This deadly pandemic started in 1918 and there were zero treatments for this virus. There was no vaccine, and there were no antibiotics to treat secondary bacterial infections. During the 1918 Influenza pandemic it went one of two ways: you built immunity, or you died. Once it spread through the population, the people left had immunity to it. The Spanish Flu did not end until about 1957 when it became endemic and part of the seasonal flu.

I know that I can't change your mind to

get vaccinated or not, but I do ask you to consider those around you and please wear a mask. I truly hope that the information I provided is helpful and explained in everyday terms.

Most importantly, no beds in a hospital means no beds. If your local hospital has no beds, that means no emergency room beds for car crashes, heart attacks, strokes, and many other complex emergency medical issues. Please if you have a cold, stay home and get tested. A PCR test is much more accurate at detecting COVID-19, especially with the Omicron variant. Stay safe and here's to an easier 2022!

*Tracie Bearden is a medical speech pathologist with twelve years of clinical experience treating medically complex patients. Tracie is a member of the Brain Injury Association of America's National Brain Injury Education Task force and is a board-certified Brain Injury Rehab Specialist and Trainer. She owns Neuro-based Speech Solutions, pc in Montrose, Colorado.*

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## OPINION/EDITORIAL:LETTERS

# ELECTRIC CARS: THE UNINTENDED CONSEQUENCES OF A WONDERFUL INVENTION FOR "GREENIES"...

*Editor:*

. . . and possibly for others as well. Me-thinks that electric cars for all appears to be much better than maybe they really are. But before I start let me make something indelibly clear--- I do not own one, have never driven one and never intend to do either.

At my age I like to fill the tank once or twice a month and have the car go when I turn the key. If I had to remember to plug it in at home and at work and somewhere in between I would most likely never get home. Try explaining that to dear "wifey". The darned thing would be like my cell phone---dead when needed! On a trip to Dallas I don't want to stop every so many hours and get a charge---just saying---for how many charging stops for how many hours at each one before arriving at my destination.

This article popped up on the internet today. I do not want to quote it in its entirety so I have included a few abridged paragraphs so that you, the reader may get the gist of it. Just imagine that at some future date a majority of Americans drove electric cars:

'A hurricane is approaching Miami Florida and the governor has ordered evacuation. Everyone is heading north fast. As the mob of electric vehicles all 'die' (out of juice) as they approach Jacksonville (3 hours north of Miami) cars begin to stop wherever they are. The storm is approaching fast. But how and where are so many 'dead on the road' battery cars going to get recharged? They just stopped where they ran out. You are in one and call 911 for help.

The 911 operator tells you that all the electric service vehicles are similarly afflicted and while they are hooked up to

the charging stations they presently are out of service. Then the power went out! No help here. You try to lock your car so that you may walk to shelter but your power door locks are non-functional as is you're A/C, your heat, no GPS and no lights.' Your car may be sitting in the middle of the road, no warning lights and unlocked and vulnerable to looters. Having no choice you and your family begin the hike to the shelter with what luggage you can carry.

Petroleum driven tow trucks are working steadily removing the electric vehicles to storage lots. This traffic jam is a cash cow for them. When this is over, if you can find your car, you will need lots of cash to bail it out but the problem will still remain as to how to get it charged.

It would have been nice if the promoters of the electric car had given just a little thought to such possibilities before foisting such a wonderful kum-by-yah product onto the non-thinkers of our utopian generations.

These cars have massive heavy battery banks. I have no idea how these batteries work but what happens if one of these cars flips over and you are in it? Do the batteries break loose and squash you or do they short out and catch on fire? Or both? What do you do with the worn out batteries. In France they have thousands of worn out electric taxis and nothing to do with them. I costs more to re-battery those cars than to buy a new one. Have we solved that problem or will we just have mountains of old electric cars piled up like our mountains of old tires across our country?

A similar scenario might be applied to our massive solar effort. Solar farms are huge. (We will soon have one operational

north of Olathe) A solar collector panel has a life span of around 15 years with, as I understand it, only about 5% of its material reclaimable.

This means the arrays, when no longer usable, are simply scrap. Where are we to put these huge piles of trash as they become 'available'.

Perhaps we could dig huge holes in the earth an bury them. Or maybe the plan is, that is, if there is a plan, to put all of this trash in the ocean (next to the electric cars and batteries) but further out to sea so it will not wash ashore with all the other trash is ending up.

Of course, with all the concern presently about global warming we might ask what is happening to all the heat collected by the solar panels. Does it just warm the earth underneath or is it radiated back into the atmosphere and into the ozone layer? I would guess that the earth absorbs the heat and uses it to melt the ice upon which the Polar Bears live and breed causing the sea levels to rise and flood our seaside cities. Maybe, just maybe, this is the real cause of global warming and not coal.

So we should ask ourselves, us humble earthlings, who have engendered such wonderful inventions as these, and atomic power, nuclear weapons, agent orange, covid-19. We who have rushed this stuff and more into use before we really understood the disasterous side effects or unintended consequences should demand our government overseers become a part of the approval process. We who have been injured by their untested poorly thought out use would strongly suggest more thorough discussion of their impact before use in the U.S.

*Bill Bennett, Montrose*



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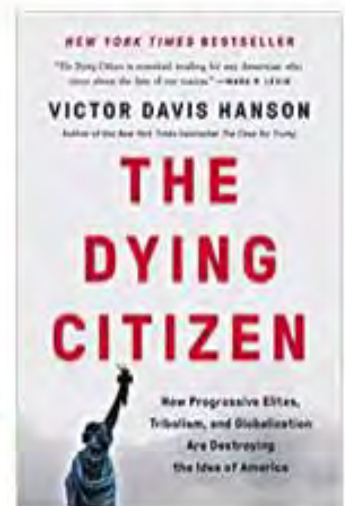
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## COMMUNITY OBITUARIES

### MARILYNN IRENE HUSEBY

*Feb 5, 1946 – Dec 17, 2021*



Born the only daughter to Dr and Mrs. Robert Huseby, Marilyn was born in Minneapolis, Minnesota and became a Montrose resident in 1995. In early October, Marilyn contracted covid and fought valiantly for two months in and out of the hospital. She peacefully passed away in the home she loved, designed, and decorated. For eight days, she was under the compassionate care of professionals with Hope West Hospice and Comfort Care.

Marilynn was a private single woman in Montrose where her “family” were her friends, though she had four younger brothers. She was a loyal friend, a good neighbor and always supported local workers and businesses. Recycling, using the land and water conservatively were always her top priorities. She loved her peaceful sanctuary in the woods and purchased 120 pounds of bird seed every month just to watch the birds come and feed in her backyard.

As a professional Medicare adviser, she

advocated loudly for herself and her clients. Marilyn’s gift for navigating the complexities of the Medicare system stemmed from her mother’s compassion as a nurse and her father’s quest for knowledge and curiosity as a prominent Denver physician. She felt it was her duty to inform and protect seniors from being misinformed and misled.

Community connections mattered to Marilyn. Her handprints of accomplishments are embedded through the works as a volunteer for the Golden Circle Seniors at the Montrose Senior Center Pavilion. She served on the board and was instrumental in fundraising events for the “Pay It Forward Fund” by directing variety shows and implementing the “Golden Ticket” senior lunch campaign that successfully has The Stonehouse Restaurant catering lunch meals for seniors at an affordable cost. She worked closely with Cindy Marino from the Montrose Recreation Center to present monthly educational lecture series that

brought in local professionals and residents to share local history and presentations of interest. She was a promoter of the Montrose Pavilion Saturday night dances and worked non-stop in creating and distributing posters and flyers all over town. She was an avid supporter and volunteer for The Time Bank of the Rockies, a time-sharing concept of exchanging your skills with someone else for a service you might need. Occasionally, she volunteered at the concession stand for the Magic Circle Players Theatre.

Marilynn loved supporting local bands and musicians, a skill she acquired in the seventies while being an integral part of the Joe Cocker (Mad Dog & Englishmen Tour) and Leon Russell entourage. Marilyn didn’t like to draw attention to herself, she preferred to work in the background. She weighed her words carefully before speaking and her deep-thinking ability created artful poetry. She wasn’t visible on social media and saw no point in highlighting her life of the past as it wasn’t relevant to the present. Her absence will be deeply felt.



## COMMUNITY OBITUARIES

### DAVID SEABURY ELLIS

*January 16, 1960- December 14, 2021*



DAVID SEABURY ELLIS was born January 16, 1960, in Denver Colorado, the son of Jerry Lynch and Florence Ellis. David passed away on December 14, 2021, at St. Mary's hospital in Grand Junction, Colorado. David was raised in the Denver area and completed his high school educa-

tion there. He later moved to the Montrose area where he lived and worked for the better part of his adult life. He tried his hand at several different trades before starting a successful chimney sweep, handyman, and custom wood stove installation business. He provided services to many in all the surrounding areas of Montrose. David was a hard worker and helped all those in need. Known by many as Dave's Chimney service.

David is preceded in death by his mother, Florence, and father

Jerry. He is survived by wife, Judie Armstrong of Olathe, Co, two stepsons, Billy and Jeremy Stoll, daughter's Julie Anthonson and three grandchildren, and Elizandra Martinez of Montrose, Co, Sister, Mary Lynch of Wyoming, brother, Jerry (Bud) Lynch JR. of Olathe, Co, and

wife Teresa, Brother, James Lynch and wife Roni of Olathe, Co, Sisters, Goldie Freeman, and Shelley Lynch of OK, Brother John Lynch and wife Patricia of OK. Numerous aunts, uncles, nieces and nephews.

David was a generous man that lived his life humbly. He helped those in need whenever he had the opportunity. He enjoyed fishing, camping, boating, horseback riding, and hunting in his spare time.

He never failed to show his love and affection to his family. He maintained a close relationship with his family and friends. This world was a better place with him in it and he will be greatly missed.

Memorial services to be held in Montrose, Colorado at Crippin Funeral home January 8 at 10am. Due to the ongoing outbreak of Covid virus the family asks for everyone to wear a mask.

### DOROTHY K. PARTRIDGE

*May 25, 1948-December 25, 2021*

DOROTHY K. PARTRIDGE passed away peacefully at the home of her daughter, Karen Brady, on Christmas Day, 2021. She was surrounded by her family and her dog, Sonny. Dorothy was born on May 25, 1948 to Clarence and Ida Nerison in Chippewa Falls, Wisconsin. She moved to southern California when she was 15 years old to live with her sister, Marion. In 1970, Dorothy's daughter Karen was born. Two years later, Dorothy met the love of her life, Kenneth Partridge, and they were married on May 26, 1976. They lived in many different places throughout

their marriage but finally settled in Montrose, CO in 2006 to be closer to their grandchildren. Dorothy and Ken were happily married for 38 years before Ken passed away in 2014. Dorothy loved gardening, reading, watching movies and spending time with her family and friends. She had a deep love for animals and had many dogs, cats, fish and other critters throughout her lifetime. She enjoyed walking her dog through the neighborhood and visiting with friends along the way.

Dorothy was preceded in death by her

parents and her brother, Norman Nerison. She is survived by her siblings, Marion Plessman, Tammy Toth, Sandy Young, Alice Hicks, Doraleen Gavin, Barbara Sirinek and Bill Nerison, as well as many nephews and nieces. She is also survived by her daughter Karen Brady, her son-in-law Jeff Brady and her two grandchildren, Christian and Lauryn Brady. She requested that there be no service, only that we never forget her in our day to day lives. Charitable donations can be made to the Montrose Animal Shelter.



## COMMUNITY OBITUARIES

### JOHNATHAN NEIL SMITH

*January 24, 1976 – December 17, 2021*

JOHNATHAN NEIL SMITH was born January 24, 1976, in La Jara Colorado to Jim and Norene Smith of Sanford. John was fifth of six children. John graduated from Sanford high school in 1995. He then served a mission in Scotland for the church of Jesus Christ of latter-day saints, he returned from his mission and met his wife Austin Christensen they were married on March 14, 1998, in Sanford Colorado.

John went on to attend lineman school in Grand Junction Colorado; he soon after got a job working for Gunnison County Electric in Lake City, Colorado. They lived in Lake City for two years before moving to Norwood Colorado where he worked for San Miguel Power for 18 years. John is survived by his wife Austin and daughter Haylee of Norwood, mother Norene Smith of Sanford, sister Terri (Bob)Booth of Alamosa, brother Steven (Julie) Smith of Sanford, sister Christi (Craig) Fairhurst of Sanford, brother Keith (Heather)Smith of Sanford, and brother Mark (Aimee) Smith of Sanford. He was preceded in death by his father Jim Smith of Sanford, Grandparents Dallas (Irene) Smith of Manassa, Grandparents Gene (Elene)Howard of Albuquerque. John loved sports, the outdoors, hunting, fishing, riding horses, roping, 4-H and watching Haylee do anything, his greatest love was his family.

John had an infectious smile and laugh that will be missed by many. John enjoyed playing jokes and giving everyone a hard time, he loved his job and the guys he worked with, He was a good father, husband, brother, son and friend.



### WILLIAM "SHORTY" A. ANSTINE

*November 10, 1941-December 23, 2021*

William was born on November 10, 1941 in Cortez, CO to Thelma and Arthur Anstine.

He lived in Rico, CO until 1955 then he moved to Telluride, CO where he graduated high school in 1959.

After graduation, William joined the Navy and became a "UDT frogman" and was honorably discharged in 1963.

William then married Jaxine Brooks in 1964.

Shorty started working in 1963 as a Mining Hoist Man in Telluride and Silverton. He worked as a Hoist Man for over 20 years.

William also went to trade school for Gunsmithing, small engine repair and welding.

William worked in small engine repair for Tru-Value until his retirement.

Shorty is survived by his wife Jaxine, children; Christal of Olathe, April of Montrose and Levi of Clifton. Eight Grandkids and nine Great-Grandkids.

Five Siblings, Dee of South Dakota, Jerry of Montrose, Cathy of Rifle, Cheri of Aurora, Fillietta of Houston and numerous nieces and nephews.

Preceded by parents Thelma & Arthur Anstine and siblings, Joyce, Pat, Jimmie and Gerald Dean. No formal service is planned. Crippin Funeral Home is Assisting the family with arrangements



## COMMUNITY OBITUARIES

### JONATHAN L NAJAR

*September 16, 1969, to December 17, 2021*



Jonathan was born to Teresa Arellano (Leyva) and Manuel Leyva. He lived in Montrose and Utah at a young age before moving back to Montrose. He was a graduate of Montrose High School.

He enjoyed the outdoors, watching his boys skateboard, fishing and many countless things. He loved working on his old classic truck.

He loved being around animals, especially his beloved horse "Little Splash." One of his favorite pastimes was working out at the gym.

He loved spending time with his sons and especially his granddaughter.

Jonathan is survived by his wife Manuela Parra Najjar, his sons Jonathan Najjar, Oscar Parra, Eddie Parra, granddaughter Annaleah Najjar, sister, Pollie Najjar, and his brother, Paul Quezada.

### LENA MARTINEZ

*July 20, 1950- December 25, 2021*

LENA MARTINEZ was born at the Delta Memorial Hospital on July 20, 1950. She passed away on December 25, 2021. Lena is survived by her husband Joe Martinez, her sister Donna Delancy and her brother Lauane Addis (Jeanne), her children Sondra (Shorty), Teri (Luis), Gary (Diana), Scott (DeAnna), Melody (Jeff), Tamara, and Yvette, her grandkids; Brandon (Taylor), Tasha, Angelica (Pancho), Felix, Briana (Jesus), Timo, Julia (Angel), Garrett, Sabrina (Shelby), Monique (Teryn), Kalob, Dionna, Gabriel, Isaiah, her seven great-grandchildren and eighteen nieces and nephews.

Lena loved camping, fishing, puzzles, gardening and listening to music with her husband Joe and dog Ariel. Her career consisted of retail sales at Walmart, property management and loving wife and mother. She enjoyed spending quality family time with grandkids watching movies, going to the flea market and making homemade tortillas and green chili. Many people received blankets as gifts (sometimes even more than one).

Lena loved her family and church family who all knew her as a caring, giving person. So many people were touched by her love. She will be dearly missed.



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ISSUE 350 Jan. 3, 2022

# ART & SOL

## BEST MUSICAL YOU'VE NEVER HEARD OF: TINTYPES COMES TO MAGIC CIRCLE STAGE



MAGIC CIRCLE PLAYERS  
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**TINTYPES**

conceived by MARY KYTE with MEL MARVIN & GARY PEARLE  
Musical & vocal arrangements by Mel Marvin. Orchestration & vocal arrangements by John McKinney  
Produced on Broadway by Richmond Crinkley and Royal Pardon Productions Ivan Bloch, Larry J. Silva,  
Eve Skina in association with Joan F. Tobin. Originally produced by Arena Stage, Washington, D.C.

**FRIDAY JAN. 7, 14, 21, 28 @ 7:30PM**  
**SATURDAY JAN. 8, 15, 22, 29 @ 7:30PM**  
**SUNDAY JAN. 9, 16, 23 @ 2PM**

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The multiple Tony award winning Tintypes is the "best musical you've never heard of" featuring beloved and nostalgic tunes from turn of the 20th century America. Hum along, tap your feet, and let your heart soar with this unique series of snapshots, aka tintypes of a thrilling and tumultuous time in American history.

Directed by Kim Santich  
Assistant Director Dru Weaver  
Music Director Patti Scriffiny

few new favorites!

Presented as a series of snapshots, or tintypes, the show explores the history of America at the turn of the 20<sup>th</sup> century up through the start of the first World War. Equal parts boisterous and poignant, this one-of-a-kind musical history lesson is more than just a collection of musical numbers.

It also thoughtfully explores societal issues such as race, gender, and class—issues that are no less pertinent today than they were back then.

Starring a stellar cast of five, the actors play multiple roles and appear onstage for the duration of the show. Featuring Julie Laube, Eli Tafoya, Michelle Terry, Rich

Burt, and Kellie Green, these multi-talented actors and singers take on myriad roles, from historical characters such as Teddy Roosevelt, Emma Goldman, and Anna Held to everyday folks whose names may not be known to us, but who nevertheless played a vital role in the shaping of America in the early 20<sup>th</sup> century.

Travel back to yesteryear while you hum along to timeless classics such as "Stars and Stripes Forever,"

"America the Beautiful," "Wayfaring Stranger," and "Toyland." Accompanied by pianist Amy Priest and with choreography by Kate Florian, you're guaranteed to tap your toes and clap your hands throughout this fun musical extravaganza.

Get your blood pumping and your heart soaring with this unique musical exploration of a thrilling and tumultuous time in American history.

You'll laugh, you'll cry, you'll have a great time. Trust us, you do not want to miss this one!

Tickets are now on sale [online](#) or by calling the box office at (970)249-7838. Buy early to ensure you don't miss this amazing show!



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Nevada Barr meets Jani DeLeon in this Western Slope mystery series

By Lisa Rediger

Magic Circle Players

MONTROSE-Making its debut on the Magic Circle stage this January, *Tintypes* is the "best musical you've never heard of," according to its director, Kim Santich. Garnering three Tony award and five Drama Desk award nominations in 1981, the musical revue features beloved and nostalgic tunes from composers/songwriters such as John Philip Sousa, George M. Cohan, and Scott Joplin, among many others. And even if you're not familiar with some (or even all) of the music, you're sure to find a



## COMMUNITY NEWS BRIEFS

### SENIORS-GET HELP FILING YOUR 2021 INCOME TAXES *By Appt. Only*

*From the Montrose Senior Scene*

MONTROSE-Once again AARP Tax Aides will be volunteering to help you file your 2021 taxes. This will be done by *appointment only*.

Starting Monday, Jan 3, call the Montrose Senior Center at 970-252-4489 10am-3pm or come to 1800 Pavilion Dr in Montrose to schedule an appointment for some time in February.

If no one answers, please leave a message with your name and phone number and someone will return your call as soon as possible.



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## COMMUNITY NEWS BRIEFS

### MONTROSE COUNTY HISTORICAL SOCIETY PRESENTS PAM FRIEND ON THE HISTORY OF THE STAR DRIVE-IN

*Special to Art & Sol*

MONTROSE-Montrose County Historical Society presents Pam Friend, owner of the Star Drive-in explaining the history and significance of the outdoor motion picture facility in Montrose. 7 pm. Wednesday, January 5, 2022, at Friendship Hall, Pioneer Room. Admission is free, the public is invited. Light refreshments may be available. Social distancing and COVID procedures are encouraged.

## COVID-19 Hospitalizations

On **December 30, 2021**, the total number of patients hospitalized with a COVID-19 illness was **7**.



Unvaccinated



Fully vaccinated

### 7 Hospitalized

- 7 unvaccinated
- 0 vaccinated



### 1 in the ICU

- 1 unvaccinated
- 0 vaccinated



### 0 on Ventilators

- 0 unvaccinated
- 0 vaccinated

Total hospitalized with COVID during the timeframe 10-1-21 through 12-15-21 was **211**.

27.49% Vaccinated • 0.47% Partially Vaccinated  
62.09% Not Vaccinated • 9.95% Unknown Vaccine Status



**MONTROSE**  
REGIONAL HEALTH



# YOUR BRAIN ON NATURE: PREVENTING JOB BURNOUT



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

Greetings Mirrorites!

Burn bright, or burn out? That seems to be the conundrum millions are facing these days, and is one of the driving forces of the Great Resignation. I have had more than one bout with it, and it definitely drives one toward change. I dedicate this article to all of the frontline workers out there, who are trying to persevere in the face of some pretty daunting odds. That's right, I'm talking to you nurses, teachers, firemen, home care givers, working mothers, and community law enforcement personnel. And that's just to name a few.

Although it is somewhat popular to poo-poo burnout as being just another flavor of depression, they are two distinct mental conditions. They do have overlap, and either one may be a predecessor of the other, but they are also different in significant ways.

Burnout is not simply working too long or too hard. When we are passionate about something that is intrinsically rewarding, we can cheerfully forget to eat or keep regular hours. But unlike depression, in burnout there is a toxic inequality factor. Ultimately, burnout results when the balance of deadlines, demands, working hours, and other stressors outstrips rewards, recognition, and relaxation. Mandatory overtime, unrealistic deadlines, excessive client/patient/student loads, will cultivate feelings of negativity and hopelessness and cynicism. A premier researcher in burnout stated two decades ago that imbalances in job related workload, control, reward, community, fairness, and values are the trigger points for



Courtesy image.

the burnout process to begin and escalate. Burnout is a real thing in the brain. It is a form of chronic stress that literally shrinks it. One study found that individuals who scored high in burnout exhibited significant reductions in the grey matter of the anterior cingulate cortex. I can tell you that when I left Southern California to move to Colorado almost three decades ago to escape from untenable professional and personal circumstances that had resulted in burnout, I had writer's block for more than two years. This is pretty typical of a burned-out mind, with two to three years being quite common for recovery. Even though the process is gradual, like being nibbled to death by ducks, it is serious and life altering. That can be a bad thing, or a good thing, depending upon one's circumstances. But for dang sure, when you are in the middle of it, it's an uncomfortable thing.

I experienced severe migraines and an inability to cope with family drama. Many sufferers experience extraordinary fatigue and in the helping professions, frontline workers often feel a sense of depersonalization and fatalism. A dear friend who works in the field of animal rescue had a brush with burnout recently. Her non-profit went from not having enough rescue animals for adoption in mid-2020,

to having to turn down the hundreds of requests for relinquishment from owners that were now bored with their pets and wanting to travel, and so were trying to rehome their pets by giving them back to the rescue. After she spent some much-needed time in leisure, nature, and self-care, she was able to regroup. She handled the guilt of not being able to accommodate everyone much, much better, while adopting her old motto again of 'maybe we can't save them all, but we can save some.'

During the time she was experiencing burnout, she became unrecognizable in her social interactions. Talk about the dark side! That is because her amygdala — a brain structure that is critical in emotional reactions including fear and aggression, had probably enlarged, with significantly weaker connections between the amygdala and brain areas linked to emotional distress like the anterior cingulate cortex (ACC) occurring. In laboratory studies, the more stressed an individual reported feeling, the weaker the connectivity between these brain regions appeared on fMRI. So yeah, burnout is all in your mind, and it's not just your imagination. Personality changes are common, as is cognitive impairment.

Frontline workers often have little daily

Continued next pg



# PREVENTING JOB BURNOUT From previous pg

exposure to nature (except perhaps for back country fire fighters, who have too much exposure to nature in flames). For nurses and teachers, meals are often eaten at desks indoors. When this is done day after day, week after week, it begins the very predictable cycle of exhaustion, cynicism, and inefficiency. Consistently preventing, the first stage (exhaustion) can nip the rest of the problem in the bud. Doing this is more than just a matter of will power. The organization itself may oppose any efforts by the employee establish some healthy boundaries. I know of one over achiever who was approaching burnout fast and it was affecting her ability to be able to parent her two special needs teenagers. She established some boundaries for at home communications (she worked remotely) to try to curtail the barrage of Zoom and Slack (email) communications she was expected to respond to seven days a week. Within a month, she was fired. She now says it was the best thing that could have happened.

So yeah, it's risky, but what are the options? Before telling your boss to take this job and shove it, you might as well try some baby

steps first. For starters, try to leave the job site or building at mid-day whenever possible and do not run errands, just engage in some form of 'me time' in an environment as soothing and natural as possible. When this is impossible, bring a little nature indoors. This is what I did when working a high stress, 45 hour a week job in the cubical world. I decorated my Dilbert style cubicle with soft lighting, oriental rugs, lots of plants, and quietly played celestial music. I made my workspace a form of refuge. It was so effective that co-workers I barely knew would come to hang out for 10 minutes just to recharge their own batteries. One lady would come and just lay on the floor on the thick Persian rug for a while.

One awesome baby step you can practice on lunch break, particularly in winter, is sound therapy. I chose new age music, but now there are numerous audio selections featuring nature sounds. And these can work wonders. A team of British researchers used a system called mental chronometry in which reaction times are used to help judge how strongly people react to the different stimuli. When asked to relax with woodlands

sound for one minute, people said they felt 30 percent more relaxed, 25 percent less stressed and 20 percent less anxious. One researcher speculated that, "...It could also be cultural association so we associate going into nature with an opportunity to relax. If we can hear those sounds, we're reminded of being in a relaxing place even if we're in a laboratory."

Communication with co-workers on a need for occasional lunchtime privacy may help others understand your need for decompression, and the same is true with management. Sure, it can backfire, but you will probably leave that position at some point in the future anyway after having already compromised your gray matter for years to come, so why not? In addition to healthy boundaries, lots of indoor plants, walks outside, and healing nature sounds, a sense of self-forgiveness will help a lot. Time spent in nature will assist with outside the box thinking through tapping into the default network, while also lowering a sense that only you can accomplish the projects at hand perfectly, on time, and under budget, with a smile. Only you can address the concerns of anxious parents and still have 100 percent of you left to engage students and then interact graciously with demanding family members at the end of the day. Only you can... well, you see where I am going. When you need to put the oxygen mask on yourself first when the plane is going down, do it and don't feel guilty.

Time in nature will help you regain perspective, and give a sense of *wabi sabi*, that knowledge that perfection is not truly necessary for something to still be worthy and beautiful. And don't forget that the word no is not a sin. You may need to deal with clients, patients, or students in a way that approaches perfection, but when the boss asks you to plan the annual Christmas party on top of everything else, then *sorry but no* delivered in a polite and professional manner is the correct response (unless of course you love planning parties, in which case say yes, but ask if someone else handle this or that portion of the daily obligations for a little while?) Plan on running the career race like a marathon and not a sprint and be sure to include nature as your partner in your success and you will thank yourself for decades to come, I assure you.

Get outside, decompress occasionally, and as always, send questions and comments to [agescapesnow@gmail.com](mailto:agescapesnow@gmail.com).

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## Tuesday Jan 4, 2022

**Progressive  
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Game #4  
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*Jackpots can be won by  
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*Win this Jackpot by reaching  
Bingo in 53 #s or fewer*

**Doors  
Open at  
4:30 PM  
Games  
Start at  
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**2022**

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**MENU**

**Breakfast  
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## COMMUNITY NEWS BRIEFS

# RESIDUAL ROOTS ARTIST RECEPTION AT HEALTHY RHYTHM GALLERY JAN. 28

### *Special to Art & Sol*

MONTROSE-Healthy Rhythm Art Gallery presents "RESIDUAL ROOTS :: AN ART EXHIBIT BY CIE" The Artist Reception will be Friday evening, Jan. 28, 2022. One-of-a-kind handcrafted Wood Art pieces will be on display for viewing and purchase. Exhibit overview and Q&A session with Cie will be part of Artist Reception festivities. Wine and refreshments will be provided. The exhibit runs January and February 2022

LANOUE DUBOIS WINERY will pour wines at the Artist Reception. Individuals must be 21+ years of age with a valid I.D. to consume alcohol.

**\*\* Special Acoustic Performance by YOU KNEW ME WHEN \*\***

Doors open at 6 PM. Street parking is available.

This event is FREE and open to the public  
**\*NOTICE\*** We request that anyone who is unvaccinated for COVID wear CDC approved face coverings at all times while inside the gallery. If you are showing any COVID symptoms, or sick in any way, please stay home and get better. We are limiting capacity for this event to a maximum of 35-40 people at any given time. Please be advised if there is a significant daily increase in COVID cases the week of the concert, all concertgoers may be required to show Proof of Vaccination before entering Healthy Rhythm Art Gallery.  
**THE SHOW**

**\*\* Details Coming Soon \*\***

### ABOUT CIE'S ART

Cie's art has grown in recognition since receiving the Mayor's Choice Award at the Inaugural 610 Arts Collective Regional Arts Exhibition back in April of 2019. Since that

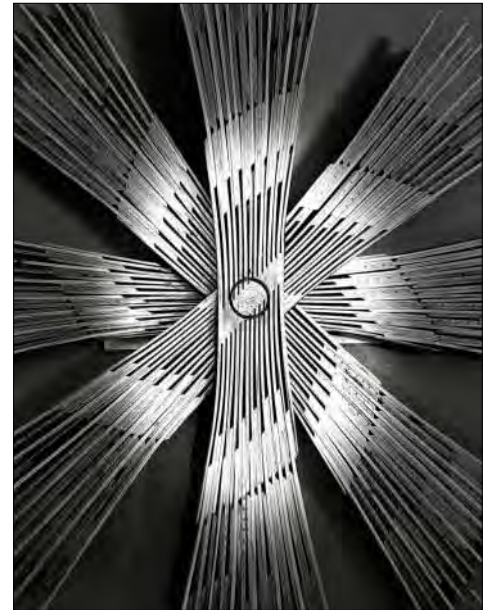
time he has continued to explore wood-working as a creative and artistic medium. After buying and remodeling an old 1898 mining house in Ouray, CO, Cie discovered the versatility of wood as an art medium and began transforming his garage into his woodworking studio. The majority of Cie's work is based on, and inspired by, the San Juan Mountains of Southwest Colorado. After creating a "wood canvas" Cie utilizes various routers, saws, and stains to create his artwork.

A number of his works also incorporate the use of sound waves as an artistic element and subtle dictation of what the work embodies.

### ABOUT CIE

Artist, musician, husband. Cie Hoover lives and creates his art in Ouray, Colorado. In addition to performing alongside his wife Karisa in the folk-rock duo You Knew Me When, Cie has always had a passion for the visual arts. After working in the Nashville music industry for over a decade, and then touring full-time for six and a half years throughout North America with You Knew Me When, Cie rekindled his love of the visual arts living amongst the San Juan Mountains.

Cie grew up in Blacksburg, Virginia, and frequently visited Colorado with his family in his formative years. He attended Belmont University in Nashville, TN, and obtained his BBA in Music Business. After graduating, Cie was a publicist with Garth Brooks' manager for several years, the Artist Relations Coordinator for Meinl Cymbals for a stint, the Artist Relations Coordinator for the International Songwriting Competition for a couple years, and the Global Events Manager for Gibson



*Photo by Cie Hoover.*

Guitar for four years prior to touring full-time with You Knew Me When. Music has always played an important role in Cie's life, and subsequently plays an important role in Cie's art...especially when getting into an "artistic" frame of mind.

[www.CieCreativeCo.com](http://www.CieCreativeCo.com)

### HEALTHY RHYTHM ART GALLERY

Healthy Rhythm Art Gallery is a key component of Healthy Rhythm Creative Group. The primary focus of The Gallery is Art and Music. Healthy Rhythm Art Gallery affords diverse individuals a user-friendly space to create, exhibit, and sell a variety of artwork.

The Gallery also serves as an intimate Live Performance Venue. Healthy Rhythm Art Gallery is located at 232 E. Main Street in historic downtown Montrose, Colorado.

[www.healthyrhythm.net](http://www.healthyrhythm.net)

see • think • believe™

## CELEBRATING LOCAL BEAUTY.





# TWO MEN WALK INTO A BAR

By Bob Cox

MONTROSE-That is how the quintessential story begins. In most cases the story continues in some sort of joke. In our case it begins to stir memories of times past and becomes more than just an anecdote, it triggers a conversation about youth, old friends, and family. Let us listen in to one of the conversations, albeit hypothetical: Two men walk into a bar. As they are served their \$4 glass of beer and pay the bartender, Tom turns to Harry and says, "Remember when we used to go to Hadley's Pool Hall?"

Harry smiles and responds, "Yeah, those times have passed. I used to go in there quite often. When I first started going in beer was 10 cents a glass. I remember when they started charging 15 cents. That really cut into my spending money."

Tom and Harry discuss Hadley's at some length, recalling that the business was started sometime after WWII, by Daniel Hadley. When he passed away in the early 1960s, his sons, Raymond and George inherited the property and ran the business for another 20 years or so.

"I remember," says Tom, "I loved to play snooker. My dad sold mining equipment and I often went with him. I played snooker at Hadley's, down at The Producers Club, which was on North First, they didn't sell beer there, and at Leroy's Pool Hall in Telluride. I even played a little at Bonatti's in Ouray."

Harry took a small sip of his beer. "I wasn't much of a pool player, but I did like beer. Do you remember the No Delay bar?"

Tom took a moment, hoping the Prevagen would kick in. "The No Delay was just down the street from Hadley's. Let's see, Hadley's was where Creative Photography is now, so I think the No Delay was there about where the Town Hall Tavern is. I've never been to that place. We'll have to go there sometime."

"Boy the memory is kicking in now. Wasn't there a Ben Franklin Store right there too?"

"You know, Harry, I think you're right. There was a couple of those so-called five

and dime stores downtown. Reed's Five and Ten was across the street. I think it was next to Gray Jewelry, but I cannot be sure."

Harry responded. "I noticed the other day that the store where Gray's Jewelry was,

at 327 Main, is vacant now. It's a shame that places like Gray's and DeVinny's are not there anymore. I bought our wedding rings at Gray's. Good gosh, those rings cost us over a hundred dollars. Gray's set us up on a payment schedule and we paid them off after we got married. I used that little credit reference for years after that. A friend of mine worked at DeVinny's. As I recall, they were at 321 Main. I think they were in business for 92 years. They closed up just three years ago."

Another sip of beer and Tom said, "Now that you mention that side of the street, one of my favorite places was the Montrose Cafe, where Nikko's Tavern is now. I think Sims had his insurance office there on the corner then."

"Oh boy, such memories," said Harry. The Penny's store was over there on the corner where that little park is now. I remember going there one time with my mother. She was going to buy herself a new dress for Easter. She had saved enough to buy a woman's suit that was on sale for \$12." About that time another man mounted the bar stool next to Harry.

"Hi Dick," said Harry.

Dick had been listening. "You guys remember when we used to bowl at the Rose Bowl when it was over there about the middle of the 200 block; 219 would be my guess. I don't think I can count the number of businesses that have been in



**A post card that was produced in the 1950s shows several of the cars and businesses that once predominated the downtown area of Montrose. From the Bob Cox collection of "stuff."**

there since they built the new bowling alley out on the east side of town. I remember most of the businesses that you guys have talked about, but it surprises me that you haven't mentioned the Montrose Liquor store. It was close to Hadley's and then there was the Stockmen Cafe and Bar a little farther. Last I knew the Colorado Boys Pizza was doing business there. I am going to have to go downtown and take a walk one of these days. Boy, I remember spending some long hours in the Stockmen talking to Chris Quintana. That is someone I will always remember."

"Me too," said Tom. "You know, we had it pretty good back then. We sit here and talk about those days and we have only really talked about the businesses that were in the 200 and 300 blocks, but there was a lot more. We may have a bigger selection today with places like Wal-Mart and Target, but we got by pretty good when we just went downtown and bought what we needed. The Busy Corner Pharmacy was on the corner of Main and Cascade and there were a couple of other drug stores down there."

Harry stood up. "Tom, Dick, it has been fun talking to you but I better get out of here." With that, Harry left the bar, but he did not leave the story. Tom and Dick carried on for another several minutes. One cannot help but wonder what they talked about next.

## COMMUNITY NEWS BRIEFS

### FARM AND RANCH WOMEN ARE DECISION MAKERS – ANNIE'S PROJECT PREPARES THEM WELL

#### *Special to Art & Sol*

MONTROSE-Farm and ranch women are generating a cultural tide in American agriculture that is moving management, assets and opportunities to a new wave of farmers across the country. At Annie's Project courses, women in agriculture become empowered to be successful through education, networks, and resources.

Annie's Project is a six-week course that is a discussion-based workshop bringing women together to learn from experts in production, financial management, human resources, marketing and the legal field. There's plenty of time for questions, sharing, reacting and connecting with presenters and fellow participants. It's a relaxed, fun and dynamic way to learn, grow and

meet other agriculture women.

Whether new or experienced, understanding the five areas of agricultural risk, knowing how to analyze agricultural spreadsheets and other necessary skills are vital. Learning them in a friendly environment where questions and discussion are welcomed, allow the learning process to flourish.

Annie's Project courses have successfully reached more than 15,000 farm and ranch women in 33 states. The next one in your area begins on January 27, 2022 in Montrose, CO.

The cost for the course is \$65 per person, which includes a workbook and support materials for all sessions. [light supper will be served before each class at

5:45p.m. Course size is limited, so please register soon.

Linda, an Annie's Project alumna says, "I took the class to gain a better understanding about agribusiness and how financial decisions impact our farm operation. I have a better understanding of balance sheets and the futures market...this class has improved communication with my spouse on concerns he works with on a daily basis."

For more information contact Katie Alexander, CSU Extension Small Acreage and Marketing at (970) 249-3935 or [Kathryn.alexander@colostate.edu](mailto:Kathryn.alexander@colostate.edu). Online registration is available contact Katie for a link or more information can be found on the Annie's Project website at [www.AnniesProject.org](http://www.AnniesProject.org).

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- Land Survey Business
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- Kitchen, Bath, & Interior Design Company
- Winery
- Automotive Repair Shops
- Relocatable Sports Equipment Fabrication Company
- Industrial/Commercial Sales & Repair w/Real Estate
- Excavation Business

**More Listings Coming Soon!**



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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](mailto:mncfirst@gmail.com), [www.montrosenazarenechurch.org](http://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, [info@fpcmontrose.com](mailto:info@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

*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](mailto:office@montroseumc.org)

[montroseumc.org](http://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](http://www.RosemontBaptist.org)  
 email: [office@rosemontbaptist.org](mailto: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](mailto:arlyn@spiritaware.org), [www.spiritaware.org](http://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](mailto:summitchurchmontrose@gmail.com)

website: [www.summitchurchmontrose.org](http://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](mailto:info@vbcmontrose.org);

website: [vbcmontrose.org](http://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?

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## COMMUNITY NEWS BRIEFS

# MONTROSE COUNTY NEEDS YOUR SUPPORT *Local In-Person Disaster Action Team Academy*

*Special to the Mirror*

MONTROSE-The American Red Cross of Western Colorado is hosting an in-person

Disaster Action Team Training Academy from 10 a.m.- 3 p.m. on Thursday, Jan. 13, 2022 at the Montrose County Library

### *DineOutMontrose.com*



Liquor:

Beer Barn II  
970-249-5550

House of Spirits  
970-240-4799

### Let's Cater 2022:

Pahgre's  
970-249-6442

Jimmer's Steak & BBQ  
970-252-1227

My Favorite Muffin  
970-765-0076

Fiesta Guadalajara  
970-249-2460

Heidi's Brooklyn Deli  
970-240-1605

Alpen Confections  
970-648-0609

Rib City  
970-249-7427

Remington's at the Bridges  
970-252-1119

Stone House  
970-240-8899

Lighthouse Eatery  
970-964-4424

Mimo's  
970-249-0616

Camp Robber  
970-240-1590



Community Room 320 South 2nd Street. This training is designed to help build volunteer capacity to respond to local individual disasters like home fires, providing comfort kits and financial assistance to displaced families. For more information on how to get signed up for this opportunity to help your neighbors, please contact [josh-ua.stewart@redcross.org](mailto:josh-ua.stewart@redcross.org).



## FRIENDS OF YOUTH & NATURE: *Snow by Any Other Name*



*It may be a tight fit, but these young boys figured out that snow caves provide insulation and protection from the wind, and can be quite warm! Photo Courtesy Anne Janik.*

By Anita Evans, Friends of Youth and Nature

REGIONAL-When most of us think of snow, we think of fluffy six-sided flakes collecting on our nose and eyelashes, snow families popping up on our lawns, and winter conditions arriving in the Colorado mountains. What you might not know is that our view of snow is limited by our language.

Other languages in the world have many more words for snow than the English language, primarily based on their culture's relationship to snow. The Inuit culture has 50 words for snow, describing not only its shapes but also human interaction with the snow. *Aput*, for example, means "snow on the ground," and *qaniy* means "falling snow". *Piqsirpoq* means drifting snow, as opposed to *qimuqsuq*, which means snowdrift. The Sami, indigenous people of northern Norway, Sweden, Finland, and Russia, have at least 180 words for snow and ice. For example, *Skava* is a thin layer of frozen snow; *Vahca* is loose or new snow; *Moarri* is the kind of frozen surface snow or ice that breaks and cuts the legs of animals; and *Ciegar* is a snowfield that has been trampled and dug up by reindeer.

Internationally, avalanche experts have

classified snowflakes into three basic snow shapes: column, plate, and the one we traditionally think of as a six-sided star—the stellar snowflake.

Of course, there are many variations of these three basic classifications based on size and how they clump together as they form when drifting down through the atmosphere, but believe it or not snowflakes continue to change even after they reach the ground! Wind can tumble them across the surface of the snow, breaking off pieces of the flake. Even under the surface, snow continues to change as more snow builds into a thick snowpack. Snow and ice sublimate continually, turning directly into water vapor, and when this happens inside the snowpack that water vapor can refreeze onto other snowflakes within the snowpack, creating platelike sliding surfaces that create the avalanche conditions to which Colorado is so prone.

Any 6<sup>th</sup> grader who has participated in a Knowledge Bowl competition can tell you that in the United States the state with the most recorded avalanches is Colorado. That is because the way our snowpack traditionally accumulates creates the perfect conditions for avalanches. With our mountainous terrain, we have many slopes of 35-50 degrees which are the



*John Malloy, an environmental educator, helps youth understand the winter environment. Teens learn how to be prepared for outdoor winter adventures, learn about animal adaptations to winter, practice hiking in snowshoes and build their own snow shelters. This was a course offered by Montrose Recreation Department last winter at Cerro Summit. Photo Courtesy Anne Janik.*

most dangerous for avalanche conditions. Many winters, like this year, we get a significant snowfall early in the season, and then do not get more snow for several weeks. When this happens wind and sun can create a hard crust on the surface of the snow on which new snow can easily slide. In addition, the temperature difference from the surface of the snowpack to the base is often significant, with snow surface temperatures in the single digits while at the base of the snowpack the temperature is a constant 32 degrees. This temperature difference, or gradient, causes large plate crystals to form under the hard crust. These plate-like crystals are often called "sugar snow" and act like ball bearings. When the snowpack does get a significant addition of new snow on top, like we have experienced recently, one of two types of avalanches can occur on mountain slopes. A point, or loose, avalanche can slide on top of the hard crust underneath, or if there is enough weight with a new wet heavy snowfall the sugar snow underneath can collapse creating a dangerous slab avalanche.

*Continued next pg*



## FRIENDS OF YOUTH & NATURE From previous pg

So, how can you safely play in the snow in Colorado? The Colorado Avalanche Information Center has a program called "Know Before You Go." First, and most importantly, stay out of harm's way. There are many safe places to recreate in the mountains, like on the generally flat top of Grand Mesa with groomed trails for cross-country skiing, snowshoeing, sledding, and snowmobiling. There are only a few easily avoided slopes where avalanches can occur. Bring water, healthy snacks like nuts and cheese, and extra clothing with you to make sure you will have everything you need for a fun day. A thermos of hot chocolate can warm you inside and out! Colorado also boasts many downhill ski areas, such as our local Powderhorn Ski area, where ski patrollers control the designated ski slopes for avalanches to keep patrons safe.

If you do plan on recreating in Colorado's backcountry where avalanche conditions are present, you need to be as prepared as possible before you head out the door by taking a free online *Know Before You Go* (KBYG) avalanche awareness class at [kbyg.org](http://kbyg.org). There are also many on site or classroom avalanche courses available that teach you how to recognize and avoid avalanche terrain, how to dig a pit and analyze the stability of the snowpack, what gear you should take with you in your backpack for safety, how the weather affects avalanche conditions, and how to look out for the safety of every person in your party.

With just a little preparation, you and your family can have many hours of safe winter fun playing in a crystalline world on

our public lands. Stay safe out there and have fun!

*Friends of Youth and Nature is a non-profit that promotes opportunities for youth and families to get outside, experience outdoor*

*activities, and explore nature. Follow our outdoor news blog and receive monthly tips on connecting your children to nature. Learn more, visit:*

[www.friendsofyouthandnature.org](http://www.friendsofyouthandnature.org)

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# THROUGH THE LENS OF NEW ENGLAND: *Rick and Jill Myers Share a Canopy of Colors*



**1957 Chevrolet 3100 by Jill Myers.**



**The Lighthouse, Portland Maine, by Rick Myers.**



**Rick and Jill Myers, at the Summit, Mt Washington. Courtesy photo.**

By Kathryn R. Burke

Both retired educators—in Meeker, then Montrose, Jill (art teacher then administrator) and Rick (math teacher) have had a life-long interest in photography. And travel. And history. Both Myers love to explore...find old places, take new pictures. And creativity—lots of boths. Which works out perfectly, as they also tend to share spoken thoughts—one starts a sentence; the other finishes it. And, when they shoot a picture, they have nearly identical perspectives. “When we get home, it often turns out we both took same pix,” Jill laughs. “My daughter calls

it “photo foreplay.”

Creativity is what makes it fun,” Rick adds. And it’s more than just taking great photos. Also woodworker, Rick builds the frames. Jill, always the artist, helps coordinate the matting. Both have a unique eye for composition and subject matter. The final art piece, a custom-framed photograph is truly unique.

Follow their New England odyssey through Vermont, New Hampshire, Massachusetts, and Maine at Montrose Center for the Arts. Show opens Friday, January 7<sup>th</sup> with reception from 5-7 pm. Light apps, live music by Kimah, and cash bar. (MCA just received its new Art Events liquor license—help us celebrate!).

Each image in the show is accompanied by a card explaining the location and history behind the picture. The first week they explored back roads of Vermont. *Autumn Peak* was taken in Smugglers Notch, near where they stayed, on a foggy day. Rick shot the *Beaver Pond* near the Notch, while Jill climbed a three-mile trail to a waterfall above the pond. *Nature’s Steps* portrays the “Long Trail” used by 19th Century Notch smugglers crossing the nearby Canadian border with embargoed

goods. Out of the fog, and into the sun, they came upon the colorful ‘57 *Chevrolet 3100* on a back road in Vermont.

Searching for covered bridges, on their first day in Vermont, they discovered the *Creamery Bridge*, built in 1703 in Brattleboro. During one of their last days in Vermont, the Myers discovered the *Fisher Railroad Bridge*, a standard-gauge, covered railroad bridge. Built in 1908, it is one of the last still standing in the US.

The sun shone in Maine, where they stopped to sample lobster in a local restaurant, and Jill photographed a bright blue lobster boat. *The Lighthouse*, photographed near Portland Maine, is believed to have been the inspiration for Henry Wadsworth Longfellow’s poem, *The Lighthouse*.

Not far from where they stayed in North Conway, New Hampshire, Jill explored and photographed the Sabbaday Falls, named for the Sabbath by early settlers when they came to relax after a hard week’s work. It was also in New Hampshire, where they toured on the Cog Steam Engine Train, opened in 1869. at Mt. Washington, infamous for having “the worst

**Continued next pg**

## ***THROUGH THE LENS OF NEW ENGLAND: Rick and Jill Myers Share a Canopy of Colors ...From previous pg***

weather in the world" with wind speeds at the 6,288-foot peak clocked at 275 mph. "It's pretty much the same as here, except it's compressed," Rick said, "Treeline is is at 5,000-feet" While there, they photographed the old *Water Tower*.

Throughout their journey, they discovered interesting places, people, and...took pictures. They explored history, enjoyed local color, and sampled local food. "This is how we like to travel," Jill said. "We find the most interesting things to photograph," Rick 'added.

They flew into Albany, NY, rented a car, and followed a route through the back roads of Vermont and New Hampshire, then east to the coast: Maine and Massachusetts, returning through Vermont back to Albany, and back home.

Don't you wish you could go with them?



*Fisher Railroad Bridge, Wolcott Vermont. Jill Myers.*

# The Mirror:

For coverage that never leaves  
our readers out in cold ...



[www.montrosemirror.com](http://www.montrosemirror.com)



# COVID-19 Testing Sites in Montrose County



**AFFINITY  
MONTROSE REC FIELD HOUSE**  
MON, TUES, THURS, FRI, SUN  
9am - 2pm  
25 Colorado Ave, Montrose  
[www.affinityecarecolorado.com/co](http://www.affinityecarecolorado.com/co)

**CEDAR POINT HEALTH/  
URGENT CARE**  
836 S. Townsend Ave. Montrose  
970-249-2118  
[www.cedarpointhealth.com/testing](http://www.cedarpointhealth.com/testing)

**DR. MINDY MILLER/ TRAILHEAD CLINICS**  
Available for new/existing patients.  
1329 S Townsend Ave, Montrose  
970-240-8199  
[www.trailheadclinics.com](http://www.trailheadclinics.com)

**NORTHSIDE HEALTH CENTER**  
528 N. Uncompahgre, Montrose  
970-240-6438  
[www.facebook.com/northsidechildhealthcenter](https://www.facebook.com/northsidechildhealthcenter)

**(WEST END) BASIN CLINIC**  
421 Adams St, Naturita  
970-865-2665  
[www.basinclinic.org](http://www.basinclinic.org)

## PEAK FAMILY MEDICINE

Available for new/existing patients  
1550 East Niagara Road , Montrose  
970-497-4921  
[www.peakpros.org](http://www.peakpros.org)

## PIC PLACE

Available for new/ existing patients.  
87 Merchant Dr, Montrose  
970-252-8896  
[www.pic.place](http://www.pic.place)

## RIVER VALLEY FAMILY HEALTHCARE CENTER

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1010 S Rio Grande Ave, Montrose  
970-497-3333

308 Main St, Olathe  
970-323-6141  
[www.rivervalleyfhc.com](http://www.rivervalleyfhc.com)

## WALGREENS PHARMACY

Testing is available on a limited basis.  
2351 South Townsend Ave, Montrose  
970-252-1743  
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**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](http://www.montrosecountyjic.com)  
updated 11/8/21

# 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. Meetings will be on the 1<sup>st</sup> Wednesday of each month (January – May). 10am-11:30am in the downstairs meeting hall of Cedar Creek Church, 222 S. Townsend and S. 3<sup>rd</sup>. enter through the side door on S. 3<sup>rd</sup> 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 non-denominational 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 of 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

**Jan.3-14-** The City of Montrose's annual Christmas tree pickup service begins Monday, Jan. 3, and will run through Friday, Jan. 14. Place trees behind the curb in front of homes for pick up. . Trees must be put out by Wednesday, Jan. 12. There is no charge for this service. For more information or to request a pick-up, please contact City of Montrose Public Works at 970.240.1480.

**Jan. 5-**Montrose County Historical Society presents Pam Friend, owner of the Star Drive-in explaining the history and significance of the outdoor motion picture facility in Montrose. 7 pm. Wednesday, January 5, 2022, at Friendship Hall, Pioneer Room. Admission is free, the public is invited. Light refreshments may be available. Social distancing and COVID procedures are encouraged.

**Jan. 8-**Moriah Woods, Solo Accoustic concert at Healthy Rhythm Gallery. Tickets \$17 advance, \$20 day of show.. Doors 6:30pm. [www.healthyrhythm.net](http://www.healthyrhythm.net)

**Jan. 10-**Monday Jan. 10 at 5:30pm CitizensClimateLobby.org meets at Montrose Library meeting room. New hope for Mother Earth.info 970.765.9095.

**Jan.13-**The American Red Cross of Western Colorado is hosting an in-person Disaster Action Team Training Academy from 10 a.m.- 3 p.m. on Thursday, Jan. 13, 2022 at the Montrose County Library Community Room 320 South 2nd Street. For more information on how to get signed up for this opportunity to help your neighbors, please contact [joshua.stewart@redcross.org](mailto:joshua.stewart@redcross.org).

**Jan. 28-**Healthy Rhythm Art Gallery presents *Residual Roots: An Art Exhibit by Cie*. The Artist Reception will be Friday evening, Jan. 28, 2022. One-of-a-kind handcrafted Wood Art pieces will be on display for viewing and purchase. Exhibit overview and Q&A session with Cie will be part of Artist Reception festivities. Wine and refreshments will be provided. Lanoue Dubois Winery will pour wines at the Artist Reception. Individuals must be 21+ years of age with a valid I.D. to consume alcohol. Special Acoustic Performance by You Knew Me When. Doors open at 6 PM. Street parking is available.



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## READER PHOTO SPOTLIGHT: DEB REIMANN



*Deb Reimann took this photo several weeks ago. Deb said, "This beautiful and healthy doe is certainly an anomaly...not only for sporting antlers, but, in that they are 'cauliflower' antlers."*

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A black bear is sitting on a wooden bench, holding a tablet computer. The bear is looking at the screen. In the background, there is a scenic mountain landscape with snow-capped peaks and green slopes. The text "Save a tree – Read the Mirror!" is written in a large, white, cursive font across the middle of the image. Below it, the logo for "THE MONTROSEMIRROR" is displayed, followed by the tagline "Your Source for Local Business News and Information". At the bottom, the phone number "Call For Ad Rates: 970-275-0646" is written in a white, cursive font.