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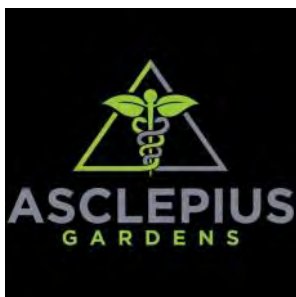
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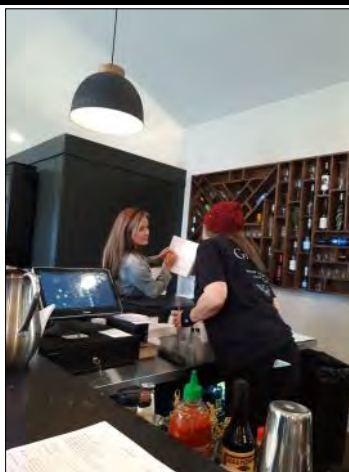


the Montrose Mirror

Free news for fresh people!

Issue No. 471 March 7, 2022

THE GROVE IN DELTA OPENS JUST IN TIME FOR SPRING: VALLEY FRESH MENU, GARDEN CENTER DRAW A GROWING CROWD



Above left, Kate Denham, owner of The Grove, works with restaurant manager Jennifer at Delta's new retail destination last week.

Mirror staff report

DELTA-With five greenhouses filled with plants being readied for spring, an affordable menu that feels like fine dining, and a clientele that can't get enough, The Grove in Delta is the valley's newest hot spot. Located in the newly renovated space at 1970 South Main Street in Delta, the elegant and tasteful retail space, welcoming décor, and delicious menu are drawing people of all ages.

Despite its recent opening, The Grove restaurant manager Jennifer said that the word is already out. "Every day it gets busier and busier," she said. "When I went to open up today, there were already 30 people waiting to get in."

On a recent Friday, even diners who arrived slightly before noon found that the only seats remaining in the spacious dining area were at the bar, where Jennifer was already busy preparing fresh cocktails and opening bottles of wine for the enthusiastic lunch crowd.

The Grove is the creation of local businesswoman Kate Denham, and the retail offerings and restaurant menu reflect her appreciation for locally sourced ingredients and love for gardening.

Continued pg 5

MHS VARSITY GIRLS ASCEND TO NO.1 @ COLORADO STATE CLIMBING COMPETITION

Special to the Mirror
MONTROSE-Congratulations to the Montrose High School Girls Varsity Climbing Team, Colorado State Champions! Team members are Audrey Righter, Kassie Yeager, Sarah Hartman, and Megan Neubaum. The MHS Climbing Team Head Coach is Cody Myers, and coaches also include Laurel Myers, Aaron Wilcox, and Chris Righter. The Colorado State Competition was held Feb. 26 at G1 climbing gym in Broomfield. Courtesy photo. [See more pictures](#) from the competition in this issue of the Montrose Mirror..



in this
issue

City and County
Government!

[Historian Bob Cox Looks
through the phone book!](#)

Letters to the Editor!
Regional News Briefs!

Local events calendar!
MHS Division Awards!

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REGIONAL NEWS BRIEFS

NOMINATE CANDIDATES FOR DMEA OPEN SEATS STARTING MARCH 16

Special to the Mirror

REGIONAL-Delta-Montrose Electric Association (DMEA) is your member-owned rural electric cooperative. It is governed by a nine-member democratically-elected board of directors, and every year, you must elect local representatives to serve on the board. These board members guide the strategic direction of DMEA. The process for becoming a candidate in DMEA's 2022 Board of Directors Election begins next month. Here's what you need to know if you're interested in running.

District 3, District 4, and the South Region positions are up for election this year. Members with a primary residence in one of these areas can submit a nomination petition to run for the board. The nomination period opens March 16, 2022.

[Click here to get started on your nomination.](#)

THE MONTROSE MIRROR

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THE GROVE IN DELTA OPENS JUST IN TIME FOR SPRING From pg 1

Menu offerings will change with the seasons, and the five greenhouses are growing vegetables and bedding plants both for retail sale and for the restaurant kitchen.

Said one recent diner, "I was unsure what to expect until I entered for the first time, when I was immediately surrounded by the smell of fresh food, beautiful plants and decorations, and the impression of quality. I chose to order a simple burger and fries, and my lunch companion ordered a gyro, served in a fresh pita with lamb seasoned by the chef, and kale slaw.

"Both meals were fresh and absolutely delicious despite the difference in complexity," the diner said. "The Grove is an up and coming local restaurant superstar that I implore you to visit for yourself and have a meal--you will not leave disappointed."

Restaurant hours are Monday and Tuesday - 11am - 3pm; Wednesday- Closed; Thursday - 11am - 9 pm; Friday and Saturday - 11 am - 10 pm; Sunday - 11am-3pm.

Upcoming events at The Grove include a wedding expo on April 2 from 11 am to 3pm. RSVP to events@grovedelta.com. Visit the website at <https://grovedelta.com/> to learn more. The phone number is 970-874-4999.



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OPINION/EDITORIAL: LETTERS

VOTE!

Editor:

Many people are disheartened by the last election. They feel that their vote does not really matter, and have actually thought about not voting again. Honestly, that has crossed my mind. Let me remind you that the ability to vote is a privilege given to us by our Constitution, and it is a way to make our voice heard.

Yes, there has been voter fraud. I grew up in Chicago, and when I was in diapers, Mayor Richard J. Daley's machine was alive and well working hard to continue to give dead people the right to vote among other things...some things never change!

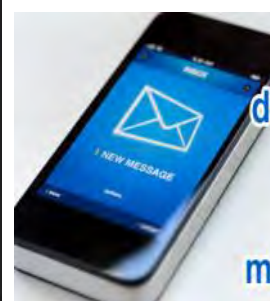
People who say that there is no voter fraud should check out the following link: <https://www.heritage.org/electionscorecard/pages/all-state-scores.html>

Also check out https://www.nysenate.gov/sites/default/files/julie_weiner_testimony.pdf which is testimony by Julie Weiner about voter fraud in her New York county.

Look what has happened in Virginia with Glen Youngkin's election. There is hope! Of course, many of us would like to get rid of the Dominion machine in our county and go back to one day, one paper ballot per person with an I.D. That might not happen, but some of us are working toward that goal.

As Winston Churchill said, "Never give up! Never, never, never, never, never, never!"

Leah Vandersluis, Montrose



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Featured Listing



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Successful Wedding and Event Venue located in Western Colorado. Original home and barn were constructed in 1910. The barn was recently and lovingly saved and structurally improved, yet the vintage feel was kept in tact. The barn has updated electrical, with a new concrete floor and plenty of room for tables, and photo ops. There is plenty of room for a bartender station, with the original work bench top. Outside is a large WeatherPort™ canopy to expand outdoor seating. All of this is situated on 12.5 acres with a pressurized irrigation sprinkler system, and views of beautiful sunsets that create that special feeling any couple will remember and treasure forever. Special touches are thoughtfully in place to enhance the venue experience. Imagine a chandelier that lowers and raises to create a perfect ambiance for the special moment, of announcements, photos, first dance or that special kiss. There is also a manufactured home currently used as the Bride's room which can also be used as an Air BnB. This is a 1,448 sq ft home built in 2001. Also included on the property is a building site, and RV hook-up to expand the flexibility of the property. The original 3 bedroom plus

additional sleeping room home is filled with charm and currently is the owner's residence. This space could easily convert to a catering kitchen, or a place for guests and family to rent and stay. A two car detached garage is on the property as is a large open pole barn with reclaimed benches from a local restaurant for additional seating. An additional historic horse barn could be converted into additional Air BnB spaces, and the current owner has plans to convert the old metal grainery into a drive through coffee stand. The Venue currently books several weddings per season and is already booked through October of 2022 hosting 13 weddings. Along with weddings this is the perfect venue for family reunions, business retreats, Holiday parties, and so much more. A new owner would have the benefit of the current owner staying on to train and help with the currently booked weddings, and help with tours of the venue, and keeping the grounds up. Any interested party is welcome to ask for the list of inclusions and exclusions. This is a beautifully maintained historic property located in a quant farming community in SW Colorado. Dreams can come true, and being a part of someone's special event is a heart felt moment that can never be equaled in any other profession. \$2,200,000 MLS#789938



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REGIONAL NEWS BRIEFS

COLORADO PARKS & WILDLIFE COMMISSION MEETS MARCH 9 - 10

Special to the Mirror

DENVER – At a hybrid in-person/virtual meeting in Denver, the Colorado Parks and Wildlife Commission will discuss for final consideration allowing the release of privately-owned game birds during an established season for falconry training under specific conditions, big game regulations review, annual furbearers and small game regulations review, annual waterfowl and migratory bird hunting regulations review, adding a means by which

leftover peregrine falcon capture permits could be purchased on a first-come, first-served basis, and an annual review of regulations related to wildlife properties.

The CPW Commission will also discuss for final consideration regulations related to setting the price of the Keep Colorado Wild annual pass, updating the reference to the U.S. Federal Poverty Guidelines applicable to the Centennial Pass, and Aquatic Nuisance Species (ANS) regulations related to exempting vessels or oth-

er floating devices that are “hand-launched and human-powered” from mandatory ANS inspections. The CPW Commission will also discuss regulations related to updating the disease testing requirements for cervids in commercial parks to maintain consistency with the revised requirements of the Colorado Department of Agriculture, piloting a timed entry reservation system at Eldorado Canyon State Park, 2022 Non-Motorized Trail and Land and Water Conservation Fund Grant Funding Recommendations, federal relisting of gray wolves, recommended proposals for the Colorado Wildlife Habitat Program, a Hatchery Modernization Assessment from HDR Engineering and herd management plans for units D-11, E-10, and D-42 at its meeting on Wed., March 9 and Thu., March 10. The meeting will be streamed live on CPW’s YouTube page. The meeting is scheduled to begin at 8:15 a.m. on Wed., March 9 and adjourn at 5:30 p.m. The commission will reconvene at 8 a.m. on Thu., March 10 and adjourn at 1 p.m.

A complete agenda along with all materials for public review for this meeting can be found on the CPW website. The public is encouraged to email written comments to the commission at dnr_cpwcommission@state.co.us. Details on providing public comments for virtual meetings are available on the CPW website.

The commission meets regularly and travels to communities around the state to facilitate public participation. Anyone can listen to commission meetings through the CPW website. This opportunity keeps constituents informed about the development of regulations and how the commission works with Colorado Parks and Wildlife staff to manage the parks, wildlife and outdoor recreation programs administered by the agency. Find out more about the commission on the CPW website.

The next commission meeting is scheduled to take place on May 4 and 5.



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COLORADO NEWS BRIEFS

COLORADO SKI RESORTS HIT THE HOME STRETCH WITH MARCH SNOW AND SPRING ACTIVITIES



Photo by Garrett Brown, Aspen Snowmass.

Special to the Mirror

DENVER-- After a week filled with fresh snow and more on the way by the week-end, resorts in Colorado Ski Country USA are heading into the final stretch of the season with the best conditions of the year. The late February storm brought over 20 inches of snow to resorts in South-west Colorado, and provided Front Range resorts with a snow blanket to cover President's Day weekend tracks. March and April are historically the snowiest months in Colorado, setting up a spring filled with powder and fun. While the snow falls on the high country, Colorado Ski Country member resorts are preparing a full slate of concerts, festivals, dining experiences, and more for guests to enjoy. From the Front Range to the San Juan, skiers and riders will find no shortage of activities on and off the slopes. [Click here for details at specific ski resorts.](#)



Photo by Dustin Schaefer, Loveland Ski Area.

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MONTROSE COUNTY PASSES RESOLUTION IN SUPPORT OF RIGHT TO FARM AND RANCH



The BOCC passed a [Resolution in Support of the Right to Farm and Ranch](#) on March 2. Farm field photo by B. Switzer.

By Caitlin Switzer

MONTROSE-All three commissioners were present for the Wednesday, March 2 meeting of the Montrose Board of County Commissioners (BOCC). BOCC Chair Keith Caddy opened the meeting, "Welcome everybody, it's nice to see some people (here) that aren't county employees," Caddy said.

Pastor Curt Mudgett of Cedar Creek Church delivered the invocation, noting some of the challenges that face Montrose County and adding, "...Also Lord we're also thinking about what's happening on the other side of the world...we ask, Father, for peace to be restored in the Ukraine region of the world, and we pray for a cessation of hostilities...we ask that you would be at work...thank you for the grace to live each day..."

BOCC Vice Chair Sue Hansen led all in saying the Pledge of Allegiance.

PUBLIC COMMENT PERIOD

Former County Commissioner Ron Henderson addressed the BOCC, "It was really nice to see you all at the Caucus Assembly last night, you represented your office and yourselves well...good on you."

Henderson expressed concern about a possible conflict of interest following the

recent announcement of a new medical center at the City-supported Colorado Outdoors project. "...All of which came about by random action of governmental intervention in the capitalistic system...", he said.

The Colorado Outdoors project is being paid for "by all of us," Henderson noted, "And then moved forward by the State of Colorado Economic Development through their wonderful grant system, all of which are artificial and not really the normal way things have been done previously in our country, which seems to be a blight that is coming over our entire country."

At the same time, "...our public private hospital is finding a need to go ahead and expand," Henderson said, "and necessarily they need to have a place to do it and they have chosen a place down at Oxbow...that process is being paid for...by our taxes.

"Somewhere down the line I'm almost certain you are going to be asked to approve a bond," he said. "...I would hope at this time when things are still in its infancy, at least publicly, that you come can together with possibly City Council...or whatever, whoever is involved...come together in such a way that we don't go ahead and create a foolish thing where we just end up with another flex building somewhere...after we ravaged ourselves with the taxing process."

Henderson encouraged transparency and urged commissioners to address the situation. He also noted that candidates at the City's City Council Candidate Forum earlier that morning were allowed to speak but were not given time to engage with the public and take questions. "A little bit of public involvement through information is really very helpful. You are doing a good job," Henderson said.

COUNTY MANAGER

County Manager Jon Waschbusch had no changes to the meeting agenda.

CONSENT AGENDA

Consent Agenda items were accepted as presented, with Resolution No. 12-2022 assigned to Item 5, Resolution No. 13-2022 assigned to Item No. 13, and Resolution No. 14-2022 assigned to Item 14.

GENERAL BUSINESS AND ADMINISTRATION

TIVE ITEMS

Finance Director Cindy Dunlap presented for consideration the possible award of airport terminal construction financing to Bank of the San Juans, having submitted the best value proposal as reviewed by bond counsel. Bank of the San Juans will provide the specified financing at a fixed, tax-exempt rate of 2.03 percent.

A Request for Proposals was issued Jan. 28; eight proposals were received by the Feb. 16 deadline. Proposals were evaluated on the tax-exempt rate, as well as costs and stipulations. Anticipated closing is April 20, Dunlap said.

Caddy and Rash thanked Dunlap and her department for their work. Commissioners voted unanimously to approve the award of the airport terminal construction financing to Bank of the San Juans.

Media Relations Manager Katie Yergensen presented a [Resolution in Support of the Right to Farm and Ranch](#) in Montrose County. The resolution is intended as a show of support for the County's agricultural industries. Yergensen read Resolution 15-2022 into the record.

Said Caddy, "This is the best resolution we've ever presented through this board in my opinion, I think it's great."

"I love that we're asking people to temper their urban sensitivities," Hansen said, "And you mentioned smell about six times." She asked that copies of the resolution be made available.

Caddy asked that the resolution be shared with local ag organizations.

Commissioner Roger Rash said that he supports agriculture 100 percent.

"Ag built this country, built this county," Caddy said.

Commissioners voted unanimously to approve Resolution 15-2022.

PLANNING & DEVELOPMENT

County Planning & Development Director Steve White presented for approval a minor subdivision, [the Sisneros Minor Subdivision proposal](#) to divide a 10.18-acre lot into two lots at the Southeast corner of Highway 90 and Niagara Road. The BOCC voted unanimously to approve.

With no further business, Commissioners voted to adjourn.

MHS VARSITY GIRLS ASCEND TO NO.1 @ COLORADO STATE CLIMBING COMPETITION



Above left and right, Kassie Yeager climbs during the competition. Courtesy photos.



Colorado State Champions, the MHS Girls Varsity Climbing Team includes Team members celebrating at right are Audrey Righter (front) and left to right Megan Neubaum, Sarah Hartman, and Kassie Yeager. The team Head Coach is Cody Myers, and coaches also include Laurel Myers, Aaron Wilcox, and Chris Righter. Courtesy photos.





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Elizabeth Garner is the Colorado State Demographer and has directed the State Demography Office in the Department of Local Affairs since 2004. Elizabeth travels the state talking with Coloradans about social and economic conditions that are brought about by population shifts. The State Demography Office applies an understanding of demographic trends to changes in a range of areas including the state's economy, workforce, education, housing, migration, and rural populations.

Elizabeth has over 25 years of experience analyzing population and economic trends in Colorado. Her current research agenda involves examining Census 2020 results, demographic impacts from COVID-19, housing supply and demand, and aging.

Elizabeth is an economist and received her B.A. in Business at the University of San Diego and her masters in Agricultural and Resource Economics at Colorado State University. Elizabeth was born and raised in



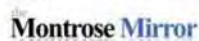
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Special to the Mirror

DENVER — The Forest Service is hiring hundreds of foresters and forestry technicians across the nation. Forester jobs are open from February 25, 2022, through March 10, 2022. Forestry technician jobs are open from March 11, 2022, through March 21, 2022. Jobs are available in a variety of exciting and rewarding locations across Colorado, Nebraska, South Dakota, Wyoming, and across the country.

Job listings and a job location map are available. Applications are only accepted through www.usajobs.gov. Review the job announcement carefully for deadlines and required information to include in your application. Employment start dates and duty locations vary.

To learn more about career opportunities, visit the Forest Service Jobs webpage, fs.usda.gov/fsjobs. You will also find helpful hiring tips and resources and information about benefits.

Make a lasting impact on the world around you and unlock opportunities for professional growth and career advancement. Join the Forest Service, an agency of the U.S. Department of Agriculture, and be a part of an organization that is committed to caring for the land and serving people. Our mission is to protect our natural resources for multiple uses for today and future generations.

"For me, it's about giving a voice to the people, businesses and leaders in our community. The fact that we mix in laughter and shenanigans when we can is just icing on the cake."

~ Tonya Maddox

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MONTROSE MIRROR
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PUBLIC MAY PREFER POTHOLE REPAIR TO BIG PROJECTS, COUNCILOR SAYS



The City of Montrose's West Main revitalization project will extend from the West Main trailhead, above, to Selig Avenue.

By Caitlin Switzer

MONTROSE- Councilor Anthony Russo was not in attendance as the Montrose City Council convened for a work session on Monday, Feb. 28, though the remaining Councilors were present. Mayor Doug Glaspell opened the work session.

DISCUSSION ITEMS

City Engineer Scott Murphy presented information on the West Main Revitalization Design Contract Award. The project is primarily focused on the area between Selig and the West Main Trailhead, he said.

The most immediate goal is pedestrian conductivity, Murphy said, "...obviously crosswalk safety, so you have businesses on both sides, lot of pedestrian generation, want to make sure they can get to each other to keep Downtown viable so people will stay and shop and move around...or have an auto oriented business," he said. The project will likely serve as a catalyst for the eventual re-do of all of Main Street, Murphy said. West Main revitalization goals include making the most of available funding and making sure it's done right.

"...We want to make sure that it will work...there's a lot of traffic that goes through this corridor. We want to make sure we find a balance point that fits traffic, businesses, and pedestrians."

Background-A memo from Murphy to Council states that Council will, "Consider the award of a professional services con-

tract to KLJ Engineering in the amount of \$367,001.30 for completion of design studies, alternatives evaluations, and civil design associated with the West Main Revitalization Project. Contract award is contingent upon concurrence to award from the Colorado Department of Transportation... the West Main Street Revitalization project looks to accomplish the following: 1. Install ADA-compliant, widened sidewalks along both sides of the street. 2. Install bicycle facilities along one or both sides of the street, as space allows. 3. Improve crosswalk safety within the corridor to the extent practicable. 4. If possible while still accommodating future traffic volumes, reconfigure (and eliminate if possible and necessary) select travel lanes within the corridor. Contract Award Recommendation West Main Revitalization Design Feb. 22, 2022 2 5. Develop a modern streetscape standard for the corridor and implement streetscaping to include trees, lighting, pedestrian facilities, targeted parking, and restaurant seating areas (as budget allows). 6. Properly size and replace aged water and storm sewer infrastructure. Due to budget constraints, it is likely that storm sewer improvements will be limited to areas directly affected by the project's construction activities (e.g., inlets and laterals may be upgraded as part of curb extensions but not main trunk lines at this time)...the City of Montrose was recently awarded a \$2M Revitalizing Main Streets Grant from CDOT to be utilized for West Main Street. Combined with the City's match of approximately \$500k (20 percent), the total project budget is \$2.5M for design and construction."

City Public Works Director Jim Scheid presented information on the Montrose Pavilion Carpet Replacement Contract Award Recommendation, including authorization and award of funds in the amount of \$114,030.64 for the replacement of the carpet within the Montrose Pavilion. Including the award of a contract with Carpetrends, Inc. in the amount of

\$103,664.22. Two bids were received; the other bid, for 105,849.94, was from Stryker & Company.

Background-A memo from Scheid to Council states, "the replacement of the carpet throughout the main level of the event space in the Montrose Pavilion has been scheduled and budgeted for in 2022. The existing carpet was installed in the 1990s and will be replaced with a high-quality event venue commercial carpet square."

City Finance Director Shani Wittenberg discussed an updated Budget Ordinance; Ordinance 2567 had stated that the Health/Dental Management Fund would be combined into the Internal Service Fund along with Fleet Management, Information Services and Facility Management; however the Health/Dental Management Fund must remain separate to maintain the integrity of a separate checking account. The update will come before Council for approval on March 15. Wittenberg also discussed possible dates for the 2023 May and September budget meetings; City Manager Bill Bell encouraged Councilors to bring their big picture ideas for projects to those meetings. "If you have a big idea, that's the meeting to bring it," he said.

Bynum said, "Small ideas, to the extent that last year Dave and I were joking and we said, constituents would be happy if we just spent more money on potholes, so we actually brought that up...it can be an idea that isn't just a project, but this is what I think people want to see."

Council spent time discussing potholes with staff. Mayor Pro Tem Dave Frank reminded that constituents are able to report potholes on the "A Better Montrose" App. Spring is pothole season and the app is the best way to share information about potholes with street crews, Scheid said.

Assistant City Manager Ann Morgenthaler said that the "A Better Montrose" app is not working well on Android devices. Still, the app can also be found online, Morgenthaler said, under the Department Services-Innovation and Community Engagement tab. City of Montrose Public Works can also be reached by phone at 970-240-1480.

Continued next pg

PUBLIC MAY PREFER POTHOLE REPAIR TO BIG PROJECTS *From previous pg*

GENERAL COUNCIL/STAFF DISCUSSION

Frank said that the Governor's office had released new guidelines for COVID response. "I think we're going to talk about some of the ways we we're going to adapt..." Also, Frank said that he was appointed to the Colorado Opioid Abatement Council. "I will be representing the West Region...to help distribute up to \$385 Million dollars in abatement funds..."

Bynum said that statewide COVID ordinances have expired, and that those who are vaccinated can go about their daily lives. She asked about continuing hybrid meetings to allow video participants. "I think that's something we need to think about..."

Morgenthaler said that hybrid meetings will continue unless staff is told to do otherwise. Bell said he would bring the

matter up at the next Department head meeting.

Wires are going in on Woodgate, Murphy said.

The arms are up for the spotlight replacement at Main Street and Nevada Avenue, with completion anticipated last week.

City attorney candidates are coming to town. Bell said he will take them on a community tour, focusing on the backside of projects to highlight the role of the city attorney. "Giving them exposure to all the stuff that's happening..." The public and all city employees were invited to a meet and greet for the candidates in Council chambers, he said. If no single candidate emerges as a clear favorite, top attorney

candidates will return for second interviews. Council should provide direction to staff if one candidate is preferred or if second interviews are needed.

Morgenthaler expressed thanks to public works staff and all who helped with snow removal efforts.

The annual public works chili cookoff was scheduled for Tuesday, Scheid said.

Police Chief Blaine Hall gave an update on the Citizens Police Academy, which began last Wednesday. He shared an email from the Center for Mental Health thanking law enforcement for their help with a crisis intervention.

With no further business Glaspell closed the work session.



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REGIONAL NEWS BRIEFS

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Special to the Mirror

MONTROSE--COVID19 Grief Group happening the last Tuesday of the month at Noon in the Touch of Care conference room.

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OPINION/EDITORIAL: LETTERS

JOIN US IN MAKING COLORADO A SAFE PLACE TO DRIVE AGAIN

Editor:

Over the last few months, I have asked the motoring public to join the Colorado State Patrol in driving down the number of fatalities on our State's roadways. While I firmly believe this effort can only be realized through a majority of our drivers consciously participating through safe driving behavior, I also want to share how your Colorado State Patrol members are taking action.

Law enforcement agencies across the nation are experiencing the same strain on their workforce that most industries are facing, so the Patrol is working strategically to do more with less. We have leaned into what our agency's crash investigation data is telling us, so we can focus

our enforcement on the most predictable behaviors that cause serious crashes in Colorado.

In addition, we are advancing our use of data to pinpoint where and when crashes are most prevalent. In late 2021, the Colorado State Patrol initiated surge operations in predictable, high crash areas and these efforts yielded the best possible result – no fatalities in those areas.

Troopers continue to couple what we learn from our data with their knowledge of local traffic patterns and problem areas. This complete approach allows our members to build a more impactful enforcement plan and remain visible. Yet, we will always need your partnership.

As we continually improve what we can

gain from our data, implement intermittent surge operations and steadily grow back our number of troopers, we also have to accept that the quality of our lives greatly depends on individuals.

Drivers collectively decide how safe or how dangerous our roadways will be each time the ignition turns over. Whether there are 100 Colorado State Troopers or 10,000, there will never be a law enforcement officer at every mile marker to catch every bad action.

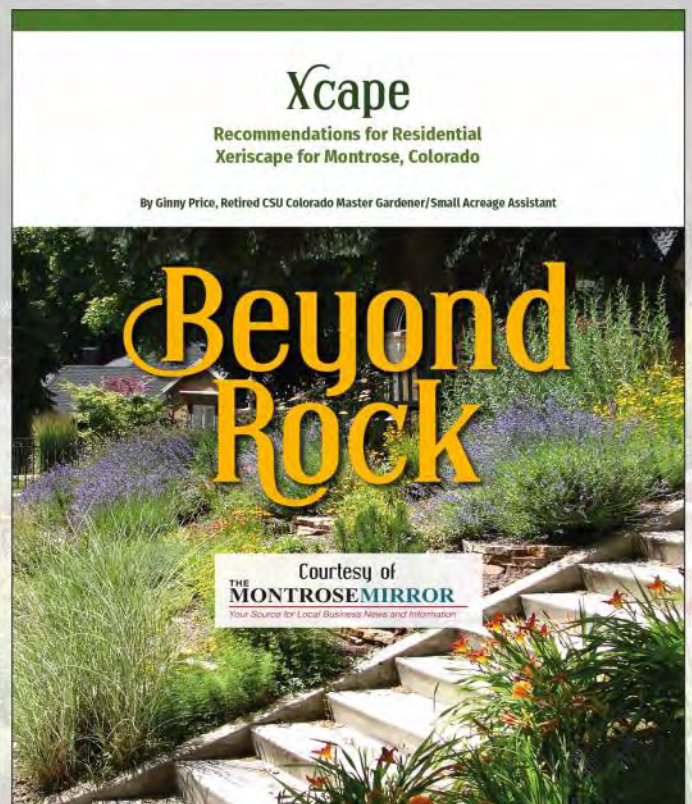
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Col. Matthew C. Packard

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CITY COUNCIL HEARS UPDATE ON MOBILE HOME PARK REHABILITATION PROJECT

By Caitlin Switzer

MONTROSE-Mayor Doug Glaspell called the March 2 regular meeting of the Montrose City Council to order. All were present, with Councilor Anthony Russo joining online. City Youth Councilor Grace Hotsenpiller was also present. All joined in saying the Pledge of Allegiance.

City Manager Bill Bell joined Council on the dais in the absence of Russo.

Mayor Pro Tem Dave Frank asked that Item 8, consideration of a possible appointment to the Montrose Youth City Council, be stricken from the agenda.

CALL FOR PUBLIC COMMENT ON NON-AGENDA ITEMS

There were no comments from the public on non-agenda items.

MOBILE HOME PARK UPDATE

Council heard an update from Developer Rich Dana on the Mobile Home Park Rehabilitation Project at the Cottonwood, San Juan, and Green Acres mobile home parks. The City approved the permits and agreed to contribute a total of 500K toward the project, with \$200K contributed to remediation and \$300K in American Rescue Plan (ARPA) funding to be used for new water and sewer systems.

Dana [reviewed in detail](#) the improvements to each of the parks, with pictures provided to illustrate the dramatic renovation and cleanup effort. Makeshift dumps and asbestos have been remediated, decaying units and structures removed, squatters and problematic residents have been evicted, discarded drug paraphernalia raked up and removed, dangerous trees cut down and healthy trees trimmed, and new roads and fencing added where needed. Dangerous steel gas lines were replaced, and new meters put in place.

New sewer, water, and hydrant lines are being put in, as well as streetlights, new mail kiosks, and access improvements. Off street parking has been increased and improved, Dana said, and vacant cars towed. Successful enforcement of new community rules will take roughly 12 months, Dana said. "...A lot of residents



Developer Rich Dana shared before and after pictures from the renovation, above.

there still have a lot of just stuff on their pads...that's not going to be an overnight fix. There's people that have been there an awfully long time with an awful lot of stuff...We're trying to work with them to get cooperation," he said. "That's the way that we would prefer to operate the parks, to ultimately get them looking great."

Rents and pad fees will remain stable for two years. New tiny homes and mobile homes will be brought in, helping to alleviate housing needs in Montrose.

Dana thanked Council for the gift of funding, and expressed appreciation for City Engineer Scott Murphy, Police Chief Blaine Hall, and for Morgenthaler's guidance throughout the project. "...Ann has been just incredible to work with, and I just want to say that I think Montrose is incredibly lucky to have her...Scott was incredibly helpful...Chief Hall at for the Police Department for really helping us enforce the rules and the laws within the parks and keeping an eye out for everything.....part of the reason for the success of the project to this point has been everybody else who's been involved in project...I just wanted to give a big thank you."

He offered to provide walking tours of the

project at any time.

Said Councilor J. David Reed, "...I'd like to thank you for what you're doing, I think this is a wonderful example of what private development and the City working together can do to increase the beauty of our city, to take care of blighted properties, and increase the housing opportunities for our citizens...thank you."

Mayor Pro Tem Dave Frank said that the funds were not so much a gift as an investment. "This is going to be a model for, I think, cities and communities across the state as far as a way for cooperative agreements and arrangements between a developer and municipalities can work and work well. I for one am very proud to have been involved in this project..."

"I would say the same thing," Mayor Glaspell said. "I think this a tremendous asset to get these areas cleaned up, and I am certain our police department would be more than happy to see all this was completed."

Morgenthaler thanked Dana and noted that the work goes on and that staff will continue to be deeply involved with water and sewer installations and ensuring that all work is completed before the new mobile homes are installed.

Continued next pg

CITY COUNCIL HEARS UPDATE ON MOBILE HOME PARK REHABILITATION PROJECT

From previous pg

Russo asked when new residents will be able to move in.

Dana said that he hopes to bring in new homes right around September. "...I am looking at various options, but I anticipate in the next 30 days I will place an order for the first 20."

While the initial units will be rented to tenants, Dana said that the project will likely include both rentals and owner-occupied units.

APPROVAL OF MINUTES

Council voted to approve minutes of the Feb. 15, 2022 regular City Council meeting.

ORDINANCE 2563-SECOND READING

As discussed previously in two work sessions and on first reading, Council voted to adopt Ordinance 2563 on second reading, extending the temporary moratorium to prohibit the establishment of any new or relocation of existing adult gaming arcade uses within the City limits of Montrose; providing that the moratorium shall be in effect for a period which shall terminate at the earliest of the City's adoption of an amendment to Title 4, Chapter 14 Adult Business Regulations, or the expiration of three hundred sixty-five (365) days from date of passage of Emergency Ordinance 2560; providing for legislative findings, intent, and purpose; providing for a revised definition of the use of adult gaming arcades for the purposes of this Ordinance; providing repealing clauses; and providing an effective date.

ORDINANCE 2577-SECOND READING

Also approved after extensive discussion and consideration was Ordinance 2577 on second reading, updating Title 6 Chapter 1, Miscellaneous Offenses: repealing and recodifying Title 6 Chapter 1 Section 27 (6-1-27) only regarding underage possession of tobacco/cannabis and paraphernalia, adding Title 6 Chapter 1 Section 26 (6-1-26) regarding underage possession of tobacco and tobacco paraphernalia; repealing and replacing Title 6 Chapter 1 Section 27 (6-1-27) regarding underage possession of cannabis and cannabis paraphernalia.

ORDINANCE 2581-FIRST READING-SUPPORTIVE HOUSING

Council voted to adopt Ordinance 2581 on first reading, updating Title 4 Chapter 4, Sections 2, 10, 14, 17, and 18 Zoning Regulations of the City of Montrose: amending Title 4 Chapter 4 Sections 2, 10, 14, 17, and 18 (4-4-2, 4-4-10, 4-4-14, 4-4-17, and 4-4-18) regarding zoning regulations to add a definition of supportive housing, barrier(s) to employment and housing stability, on-site supportive service, skilled nursing facility, and assisted living facility and specify where supportive housing is allowed.

ORDINANCE 2578-SECOND READING

Council voted to adopt Ordinance 2578 on second reading, updating Title 4, Chapter 15, Historic Preservation Regulations of the City of Montrose: Amending Title 4 Chapter 15 Section 2 (4-15-2) regarding the composition of the Historic Preservation Commission.

ORDINANCE 2579-SECOND READING

With Councilor J. David Reed recusing, Council voted to adopt Ordinance 2579 on second reading, amending the zoning designation of the Yocum Addition from R-2 Low Density District to R-3A Medium High Density District.

ORDINANCE 2580-SECOND READING

Council voted to approve Ordinance 2580 on second reading, designating the S.H. Nye Building at 428 E Main Street as a City of Montrose Historic Property Pursuant to § 4-15 of the Official Code of the City of Montrose.

NIAGARA ROAD ADDITION ANNEXATION

Council held a public hearing on the annexation of the Niagara Road Addition, and approved Resolution 2022-05, Findings of Fact for the Niagara Road Addition; and Ordinance 2582 on first reading for the annexation of the Niagara Road Addition.

ORDINANCE 2583 - FIRST READING

Council voted to adopt Ordinance 2583 on first reading, zoning the Niagara Road Addition as B-2 Highway Commercial District.

MIER ADDITION ANNEXATION

Council held a hearing on the annexation of the Mier Addition, approving Resolution 2022-06: City Council consideration of Resolution 2022-06, Findings of Fact for

the Mier Addition; and Ordinance 2584 - First Reading: City Council consideration of Ordinance 2584 on first reading, for the annexation of the Mier Addition.

ORDINANCE 2585 - FIRST READING

Council approved Ordinance 2585 on first reading, zoning the Mier Addition as R-3 Medium Density District.

HOME OF THE BRAVE PRELIMINARY PLAT

Council voted to approve the Home of the Brave Preliminary Plat, expressly conditioned upon City staff ensuring that all policies, regulations, ordinance and municipal code provisions are met and that the applicant adequately addresses all of staff's concerns prior to execution of the Final Plat. City staff is not authorized by this approval to execute the Final Plat prior to all conditions being satisfied.

RIVERBEND RV PARK TRAVEL HOME PARK PERMIT

Also approved was the revised travel home park permit for Riverbend RV Park located at 65120 Old Chipeta Trail.

LOT A, REPLAT OF MCKINLEY SUBDIVISION, AMENDMENT NO. 1

Council approved the Lot A, Replat of McKinley Subdivision, Amendment No. 1 plat to include dedication of rights of way and easements for the future construction of a roundabout at the intersection of East Oak Grove and Woodgate Roads.

NIAGARA-HILLCREST ROUNDABOUT DESIGN CONTRACT

Council approved the award of a design contract to Felsburg, Holt, and Ullevig in the amount of \$183,422.50 for completion of design studies and civil design associated with the Niagara-Hillcrest Roundabout Project.

Background-A memo from City Engineer Scott Murphy to Council states, "The City of Montrose performed a traffic study of the Hillcrest Drive corridor between Miami and Niagara roads in early 2016. Based on the results of this study and in response to citizen requests, the City has elected to install roundabouts along this corridor to address capacity and safety issues at each of its minor arterial intersections (Miami, Sunnyside, and Niagara). Since completion of this study, roundabouts have been

Continued next pg

CITY COUNCIL HEARS UPDATE ON MOBILE HOME PARK REHABILITATION PROJECT

From previous pg

constructed at Hillcrest's intersections with Sunnyside and Miami Roads. The Niagara and Hillcrest intersection is currently controlled as a four way stop. A recent traffic study performed in 2021 indicated that the intersection is approaching capacity and could experience unacceptable levels of service in the foreseeable future due to continued and accelerating traffic growth in the area. In response to this, the City is looking to design and perform property acquisitions for a roundabout at this intersection in 2022."

PAVEMENT MARKING EXTENSION

Council voted to extend a pavement marking contract with Stripe a Lot, Inc. for the not-to-exceed amount of \$175,000.

STAFF REPORTS/COUNCIL COMMENTS

Morgenthaler announced that Planner Amy Sharp, who joined city in January of 2019, is now leaving as she has taken a position with the United States Forest Service.

Murphy gave a quick update on ongoing maintenance, Public Works Director Jim Scheid said that efforts to fill potholes

continue on an almost daily basis.

Morgenthaler said that the Better Montrose App is not working well on Android devices. Citizens who cannot use the app may call Public Works at 970-240-1480, or visit the [website](#).

Mayor Pro Tem Dave Frank said that the app is a great way to report potholes, rather than complaining to your neighbors about them on Facebook.

The arms are up on the traffic signal replacement at Main Street and Nevada Avenue, one of two lights owned by the City of Montrose.

Police Chief Blaine Hall reminded of the upcoming Citizens Police Academy in March (the class is full) and Latinx Citizens Police Academy April 12, 19 and 26. There will be a summer police academy starting May 9 for new recruits this year. The department is currently advertising for cadets, Hall said. Applications can be found on web sites for Colorado Mesa University or the City of Montrose.

Hall said that City officials met with youth from the Trailblazers organization.

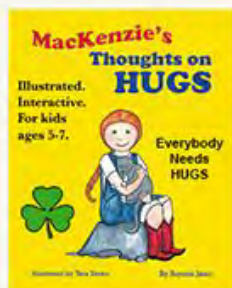
Youth Council Representative Grace Hotsenpiller gave an update. Youth Council is presently in between projects, hoping to work with Montrose High School counselors in an effort to get more resources for students. Columbine Middle School has a new youth council, Hotsenpiller said. "We're hoping to partner with them once they actually are on their feet, and then they'll hopefully feed into our program as Youth City Council."

Frank said he was appointed to the state's Opioid Abatement Council. "...It's really kind of a very proud moment for me to be able to represent Western Colorado, one of 12 people in Colorado appointed to this council. It's going to be great to be able to give Western Colorado a voice in some of the distribution of the opioid abatement funds. And I'll be meeting with Chief Hall and a few other members of our community to start looking at what are the best solutions for the opioid abatement monies."

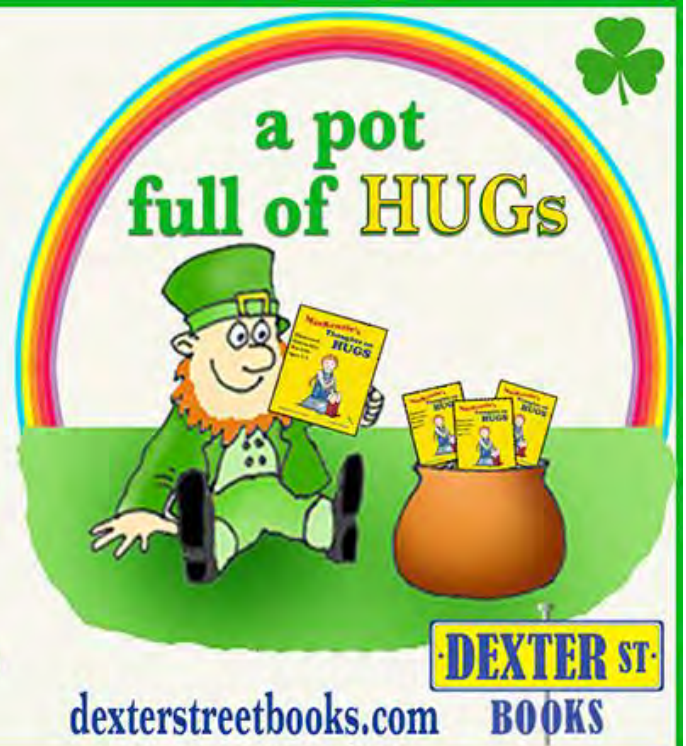
With no further business, the meeting was adjourned.

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MacKenzie's Thoughts on Hugs



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REGIONAL NEWS BRIEFS

CDLE LAUNCHES DISABILITY HIRING PREFERENCE PROGRAM

Special to the Mirror

COLORADO—On March 1, 2022 the Colorado Department of Labor and Employment (CDLE) launched the Disability Hiring Preference Pilot, created by [Senate Bill 21-095](#).

The pilot was developed by CDLE, the Governor's office, the Attorney General's office, the Department of Personnel Administration, and the Division of Vocational Rehabilitation. The pilot will initially be housed in CDLE; if successful, it will be adopted in other state government agencies.

"Our administration is thrilled to see the creation and implementation of a hiring preference for individuals with disabilities in the State of Colorado," said Lieutenant Governor Dianne Primavera, a longtime disability advocate. "My hope is that this opportunity increases opportunities for individuals with disabilities seeking employment with the state, while also demonstrating the benefits associated with employing people with disabilities."

Historically, Coloradans with disabilities experience approximately 30 percent lower rates of employment, and also obtain less full-time employment, than individuals without disabilities.

The Disability Hiring Preference Pilot will give applicants with disabilities, who choose to identify as a person with a disability when applying for a position, a preference similar to the Veterans' Preference currently in place. The pilot was created to encourage state agencies to increase the number of employed persons with disabilities and improve the state's practices on recruiting and hiring persons with disabilities. The pilot will run until December 2027.

"There is an understandable fear of being judged or being deemed unqualified when identifying as a person with a disability during a hiring process," said CDLE Executive Director Joe Barela, "It is our goal that the pilot ensures Coloradans with disabilities are encouraged to apply for our jobs, without judgment. It is important that the Disability Community knows they are welcomed and valued, along with their voices, talents, and skills."

CDLE's mission is to create an economy that elevates all Coloradans. Over the last year, the Disability Affinity Team at CDLE has created a welcoming space for new and current CDLE employees with disabilities to learn about how important they are to CDLE. "This group allows for a greater support system for people with lived expe-

riences who are a part of CDLE's workforce," said DAT Lead and Vocational Rehabilitation Supervisor, Rachel Hoard, "We are passionate about increasing accessibility and inclusion at CDLE. We welcome all employees with disabilities who desire to learn, empower, and help bridge the gap between ability and disability."

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Wednesday March 2
9:30AM

Wednesday March 16
9:30AM

Keith Caddy
CHAIR, DISTRICT 1

Sue Hansen
VICE-CHAIR, DISTRICT 2

Roger Rash
DISTRICT 3

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OPINION/EDITORIAL: LETTERS

DEMS DON'T CREATE OUT OF CONTROL CRIME – PEOPLE DO

Editor:

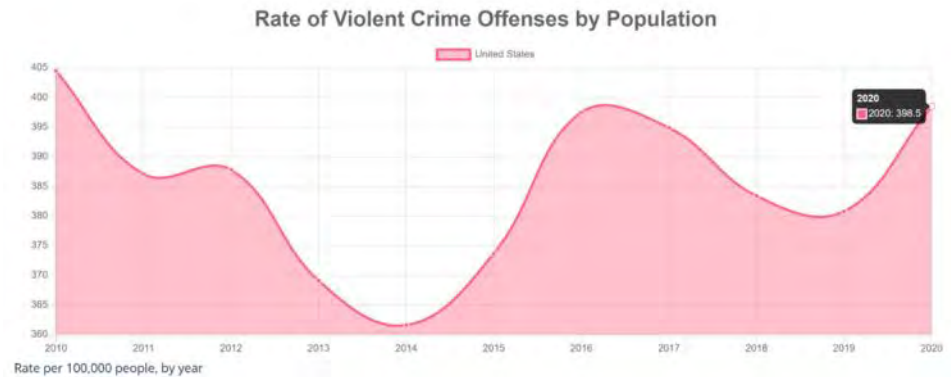
It is curious that Mr. Henrie found a need to defend his relative, Chanda Ouimet, in his editorial in the February 28, 2022 edition of The Montrose Mirror rather than Ouimet herself providing a response to my editorial countering her opinions (Sue Schmidt's editorial in the February 21, 2022 issue of The Montrose Mirror.) And, Mr. Henrie follows her lead. He also expresses his opinions without providing any references supporting those views. As a result, one does not have an opportunity to consider or refute his opinions.

In his editorial, Henrie states that it appeared I was not as well informed about such things as "out of control crime in Dem controlled cities" as I was on election law. He states: "I find it hard to believe that anyone would argue that Dems didn't create out of control crime in our cities, that Biden didn't create the soaring inflation, that Biden didn't blatantly lie about BBB, or that Hillary didn't create and finance the Russian hoax" (whatever that means.)

Well, I am part of "anyone," and I do not agree with him. My reasoning for not responding to every opinion stated in Ouimet's editorial was that it contained multiple opinions making it difficult to respond to all of them. My intent in my editorial was twofold. (1) to counter several of her opinions with opposing information and (2) to encourage those who read editorials that state opinions without referencing their sources to do their own research rather than take these opinions at their face value.

In the interest of The Montrose Mirror readership, the following focuses on one opinion in Henrie's editorial – Dems created out of control crime in our cities – and the reason I disagree with that position.

1. Dems don't create out of crime in our cities, people do. It makes no difference whether the city/town/state/nation is run



FBI Crime Data Explorer - <https://crime-data-explorer.app.cloud.gov/pages/explorer/crime/crime-trend>.

by Democrats or Republicans! "Who is in the White House has little to no direct connection to what is inherently a state/local crime problem," John L. Worrall, a criminal justice professor at the University of Texas at Dallas, told us in an email." FactCheck.org, House GOP's Misplaced Blame for Rising Homicides, July 7, 2021, <https://www.factcheck.org/2021/07/house-gops-misplaced-blame-for-rising-homicides/>.

2. Homicides increased under Trump's administration (33% in 6 major cities in 2020 compared with 2019 while it increased 29% in 63 major cities for first three months of 2021 compared to similar period in 2020 under Biden's administration. FactCheck.org, House GOP's Misplaced Blame for Rising Homicides, July 7, 2021, <https://www.factcheck.org/2021/07/house-gops-misplaced-blame-for-rising-homicides/>.

3. The U.S. in 2020 (Trump administration) experienced the biggest rise in murder since the start of national record-keeping in 1960 according to F.B.I.'s annual report on crime. The change in murder was widespread – a national rather than regional phenomenon. The New York Times, Murder Rose by Almost 30% in 2020. It's Rising at a Slower Rate in 2021., Jeff Asher,

September 22, 2021, <https://www.nytimes.com/2021/09/22/upshot/murder-rise-2020.html>.

The FBI website notes: "Since crime is a sociological phenomenon influenced by a variety of factors, the FBI discourages ranking locations or making comparisons as a way of measuring law enforcement effectiveness."

1. As of March 2022, mayors of 62 of the country's largest cities are affiliated with the Democratic Party while 26 mayors are Republican. Crime rates are higher in urban than in rural areas. Law Library – American Law and Legal Information, <https://law.jrank.org/pages/2222/Urban-Crime-Are-crime-rates-higher-in-urban-areas.html> As more large cities have Democratic mayors, it is a classic example of correlation without evidence of causality. Politifact, <https://www.politifact.com/factchecks/2020/jun/24/facebook-posts/claim-about-violence-democratic-cities-overreaches/>. Correlation is when two variables, in this case Democrats and crime, are related since a most of the cities listed have Democratic mayors. Causality is cause/effect. Party affiliation is not considered a cause for crime to go up.

2. The increases in homicides are being seen nationwide in cities that have made

DEMS DON'T CREATE OUT OF CONTROL CRIME – PEOPLE DO

From previous pg

some cuts in police spending and those that have increased police spending. Tennessee, Nashville, nationwide crime up: GOP blames Democrats, but it's more complicated than that, David Klepper and Gary Fields, June 11, 2021, <https://www.tennessean.com/story/news/politics/2021/06/11/republicans-blame-democrats-defund-police-national-crime-increase-2020-fact-check/7641800002/> 3. Per the FBI, UCR data used to compile rankings often create misleading perceptions. Despite repeated warnings against these practices, they continue. There are many factors that cause the nature and type of crime to vary from place to place. Rankings ignore the uniqueness of each local. Some factors that are known to affect the volume and type of crime occurring from place to place are:

- Population density and degree of urbanization.
- Variations in composition of the population, particularly youth concentration.
- Stability of the population with respect to residents' mobility, commuting

patterns, and transient factors.

- Modes of transportation and highway system.
- Economic conditions, including median income, poverty level, and job availability.
- Cultural factors and educational, recreational, and religious characteristics.
- Family conditions with respect to divorce and family cohesiveness.
- Climate.
- Effective strength of law enforcement agencies.
- Administrative and investigative emphases of law enforcement.
- Policies of other components of the criminal justice system (i.e., prosecutorial, judicial, correctional, and probational).
- Citizens' attitudes toward crime.
- Crime reporting practices of the citizenry.

Uniform Crime Reporting Statistics Their Proper Use, <https://ucr.fbi.gov/ucr-statistics-their-proper-use>.

The above, in my opinion, demonstrates that increases in violent crimes are influenced by socio/economic and other fac-

tors and have nothing to do with party affiliation be it Republican or Democrat.

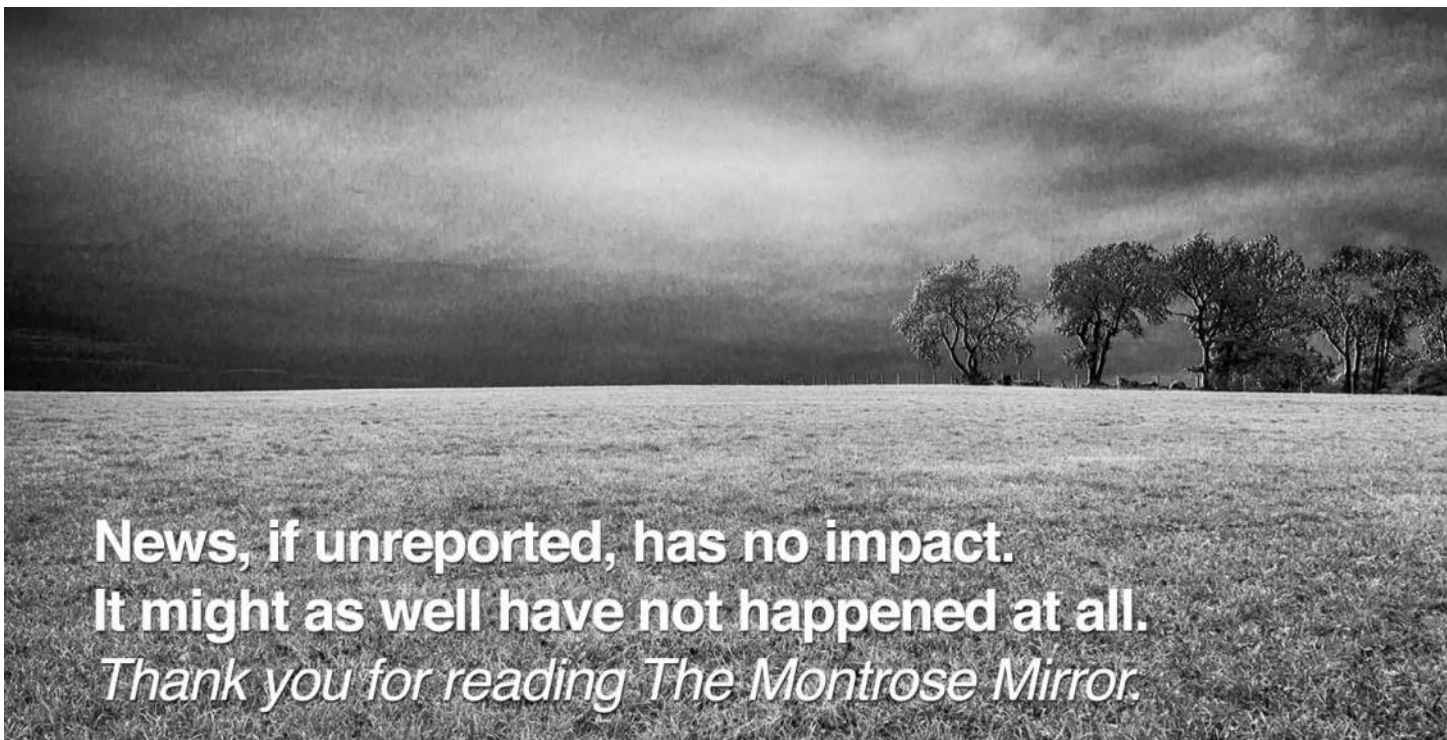
My response attempts to use good editorial practices.

Indeed, "How to Write an Editorial in Five Steps (Including Tips for Writing a Killer One)", <https://www.indeed.com/career-advice/career-development/how-to-write-an-editorial?aceid=&gclid=CjwKCAiAjoerBhAJEiwAYY3nDO5akWrXuQ2ZOnLSlxRYaViEtKa9ejJpZP17DcY8Rldj-2uX82DQOhoCJNYQAvD BwE>,

states, among other things, that an editorial should include an opinion and why the audience should agree with the author's position including evidence that supports that position with facts, research or anecdotes.

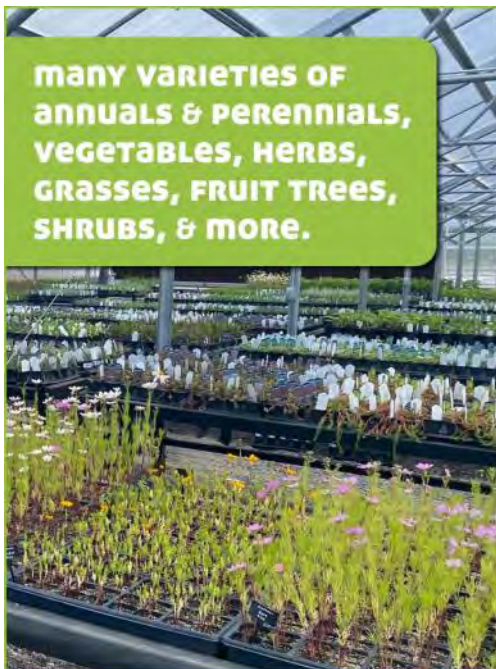
Alan Weintraut, in *Writing an editorial*, among other things, notes that an editorial should "Refute (reject) the other side and develop your case using facts, details, figures, quotations. Pick apart the other side's logic." <https://www.geneseo.edu/~bennett/EdWrite.htm>

Sue Schmidt, Montrose



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OPINION/EDITORIAL: LETTERS

LET US ALL JOIN IN PRAYER FOR OUR NATION AND THE PEOPLE OF UKRAINE

Editor:

Watching the courage, bravery and yes patriotism displayed by the people of Ukraine and their government makes me think about all the changes in our country. Changes leading us away from our Constitution and how easily we have relinquished some of our freedom. I think of the Ukrainian people going about their daily lives; jobs, children in school, family gatherings just like us and then, in a short period of time, fighting for their lives, their children's, their country, way of life; their very existence as a nation. I wonder if we have that same courage, bravery and patriotism to stand up for ourselves here in our country.

I would like to think so but am afraid we have spent too many years being complacent, enjoying all the benefits and privileges and taking them for granted and not paying attention while the government takes more control of our lives. We must remember whatever the government gives the people in handouts can be taken back as quickly, drastically affecting their lives.

When we've lost the capability to take

care of ourselves, our family, to create a living and take responsibility for our lives we become vulnerable to government control. Our country was founded on individualism; the rights of the individual. This government only has "specific" rights granted in our Constitution; the rest is granted to the states and the people. This is vital to us to survive as a free republic. We all need to educate ourselves about our constitutional rights because we are losing them.

I feel we have lost our compassion as a country and become desensitized to the negative and destructive changes and the harm it's doing to our people. An example is the "tribal" mentality that is being propagated by people to divide us as a nation. A nation divided cannot stand. This ideology is so destructive because we don't see people different from us ie race, different religions, different cultures, etc as part of our American society and a part of our country. We cut off their free speech if it doesn't agree with our thinking; try to destroy them personally and even their businesses. This isn't our America but unfortunately the current state of affairs

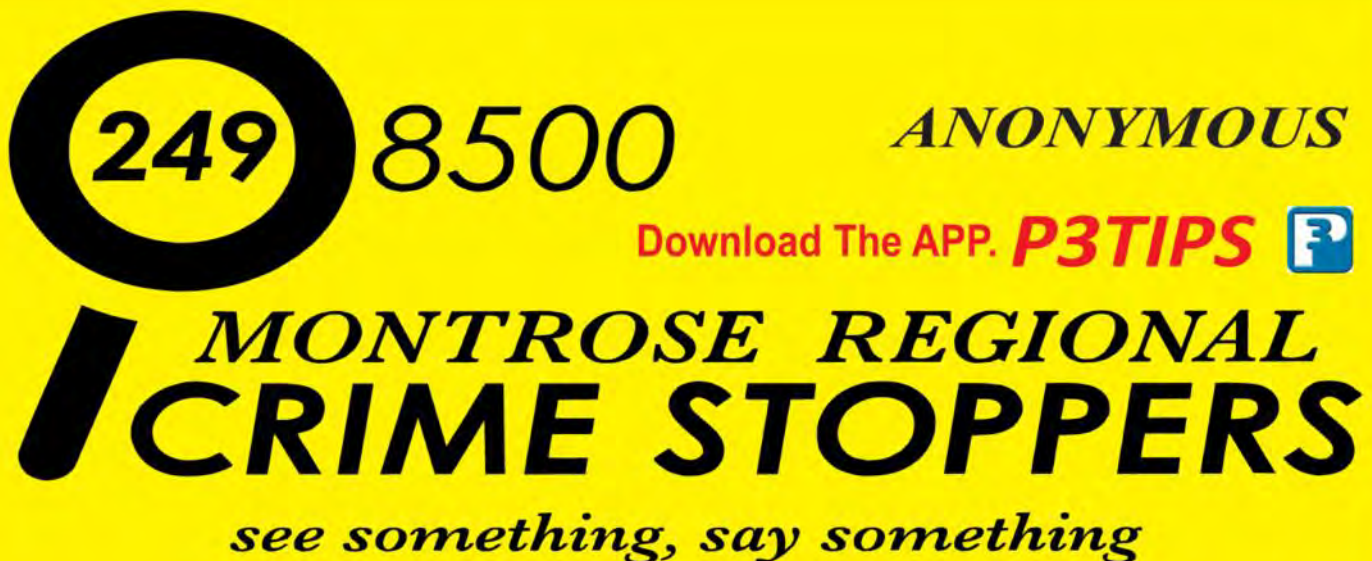
now.

We don't allow God in our lives any more so how can we expect to be strong and united when we find danger within and at our door.


People come from all over the world to enjoy the freedom and lifestyle we all enjoy but that is threatened by a hateful ideology and makes us vulnerable as a nation. So I really do wonder with the state of division in our country now, would we as a people be courageous, brave and patriotic to fight for our country when danger threatens our existence. I would like to think so.

Each of us must look within ourselves and ask "what can we do"? One person CAN make a difference and can motivate others, ie the President of Ukraine. Let us follow the example of Ukraine showing us that strength, unity, love of God and country can help us to get our country back on the right track. Hopefully we can all join together as "one people" to eliminate the crippling division in our country and let us all join in prayer for our nation and the people of Ukraine.

Carol McBride, Montrose, Colorado



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Centennial Middle School Gym

1100 So 5th St., Montrose

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9:00a Assembly Convenes

- ◆ Delegates/Alternates please bring cash or checks
For more info: 970-596-5504

The purpose for the County Assembly:

- To ratify the election of precinct committee persons
- To designate County Republican candidate(s) for Commissioner District 2, Assessor, Coroner, Clerk & Recorder, Sheriff, and Treasurer
- To elect delegates/alternates to the Colorado State Republican Assembly, House District 58 and Third Congressional District Assemblies - April 8 & 9
- To conduct various Republican Party business

REGIONAL NEWS BRIEFS

MARCH 2022 MEMBER OF THE MONTH ALPINE BANK PLAYS AN ACTIVE ROLE IN COMMUNITY



Alpine Bank Ridgway. Courtesy photo.



To learn more about Alpine Bank, go to www.alpinebank.com, call 970-626-4100, or just visit the bank at 119 Liddell Dr. in Ridgway and at 917 Main St. in Ouray. Courtesy photo.

Special to the Mirror

RIDGWAY-Alpine Bank is being recognized as March 2022 Ridgway Area Chamber of Commerce (RACC) Member of the Month. The Member of the Month program is an ongoing effort by the chamber 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.

Alpine Bank originally started in the small mountain town of Carbondale, expanded across the Western Slope, and is currently growing on the Front Range with a loca-

tion in Fort Collins opening this year. From summits to city centers, 38 Alpine Bank branches are located across Colorado. Within the San Juan Mountain region, locations are in Delta, Montrose, Ridgway, Ouray, Telluride, and Durango.

"Our Ridgway/Ouray team members range from local veterans who grew up in the area to newcomers that call Ouray County home.

You can often see our Ouray County staff out and about contributing and playing in our backyard," said Alpine Bank Operations Supervisor Griffin McDonald. This winter, Alpine Bank Ouray County is

matching \$10,000 in donations to help Ouray Mountain Rescue Team transform a rescue vehicle with the tools it needs for future rescues.

The bank is matching these funds and providing other donations to local organizations through the Loyalty Debit Card program, where 10 cents is donated to nonprofits every time a customer uses their debit card.

To learn more about Alpine Bank, go to <https://www.alpinebank.com/>, call 970-626-4100, or just visit the bank at 119 Liddell Dr. in Ridgway and at 917 Main St. in Ouray.



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REGIONAL NEWS BRIEFS

INTERACT WITH DMEA LEADERSHIP TEAM AT AN EVENT NEAR YOU

Special to the Mirror

REGIONAL-Delta-Montrose Electric Association (DMEA) invites the community to stop in at one of its all-new community events, Spark Sessions. The first two sessions kick off this spring with a stop in Delta at DogHouse Espresso on March 15 and Montrose at Backstreet Bagel on April 6, from 7 a.m. – 10 a.m.

“Over the past six months, DMEA has welcomed a new chief financial officer and chief operating officer to the leadership team. Together with them, I’m inviting our members to come out, grab a bit to eat, and get to know us,” said DMEA Chief Executive Officer Alyssa Clemens Roberts.

DMEA will host five Spark Sessions across its service territory to introduce its leadership team and learn about its members’ needs and interests. Community members can drop in at any time during the event for free food and a chance to speak with the co-op’s leadership team. Spark Sessions are open to the public and free of charge. There is no planned agenda or presentation, and co-op members can come and go as needed.

“Over the next year, we’ll be in each region of our service territory ready to listen to what our members have to say. I hope

our members will take a few minutes out of their busy schedules to drop in and ask questions—we’re listening,” said Clemens.

For more information about upcoming Spark Sessions, visit www.dmea.com/sparksessions

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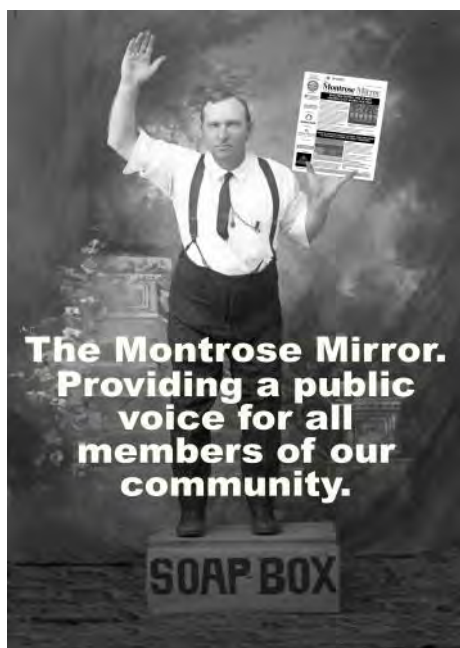
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OPINION/EDITORIAL: LETTERS

DECLINE TO VOTE FOR ANY CURRENT COUNCIL MEMBER ON THE BALLOT

Editor:

Back in 2013, the Mayfly Group [Dragoo's] bought Ross Reels, located here in Montrose. Being astute businessmen, subtle pressure was apparently applied to the City [Bell] to secure the best possible financial deal they could for moving operations to Montrose. With little experience in big business tactics in negotiations, City Council and Bell blinked, opening the door for lucrative City financed rewards that would accrue to the benefit of Mayfly Group, soon to be Colorado Outdoors. With limited business experience, various City Councils over the years have shown little ability to withstand or know how to question Bell's shrewd manipulation.

With Mayfly Group now having a strong grip on our taxpayer pocketbook, the next step was the formation of MURA [Montrose Urban Renewal Authority] in 2016. URAs are commonly created for land "REDEVELOPMENT" to address urban decay, clearing out blighted areas or slums to restore economic viability to a given area. Such was NOT the case here! The largest part of the area involved was pristine, never developed land adjoining the river. There was NEVER any extensive blight or "redevelopment" involved. All we have seen is our City Government partnering in "NEW" development with a private business, smart enough to pull the wool over our City Manager's and various Councils' eyes for private gain at taxpayer expense.

If you look at the MURA board, you will find that the board is dominated by City Council members, with none other than Bill Bell, as Executive Director, obviously calling all the shots. The MURA web site notes that MURA was formed, not to redevelop a blighted area, but to partner with Colorado Outdoors in developing their 160-acre site. To date various Councils have been cajoled into "investing" a

whopping \$15 million and counting in taxpayer funds into this so called public/private development. Apparently the principals were unable to collateralize monies received, so a scheme to utilize property tax assessments was devised. A City contract with highly questionable terms for repayment was developed, but it still allows Colorado Outdoors to walk away at any time with all risk borne by the taxpayer.

In 2017 /18, Heidi Dragoo, wife of Colorado Outdoors President David Dragoo, joined the Board of Montrose Memorial Hospital. Serving on the hospital board is certainly an honor, as well as a commitment to see that the hospital remains viable and able to provide the best medical services possible to our residents. It is important for readers to know that every year all nine members of the hospital Board of Directors are required to sign a Conflict of Interest statement, whereby they each declare they will divulge any real or potential conflict of interest. By doing so, board members put their honor, integrity, credibility, and commitment on full display to their peers.

On February 10, 2022 the Montrose Daily Press printed side by side articles announcing two competing new medical facilities, one by Montrose Regional Health that had been in the planning stage a couple years, and a second PREVIOUSLY UNANNOUNCED or alluded to similar project by Colorado Outdoors. Since the Colorado Outdoors project was announced one day ahead of the hospital, it certainly seems anything but a coincidence! As reported very shortly thereafter, Heidi Dragoo had suddenly resigned from The MRH board. Even though it was announced as "mutual," it's obvious it was a quick departure resignation, obviously for cause. Was this just "business as usual? What happened to honor, integrity,

credibility, and commitment? Observers must decide for themselves.

The City of Montrose has indicated its "support" for both projects, but what does that mean? MRH is non profit and Colorado Outdoors is for profit. Will the City through its MURA commitment, continue its track record of committing taxpayer dollars to Colorado Outdoors for their competing facility at the expense of our hospital? Our award winning hospital is the greatest asset our community has and its viability is certainly threatened by a competing for profit facility proposed under a cloud of suspicion. The ongoing convoluted relationship between Colorado Outdoors, Bill Bell, City Council and MURA has been highlighted in this fiasco of simultaneous announcements of competing medical facilities. Many questions need to be addressed. Was the hospital completely blindsided by the Colorado Outdoors announcement? When specifically did Bell, any Council member, or MURA board member, know of the project? Are any members of the MURA board or City Council members/ families involved financially with the Colorado Outdoors project? What doctors have committed to the Colorado Outdoors project to the detriment of our hospital? Full disclosure of all participants' actions must be pursued! The continued viability of our hospital is at stake! MRH is a County hospital and we as taxpayers should become involved in demanding answers as the Colorado Outdoors project poses the very real possibility of diminished services in the future at our hospital. Note: City Council elections are scheduled for April, with four seats on the ballot. If you are concerned about the direction Bell et al have taken us, you can voice your concern by simple declining to vote for any current Council member on the ballot.

Dee Laird, Montrose



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OPINION/EDITORIAL: LETTERS

THE SURVIVAL OF OUR MRH/COUNTY HOSPITAL IS AT STAKE

Editor:

The recent announcement in the MDP that QHR Health, through its subsidiary Velocity Surgical Management, will open the Colorado Outdoors Medical Center (COMC) came as both a surprise and shock to many in our Montrose community. Then comes the MDP headline , QHR; "MEDICAL CENTER AT COLORADO OUTDOORS A WIN; WILL HELP HOSPITAL".

Well, my first reaction to this is that the hospital does not need help. Second thought was, 'where is the validation both that the hospital needs help and that this COMC will provide it? Turns out, this is one man's opinion, and he is with the company that wants build the COMC. Considering that this was going to help the hospital they should be overjoyed with the announcement. I like music and celebrations and thought the party had begun. I go off to the hospital. I observed there were absolutely no banners, no flags, no brass bands. Not even a greeting from the MRH Board of Directors to celebrate this "WIN". I looked for the crowd of supporters and the doctors that are hooked up with this deal both actually and in principle. You know, those who have evaluated this as a wonderful deal and "WIN" for the Hospital. They must be proud. Can you believe, the event wasn't happening?

Then it hit me! These expensive projects are not put together and announced in the spur of a moment of infatuation. They come together over a long period of study of the population, growth, success of prior similar activities, demographics, and finances. These types of projects are generally worked up in consultation with oth-

ers but not kept secret unless the goal is a military type of surprise ambush. So, who on the MRH board of directors knew of both the COMC project and the MRH strategic plans at the same time? Could it be that the MRH Board of Directors were compromised and totally blind sided at the same time?. Just why was this spectacularly winning deal, from its inception, kept from the 'WINNERS'?

These types of ventures usually take the cream off the top of hospital revenue sources and leave the rest to us cleaning up the 'barn' floor leavings, so to speak! They are for profit enterprises and would not be in business otherwise, would they? They often duplicate services already provided by our Montrose Regional Hospital but if you notice they only duplicate the high profit services such as surgery, urgent care, oncology, imaging, and outpatient services etc. . Of course, the sales line is we are doing this for you, and you have just been pronounced the Winner by ...the...QHR spokesperson. You just do not know it yet.

Where exactly is the future address of the announced Colorado Outdoors Medical Center? Wonders of wonders and can one believe, it is located on the Colorado Outdoors land.

It's interesting that the city now is happy to announce both projects and they are the MRH BFFE. So, the question is: When did the city management and/or any individual member of city council (that also makes up the MURA board) first know of this project, when did they inform the MRH board of directors and exactly when did the MRH board of Directors first realize that the city management /council,

were helping them and really are there BFFE regarding this winning deal? Please, MRH Board of Directors , "please do", tell us the answer.

Lastly, I hope we all agree that we have some wonderful doctors, medical and management staff, and other employees here at our MRH. To those that continue to work hard to serve our community and have contributed to the saving of thousands of lives over the years in our MRH since 1946, "THANK YOU". So, until the Montrose Regional Hospital Board of Directors comes out with a true cost benefit analysis and states that this QHR/Colorado Outdoors Medical Center organization is truly a big WIN for our community, I will never believe it. As with any matter what we do not know can be devastating. In this case we know virtually nothing about these people, credit rating, track record or credibility. If there are any local doctors investing in this, I know you must be proud and certainly must want to announce yourselves right away?

The impact of this on our hospital, emergency and other medical services cannot be overstated. This survival of our MRH/ County Hospital is at stake and is a public matter of the highest order. This is not the time for our leadership to sit around and have "HIGH TEA" and be polite.

What really is happening here? What is at stake?

Give it to us straight up and in plain language. It is our Montrose Regional Hospital and our community. From the people I have talked to you have our appreciation and total support. Partner us in on this we are your real BFFE .

Jim Anderson, Montrose



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REGIONAL NEWS BRIEFS

CITY OBTAINS DOLA FUNDS FOR HOUSING NEEDS ASSESSMENT; CONSIDERS EXPEDITING DEVELOPMENT REVIEW PROCESS, ADDING HIGH-DENSITY HOUSING BONUS PROGRAM, LOWERING MINIMUM PARKING REQUIREMENTS FOR NEW DEVELOPMENTS

Special to the Mirror

MONTROSE — The City of Montrose will receive \$114,000 from the Colorado Department of Local Affairs, DOLA, to hire a contractor to assist with the city's housing needs assessment process, code amendments, and implementing regulatory strategies.

The housing needs assessment will assist in documenting market trends, identifying conditions that contribute to housing affordability issues, and determining housing market gaps.

The City of Montrose's Planning Department has identified the three regulatory strategies in this grant that are believed to have the greatest impact on housing affordability in Montrose. The housing needs assessment will enable city planners and the City Council to pinpoint where and how these strategies can best be implemented to have the greatest impact.

The first strategy is the creation of an expedited development review process for affordable housing. The second strategy is establishing a high-density housing bonus program to increase the construction of units that meet critical housing needs, and the third is lessening the minimum parking requirements for new affordable housing developments.

"We will be able to gather up-to-date and relevant information about housing in our community, which will enable us to develop an action plan and implement the identified strategies," said Briceida Ortega, Community Program Specialist. "The City of Montrose would like to express its gratitude to the Colorado Department of Local Affairs for its support of our community."

The City of Montrose will be providing a 40 percent local match of the total project cost through its General Fund.

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**LET'S CATER 2022: WEDDINGS, REUNIONS,
RECEPTIONS, YOUR EVENT**

REGIONAL NEWS BRIEFS

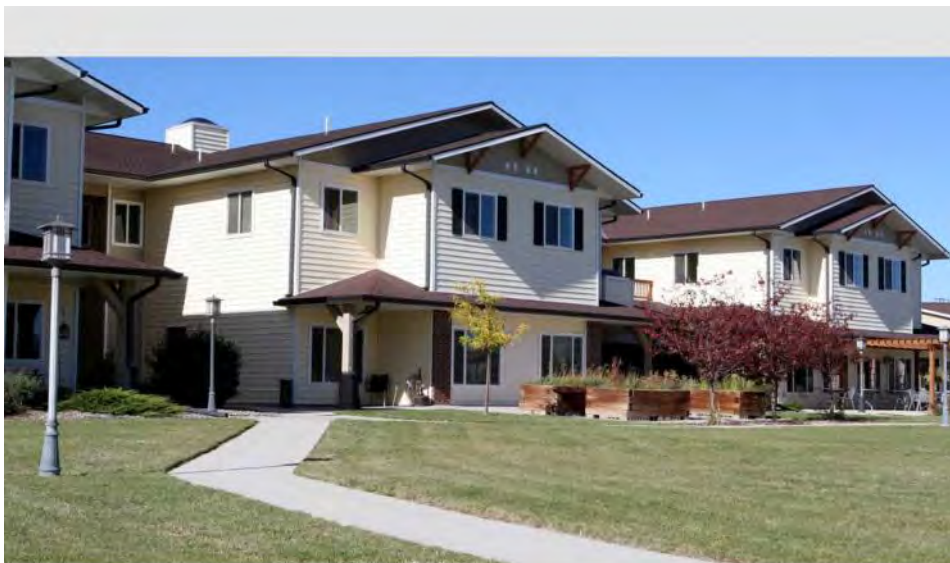
RIVER VALLEY FAMILY HEALTH CENTERS TO BREAK GROUND IN DELTA ON NEW MEDICAL AND DENTAL FACILITY

Special to the Mirror

MONTROSE — On March 15, River Valley Family Health Centers will be breaking ground on a new facility in Delta. The 18,000

square foot clinic will house primary care, convenient care, dental care, and a pharmacy all under one roof.

While the growth of River Valley throughout



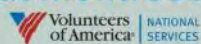
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River Valley Family Health Center site in Delta. Courtesy image.

Delta County has been tremendous in the past year with the addition of the Convenient Care Center, there has still been a desire for River Valley to bring all the Delta services on to one campus.

The River Valley team is thrilled that the highly anticipated new facility will offer a variety of services to patients of all ages, in a magnificent new building that is well-deserved for their patients and the community. The new facility will include twenty medical exam rooms, four behavioral health rooms, seven dental operatories and a drive through pharmacy. River Valley leadership believes having the new convenient care offering and primary care all under one roof is a timely new addition for Delta County residents.

The public is invited and encouraged to join River Valley Family Health Centers for a groundbreaking ceremony Tuesday, March 15th at 1p.m. The ceremony will be held on TBA Valley View Drive on the lot where the construction will soon be underway. There will be a short ceremony and refreshments.

REGIONAL NEWS BRIEFS

FINALISTS ANNOUNCED FOR THE 2022 WOMEN OF DISTINCTION AWARDS



Special to the Mirror

MONTROSE – As we celebrate Women's History Month, Our Town Matters is proud to announce the names of 20 remarkable women who will be recognized at the annual Women of Distinction Awards Gala on March 25th.

The 2022 Women of Distinction are:

Sara Bachman, Bachman Law
Val Burnell, Western Colorado Friends of the Himalayas
Angelique Chavez, Montrose County School District
Leah Kay Cole, Mrs. Clause For A Cause
Staycee Dieter, The Dieter Agency
Delphine Jadot, 20 Sleeps West
Erica Madison, Impact Development Fund
Ann Morgenthaler, City of Montrose
Kendra Morrow, Canyon Creek Bed & Breakfast
Fran Noonan, Retired

Recreation District

Dr. Carrie Stephenson, Montrose County School District
Mary Turner, Community Options Board of Directors
Amanda Waltrip, The Workforce Center
Jenna Wilson, The Center for Mental Health
Katie Yergensen, Montrose County
The Annual Women of Distinction Awards event was created to spotlight and recognize the important role women play locally in the economy and in society.
The honorees will represent the most distinctive women in business, government, education, and not-for profit fields.
KREX 5 News Anchor, Ethan Noah, will be the Master of Ceremonies for the awards gala.
The evening will also include special recognition for all former Women of Dis-

tion & Women of Excellence honorees since the inaugural event in 2017.
This year's event will be held at the Montrose County Event Center on Friday, March 25th at 5:30 PM.
There will be a dinner catered by The Stone House with the awards ceremony immediately following the dinner.
The 2022 honorees and all the honorees since 2017 will be eligible for the coveted Woman of the Year award which will be announced at the awards event.
Presenting Sponsors of the 2022 event are TEI Rock Drills, Montrose Regional Health and Our Town Matters.
The Gold sponsors are Shelter Insurance, Maxfield Peterson P.C., The Mize Family, Camelot Gardens & The Bridges.
Tickets can be purchased online at ourtownmatters.net or by calling 970-765-0913.

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About Women of Distinction Awards

In 2017, the Annual Women of Distinction Awards event was created to spotlight and recognize the important role women play locally in the economy and in society. Each year, the honorees represent the most distinctive women in business, government, education, and not-for profit fields.

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READER PHOTO SPOTLIGHT: BY DEB REIMANN

At left, Deb Reimann took this photo of a weathered transom door at St. Elmo. "The beautiful patina found in ghost towns has a depth and speaks of a history only time can create," she said. "In addition to its beauty, the antique wood is a living piece of history."



REGIONAL NEWS BRIEFS

MONTROSE POLICE ISSUE NEW DIRECTIVE FOR PRIVATE PROPERTYVEHICLE CRASH RESPONSE

Special to the Mirror

MONTROSE — The Montrose Police Department has issued a new directive that will keep patrol officers focused on higher priority calls for service while also giving citizens greater ability to file minor motor vehicle accident reports online.

Now, department patrol officers will only respond to motor vehicle crashes occurring on private property under the following circumstances: serious bodily injury or death, DUI/DUID, reckless driving, or when emergency medical services are summoned to the scene.

All other private property motor vehicle crashes can be reported through the department's online reporting system found [here](#).

Reports can be filed using any internet-connected electronic device.

Parties should exchange insurance and contact information at the scene of the accident. The online system connects the user to the Colorado Department of Motor Vehicles online accident report system. To use this system, the accident must meet each of the following criteria:

- No fatality or injury requiring medical attention was sustained by any person(s) involved in the accident.
- The accident is not an alleged hit and run or, if it is an alleged hit and run, there is no information on the other driver involved in the accident.
- The accident does not involve damage to any public property other than wildlife.

- No drivers involved in the accident are suspected of driving under the influence of alcohol or drugs or of having insurance or driver's license violations.

The intent of this new private property crash response is to increase proactive patrol activities and allow officers to respond to higher priority calls in a more timely manner. If assistance is needed in completing an online report, there are kiosks in the lobby of City Hall, located at 433 South First Street, where a customer service technician will be present to assist. The new [reporting system](#) is found [here](#). For help for any in-progress incident, crime, or emergency please call WestCo Dispatch at 9-1-1 or the non-emergency line for other matters at 970.249.9110.

REGIONAL NEWS BRIEFS

MONTROSE COUNTY ADDS RIGHT TO FARM RESOLUTION IN SUPPORT OF PRODUCERS

Special to the Mirror

MONTROSE—The Montrose Board of County Commissioners officially inked a “right to farm” resolution in Montrose County at this week’s board meeting. While there has always been a “right to farm” in Montrose County, this resolution is intended to demonstrate support for the agriculture producers of the county. “I could not be more proud of a resolution,” said Commissioner Keith Caddy. “I come from generations of producers and I know it isn’t an easy life—from livestock and crop prices to increases on fertilizer and seed . . . farming and ranching isn’t just a job, it’s a way of life and it’s our way of life here in Montrose County. Farmers and ranchers are some of the most resourceful and hardworking people I know, and I am committed to helping the future of agriculture in Montrose County.”

“Montrose County is growing, but to me,

it’s important to always honor and respect our agricultural roots,” said Commissioner Sue Hansen. “Agriculture is a key component to our local and regional economies due to the hard work of the producers in the county. There are challenges ahead—wolves, water, and the upcoming farm bill—and we want our producers to know that Montrose County is here to support them.”

“There are more than 1,100 registered agriculture producers [2017 Ag Census] across this entire county—from Maher to Olathe to the West End and more—farmers and ranchers accounted for nearly \$82 million of products from our county,” said Commissioner Roger Rash. “This resolution is not only timely as numbers of producers are decreasing, but it is also an important message of support for our farmers and ranchers as many approach the busy spring season of preparing crops,

calving/lambing, burning ditches, and more.”

The resolution encourages residents to be mindful of the smells, sounds, hazards, and activities that come with life in Montrose County. It also notes that Colorado is an “open range” state which means that landowners must fence out livestock if they do not want livestock on their property.

Another key issue mentioned in the resolution is that of water and irrigation. New residents are encouraged to visit montrosecountywater.com to learn more about the Code of the West and irrigation principles in the county. More information will be made available at the Montrose County Planning and Development Department in an effort to help educate new residents on the lifestyle of moving to an agricultural community. To view the resolution, please visit [here](#).

BALDY MOUNTAIN PROJECT DECISION SIGNED

Special to the Mirror

MONTROSE—The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests’ Ouray Ranger District and the Bureau of Land Management (BLM) Uncompahgre Field Office, finalized an Environmental Assessment (EA) for the Baldy Mountain Landscape Resiliency and Habitat Improvement project in Ouray County. The decision signals the kickoff of implementation of fuels reduction activities on up to 6,106 acres to benefit wildlife habitat, reduce fuels both within and outside of the wildland urban interface and improve landscape resiliency. The project will take place over approximately five years and provides for maintenance treatments in future years.

Mechanical treatment implementation is scheduled to begin this summer on the north end of the project area. Treatments will provide quality summer elk habitat and prepare the area for future prescribed fire. The focus will shift to improvement of bighorn sheep habitat and fuels reduc-

tions in the wildland urban interface as treatments transition to the south end. The earliest prescribed burning would occur is 2023.

The project has been closely coordinated with the Natural Resources Conservation Service, the Mullin’s Ranch, Colorado Parks and Wildlife, Ouray County, Colorado State Forest Service, West Region Wildfire Council, Colorado Division of Fire Prevention and Control and private landowners.

The U.S. Department of Agriculture, Forest Service plans to contribute approximately \$130,000 toward implementation this year. This includes grants from Rocky Mountain Elk Foundation and Colorado Parks and Wildlife.

The National Forest Foundation (NFF) is a key coordination partner for the project. They will work closely with the GMUG and partners to fundraise and build capacity for implementation and expand collaboration and communication with partners, landowners and community members that

will support mutual goals of shared stewardship.

If you are a private landowner in the area and interested in learning how you could get involved and treat your property for fuels reduction and/or wildlife habitat improvements, please contact Maddie Rehn, NFF Project Coordinator at mrehn@nationalforests.org, (970) 222-3709 or Luke Holguin, GMUG Wildlife Biologist at luke.holguin@usda.gov, (970) 327-4261.

For project specific information, please visit: <https://www.nationalforests.org/regional-programs/rocky-mountain-region/baldy-mountain-landscape-resiliency-and-habitat-improvement-project> or <https://www.fs.usda.gov/project/?project=58554>

For information and updates on current fire restrictions, conditions, and recreation opportunities on the GMUG visit the [forest website](#).

Connect with us on social media ([Twitter](#) and [Facebook](#)).

REGIONAL NEWS BRIEFS

MONTROSE REGIONAL HEALTH CEO JEFF MENGENHAUSEN NAMED ON BECKER HOSPITAL REVIEW'S 67 RURAL HOSPITAL CEOS TO KNOW LIST

Special to the Mirror

MONTROSE— Jeff Mengenhausen, Chief Executive Officer of Montrose Regional Health, was named on Becker Hospital Review's 67 Rural Hospital CEOs to Know list.

The list is published to recognize CEOs who ensure their communities have access to the best healthcare services possible, developing a model for their hospital to thrive in an environment where many rural hospitals face closure.

"I am humbled and honored to be a leader at Montrose Regional Health," said Jeff Mengenhausen, CEO of Montrose Regional Health. "I believe we are moving in the right direction to provide more and enhanced services for our patients and communities."

"Montrose Regional Health is grateful to have Jeff Mengenhausen as our CEO," said Dr. Kjersten Davis, Chair of the MMHI Board of Directors. "His expertise, strategic vision, enthusiasm and work ethic make him a great asset for our hospital and our communities."

The article notes Mengenhausen's more than 15 years of experience in leadership. His experience includes having previously worked as CEO of Madelia Health in Minnesota, and having served in the military as a Navy SEAL.

The article is available on the Becker's Hospital Review website at <https://www.beckershospitalreview.com/lists/67-rural-hospital-ceos-to-know-2022.html>



Jeff Mengenhausen.
Courtesy photo.

MONTROSE REGIONAL HEALTH CFO YVONNE WIGINGTON NAMED ON BECKER HOSPITAL REVIEW'S 50 COMMUNITY HOSPITAL CFOS TO KNOW LIST



Yvonne Wigington. *Courtesy photo.*

Special to the Mirror

MONTROSE— Yvonne Wigington, Chief Financial Officer of Montrose Regional Health, was named on Becker Hospital Review's 50 Community Hospital CFOs to Know list.

The list is published to recognize CFOs who have a legacy of strong leadership and are guiding their organizations through the changing landscape of healthcare delivery.

"To receive this recognition is truly an honor," said Wigington. "I have been so fortunate to work with great teams throughout my career. I am grateful for the tremendous support I have received from those teams."

"While many rural hospitals are struggling, Montrose Regional Health is growing and thriving as a non-profit hospital.

Our financial team plays a vital role in that. We are proud of Yvonne and the great job she does leading our financial team," said Jeff Mengenhausen, CEO of Montrose Regional Health.

The article notes Yvonne's experience working for non-profit regional hospitals in fast-changing environments. Yvonne has a demonstrated servant leadership philosophy and history of leading successful financial operations in the non-profit healthcare environment.

Prior to Montrose Regional Health, Wigington worked for Wyoming Medical Center in Casper, Wyoming.

The article is available on the Becker's Hospital Review website at <https://www.beckershospitalreview.com/lists/50-community-hospital-cfos-to-know-2022.html>

OPINION/EDITORIAL:LETTERS

MURA AND CITIZENS ARE THE LOSERS IN COMC DEAL

Editor:

So it is a big WIN having the Colorado Outdoors Medical Clinic in town.

Who wins? Well according to the MDP it will be MRH that's who. Come on folks what do you think the public is, a bunch of ignorant clucks? I think that it is time for all of us to ask many questions and if we cannot get reliable answers then I propose you accept my speculation/opinion below. Lessee let's just spend twice on two clinics and the overhead for them, instead of one good one? Who wins then? Of course, just whose money is it that is being spent twice? Why is it so easy to say someone or something is a WINNER when it is public money being used to make it appear that way? But why should it be squandered? Because contrary to popular belief the taking of public money to enrich private citizens with it is the American way!

Those questions asked, let us ask a few more. Why would anyone jump into a financial deal with a company that went bankrupt not too long ago? Generally when a company seeks bankruptcy protection, unless they make massive changes, they seek bankruptcy protection again in the near future. This is because they seek and are granted protection from their creditors but do not change enough of their management or practices to forego a repeat performance. Why is MURA not a bit more selective of their 'new business partner'? Because each year they get a

new influx of money from property taxes. They can waste, waste and waste some more and still the money boat will come back next year.

QHR was a fine operation when I was on the hospital board of directors. They did well by the hospital and the citizenry. They certainly taught me well at their director's conferences. What did they do to get 'let go' by the hospital board of directors and be replaced by another consultant? But a better question to ask is.

"Why, after getting 'burned' in Montrose a few months ago are they seeking to do business here, in the same community (medical) that 'let them go'? It's just an opinion but it sounds suspiciously like retribution. If that is even part of their motivation when QHR has had their day with the hospital, the clinic will fail and our fair city will owe them a bundle to pay for it all. Do we think that our city council or our city manager or anyone else on MURA is at all prepared to deal with that? Not a one of them has ever had any experience with hospital medical care---except to possibly use it. The only reason Mr. Dragoo likes the COMC idea is that it sells a good bit of his real estate and it pretends to bring in outside business. It sells the real estate but again the business comes from the City of Montrose.

To try to foist the 'BIG WIN' idea this off on the community and the hospital that it is a big WIN for the hospital, is questionable at best. This line sounds like the MDP

publisher is speaking, at least in part.

And just who are the wonderful physicians that want to support this clinic? (First of all the clinic will supposedly support them or they would not be into it) They are not talking but from my experiences on the hospital board I can name at least one and from knowing who is on the city council I'll put money on the second one. In my opinion neither of those have stellar reputations with either their peers or the community, that is either professionally or as citizens.

And so we have the motivation for COMC and its supporters. Dragoo to sell lots; Bell wants to have MURA have at least one outside business move in; QHR for no good reason unless my opinion is correct; and the Doctors, at least two of which don't like the Hospital. Nowhere in that bunch can I find any motivation "Because it is a WIN for the hospital.

I ask you, especially if you have ever played poker, played blackjack in Las Vegas or even played Bingo---where did your winnings come from? The answer is 'THE LOSERS'. Without losers there can be no winners. If according to the MDP the hospital will be the big WINNER, JUST WHO ARE THE LOSERS? They will not be QHR, Colorado Outdoors, Bell, the City Council and for darned sure not the doctors. They will be MURA and you and I, the citizens of Montrose!

Of course I have said all this before.

Bill Bennett, Montrose

Because your voice carries a lot of weight.

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OPINION/EDITORIAL:LETTERS

BIDEN POLICIES FAVOR OTHER PEOPLE AND ENEMY NATIONS

Editor;

Let's see, who was that honorable and honest politician who publicly promised at a campaign rally in Iowa in 2019, "my son, my family will not be involved in any business, or any enterprise that is in conflict with or appears to be in conflict with the appropriate distance from the presidency and government?" Oh, now it's clear, that was our sincere and truthful wanna-be president Joe Biden. He went on, "no one in my family will have an office in the White House, will sit in on meetings.....or have any business relationship with anyone that relates to a foreign corporation or foreign country---period, period, end of story." Oh yeah, he was the one that gave the Hate of the Ununited Screech in front of the whole world where he hypocritically called for fixing the border and now he says he believes in "funding" the police! Gee whiz with honesty like that why would anyone ever doubt anything he says?

Honest Joe has been in politics almost a half a century and his son Hunter still holds an ownership stake in a Chinese Communist government-linked investment firm in spite of repeated promises from honest Joe that his family would not have any foreign business ties. Chinese web sites show Hunter is on a first name basis with Chinese Communist business leaders. They show Hunter is a sole owner of a corporation, Skaneateles with \$464,000 invested in the company. The thing to remember about all the business deals with Communist China and Russia is that Hunter was getting free rides to those countries on Air Force Two when Biden was vice president. American taxpayers paid for all of that.....the so-called environmental unfriendly fossil fuel those big planes gulped, food and lodging for him

and his entourage in communist countries. And now he has graduated to Air Force One with honest Joe as president. And wouldn't you know, they have lost all the travel records on those Air Force planes from 2010 to 2014! The Bidens and his Democrat ilk have no shame abusing America and showing no love for her. All their policies favor other people and enemy nations like when Biden cancelled America's energy production forcing us to buy over 600 million barrels of oil daily from Russia at over \$100 a barrel. That coincides with Russia's ability to pay for the attack on Ukraine while Americans are paying for it at the pump. Was that planned? And how about Biden and his Democrats completely transforming America at the border as Obama promised with his screaming teenagers jumping up and down waving signs, "change we need".

And of course Biden just nominated another radical progressive to the Supreme Court. Surprise! surprise! It would be exciting to hear someone describe just one genuinely good thing Bidens or Democrats have done or even professed to do for America in the last several decades. The silence will be deafening!

During Biden's campaign he scolded supporters in front of cameras many times denying any knowledge of Hunter's business deals with foreign countries when honest Joe was the one who took him there! He knew exactly why and where Hunter was going. Where I came from a person like that is labeled a liar. So at best honest Joe wants you to believe there's nothing in Hunter's suspicious international business dealings to be concerned about. But then why are foreign countries paying Hunter ridiculous prices for amateur artwork? And the buyers are all in

secrecy, but suspected to be China and Russia benefiting from receiving secret information. That is espionage. The art work is just a cover. It's strange how Democrats can get by with anything and everything!!

Then there is the story of Hunter's role in the sale of one of the world's richest cobalt mines in 2016. And who did he sell it to? Well China of course! The mine was American-operated in the Republic of Congo. There again the Bidens favored our enemy over America. Cobalt is one of the most important components of electric car batteries, solar panels, and other products for renewable energy.

China is laughing at us again because of our delirious, misleading and corrupt morons. Obama was president at the time and knew of cobalt's importance, but did nothing to intervene. Of course Obama was no patriot, so why would he intervene? If Trump's kids would have done that can't you see Democrats throwing a hissy fit from Mars???

And to show honest Joe's stupidity he committed the U.S. to using cobalt on one of his many executive orders to have electric and other zero-emissions vehicles make up half of new cars and trucks sold in the U.S. by 2030. But that takes cobalt! And now because of Hunter's actions selling the mine out of Air Force Two, (which Joe knew nothing about! Ha!), we will be buying that same cobalt from China! Of course honest Joe and Hunter insist their secret business dealings with an enemy are totally legitimate in spite of promising not to do it. If they are so legitimate then why are they so secret?

And the thought for the day: God created man and woman...Democrats created all the other genders

Jerry Bartholome, Montrose

CELEBRATING LOCAL BEAUTY.



COMMUNITY OBITUARIES

RALPH JOSEPH WEAVER

May 11, 1935- February 26, 2022



Longtime Norwood resident, Ralph Joseph Weaver, passed away on February 26, 2022, at his home. Ralph was born on May 11, 1935, in Mancos, Colorado to Joe and Lucille Weaver. Ralph attended school in both Rico and Telluride before graduating from Telluride High School. Following school, Ralph enlisted in the Air Force and served for four years stationed in Japan and Bangor Maine. Upon returning, Ralph married (Helen) Joan Oliver on May 1, 1960, in Norwood. Soon after they moved to California where Joan worked while Ralph attended Northrop to learn more about Airplane mechanics. Post-graduation Ralph worked in California until they moved back to Norwood where they resided until their passing. Ralph worked in mining until he and Joan's dad, Dwight, opened the Conoco Service Station. After 15 years they sold the business and Ralph went back to mining for Union Carbide, along with crushing and hauling gravel for Skeleton and Jim Jensen.

Ralph served his town for over 30 years both as a board member and as mayor. He also enjoyed hunting, fishing, and mechanics. He was often found helping out friends and neighbors with their mechanical needs. Furthermore, he loved anything and everything involving aircraft and airplanes. After retirement his favorite pastimes were being on the computer emailing funny stories and articles to friends and family; and his daily visits to the restaurant to catch up with his buddies.

Ralph was preceded in death by his parents his father Joe and mother Lucille; brother Johnny and wife Sandy of Naturita, Colorado; brother Leigh of Nucla, Colorado; and sister Loraine (Frank) Thomas of Fruita, Colorado. He is survived by his son (Robert) Shane Weaver and wife Lisa of Joes, Colorado; grandson Samuel Dwight Weaver and wife Jordan of Kirk, Colorado; granddaughter Kayla Ann Weaver of Dallas, Texas; great-grandchildren Wesley Owen Weaver, and Wrenlie Olivia Weaver.

The family would like to thank Nuclear Care Partners and the many friends and neighbors who helped Ralph in his final years. We thank you for your graciousness that allowed Ralph to live out his days in the happiness of his home.

SEE SOMETHING - SAY SOMETHING



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ANONYMOUS CALL

MONTROSE REGIONAL CRIME STOPPERS

COMMUNITY OBITUARIES

RALPH "LEROY" HART *June 10, 1932 -February 24, 2022*

RALPH "LEROY" HART went home to be with the Lord on Thursday, February 24, 2022, at home surrounded by his family.

Leroy was born on June 10, 1932, in Shattuck, OK, to Ralph and Hannah (Stewart) Hart. Leroy lived in Shattuck until he was eight years old when he and the family moved to Cahone, Colorado. Leroy married the love of his life, Della May High on August 25, 1959 in Nucla, CO. She preceded him in death on March 6, 1987.

Leroy worked for Union Carbide and the VCA in Uravan, CO until 1972 when he was hired on at the Department of Transportation. He worked for the Department of Transportation until May of 1993 when he retired.

Leroy loved being in the outdoors hunting and fishing. He was especially proud of his grandchildren when they would harvest their deer and would bring them by to show them off. He always had a beautiful yard and was extremely proud of the roses that he grew.

He is survived by his son Roger and wife Terri of Montrose, and his daughter Lisa and her husband Doug, also of Montrose. He is also survived by his five grandchildren, May Weber of Montrose, Lynnsi Hart of North Platte, Nebraska, Paul Weber of Montrose, and Shayli Hart and Justin Hart of Montrose. Also three great grandsons, Gabriel, Michael, and Ethan Schroeder.

Leroy was preceded in death by his parents, Ralph and Hannah Hart. Sisters, Mary, Thelma, Thelda, Dortha, and Bobbie.



LOIS ELLEN ANDERSON (NÉE BAKER) *November 30, 1925- February 24, 2022*

LOIS ELLEN ANDERSON (NÉE BAKER) passed away on February 24, 2022 in Montrose, Colorado. She was 96 years



old.

Lois was born to Thomas Frank Baker and Ethel Baker on November 30, 1925 in Olathe Colorado and spent her entire life in Olathe and Montrose. After briefly attending Colorado A&M College (now Colorado State), Wallace "Wally" Anderson returned from World War II and swept her off her feet, and they married on November 18, 1945. They took on farming and ranching on California Mesa, and raised three children: Michael "Mike" (Carol) Anderson, Sarah "Sally" (Martin) Sprang, and Stephen "Steve" (Karen) Anderson. Lois had four grandchildren.

Lois loved singing and playing piano and was often asked to sing at weddings and funerals in Olathe. She also enjoyed dancing with Wally, and they were frequently found cutting a rug at the Elks Lodge in Montrose. She was handy with knitting needles and the sewing ma-

chine, and like many of her generation was proficient at cooking and canning for the family.

In retirement, Wally and Lois took up golf and Lois was a regular in the Black Canyon Ladies League. They traveled around the U.S. and went on several ocean cruises and moved from the farm in Olathe to Montrose in 1994. Lois was widowed in 1998 when Wally passed and was preceded in death by her brother Jay Baker.

In accordance with her wishes, Lois will be cremated and there will be no public memorial service. Her ashes will be spread near the family mountain cabin where Wally's ashes were spread 24 years ago. In lieu of flowers, the family requests that donations be made in the memory of Lois to HopeWest hospice (<https://www.hopewestco.org/memorial-gifts/>) or via check to HopeWest, 725 S 4th Street, Montrose, CO 81401.

ISSUE 360 March 7, 2022

ART & SOL

A MAN WALKS INTO A BAR WITH A PHONE BOOK



A telephone directory for the Montrose area in the winter of 1955-56. The directory is now part of the collection at the Montrose Historic Museum and was borrowed from them for this article. Photo by Bob Cox

By Bob Cox

MONTROSE-The jokes that begin with someone walking into a bar have likely been around as long as there have been

bars to walk into. Jokes are not successful unless the story has a background. The person hearing the joke cannot laugh if he (or she) cannot personally relate to the punch line. So, there is no joke here but one must admit that it stirs memories to read such a lead (or lede if you have any newspaper background). After all, how long has it been since you picked up a phone book? Let's see what happens in this purely hypothetical situation when a man, whom we will call Tom, walks into a bar with a phone book:

Tom walked into a bar in Montrose, Colorado and sat next to his friend, Harry, who was slowly nursing a cold bottle of beer. Tom signaled the bartender and was served his beer. He took a sip, and then waited a moment.

"Remember a month or so ago, when you and I were talking about some of the old businesses that were located on Main Street?"

"I remember it well," said Harry. "Every time I ruin a good five dollar bill for a beer, I remember us talking that day."

Tom placed a small booklet on the bar. It was only about a quarter of an inch thick. "Well, after we talked, I found myself going through some old stuff that belonged to my parents and I came across this phone book from the winter of 1955 and

1956. This little book contained listings for Montrose, Norwood, Olathe, Ouray, Ridgway, and Telluride. Just look at it. It is only a quarter of an inch thick and that includes all the yellow pages with all the ads for most of the businesses we talked about and a lot more."

Harry picked up the book and opened the front cover. "This was just before Montrose went to the seven digit dialing system. I remember that. All the other towns had it. I still remember the number of the Elks Lodge. When my folks went to a dance or something there, they always wrote that number down for us kids. It was simply 180. But if they went up to the Elks in Ouray, we would have to dial a seven digit number."

Harry thumbed through the pages and said, "Here it is right here. The Ouray Elks was DA5-4510. They still have that number, but the DA5 is now 325. Boy does that bring back some memories. And look at these yellow pages. This is funny. 'Ambulance Service. Day or night.' The Montrose Funeral Home ran it. The ad says it was in the Masonic Temple here on Main Street."

Tom reached across and pointed to an ad on the opposite page. "Look at this. Craft Motor Company. That was on North First, where the Rainbow Garage is now. The ad

Continued next pg

A MAN WALKS INTO A BAR WITH A PHONE BOOK

From previous pg

says, De Soto and Plymouth, but I think that was about the time that Hartman Brothers took over the De Soto and Plymouth dealership, because my dad bought a new 1955 De Soto from Hartmans. Oh, and look. Just down the block on the other side of the street was Bill and Jim's Auto Clinic. That's where my uncle always took that old Studebaker of his. I don't remember the last names of Bill and Jim. I'll have to think about that."

Thumbing through a few more pages, Harry stopped. "Remember Gay Johnson's there on the corner of North 3rd and Townsend? They had a tire recapping service there. I remember going in there and getting recaps for my first car. I couldn't afford new tires. They even had a way to dump walnut shells into the rubber mixture for their snow tires. Those were really popular with the guys that were going up to the mines above Ouray."

Tom took the phone book. "I remember most all of these service stations. It

seemed as though there was one on every corner. Skelly Super on South 2nd and Townsend, G & M Texaco on North 2nd and Townsend, Pete's Standard across from Gay Johnson's and Sorensen Sinclair on South 1st and Townsend."

Dick, overhearing the conversation, took a seat next to Tom. "Look in there and see if Southside Salvage is listed. It was out there about where Camelot Gardens is now. If it weren't for old Pete out there my old Chevy would have never survived."

"Yep, its here," Harry said. "And so is Jack Freeman's place that was out just downstream from the bridge on West Main Street. He got his share of my hard-earned money and so did Jack Drake that had a place out on what is now 65.30 Rd. Oh, man, here on that same page is an ad for Mary's Cafe when it was where that art gallery is now. Homer Simms had his insurance agency in there later. Boy, Mary's was the place to go. She moved several times, but always ran a class joint."

Dick took the book. "You want to see how much Montrose has changed, just look at this map on the inside of the back cover. The North city limit was North 9th and the South city limit was South 12th. The Star Drive-In was not inside the city. You remember when they had a marquee on the corner of Main and San Juan. That was probably some of the best advertising they could have had."

Dick thumbed back in the book. "The drive-in is not listed, but the Fox Theater is. That is odd, because I know the Star opened in 1950. Maybe they just didn't have a phone."

"Okay," said Tom, I need to get out of here, but before I go, I noticed that the first entry in the Yellow pages was 'Abattoirs.' I am taking off. You two sit here and tell each other what an Abattoir is."

Tom drained his beer and left the bar, leaving Dick and Harry with thoughtful, but questioning looks on their faces.

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MIRROR CHURCH DIRECTORY

FIRST CHURCH OF THE NAZARENE

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

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

disciples in Montrose Colorado and around the world.

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

FIRST PRESBYTERIAN CHURCH MONTROSE

Affiliation: Presbyterian
Address: 1840 E Niagara Rd. Montrose CO. 81401
Office Hours: M-Thu 9AM - 12PM
Contact Information: 970-249-4732, info@fpcmontrose.com

form@fpcmontrose.com, 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

office@montroseumc.org, montroseumc.org
Current Senior Pastor: Rev. Lisa Petty
Worship service times: 8:15-Online Service (details on web site). 9:30 a.m. Casual Contemporary Worship & 11:15 a.m. Traditional Worship 10:30 - Social/Devotional Time *Montrose UMC is a lead-*

er 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 or without children, from diapers to dentures. Wherever you are on your spiritual journey we invite you to come discover hope, joy, peace, purpose.

ROSEMONT BAPTIST CHURCH

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

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

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

SPIRITUAL AWARENESS CENTER

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

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

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

MIRROR CHURCH DIRECTORY From previous pg

SUMMIT CHURCH OF MONTROSE:

Denomination affiliation:

Southern Baptist

Address: 10977 60.75 Rd. Montrose, CO 81403

Office hours: Varies

Contact information:

phone number: 970-275-7026

email: summitchurchmontrose@gmail.com

website: www.summitchurchmontrose.org

Name of current Senior Pastor: John De-

Sario

Worship service times: Sunday Worship is at 9 am followed by a time of fellowship and snacks. Wednesday evening Prayer and Discipleship (a book study) Prayer 5:45-6:15pm, Discipleship 6:30-7:30pm, childcare provided up to 5th grade. 6th graders on up are welcome and encouraged to attend the book study "Fundamentals of the Faith"

Summit Church Montrose is a new church

plant that preaches the Word of God, reaches the lost with the Gospel of Jesus Christ and equips Christians to serve the Lord. Summit Church has people of all ages! We have families with children (babies, school aged, recent high school and college graduates) There are retired couples and widows. During the Sunday sermon we offer teaching for children ages birth to Kindergarten, in a kid friendly room called Base Camp.

VICTORY BAPTIST CHURCH OF MONTROSE

Denomination Affiliation: Independent Baptist

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

Office Hours: Monday-Friday 8am-12pm

Contact Information: Phone (970) 249-6874;

email at info@vbcmontrose.org; website: vbcmontrose.org

Current Pastor: Roland Kassales

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

Victory Baptist Church exists to exalt God, edify saints, and evangelize the lost. Demographics: Victory Baptist serves everyone with age-appropriate classes, groups, and activities. Families with children make up the majority of VBC with young adults, singles, middle-aged couples, and seniors comprising the rest.

Church Directory

Mirror Editorial Staff

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

formation to the Montrose Mirror:

Name of church

Denomination affiliation

Address Office hours

Contact information (phone number, email address, website)

Name of current Senior Pastor

Worship service times

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

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

Do your church services include Sunday School and childcare?

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YOUR BRAIN ON NATURE – PREVENTING AND REDUCING OBESITY



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

Greetings Mirrorites!

The triple threat to our wellness is nearly over. Winter, holidays and ceremonial eating, and Covid. OK, well not sure about Covid, but here in March, even though it is the beginning of mud season, there is hope of starting to shed those winter pounds, whether brought on by Covid stress eating, or Grandma's outrageously delicious pumpkin and pecan pies.

Early winter always brings on a bit of hyperphagia for me, you know, that feeling of wanting to eat everything in sight for a month or so in autumn. But true cravings that impact our year round wellness and threaten us with everything from joint pain, to diabetes, to elevated likelihood of Covid infection (turns out that Covid loves fat cells), are different.

The hedonic value of tasty food is not to be underestimated. Food can become addictive through the same processes and neurochemicals as cocaine (just not as dramatically). The desire to self-medicate when intrusive food thoughts are present can become overwhelming for some people. Constantly, helplessly, satisfying those cravings even when not hungry is a failure to control impulsivity. In the previous article to this one, I discussed the effects of impulsivity in a school setting. In a similar manner to reward sensitivity, impulsivity has been



Photo courtesy of Dave Lee, editor of Go Backpacking

associated with the development and maintenance of a broad range of destructive behaviors, including violence, alcohol and drug abuse, problematic gambling, and overeating in a rash and careless manner, without forethought to the consequences.

There are nature interventions that can help this greatly. For instance, two nature-based treatment programs have demonstrated that cravings amongst individuals undergoing drug and alcohol rehabilitation can be reduced without medical intervention. One in 1998 (back in the stone age!) compared the efficacy of a three-day wilderness experience with treatment-as-usual within a residential setting. They found that post-intervention craving scores were lower in participants assigned to the intervention, relative to those who received ordinary residential treatment. Another study reported improvements in affect and reductions in craving in individuals undergoing drug and alcohol rehabilitation, following a week-long 'blue-space' therapy of sailing. Even imagery based interventions can help reduce cravings, where the imagery involved a natural setting

such as a beach or woodland area. It must be pointed out, however, that the effects of time in nature will vary from person to person depending upon their reward sensitivity.

Reward sensitivity is a biologically-based conceptualization of personality and describes the tendency of individuals to notice and seek out rewards in their environment. The brain's dopamine 'reward' pathways have been proposed as the biological basis of reward sensitivity and it is currently thought the dopaminergic reward system underpins cravings. In a similar manner to the reinforcement effects of drugs of abuse on the brain's dopaminergic pathways, highly palatable foods and energy dense foods (i.e. junk food such as chocolate, chips, candy, or in my case, cheese) also activate the dopaminergic pathways.

Food and the potential of experiencing it in a pleasant fashion elevates mood. Unfortunately, unlike the mood enhancement of time in nature, this type of mood 'high' results in what's known as *positive urgency* (acting rashly while experiencing positive affect). It's the equivalent of saying, "Gosh, I feel so good, what's one

YOUR BRAIN ON NATURE – PREVENTING AND REDUCING OBESITY

From previous pg

more cupcake to make me feel even better.” We all do this sometimes, but it’s when it’s a chronic behavior that it tanks our wellness. And believe it or not, exercise alone does not dampen cravings the way time in nature does.

One set of researchers looked at cravings and the satisfying of them after a six-month exercise intervention. Despite modest weight and fat loss there were no changes in ratings of food cravings, or food desire and appeal. The researchers were totally bummed out, but it was really, really interesting stuff.

Conversely...a different study found that having access to a garden was associated with reductions in craving strength. Further, just being able to see natural scenery in residential areas incorporating more than 25 percent greenspace were related to similar reductions in craving. The findings therefore suggest that passive exposure to nearby greenspace is associated with reduced craving, irrespective of physical activity level.

Urban dwellers with no access to natural spaces experience brain changes that make them more susceptible to addictions of all kinds. City folk exhibit increased responses in other brain regions involved in reward processing and in the regulation of stress and emotions, such as amygdala and anterior cingulate cortex, areas that

greenspace effects in beneficial ways (see prior Mirror articles). There is increasing evidence for negative effects of an urban environment on the mesolimbic and limbic systems which may increase the risk to develop mental disorders, addictions, and definitely food cravings.

One British study found that negative affect had a mediating influence on the *strength* of cravings. They found that the more greenspace was available for interaction (garden plot) or simply viewing (neighborhood greenery) the less that negative affect was sustained and the strength of any food cravings was reduced. Nature makes us happier, and happier people handle cravings better.

They did not find that the *frequency* of cravings was affected by time in nature, time spent either visually or interactively. Bummer. What this means is that those intrusive little thoughts about how awesome a bag of potato chips would taste right now (one of my weakness, so much so that I only allow myself two bags a year) do not get less common, even with large doses of nature. The good news is that time in nature helps to weaken the *urgency* of fulfilling those cravings, making it easier for us to cram them down into the back of our minds where they belong. So in theory, time in nature or living in green neighborhoods, can armor us

against acting on those urges, even if we still feel them.

For the coming year, I encourage any readers with weight issues to consider more time outdoors to help tame the beast of food cravings, even if they know that the beast is still there, lurking. Keeping a food diary may be helpful. I know that I am completely helpless in the face of gourmet cheese of any kind, and so I compensate with exercise and low cal substitutions. When feeling an urge for potato chips or white bread (French and sourdough, of course) that seems to be strengthening, I record my cravings if they are sudden, and then adjust my daily routine accordingly. I sometimes end up deciding against a workout on the treadmill in favor of a longer hike with the goats.

The treadmill is better for my cardiovascular, to be sure, because goat hikes tend to be more leisurely. But I feel certain that resisting the urge to stuff myself with damaging, if delicious, empty calories will more than make up for the lack of cardio. With those words of wisdom, let’s all try to get out this month any time we can, and give those intrusive cravings a huge smack down, not a snack down.

Get outside, get happy, lose those pesky pounds, and as always, questions and comments can be submitted to:

agescapesnow@gmail.com.

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COMMUNITY NEWS BRIEFS

RECKLESS KELLY TO HEADLINE MONTROSE COUNTY EVENT CENTER'S ROCKY MOUNTAIN OYSTER AND RED DIRT FESTIVAL

Special to Art & Sol

MONTROSE-Montrose County Event Center is proud to announce the talented musical line-up for the 2022 Rocky Mountain Oyster Red Dirt Festival presented by 20 Sleeps West Real Estate on April 23. This year's festival will feature Reckless Kelly, a Grammy-award winning Red Dirt/Americana music stalwart. The evening's entertainment will also include Joshua Ray Walker and 2021 Rocky Mountain Oyster Festival alumni Sam Cox, now of Ragland. "This event is special to us because it helps celebrate our agriculture heritage with the added bonus of top music acts in

the Red Dirt world," said Fairgrounds and Event Center Director Stoney Field. "I am looking forward to this year's festival and I am grateful to Deb Harmon of 20 Sleeps West Real Estate for helping bring this event to our community for the second year in a row."

Reckless Kelly will headline the 2022 Rocky Mountain Oyster Red Dirt Festival. Originally from Idaho, the band now calls Texas home. Collectively, they've played over 3,000 shows and traveled over 1,500,000 miles to 49 states. Reckless Kelly's string of critically acclaimed albums—"Under the Table" and "Above the

Sun" (2003), "Wicked Twisted Road" (2005), "Bulletproof" (2008), "Somewhere in Time" (2010), Grammy-nominated "Good Luck & True Love" (2011) and Grammy-winning "Long Night Moon" (2013)—set a standard of reliable excellence and commitment to an instinctive vision of Americana. No band exemplifies the broad genre better.

In the middle of the line-up is Joshua Ray Walker, an up-and-coming star on the Americana scene. With a recent stop at "The Tonight Show with Jimmy Fallon" and an April date at the Grand Ole Opry, Walker shares an imagined yet truthful portrait of a broke down honky-tonk on his latest album "See you Next Time."

Getting the festival started is 2021 Rocky Mountain Oyster Festival alumni Sam Cox, who is now in a band with his wife called Ragland. They will open the night with their Red Dirt/Americana sound. This married couple featuring Autumn Ragland and Sam Cox, hail from red dirt country in Oklahoma.

There are three different tiers of tickets—VIP, floor admission, and general admission. The VIP tickets include access to the front of the stage area with a first-come first-served seating area for attendees. The VIP ticket also includes your choice free beer, wine, soft drinks or water for just \$60 per ticket. The floor admission seats offer great viewing and the true live music experience from the floor and include first-come, first-served seating for \$30 per ticket. General admission tickets are for the comfort of the grandstand area at just \$20 per ticket. Tickets go on sale on March 4 at 5pm at montrosecountyeventcenter.com. Food will be available for purchase at the event.

Come enjoy some Grammy-award winning music, great food, and Red Dirt music fun at the Montrose County Event Center. For more information, please visit montrosecountyeventcenter.com or call 970-964-2184.



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COMMUNITY NEWS BRIEFS

SPIRITUAL AWARENESS CENTER TO RE-OPEN FOR IN PERSON SERVICES

Special to Art & Sol

REGIONAL-The Spiritual Awareness Center invites friends, members, and new seekers to the grand reopening for in person Sunday Services on Sunday, March 13th at 11:00 a.m. at Lions Park, 602 N. Nevada, Montrose. Sunday Services have been meeting on Zoom for the past several months due to the covid pandemic. Masks will be optional at the in person gatherings.

"It will be good to meet again in person and sing and pray together," said Rev. Dr. Arlyn Macdonald, Senior Minister. A special music program is planned for the re-opening Sunday by Music Director, Emily Johannessen. Also planned is a time to reconnect with spiritual friends during a social time beginning at 10am. A Quiet Meditation starts at 10:30am to help create a sacred space for the service at 11:00 a.m.

For more information about the Sunday Service and other programs of the Spiritual Awareness Center, visit the website at www.spiritaware.org. Everyone is welcome.

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Western History with Kate Burke

Art & Artifacts Tell Stories of the First Americans

MONDAY MARCH 14

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Mountain Town Saloons & Shady Ladies

1 pm, Wed., March 16



Blue Sage Center for the Arts, PAONIA.

COMMUNITY NEWS BRIEFS

CELEBRATE THE GONDOLA'S 25TH ANNIVERSARY MARCH 12

Special to Art & Sol

TELLURIDE-Winter 2021-22 marks an important milestone for the most unique public transportation system of its kind in North America.

The Telluride Mountain Village Gondola officially opened on November 19, 1996, and the community is celebrating the gondola's 25th anniversary season with a party at the Telluride Conference Center on Saturday, March 12, 2022. The event starts at 6 p.m.

The celebration will include appetizers, a champagne toast, the unveiling of the latest gondola cabin photo booth, and a custom cake with its own gondola system by Peace of Cake. The event will include live music from Gravity's Child, Telluride's newest mid-to-late-90s tribute band comprised of Sean Mahoney, Leah Hei-

denreich, Meghan Knowles and Claybrook from former San Miguel County Poet Laureate Daiva Chesonis who was on the original crew that built the gondola.

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FIRST AMERICANS—ART AND ARTIFACTS TELL THEIR STORY



Display of hunting tools, Ute hunters used bows and arrows to hunt deer. They pursued them by stalking, ambushing, or driving them into hidden holes. Ute Indian Museum exhibit, © Kathryn R. Burke.

By Kathryn R. Burke

MONTROSE—Since we don't have a time machine —yet— we can't physically go back in time and see history in the making. But we can still observe it, because those who made history left behind a wealth of artifacts (properly called "belongings") for us to examine. Whether we find these items *in situ*, or visit them in museums and private collections, we can follow their owners' past history in the present time.

Two excellent museums in Montrose, Colorado have authentic displays that help tell these stories: The Ute Museum at 17253 Chipeta Road and the Museum of the Mountain West, at 68169 Miami Road, which contains items donated by the Ute Museum as well as items from other private collections.

Scientific study and historical research suggest that the indigenous peoples were here long before the white man appeared, arriving more than 20,000-30,000 years ago! (Recent studies, say maybe even ear-



Sego Canyon, Utah, petroglyph, © Kathryn R. Burke; Tiglet totems Stanley Park, Vancouver, Washington, © Kathryn R. Burke; Mesa Verde petroglyph, © Laurie Casselberry.

lier.) They migrated over a glacial land bridge, known today as Beringia, which connected Asia to the Americas, likely following the large game which was a primary food source. "The First Americans were extraordinarily adept at moving over the landscape," said David Meltzer, an archaeologist at Southern Methodist University. "Their entire existence—was about adapting. They had a toolbox of tactics and strategies."

They left behind plenty of evidence of both, through art and artifacts that share their stories. Tools tell how they survived—feeding, clothing, and sheltering themselves. Baskets, pottery, and various decorative items show how they combined artistry with practicality. Rock art, in the form of petroglyphs ("pecked" or chiseled into rock) and pictographs (paintings or drawings on rock surfaces), give us a visual of their way of life, a sort of "visual map" of their evolving existence. Native Americans frequently refer to the figures as "Indian writings" and were able to read and write them on rocks for thousands of years. Some also shared their history with colorful "totem" poles, wood carvings, basketry, pottery, and beadwork. The type of art they created was influenced by location and lifestyle—nomadic tribes preferred easily transportable artifacts, for example; pueblo peoples built permanent structures and scribed their stories on (or into) rock.

"Armed with an expert knowledge of nature... the earliest Americans and their descendants were resourceful trailblazers who peopled the longest geographical expanse ever settled by humans. Braving the unknown, they adapted masterfully to

a vast array of ecosystems on two continents," wrote archaeologist David Anderson of the University of Tennessee, "and soon diversified into many hundreds of culturally distinct nations and tribes. By the time European explorers arrived, it is estimated that more than 50 million people were already living in the Americas! These early Americans deserve our admiration." (Very recent studies suggest an even larger population may have dwelled here.)

The invasion of European explorers who sought to colonize their land through the 16th and 17th centuries decimated large parts of the Native populations, the concept of "Manifest Destiny" triggering the deadly "Indian Wars." Yet, the descendants of many of those early groups are still here. Today, more than 570 federally recognized tribes of American Indians and Alaska Natives live within the continental United States (230 of them in Alaska). The First Americans were, and are, ethnic survivors. Anderson concluded: "I think they exemplify the spirit of survival and adventure that represents the very best of humanity." It's a familiar refrain isn't it, as right now we are living a horrific example of how history repeats itself and the stalwart struggle to survive.

Six main groups west of the Mississippi. **Pacific Northwest Coast** groups lived in villages near the ocean and populated a narrow belt from today's Southern Alaska to Northern California. Populations were stable, education was highly regarded, food (fish and game) was abundant. Communal homes, built of wood, were as large as 60 x 100 feet. The peoples of this region were noted for their artistic skill,

FIRST AMERICANS—ART AND ARTIFACTS TELL THEIR STORY

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especially through carving and painting colorful totem poles.

Plateau Native Americans lived in the area between the Cascade Mountains and the Rocky Mountains. They lived mainly underground during the cold winters in pit houses, which were sometimes connected to one another by a series of tunnels. Plateau tribes were very skilled in the art of basketry and known for their beadwork, which utilized both geometric and figurative design.

California. There are more Native American groups in California than in any other state in the continental U.S. They flourished due to mild climate, plenty of food, and isolation from other tribes due to high mountains and deserts to the east. They are known for colorful bead art woven into intricate clothing designs for ceremonial and utilitarian purposes. They also made jewelry from shells, built homes and wood baskets from willows, and used clay to make dolls and pottery.

Great Basin Nations. The high desert regions between the Sierra Nevada and the Rocky Mountains were the home of the Utes and Paiutes, and other members of the “Desert Culture” as these groups were sometimes called. Perhaps more than any other group, Great Basin peoples were known for their use of color in pottery, basketry and intricate beadwork. One of the best collections of Ute artistry and artifacts resides in the Ute Museum, in Montrose, Colorado. The Utes were Colorado’s longest continuous residents. (Learn more here: historycolorado.org/ute-indian-museum/.)

Southwest Peoples occupied present-day Arizona and New Mexico, and parts of Utah, Colorado, Texas and Mexico. Depending on terrain, they divided into two distinct groups: those who lived above the ground, ancestral Pueblo or Anasazi, and those who roamed over it, Apache and Navajo. The Pueblo culture is known for weaving and basketry. As agricultural production increased, augmented by irrigation, pottery became important as both as a tool (vessel) and decorative art form. The Navajo, influenced by the Spanish



Map showing main groups of indigenous Native Americans. Courtesy image.

who came to occupy their territory in the 1700s became known for jewelry-making, especially in silver.

Great Plains Indians roamed a large area from the Mississippi River to the Rocky Mountains, and from present day central Canada through Texas. Some were nomadic and excelled at embroidery, basket-making, and beading, which was especially prevalent, because it was easily transportable. Great Plains people decorated their clothing and tipis as well as many of their everyday tools. War clothing was elaborate. Porcupine quills were often woven into the clothing and it was often decorated with beadwork and fringe as a status symbol. Women wore jewelry crafted of seashells, semi-precious metals, and

elk tusks.

Native American Indian Art is as diverse as the peoples who created it. Throughout their history, the art of Native American peoples has reflected their culture, lifestyle, spiritual beliefs, and environment. Artistry was an important aspect of their lives; they decorated many of their functional items. They also used artistry to tell their stories, much of which survives today.

Learn more on Monday, March 14, at the Montrose Senior Center, where you will hear more of this story. The program is part of the Montrose Recreation District’s Education Series. To sign up, or for more information, contact Cindy at the Rec Center, 970-252-4884.



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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 1st Wednesday of each month (January – May). 10am-11:30am in the downstairs meeting hall of Cedar Creek Church, 222 S. Townsend and S. 3rd. enter through the side door on S. 3rd St. Hope to meet you there! Contact Patti 951-544-6289 if you have questions.

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

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

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

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

COMMUNITY BIBLE STUDY-Registration now open for Sept 2021 - Apr 2022 **COMMUNITY BIBLE STUDY**, an international 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 or for more information. Or come to our first meeting Wed., Sep. 8, at the First Presbyterian Church, 1840 E. Niagara St., Montrose, at 9AM.

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

MONTHLY

March 7-On Monday March 7 at 5:30pm, Citizens' Climate Lobby will hold its monthly meeting in person(masks) at Montrose library meeting room. CitizensClimateLobby.org is a nonpartisan, national, environmental group seeking avenues to mediate climate change. Short part of documentary how to reduce carbon footprint. All welcome- info 970-765-9095.

March 14-Monday, March 14. 1 pm. Native American Art & Artifacts. Kate Burke History Series, with C.J. Bradford, Ute Museum. 1-3 pm. Montrose Senior Center at the Pavilion.

March 15-Groundbreaking ceremony, River Valley Health Center in Delta, 1-2pm. , 1250 Valley View Drive.

March 16-Wednesday, March 16. 1 pm. Shady Ladies and Saloons. With Kate Burke, at Blue Sage Center for the Arts, Paonia.

March 19-Come out to enjoy fun and inspiring films about outdoor adventure and conservation through the love of fly fishing, and support projects that protect and restore your local river. This year's venue is the Ouray County Event Center (22739 Highway 550) to provide lots of elbow room! 6:30-9 p.m. Doors open at 6. Tickets: \$25 online in advance; \$30 event day at the door. Online ticket purchase opens by Feb. 1. Ticket information: info@fishrigs.com. More information: uncompahgrewatershed.org/events, info@uncompahgrewatershed.org, or 970-325-3010.

April 18-Monday, April 18. 1 pm. Senior Center. History of the Mountain West. Kate Burke History series. With Jim Wendt, Museum of the Mountain West. At Montrose Senior Center at the Pavilion.

April 29-Friday, April 29. 6-8 pm. Wonders from Down Under. With Paul Taylor, Australian Storyteller & Didgeridoo Player. At Museum of the Mountain West.

May 9-Monday, May 9. 1 pm. Peace Parks of Africa. Kate Burke History Series. With guest from Peace Parks. At Montrose Senior Center at the Pavilion.

May 14-Saturday, May 14. 1-4 pm. 1st Annual Victorian High Tea. By invitation. At Museum of the Mountain West.

May 22-Montrose High School Graduation Ceremony, 3:30pm Montrose Community Stadium (Football Field).



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*MHS Division Award students
for the month of March.
Left to Right-Lorelei Innarelli,
Abigail Tracey, Brianna
Tracey, Kayla Abeyta, Brooks
Blackford, Ariana Wilkes, Sky-
lar Catt, Cooper Steenburgen,
Ginger Hughes, Diana Alatorre
-Guardado, and Tashi Sherpa.*



MONTROSE HIGH SCHOOL DIVISION AWARDS



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