

Like us on Facebook!
Visit us online at
montrosemirror.com!
Please Support our Advertisers!



www.scottsprinting.com



Alpine Bank

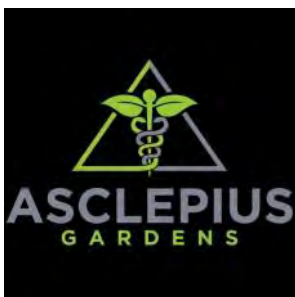
www.alpinebank.com



<https://montrosehealth.com/>



<https://the-res.com/>



<http://www.aclepiusgardens.com/>



the Montrose Mirror

Fresh News for Busy People!

@ Issue No. 475 April 4, 2022

PLAN AHEAD FOR SAFE SPRING BURNING



Flames and smoke rise from an open burn conducted in unincorporated Montrose County last week. Mirror staff photo.

Mirror staff report

MONTROSE-As new residents flock to the Western Slope, it can take time to become familiar with the local regulations--especially when it comes to open burning, where the rules can differ greatly from those of other states and in more urban regions of Colorado.

Montrose Fire Protection District Deputy Administrator and Public Information Officer Lindsay Wiley said that for many newcomers, Montrose County is very different than what they are used to. "There are not as many restrictions here as there are in other areas," Wiley said. While a permit is required to conduct an open burn within the City of Montrose, those who burn in unincorporated areas of the county are merely advised not to burn on red flag days.

Continued pg 9

SELLERS MARKET HEATS UP WITH HIGH PRICES, LOW INVENTORY

By Caitlin Switzer

MONTROSE-Those who have bought or sold a home in Montrose County in recent months know that the seller's market for homes here is hotter than hot. Recent statistics compiled by the Colorado Association of Realtors reveal a scarcity of single-family homes as well as condos and townhomes.

The current lack of local inventory can be challenging, according to Michelle Klippert, longtime local realtor and owner of the Real Estate Store. For example, "In 2014-2015, we would have 500 houses to show here in Montrose," Klippert said. "Now, we have 64 houses to show in Montrose County."

There are presently 80 homes under contract, she said.

"At the same time, you have interest rate hikes," Klippert said, noting that someone who could afford a particular property at a lower interest rate may not be able to afford the

Continued pg 12



Above, one of a handful of homes currently listed for sale in Montrose County. Amidst scarce inventory and rising prices, those hoping to purchase a home here should anticipate multiple bids, local realtors say.

in this
issue

*Historian Bob Cox-
Where Have all the Fools Gone?*

*Lauren Hall Ruddell:
Your Brain on Nature!*

*Letters to the Editor!
Regional News Briefs!*

REGIONAL NEWS BRIEFS

PUBLIC INVITED TO WORK SESSION TO DISCUSS REAL PROPERTY TRANSFER

Special to the Mirror

MONTROSE—The Montrose Board of County Commissioners, Montrose Board of Hospital Trustees, and Montrose Regional Health Board of Directors invite the public to a work session on April 4 at 1:30pm at the Montrose County Event Center. The purpose of the work session is to discuss potential transfer of real property (buildings and land at 800 South 3rd Street) owned by the county to Montrose Regional Health.

Montrose County will present the idea and details of the potential transfer, officials will have the opportunity for comment, and hear public input. Community members who are unable to attend can provide feedback via email or phone to the commissioners (<https://www.montrosecounty.net/172/County-Commissioners>).

The meeting will be held on April 4 at 1:30pm at the Montrose County Event Center in meeting room four.

Not Just a Better Deal. A Better Dealership!
Montrose Ford-Nissan SINCE 1986!

Make Your Service Appointments Online

ANY Make, ANY Model!

Click <https://www.montrosecfordnissan.com/xtime-schedule-service.htm>
Tap or click on any device to schedule your next service appointment live online.

Or, if you'd like to discuss any service-related issue, please call 970-249-4576

The choice is yours - click or call!

We will not be undersold on tires! Backed by Ford's National Network of Dealers

**LOW PRICE
TIRE GUARANTEE**



**Why buy tires anywhere else,
when Montrose Ford offers all of this:**

- ☺ 16 major name brand tires
- ☺ 30-day price guarantee
- ☺ All makes and models
- ☺ FREE Alignment Check
(with the purchase of your next set of tires)

Valid on dealer-installed retail purchases only. Requires presentation of competitor's current price ad/offer on exact tire sold by dealership within 30 days after purchase. For online quotes, guarantee applies only to new tires sold on retailer websites. Excludes tires sold by third parties on marketplace sites and any resellers. Limited time offers, subject to manufacturer changes without notice. See your Service Advisor for details.

Voted BEST in SIX different categories!

- BEST New Auto Dealer
- BEST Oil Change Shop
- BEST Tire Store



- BEST Auto Repair
- BEST Mechanic (Greg Ellis)
- BEST Auto Salesperson
(Manny Vargas)



Wes Abbott

Nick Klahr

Jimmy Stelljes

Chris Menz

Erik Eckman

Dean Wagner

Brody Highland

Billy Baxter

Marvin Howze

Manuel Vargas

Guillermo Barba

se habla español



970-249-4576
MontroseFordNissan.com

THE MONTROSE MIRROR

Published every Monday since 2010 in Montrose, Colorado, to a readership of over 15,000 residents of Western Colorado. Founder, Editor, and Publisher: Caitlin Switzer

For additional information and advertising opportunities,
please contact:

Editor@MontroseMirror.com

970-275-0646

www.MontroseMirror.com

www.facebook.com/MontroseMirror

www.instagram.com/MontroseMirror



**MEMBER OF THE
ONLINE NEWS
ASSOCIATION**

We encourage contributions and commentary. Submitted content may not necessarily reflect the opinion of the publisher. Copyright © 2010-2022. All rights reserved. Content may not be reprinted, distributed, or re-used without the permission of the publisher.

MIRROR CLASSIFIEDS & PUBLIC SERVICE ANNOUNCEMENTS



**VERITAS SENDS A BIG
EYORE
FOR REGISTERING AND VOTING!**

Photo by: by the Montrose County Democratic Party

**2022
EASTER
SUNRISE CELEBRATION
SUNDAY
APRIL 17**

**Come and worship the risen Christ
in a special Easter Sunrise Service
6:00 a.m.**

also, festive worship at 10:00 a.m.

**All Saints Anglican Church
2057 South Townsend Avenue
allsaintsmontrose.org**

**Also join us for the Association of Montrose Churches morning
prayer service, Thursday, April 14, 7:00 a.m.**



**BEST
Of The
VALLEY**

- Daily Press

**19 years
RUNNING**

2002, 2003, 2004, 2005, 2006,
2007, 2008, 2009, 2010, 2011,
2012, 2013, 2014, 2015, 2016,
2017, 2018, 2019, 2020...

Commercial Offset & Digital Printing »
black and white, spot color, and full color printing,
plus aqueous and UV coating capabilities

Trade Bindery & Finishing »
collating, stapling, folding, trimming, scoring, embossing,
die-cutting, perforating, numbering, hole-punching,
laminating, ... to name a few

Innovative Screenprinting »
traditional silk screen capabilities from single to seven-color
designs, plus simulated and 4-color process methods

Custom Digitizing & Embroidery »
in-house digitizing with hundreds of thread colors to
choose from, with single-head to multi-head capabilities

Direct-to-Garment Printing »
direct digital printing in thousands of colors
on multiple blends of garments

Creative Design & Prepress »
in-house graphic design and prepress department
utilizing the latest technologies and software

Promotional Marketing »
ASI* certified distributor with access to thousands of
promotional items available to market your brand / idea

Your project. Our priority. We put *it* in print.

315 South 12th Street
Montrose, Colorado 81401
tel 800.211.2038
tel 970.249.2611 | fax 970.249.7068
www.scottsprinting.com
contact@scottsprinting.com

#51
in Printing News'
"Top 100"
Small Commercial
Printers in
North America!

**TOP
100
SMALL
COMMERCIAL
PRINTERS
2020**
WhatTheyThink PrintingNews

**Scott's
PRINTING**
THE ORIGINAL - PREMIUM QUALITY - COLORADO PRIDE
COMMERCIAL OFFSET PRINTING

YOU WE THEY USE. DONATE. BENEFIT.



Every time you use your Loyalty Debit Card*,
Alpine Bank donates a dime to community
causes that are important to you.

*Alpine Bank debit cards are available with no annual fee to individuals with an Alpine Bank checking account.

GET YOUR CARD TODAY



Alpine Bank

INDEPENDENCE • COMMUNITY • COMPASSION • INTEGRITY • LOYALTY

ALPINEBANK.COM • MEMBER FDIC

MIRROR CLASSIFIEDS & PUBLIC NOTICES



Western Colorado Farm & Ranch Brokerage

(970) 835-9350 • (970) 596-4744
(970) 874-LAND
WESTERNRANGE.COM

Since 1990





**Fresh Mountain
Air, Fine Wine and
Goat Cheese, and
just a touch of
North Fork
Homicide**

\$2.99
on
Amazon

Nevada Barr meets Jana DeLeon in this Western Slope mystery series.

PUBLIC NOTICES & LEGALS

PUBLIC NOTICE

Fruit Park Storage
727 Fruit Park Road
Montrose, CO 81403
Public sale of contents in following units:

D25 John Vaughn
1650 Encanto #302
Montrose, CO 81401
All Contents of Unit

FP10 Shea Hillman
3702 6000 Road
Olathe, CO 81425
All Contents of Unit

E8 Scott Jones
62234 David Road
Olathe, CO 81425
All Contents of Unit

D9 Richard McMillan
120 Vista View Drive
Montrose, CO 81401
All Contents of Unit

P12 Tyrel Wilson
451 Weldon Road
Montrose, CO 81401
All Contents of Unit

U28 Janette Nabors
14555 Marine Road #237
Montrose, CO 81403
All Contents of Unit

HOW TO DINER EN BLANC

◁ Friday, April 8th 2022 ▷

The location is a secret until 2 hours prior to the event! We will send a text with the address.

Come to the event hungry and thirsty.

Your ticket includes a welcome glass of bubbly, hors d'oeuvres, open bar with specialty cocktails, a 4-course meal, wine for dinner and other treats.

Dress code. There is no dress code, we just ask that you wear white. (Or off-white or light khakis are O.K. too.) No pressure, this event is meant to be fun!

Be ready for an experience. The event begins at 6:00pm and live music and entertainment will end by 10:00pm-ish. No auctions, no long presentations just Food, Fun and Philanthropy.

GET YOUR TICKETS NOW!

montrosecf.org/event/diner-en-blanc

Presented by



REGIONAL NEWS BRIEFS

FREE CONCERT AT MONTROSE PAVILION APRIL 10

Special to the Mirror

MONTROSE-Free Concert "Music of Stage and Screen" on Sunday, April 10, 2022, 3pm Montrose Pavilion. Join Us!! Relax and enjoy your favorite musicals and theatre productions. Tickets not required. <https://montroseband.com/concert-schedule>

TAX TIME Savings

FLAIRMONT FURNITURE
 CARPET ONE



\$599

Get some extra mileage out of your income tax refund

Come in soon..... look over our extensive collection of quality recliners. There's never been a better time to **SAVE!**



\$599

Invest that tax refund on your home. It's the smart choice!



Reclining Sofa - \$1499
Reclining Loveseat - \$1449



\$699

La-Z-Boy Leather Recliner



\$959

FREE DELIVERY

12 Months 0% interest



\$799

LA-Z-B-O-Y

ASHLEY
FURNITURE INDUSTRIES, INC.



\$799

Store Hours
Mon. - Sat.
9:00-5:30

FLAIRMONT FURNITURE

1836 E. Main • MONTROSE • 970-249-4116



LET'S CARE FOR OUR FUTURE

BE A FOSTER PARENT FOR AN ADOLESCENT OR TEEN

they need you



www.arielcpa.org call or text 970.314.5282

REGIONAL NEWS BRIEFS

DAYTIME ROAD CLOSURES RESUME ON US 50 @ LITTLE BLUE CREEK CANYON APRIL 4

Special to the Mirror

REGIONAL-Beginning Monday, April 4, regularly scheduled daytime road closures associated with construction on the US 50 Little Blue Creek Canyon 4-mile critical safety improvement project between Montrose and Gunnison (Mile Points 123 -127) will resume at 8:30 a.m. There will be **no nighttime closures** for the week of April 4 – April 10. All closures are weather dependent.

Roadway closure schedule for the week of April 4 – April 10

Full daytime roadway closures will be Monday – Friday, 8:30 a.m. – 12:30 p.m. and 1:30 p.m. – 5:30 p.m.

Plan your travel around the opening windows and be prepared to queue at designated areas. There are NO nighttime closures the week of April 4 – April 10. US 50 will be OPEN to two-way traffic with no delays from Friday at 5:30 p.m. – to Monday at 8:30 a.m.

An evening of comedy at MUSEUM OF THE MOUNTAIN WEST

Nancy Norton & John Novsad

6-8 pm,
Fri., June 17, 2022

Reserve
Seat
Online -->>



Tickets \$25
FREE if over
age 60

68169 E. MIAMI RD. MONTROSE CO
museumofthemountainwest.org



RESIDENTIAL • COMMERCIAL • RECREATIONAL



Get to Know Our Winning Team!



MANDY NORRIS-SNELL

Owner/Broker/Realtor®
306 East Main Street
(970) 209-6326
mandy@norris-snell.com



ISAAC SNELL

Broker Associate
1425 Hawk Parkway
(970) 975-1021
isaac.snell@yahoo.com



DARRELL & JULIA BOREN

Broker Associates
The Boren Team
1425 Hawk Parkway
Darrell (970) 768-3399
Julia (970) 380-3783
darrellboren@gmail.com



DANA GLEASON

Broker Associate
306 East Main Street
(970) 209-2451
danagleasonrealtor@gmail.com



JUSTIN GLEASON

Broker Associate
306 East Main Street
(970) 275-5930
justingleasonrealtor@gmail.com



KELLY LANDEN

Broker Associate
306 East Main Street
(970) 234-7918
kelly@norris-snell.com



JENNIFER WEBER

Broker Associate
1425 Hawk Parkway
Cell (970) 589-2999
Office (970) 249-8900
wno501@aol.com



ANN STALEY

Broker Associate/GRI
306 East Main Street
Cell (970) 275-1219
annstaleyrealtor@gmail.com



EMALEE MORRIS

Broker Associate
1425 Hawk Parkway
Cell (970) 275-2189
Fax (888) 487-7616
emaleemorris78@gmail.com



TERRI FLETCHER

Broker Associate
1425 Hawk Parkway
Cell (970) 275-4679
terrifletcher1980@gmail.com



HALLEY COMBS

Broker Associate
306 East Main Street
Cell (480) 252-2063
havalonnec@yahoo.com

Visit our website
to see current listings,
request a showing, or
schedule a tour! Sign
up with an account
to save searches and
get new listings.



**We Now Have a
2nd Location!**

1425 Hawk Parkway
Montrose, CO 81401



Our Original Location:

306 East Main Street
Montrose, CO 81401

Norris-Snell Real Estate, LLC, defines success in two words: client satisfaction. To the extent that our customers succeed, we succeed. With this foundation, our growing firm counts itself privileged to offer uniquely qualified service to the counties of Montrose, Delta, and Ouray in Western Colorado. Our founder, a Montrose native with a four-year business degree, established Norris-Snell upon a vision of combining local expertise with 21st Century technology and market practices. The result? An award-winning, full-service agency with heart, dedicated to professionalism and integrity while remaining adaptable in a changing industry. Whether crafting a customized marketing plan to sell your property or helping you navigate the Western Slope in order to purchase, Norris-Snell would be honored to serve you in any capacity for the accomplishing of your every real estate goal.

WWW.NORRIS-SNELL.COM

PLAN AHEAD FOR SAFE SPRING BURNING *From pg 1*

With warmer weather and high winds, the weekend of March 26-27 was very busy for local firefighters. Wiley said, "The weather was prime." She shared the following safety tips for those who plan to burn this spring:

SPRING BURNING TIPS

- Conduct your burn as early as possible and finish before noon.
- Check the weather. If moderate or high

winds are predicted don't burn.

-Call the WestCo Dispatch at (970)249-9110 right before your burn and again when you are finished.

-Be prepared with water, several hoses, shovels, fire extinguisher(s), a cell phone and friends to help you out.

-Wear proper clothing for conducting a burn, such as cotton pants, leather boots and gloves, long-sleeved shirt and eye



A recent burn in Montrose County.

MULTIPLE JOB OPENINGS, NO FEES HIRING NOW

Express Employment Professionals has a variety of positions and zero fees to applicants.

Call, come in, or go online to learn more.

Positions include:

- General Labor
- Construction
- Welding
- CDL Driver

(970) 249-5202
525 East Main Street
Montrose, CO 81401
ExpressPros.com

Express
EMPLOYMENT PROFESSIONALS



protection.

- Pre-burn around valuable areas (telephone poles, fence lines, structures, gated pipe, neighboring properties, etc.)
- Never leave your burn unattended.
- When you are finished conducting your burn, ensure that it is completely put out.
- Call 911 immediately if you lose control of your burn.

Even within Montrose City limits, recreational burning that meets certain criteria is allowed without a permit. When needed, special fire restrictions for unincorporated areas of the county are issued by the Montrose County Sheriff's Office.

Finally, the State of Colorado currently recommends reducing open burning at this time, due to health concerns. To access Colorado Department of Public Health & Environment (CDPHE) regulations click here.



OPINION/EDITORIAL: CARTOONS & LETTERS

FED UP WITH A LACK OF TRANSPARENCY? CITY COUNCIL BALLOTS DUE APRIL 5

Editor:

Congratulations are due to all the doctors of Cedar Point Health for standing up to support our local non profit hospital [MRH] in its planned new Ambulatory facility!

Under a black cloud of suspicion with undercurrents of a conflict of interest resulting in a hospital board resignation and apparent business espionage, Colorado Outdoors announced, one day before MRH, a competing for profit facility, certain to adversely affect the viability of MRH. No such facility would be announced absent financial commitments from some of our local doctors and it will certainly be interesting to see which doctors have made that commitment for personal financial gain that puts our local hospital at risk.

Other writers have raised numerous pertinent questions of Bill Bell, City Council members, and the MURA board regarding prior knowledge of the Colorado Outdoors facility, but they have gone unanswered as usually happens with City issues Bell and council prefer to keep on a lower level of transparency.



Mirror cartoon by Jim Cox.

City Council ballots are due Tuesday April 5 [tomorrow]. If you are fed up with current council and have not yet cast your vote, consider voting for Paul Arbogast

and Ed Ulibari as a beginning to bring full transparency back to council and tighten the reins on council spending proclivities.
Dee Laird, Montrose

249 8500

ANONYMOUS

Download The APP. **P3TIPS** 

**MONTROSE REGIONAL
CRIME STOPPERS**

see something, say something



HEALTHY RHYTHM MUSIC
SERIES PRESENTS

BEN GAGE DUO

LIVE AT HEALTHY RHYTHM

232 E. MAIN STREET
MONTROSE, CO

4.14.2022

ADVANCE SEAT \$15
DAY OF SHOW \$20
DOORS 7:00 P.M.
SHOW 7:30 P.M.



SELLERS MARKET HEATS UP WITH HIGH PRICES, LOW INVENTORY From pg 1

property at a higher interest rate.

"People don't buy the house price--they buy a payment," she said.

Other factors that contribute to low housing inventory include a lack of foreclosures and evictions during the pandemic.

"We haven't seen anything like it," Klipert said, and advised those who are in the market for a home here to be sure their agent is highly skilled. "You really need an experienced agent," she said. "Someone who can negotiate on your behalf."

"There are going to be multiple offers,

and you want someone who has the experience to fight for you."

Statistics compiled by the Colorado Association of Realtors show that the trend of higher home prices and lower inventory is ongoing. A local market update in February of 2019 shows 69 new listings for single family homes in Montrose County and an average sales price of \$269,808. In February of 2020, there were 56 new listings here and an average sales price of \$335,096. In February of 2021, Montrose County had 59 new listings and an average sales price of \$366,003. The market up-

date report for February of 2022 shows that there were 47 new listings, and the average sales price was \$433,279.

The market for townhomes and condominiums is also red hot, with low inventory and rising prices. Key metrics released by Colorado Association of Realtors show that in February of 2021, there were three new listings. In February of 2022, only one new listing is shown for condominiums and townhomes. The average sales price in February of 2021 was \$251,067; in February of 2022, the average sales price was \$294,375.



Spencer Hamner
PA-C

Se habla Español

Spencer Hamner provides safe, sophisticated care featuring:

- Precancer & Cancer Screenings
- Skin, Nail, & Hair Disease Treatment & Management
- Non-Invasive Repair of Damaged Skin
- MOHs Surgeries
- Cosmetic Procedures
- TeleDerm Appointments
- Parking Lot Check-Ins
- Monthly Specials

*Make Integrated Dermatology of Montrose
your skincare destination of choice!*

3480 Wolverine Dr.
Suite F
Montrose, CO 81401

Open M-F 8AM-5PM

Call today at
970-252-7444
or visit us at:

www.IntegratedDermatologyofMontrose.com



It's Your Business!

**Let's Grow
Together.
Advertise
with
The Mirror!**

970-275-0646



PAUL ARBOGAST

CITY COUNCIL - DISTRICT 1



CONTROL SPENDING

FOCUS ON INFRASTRUCTURE

TRANSPARENCY & ACCOUNTABILITY

A VOICE FOR ALL THE CITIZENS



WEB:
VOTEPAULARBOGAST.COM

Paid for by the Committee to Elect Paul Arbogast

UNITED STATES NEWS BRIEFS

USDA FOREST SERVICE ISSUES GUIDANCE TO MANAGE FUTURE E-BIKE USE ON NATIONAL FORESTS AND GRASSLANDS

Special to the Mirror

WASHINGTON-The U.S. Department of Agriculture Forest Service is announcing that internal guidance on how future e-bike use is managed on national forests and grasslands has been finalized. The updated guidance clarifies existing policy and provides guidelines to local Forest Service employees that may be considering expanding e-bike access at site-specific locations.

The Forest Service currently allows e-bikes on all Forest Service roads that are already open to motorized vehicles, as well on 60,000 miles of motorized trails, which represent 38% of all trails the agency manages. Today's finalized guidance allows e-bikes to continue to operate on currently-authorized roads and trails, and lays out a process to evaluate future requests for expanded access. The updated guidance also outlines the required environmental analysis and public input required before making future decisions to expand local e-bike access.

The Forest Service manages nearly 160,000 miles of trails in 42 states and Puerto Rico for a variety of activities. E-biking is one of many legitimate recreational activities, such as horseback riding, snowmobiling, mountain biking, cross-country skiing, hiking and backpacking, that the agency manages under its multiple use mission. The clarified guidance will support local Forest Service decision-makers as they consider opportunities to expand access for this emerging user group. Other land management agencies, including the U.S. Department of the Interior's Bureau of Land Management and National Park Service, allow for e-bike use on 18,000 miles and 16,000 miles of trails, respectively.

For more information on recreational activities, [contact your local national forest or grassland](#).

Read the e-bike policy [here](#).



Caring for you like family *means* **COMPLETE CANCER CARE CLOSE TO HOME**

A diagnosis of cancer is stressful and overwhelming. We know you would prefer to stay home, surrounded by friends and family.

With both Radiation Oncology and Medical Oncology, the San Juan Cancer Center offers complete cancer care close to home.

Meet our expert Medical Oncologists:



Steven P. Emmons, M.D.

Medical Oncology
and Hematology
Board Certified



Virginia Tjan, M.D.

Medical Oncology
and Hematology
Board Certified



Michael K. Bergen, M.D.

Medical Oncology
and Hematology
Board Certified

SAN JUAN
CANCER CENTER
A DEPARTMENT OF MONTROSE REGIONAL HEALTH

600 S. 5th Street
Montrose, CO 81401

MontroseHealth.com



REGIONAL NEWS BRIEFS

CLICK IT OR TICKET BEGINS MONDAY

Special to the Mirror

STATEWIDE — Starting April 4, the Colorado Department of Transportation, the Colorado State Patrol (CSP) and 33 local law enforcement agencies throughout the state will begin the first seat belt enforcement period of 2022. The Click It or Ticket heightened enforcement campaign will run through April 20.

According to the 2020 National Occupant Protection Use Survey, seat belt use in the front seats was lower for males (88.4%) than females (92.8%). Also of the 14,590 seat belt citations issued by the Colorado State Patrol in 2021, 3,780 citations were for female drivers and 10,810 were for male drivers. With fewer men buckling up, more are being killed on Colorado roads. Of the 232 unbuckled deaths in 2021, 72% were male while 28% were female. Last year, 232 passenger vehicle occupants were killed on Colorado roadways. This is a 12% increase over 2020. According to the recent [State of Colorado Statewide Seat Belt Survey](#), Colorado's seat belt use rate is 86%, far below the national average of 90%.




"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

MONTROSE MATTERS
With Host TONYA MADDOX

Live

f t in

Fridays@ 9 am
montrose-matters.com
OurTownMatters.net

Sponsored by:



RIVER VALLEY
FAMILY HEALTH CENTERS
MEDICAL, DENTAL, & EMOTIONAL WELLNESS INTEGRATED SERVICES



ELEVATE
FAST INTERNET ► (for real)



Alpine Bank
Member FDIC

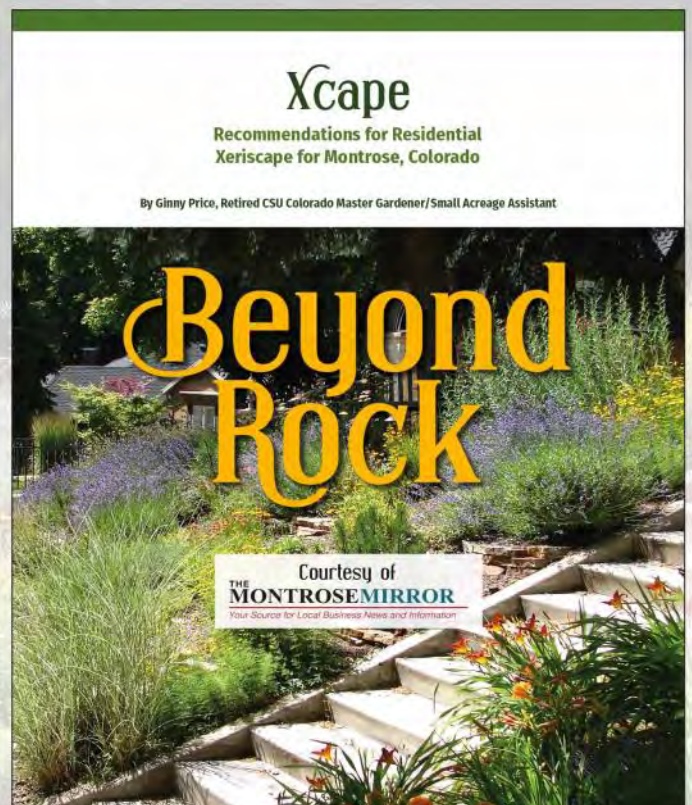


The Real Estate
Store

Click on this ad to
Download your FREE copy
of *Beyond Rock* today!

This Xeriscape Guide is
made just for Montrose,
put together by Ginny Price,
Retired CSU Colorado
Master Gardener/Small
Acreage Assistant.

Courtesy of
THE MONTROSE MIRROR
Your Source for Local Business News and Information



HAVE YOU MISSED MORTGAGE PAYMENTS AND NEED HELP?

Do you feel you need help to navigate your next steps because of missed mortgage payments? If you want help prior to your home going into foreclosure, call or text me. I can help you learn about the process and your current needs. I am here to help; I am your Local Short Sale and Foreclosure resource.



Michelle Klippert | SFR
Broker/Owner
C: 970-275-3016 O: 970-249-7653
michelleklippertrealtor@gmail.com



The Real Estate Store



500 E. Main St. Montrose, CO 81401



Say Yes

Donations benefiting girls in the
Montrose, Delta and Ouray Communities.



PROM
HOMECOMING

WINTER
FORMAL

TO A DRESS

Appointments
starting
April 17th!

CALL NOW
to set up a time
to pick out
the dress of
your choice!

970-249-7653



The Real Estate Store

Dress Drive Sponsored by

500 E. Main St. Montrose, CO 81401

OPINION/EDITORIAL: LETTERS

ERRORS IN ASSUMPTIONS ON MASCOT CHANGE

Editor:

There were some erroneous concepts presented in newspapers concerning the mascot change. First, the tax payers are not charged an additional amount nor have a burden to pay for this. The local school funding comes from property tax and specific owner tax (cars) from property owners in the district. These fixed percentages vary widely among individual school districts due to different property wealth and tax rates and cannot be changed unless a public vote for an increase. There CANNOT be an arbitrary increase in taxes to fund a mascot change.

Second, Governor Polis had some legitimate concerns at the beginning of this issue: "I am, however, concerned about the timing and financial burden this bill places on Colorado schools without adequate time or resources to make changes to their mascots and their buildings." The primary initiative came from the Oneida Indian Nation Homelands on July 13, 2020, under Donald Trump. It is a nationwide grassroots campaign formed to end racial reference in mascots. Third, there is no private jet funding given to any political person (regardless of party) for the fines. All fines go into the State Education Fund, which must be equally divided according to the School Finance Law.

And last, MHS did request to stay the Indians to the Ute Indian Council. As stated in the Montrose Daily Press Aug. 2, 2021, "Hart noted the Ute Mountain Ute Tribe had supported the bill banning the use of Native American mascots in most circumstances. "Rather than build up rumors, an individual would have to directly contact the tribe to ascertain why.

AJ Smith, Montrose

WORK SESSION TO DISCUSS REAL PROPERTY TRANSFER TO MONTROSE REGIONAL HEALTH

Monday, April 4 at 1:30pm
Montrose County Event Center
Meeting Room 4



REGIONAL NEWS BRIEFS

MONTROSE REGIONAL CRIME STOPPERS ALERT

Montrose Regional Crime Stoppers

MONTROSE-The Montrose County Sheriff's Office is looking for assistance in identifying the male individual pictured in this security camera footage for questioning related to stolen vehicles.

No other information is to be provided. Looking for any information that would help identify the individual pictured. Please see the photos attached.

Anyone with information about this crime or the identity of the perpetrator(s) or any other crimes may call Crime Stoppers anonymously at (970)249-8500, use the app P3 Tips, or provide information via



Above, Crime Stoppers courtesy photos.

[P3Tips.com](https://www.p3tips.com). Crimes Stoppers wants your information, not your identity. If the Tip results in an arrest, the Tipster may receive a cash award.

For additional information, please view our Facebook page, [Montrose Regional Crime Stoppers](https://www.facebook.com/MontroseRegionalCrimeStoppers). Crime Prevention and



crime solution are everyone's responsibility.

MRCS would also like to remind everyone that all persons of interest depicted in our alerts by photo or not, or by any other means, are presumed innocent until proven guilty in a court of law.

NOMINATE A SMALL BUSINESS



April 29th
Montrose Pavilion
5:30 - 7 PM

Celebrating
small business &
entrepreneurial excellence

Not for the faint of heart, being a small business is a bold feat. Now, more than ever, it is critical that we celebrate those who have been put to the challenge. The Small Business Awards does just that, by showcasing those that dare to start, sustain and succeed. Nominate a Small Business today and join us as we celebrate Small Businesses in Montrose County.

Presented by: **ELEVATE™**
FAST INTERNET ► (for real)



OPEN
for Business

It's Your Business!

**Let's Grow Together.
Advertise with
The Mirror!**

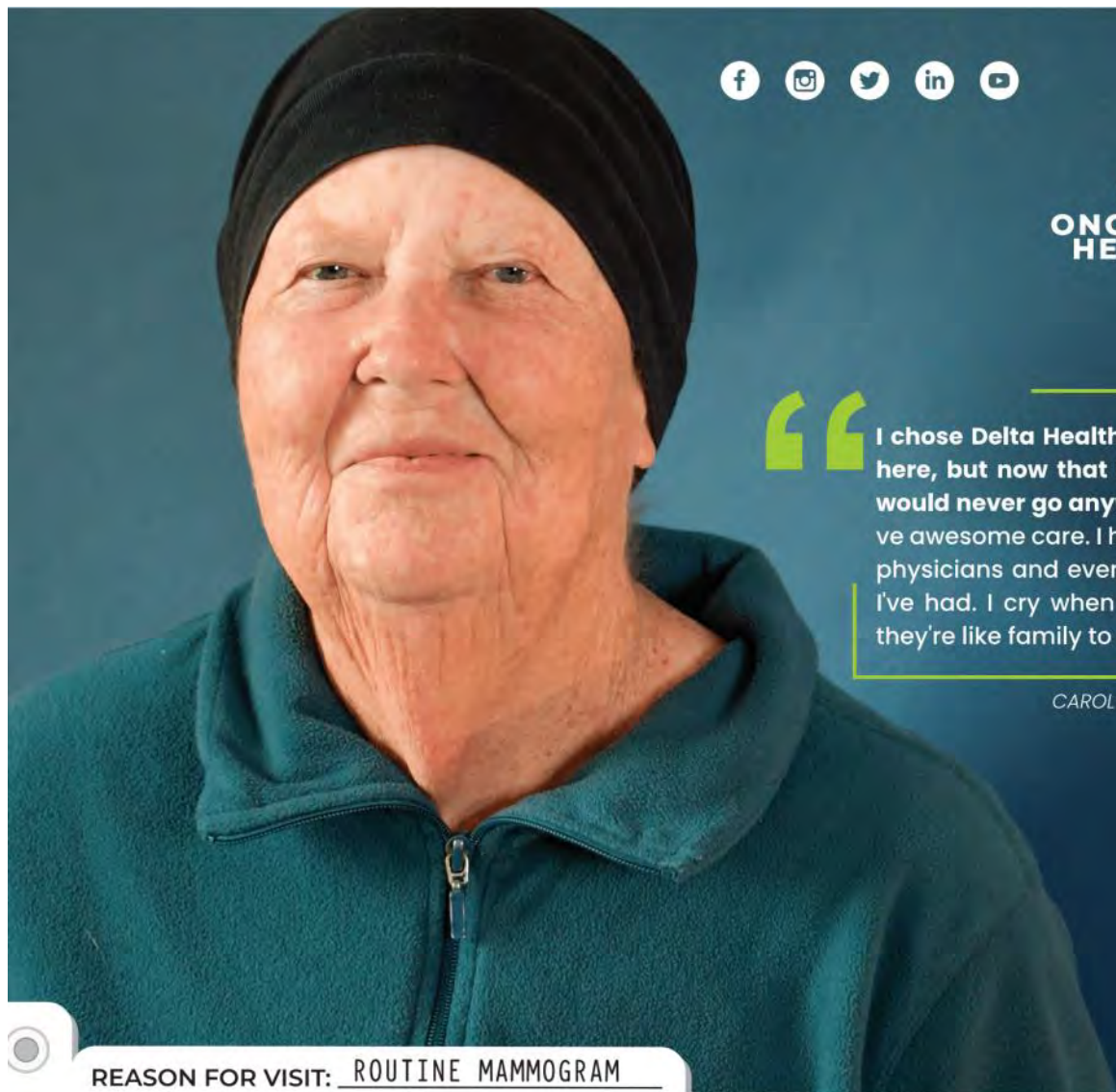
970-275-0646






REGIONAL NEWS BRIEFS


CELEBRATE 52 YEARS OF PRACTICAL NURSING IN DELTA!

Special to the Mirror

MONTROSE-Celebrate with us as we reflect on 52 years of practical nursing in Delta! Drop by Friday, April 29, 2-5pm. Technical College of the Rockies Enterprise Room (1765 US Highway 50, Delta).





“ I chose Delta Health because it's right here, but now that I've been here -- I would never go anywhere else. I receive awesome care. I have loved all of my physicians and every single nurse that I've had. I cry when I think about it -- they're like family to us. **”**

CAROL SPORE - PATIENT

REASON FOR VISIT: ROUTINE MAMMOGRAM

OUTCOME: BEATING 4 TYPES OF CANCER



WHEN OUTCOMES ARE MEASURED IN MOMENTS -
TRUST DELTA HEALTH

1501 E 3RD ST • DELTA, CO • 970.399.2895 • DELTAHEALTHCO.ORG

REGIONAL NEWS BRIEFS

DELTA HEALTH ATTAINS SOLE COMMUNITY HOSPITAL PROVIDER STATUS

Special to the Mirror

DELTA- Delta Health is excited to announce that it has received Sole Community Hospital Provider Status.

"This is a huge first step forward for Delta Health's ability to continue to survive as a small, independent rural hospital," stated Matt Heyn, president and CEO of Delta Health. "But our fight is not over. We have been able to secure this for the hospital, but if we want to remain independent, we need the community's support [with the tax initiative]."

Sole Community Hospital means that the Centers for Medicare and Medicaid Services (CMS) recognize how important the presence of Delta Health is to the communities of Delta County. This status means an increase in Medicare reimbursement, including access to the 340b drug program.

"This keeps Delta Health moving forward in addressing future needs of the County and to attract even more talent and reinvest in our future," said Heyn.

"I'm ecstatic to hear the great news that CMS recognizes the tremendous importance of Delta Health to the people of Delta County by awarding us the status of Sole Community Hospital!" said Representative Matt Soper, who serves on the Delta Health Board of Directors and who was instrumental in spearheading the second application for Sole Community Hospital.

"I also want to thank the Board and hospital administration for joining me in not giving up on pursuing this status. Today is a big win for Delta, but we aren't out of the woods yet."

Delta Health re-submitted an application to CMS in early January. The first application was denied under the rule of being 1.5 miles too close to Montrose Regional Health. Delta Health re-applied under the exception to the rule taking into consideration severe weather conditions and topographical limitations (the Black Canyon)



Delta Health courtesy photo.

for the majority of Delta Health patients. 87.8% of Delta Health's patient population is found in the north and east areas of Delta County in the communities of Orchard City, Cedaredge, Hotchkiss, Crawford and Paonia.

The new application painted a picture of what it would look like for those patients from each community and the distance in potentially inclement weather they would have to drive to receive critical care otherwise offered at Delta Health.

"We just want to thank Governor Jared Polis' office, senators Michael Bennet, John Hickenlooper, and congresswoman Lauren Boebert, and our state representative and fellow board member, Matt Soper for their support. Without their help, insight and advocacy for rural health, we could not have done this," stated Jean Ceriani, Delta Health Board of Directors Chair.

"I visited Delta Health and saw firsthand the critical services it provides to rural communities across the region. This swift action from the federal government will

support the essential medical care that Delta provides and bolster the local economy," said U.S. Senator Michael Bennet. Other special thank you's go to all those who offered letters of support: Larry Wilkening, Mayor of the town of Hotchkiss, Tammy Smith, DH Board Member, Jean Ceriani, Delta Health Board Chair, Montrose Regional Health, John Marshall, President Colorado Mesa University, Olathe Fire Protection District, Grace & DeVon Wilson, Delta community member, State Police and First Responders Patrol Captain and Troop Commander, James Saunders, Fire Chief Tad Rowan of the Montrose Fire Protection District, North Fork EMS, Kathy Steckel, Kim Bimestefer, Executive Director Department of Health Care Policy and Financing, and Delta County Ambulance District, Chief Kirby Clock.

"It was truly a team effort," said Heyn. "We are celebrating this success as putting us one step closer to our goal, but we are not losing focus. There is still work to be done."

COLORADO STATE PATROL TROOPER TIPS-BLINKER ETIQUETTE



*By Master Trooper
Gary Cutler*

COLORADO-The blinker is the most misused item in a vehicle. It's a great tool to have when trying to communi-

cate with fellow drivers. What an invention. A system that lets others know what your thinking and you don't have to utter one word or make any other sound. So why are so many drivers afraid to let others know what they are going to do?

I know there aren't that many shy drivers out there because I've seen a lot of them. They use the horn for everything. Tapping it to say hi, letting someone know they light is green, or you cut me off. So, there should be no reason we as drivers should be afraid to use the blinker. I've determined there are several categories of drivers out there when it comes to blinkers.

The first group of drivers use the blinker, but don't give other drivers enough time to react. When you activate your blinker the same time that you turn or change lanes doesn't really give anyone anytime to acknowledge your intent and take appropriate action.

Did you know that the proper and legal way to turn is not to apply your brakes first, but to activate your turn signal first for the direction you are going to turn? By activating your turn signal first, it gives the driver behind you a heads up that there is a good chance you plan to slow down to make a turn. Thus, avoiding a crash.

The second group of drivers change lanes and have a full tire width in the new lane and only then activate the blinker. I believe I speak for all drivers when I say by then we have figured out what you are doing so no need to use the blinker. A little more heads up is what will help.

The third group of drivers are way too fond of their blinker and never seem to turn it off. They drive through intersections with it on. They also have the left blinker continuously showing a left turn

when on a highway or interstate causing other drivers to hang back from passing thinking they are going to turn. If you find that you seem to forget the blinker is on, please check often. Thanks.

The fourth group of drivers are my type of drivers. I call them blinker enthusiasts.

They have all of those rules and laws in order and aren't afraid to let that blinker shine day or night. So, think about this. When a blinker is on, it's really only on 50 percent of the time, so give every driver a chance to see that blinker blink.

As always, safe travels!

DineOutMontrose.com

Liquor:

Beer Barn II
970-249-5550

House of Spirits
970-240-4799



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

Jimmer's Steak & BBQ
970-252-1227

Stone House
970-240-8899

Fiesta Guadalajara
970-249-2460

Mimo's
970-249-0616

Alpen Confections
970-648-0609

Camp Robber
970-240-1590

Remington's at the Bridges
970-252-1119

Pahgre's
970-249-6442



My Favorite Muffin
970-765-0076

Heidi's Brooklyn Deli
970-240-1605

Rib City
970-249-7427

*Footwear
Clothing
Accessories*



*Shoe Repair
and
More!*

To thank you for
10 YEARS
of support,

**TAKE UP TO 75% OFF
EVERYTHING**

in the store!

D'Medici
Footwear & Clothing

316 E. Main St. • Montrose • (970) 249-3668

REGIONAL NEWS BRIEFS

CPW REMINDS MOTORISTS TO KEEP WATCHFUL EYE FOR WILDLIFE ON ROADWAYS

Special to the Mirror

MONTROSE— As big game animals begin to migrate from wintering grounds to summer areas, Colorado Parks and Wildlife reminds motorists to be aware of wildlife on and near roadways.

"Spring migrations can result in motorists being surprised when animals are seen in places they haven't been spotted regularly this winter," said CPW Area Wildlife Manager Rachel Sralla. "Watch closely for animals with young ones in tow who may lag a few seconds behind the adults. Our vigilance will help them return safely to higher elevations where they will fawn or calve and then raise their young over the summer months."

It is most common for collisions with wildlife to happen at dawn and dusk when visibility is low. During these times, it is especially important for drivers to remain vigilant in obeying speed limits and keeping both eyes on the road and its shoulders.

Region 5 of the Colorado Department of Transportation in southwest Colorado recorded 2,171 reported roadkill collisions in 2021, which is the most in any region of the state. That figure does not include animals that may have been hit by motorists and either injured or later died of injuries away from roadways.

According to transportation studies, motor vehicle accidents involving wildlife rank as the third leading cause for crashes behind speeding and inattentive driving. These statistics include severe property damage, injuries and fatalities.

Sralla reminds drivers to not only watch for wildlife on highways but also on city streets.

"Deer move across our minor arterial roads all the time, and the best way to protect wildlife on the roads is to keep to the speed limit and keep our eyes up," she said.

Remember These Tips

While some collisions may be unavoidable,

ble, motorists can reduce the likelihood of an accident by taking the following precautions:

Slow Down! Driving more slowly increases reaction time and reduces the chance of a collision.

Stay Alert while driving at dusk and dawn. This is when many of Colorado's wildlife are the most active and are likely to be crossing roadways.

Scan Ahead and watch for movement along roadsides. When driving at night, watch for shining eyes in headlights. Always look and be prepared for more than one animal.

Obey traffic signs and watch for wildlife warning signs.

For more information on how to avoid wildlife collisions, go to: <https://cpw.state.co.us/learn/Pages/>

Beautifully Remodeled Home on 1/2 acre featuring 2100 sq. ft., 4 BR, 2 BA. Open concept living and dining area, original hardwood flooring, wood stove, bar seating, updated kitchen, back patio, fence, and more!



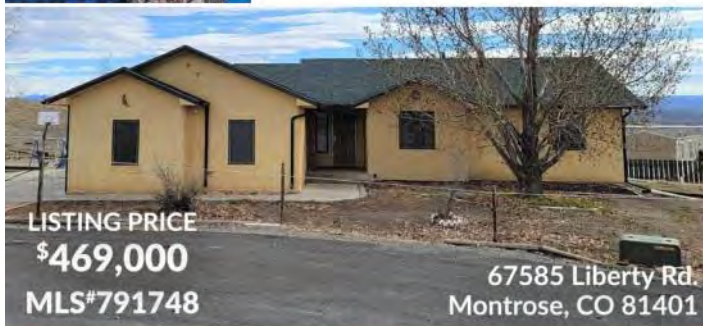
LISTING PRICE
\$428,000
MLS#791482

**Thinking about buying or selling?
Give us a call!**

**THE BOREN TEAM,
DARRELL & JULIA**
1425 Hawk Parkway, Ste. 5
Montrose, CO

NORRIS-SNELL
REAL ESTATE

970-768-3399 • 970-380-3783 • NORRIS-SNELL.COM



LISTING PRICE
\$469,000
MLS#791748

67585 Liberty Rd.
Montrose, CO 81401



Spacious 4 BR, 3.5 BA with 3,257 sq. ft. of living space on 1.03-acre lot. 2-car garage, huge basement, large deck, and a shed on property. Built in 1996, in Montrose County, with gorgeous mountain views.

REGIONAL NEWS BRIEFS: SMALL BUSINESS

EXPRESS EMPLOYMENT PROFESSIONALS OF GRAND JUNCTION & MONTROSE CELEBRATES 15 YEARS SERVING MESA COUNTY, WESTERN SLOPE

Special to the Mirror

GRAND JUNCTION- The Grand Junction Express Employment Professionals office will celebrate its 15-year anniversary on April 2, 2022 according to owner Nina Anderson.

The Express office opened its doors on April 2, 2007 in Grand Junction and expanded to Montrose in 2015. Since 2007, Express has provided businesses and job seekers with temporary and full-time staffing solutions in a variety of fields, including light industrial, skilled trades, administrative, operations, office, professional and technical logistics.

"The people and businesses of Mesa County have made these last 15 years great ones," Nina Anderson said. "We have enjoyed helping West Slope businesses and job seekers with all their staffing needs, and we look forward to many more successful years."

Anderson received her Human Resources degree from Regis University and has more than 20 years' experience as an HR professional. Express Employment is an international network of franchises that offers localized staffing solutions to the communities they serve across the U.S., Canada, South Africa, Australia, and New Zealand, employing 586,000 people globally in 2021 and 10 million since its inception.

The Grand Junction office is located at 725 Pitkin Avenue and the Montrose office is located at 525 Main Street. Both offices are accepting new clients and new job opportunities for all who want to experience success in their professional endeavors!

"I've been running again - it's so great!
MVT Pelvic Health
really took care of me."

"Jennifer" 26 year old female, intense pelvic pain - Montrose

Pregnancy Trauma Caused Intense Pelvic Pain

THEN SHE RECEIVED GOOD NEWS

Jennifer enjoys running and hiking - it's part of her family's culture. But after pregnancy trauma, Jennifer found herself immobilized with pelvic issues. Family hikes were interrupted by stabbing pain. Sometimes, it was difficult to even get out of bed.

She thought a hysterectomy might be her only option, but she wanted more children.

Then her doctor told her about the experts in pelvic health physical therapy at Mountain View Therapy. They helped address the cause of the pain and retrain her bladder.

Now, Jennifer is active again and family hikes are back on.

Ask your provider about MVT Pelvic Health and see if they have good news for you.



Respecting People. Impacting Business.™

GUARANTEED REVENUE GENERATION OR YOU DON'T PAY!

**Our Hyper-Targeted Done-For-You Text Marketing
WILL Engage Your Loyal (& Not So Loyal) Customers
To Visit Up To 10+ Times More Each Year!**

Our Offer to You...

**\$99 Set-up Fee (Reg. \$299)
+ \$99/mo. for 2 months (Reg. \$299)
= \$600 of TOTAL SAVINGS!!!**



Watch this video for more information!
<https://rvgen.co/C7D1F>



“When we were first approached to join 970VIP we were reluctant and thought, ‘how could this possibly help our sales?’ Shane has proven us wrong! We continue to see an increase in sales on the specific days that our text broadcasts go out. We recently had our Sunday sales double because of a broadcast that we sent! 970VIP has become a very important marketing strategy for our business! Thanks!”
- Krista, Co-Owner of Chow Down Pet Supply (5 locations)

CONTACT US TODAY FOR A NO-RISK TRIAL!

Email: shane@970VIP.com

Call/Text: **970-417-1516**

Website: www.TheRevenueGenerator.com



**THE REVENUE
GENERATOR**

Guaranteed Results:

If you get zero results within 60 days, you're entitled to a full refund. If, after 60 days, you're not at least generating an additional \$299/month to cover the monthly service fee, you can either cancel our service or remain at \$99/month until revenues exceed the \$299 monthly service fee!

OPINION/EDITORIAL: LETTERS

OUR TRUE GREAT RESET: TURN BACK TO THE GOD OF THE BIBLE

Dear Editor,

I find my eyes wide opened to all that is going on around us in our world.

7 predictions/goals by 2030 according to the World Economic Forum: **

-You'll own nothing and be happy (say the world "leaders" who own HEAPS of stuff yet want YOU to think that way so they can control and own you)

-The U.S. won't be the world's superpower

-You won't die waiting for an organ donor

-You'll eat less meat

-A billion people will be displaced by Climate Change

-You could be preparing to go to Mars

-Western Values will have been tested to their breaking point

Does anyone else find these disturbing with how these world "leaders" are trying to control us? They tried to use Covid and it didn't work out quite as beautifully as they had hoped. We are delaying their plans to overtake the world via their "Great Reset" ---which they proudly display on their website! None of this crazy agenda is hidden!!!

Keep up the good work in resistance, Montrose! I find it comforting that those who still value the Bible have been guided against these measures of destruction as we rise up to oppose their evil works. Spiritual powers are at work and resisting them is what the Bible instructs us to do. Things manifest in the physical world because of spiritual, unseen things that are at play. Selfish dominance with extreme greed is at work.

While I certainly believe in taking care of our world, going about it the way these "leaders" are doing so, has nothing to do with our well being but of their lofty pow-

ers to "lord" over us. When the following phrases are used, it should send out major red flags to our minds and spirits: Climate Change, reducing population, abortion, women's rights, equity, "meatless," One World Order (including Open Borders that offer NO protection to the American people as crime soars--ask your local Sheriffs!!!!), lawlessness, etc. are brought up. I question the motives of those who are trying to enforce these things. Thankfully, we have the Bible to give us direction (see Matthew 24) and to fill us in on these unavoidable things that will rise up. In the midst of it, we get the chance to set the standard to do good, LOVE with TRUTH, stand firm, and make known the GOOD NEWS of Jesus. He is the ONLY One that can offer us the help we truly need in this world and in the world to come. We've seen lots of hate, deception, increase in wickedness, love growing cold (no care for the very ALIVE unborn or messing up the God-given identities of our youth!) My Bible warns against causing a child to stumble by leading him away from Jesus' teaching!

How about 1 Timothy 4 sounding pretty familiar to these days? "The Spirit clearly says that in later times some will ABANDON THE FAITH and follow DECEIVING spirits and things taught by demons. Such teachings come through hypocritical LIARS, whose consciences have been SEARED as with a hot iron.

They forbid people to marry and order them to ABSTAIN FROM CERTAIN FOODS, which God created to be received with thanksgiving by those who believe and who know the truth." If He created the world, I'm pretty sure He is wise enough

to guide us in how to use it.

Great job, Colorado, for opposing the "Meatless" Days declared by our very own Governor in one of his many self assigned "lordship" duties. Support Agriculture, your local farmers and ranchers, and feel free to eat meat! Side plug: are you aware that China is buying up our farmland even in Colorado? It's no secret that they long to take us from the inside out! This evil Biden regime is only partnering with wickedness, according to my Bible. The Bible IS the ultimate authority, whether you believe it or not.

"Because we have put our hope in the living God, WHO is the Savior of ALL people, and especially of those who believe. Command and TEACH these things.

Set an example for the believers in speech, in life, in love, in faith and in purity. Be diligent in these matters; give yourself wholly to them... Watch your life and doctrine closely. PERSEVERE IN THEM, because if you do, you will save both yourself and your hearers." Clips taken from 1 Timothy 4.

Let's keep ourselves in check! Our true "Great Reset" needs to be turning back to the God of the Bible-- Who so lovingly and purposefully created us! Looking within ourselves for morality will land us in a deep, destructive moral mess! I pray, "Father, keep our hearts tender and submissive to You and Your TRUE Lordship. Amen!"

** I highly recommend watching "Happening Now" with Charlie Kirk (March 2022) on YouTube for an overview and expounding on what the WEF is up to these days.

Jodi Woodden; Montrose

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



REGIONAL NEWS BRIEFS

FLEMING, WATSON ANNOUNCE RE-ELECTION CAMPAIGNS FOR DMEA BOARD



Ken Watson.
Courtesy photo.

Jock Fleming.
Courtesy photo.

Special to the Mirror

REGIONAL-DMEA Board Members Jock Fleming and Ken Watson announced Friday that they will seek another term of service on the DMEA Board. Incumbent Ken Watson was appointed in 2018 and elected in 2019 alongside Fleming.

Fleming serves as Secretary-Treasurer and the DMEA representative on the Western United Electric Supply board, while Watson is the chair of the Finance Audit and Rates committee and Chair of the Elevate Broadband Board. Fleming is a longtime local attorney with service on the local school board and planning commission and Watson hails from a career in local aviation, financial control, and outdoor sporting businesses.

Both board members hope to continue their cost saving work that began with a negotiated exit of DMEA's Tri-State contract, a move that saved local ratepayers over \$10 million in the past four years. Under their leadership, DMEA has achieved a new power purchase agreement that both men credit for stabilizing rates for members during a year marked by energy price spikes in other communities.

Additionally, Watson touted the Elevate Board's success in winning over \$34 million in grants for better local broadband for 10,000 subscribers. Fleming drew attention to DMEA's progress in growing local generation from 5 percent to 11 percent, saying that local energy generation

makes DMEA's supply more reliable and resilient while generating local income. In advance of the announcement, Ken Watson said: "We're making history here at DMEA and delivering the kinds of savings and local innovation that other electric co-ops only dream of. We've got a

diverse and very strong team here at DMEA." Jock Fleming said "That doesn't mean we don't disagree sometimes, but I think the results speak for themselves. Ken Watson and I are proud to be announcing our re-election campaigns together."



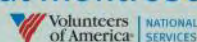
UNITS AVAILABLE

- 1 Bedroom
- 2 Bedroom
- Mo-to-Mo Lease
- Small Pets Allowed
- Meal Options
- Housekeeping Options

CONTACT US TO SCHEDULE A TOUR:

1819 Pavilion Drive
Montrose, CO 81401
970-964-3400
homesteadatmontrose.org

**The Homestead
at Montrose**



INDEPENDENT LIVING APARTMENT HOMES WITH CONVENIENCE SERVICES FOR AGES 55+

At The Homestead at Montrose, we're a welcoming community – a comfortable, cheerful place you'll be happy to call home. Located across from the Montrose Pavilion Events Center, the Senior Center and the Montrose Botanical Gardens, The Homestead at Montrose is near all the things you love to do.





Montrose Community Band

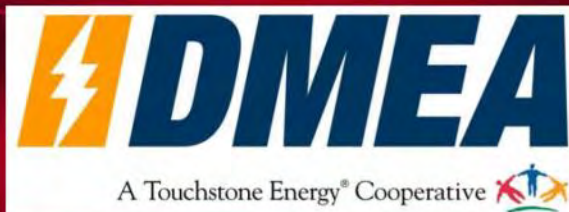
Presents

Music Of Stage & Screen



Sunday, April 10, 2022 3:00 p.m.
Montrose Pavilion

Concert



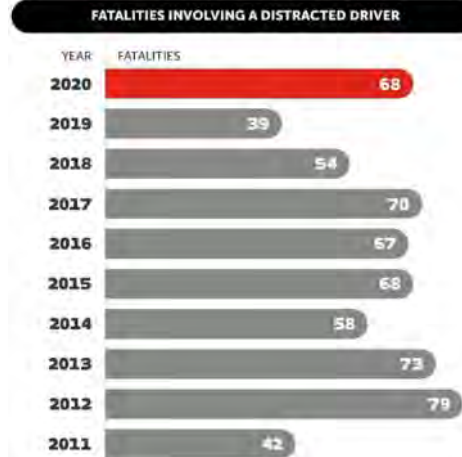
Sponsor

COLORADO NEWS BRIEFS

CDOT KICKS OFF DISTRACTED DRIVING AWARENESS MONTH



CDOT courtesy graphics.



critical danger in an [awareness campaign](#) that asks drivers to consider if they saw how others reacted to their distracted driving, would they change their own behavior?

CDOT defines distracted driving as the act of driving while engaged in anything that takes your focus away from the road, including texting, selecting entertainment on a device, looking after children or pets, talking on the phone or to a passenger, watching videos, eating or reading. Each of these can be categorized as a cognitive, manual, or visual distraction or some combination of the three:

-Cognitive Distraction: The mental workload associated with a task that involves thinking about something other than driving.

-Manual Distraction: Tasks that require the driver to take a hand off the steering wheel to do something else.

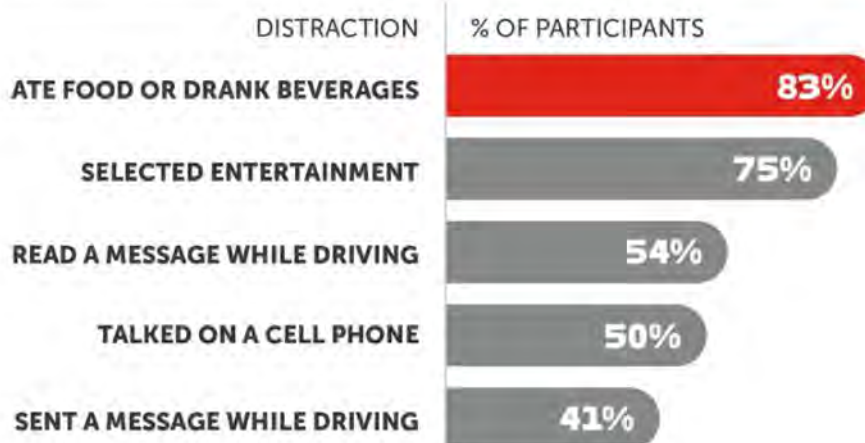
-Visual: Tasks that require the driver to look away from the roadway.

According to CDOT's 2021 Driving Behavior Survey of 600 drivers across the state, the most common distractions mentioned were eating food and drinking beverages (83% of participants), selecting entertainment on a device (75% of participants) and talking on a cell phone (nearly 50%). Additionally, drivers often admitted to texting while behind the wheel — 41% had sent a message, whereas 54% had read a message while actively behind the wheel.

Adult drivers in Colorado are prohibited from manual data entry and transmission on a cell phone (i.e., to send a text message or browse the internet) while behind the wheel. Any driver under 18 years of age is prohibited from using a cell phone while driving. The prohibition includes phone calls, text messaging, or similar forms of manual data entry and transmission.

For more information about distracted driving in Colorado and to learn more about Distraction Reactions, visit distracted.codot.gov.

TOP DISTRACTIONS DRIVERS REPORTED DOING IN THE PAST WEEK



Special to the Mirror

STATEWIDE — In a survey of adult Colorado drivers conducted in 2021, the Colorado Department of Transportation found that 91% of drivers had driven while distracted at least once in the past week. More than half of those drivers said they were “often” or “always” distracted when driving. Such distractions included eating, talking on a cell phone or selecting entertainment on a device.

The start of April marks the beginning of Distracted Driving Awareness Month. During April CDOT is launching a public education campaign that encourages people to not use cell phones when driving.

“Distracted driving is one of the leading causes of crashes on Colorado roads,” said Darrell Lingk, Highway Safety Office director at CDOT. “Yet, we still see Coloradans trying to multitask behind the wheel. We are committed to enforcing safety and urge all drivers to drop the distraction and just drive.”

In 2020, distracted drivers were involved in 10,166 crashes on Colorado roads, resulting in 1,476 injuries and 68 fatalities. More than half of those fatalities occurred in just six Colorado counties: Cheyenne County, Adams County, Weld County, Jefferson County, Arapahoe County and Denver County. CDOT will emphasize this

Congratulations Leslie Gore



The Real Estate Store's 2021 Agent of the year

Leslie Gore— CRS, GRI, SFR, SRES, ABR

(970)275-3195

LESLIEGOREREALTOR@GMAIL.COM

Your local Certified Residential Specialist, Graduate of Realtor Institute, Short Sales and Foreclosure Resource, Senior Real Estate Specialist, and Accredited Buyers Representative.

500 East Main Street • (970)249-SOLD (7653)

Featured Listing



5328 Hwy 348

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 quiet 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



Leslie Gore
Associate Broker
(970)275-3016

lesliegorerealtor@gmail.com

www.the-RES.com



OPINION/EDITORIAL:LETTERS

DOES CURRENT PROPOSAL ENSURE THAT MRH WILL REMAIN NON-PROFIT, SERVE COMMUNITY IN PERPETUITY?

Editor:

Today (Monday) at 1:30 PM our county commissioners are having a work session to be held at the Event Center concerning the transfer of real property from county control to the hospital thereby eliminating another layer of government oversight. For all the right reasons this is a good thing and will allow for an easier process for the hospital as it moves forward to improve the facilities and patient care.

Concerns: In the last ten years or so the county and the hospital were at odds and a major court battle ensued that allowed for the current management restructure of the hospital to happen. In the last month we have witnessed firsthand a hospital board position resignation, and press articles concerning the announced Colorado Outdoors Medical Center and the ramifications it would have on the MRHH hospital, emergency services and indigent care.

Follow the money: History teaches us that if the dollars are large enough there will always be the bottom feeders that will have a great deal for us and are excited about "weaseling dollars" into their pockets at the expense of the community and those that need patient services both now and in future years.

Public input: That's why the announced public forum work session and the follow-on actions by the county commissioner's and the MRHH administration deserves a degree of critical thinking and public input that goes beyond easy solutions and asks one very important question.

Critical question: Does the current pro-

posal ensure that the MRH will remain a non-profit and serve the community in perpetuity or does the language in the body of the transfer need to be strength-

ened to protect future citizens from a hostile takeover and lose critical care services?

Jim Anderson, Montrose

We are a ministry of
service. Serving others
in times of need.

DONATE.VOA.ORG



 **NATIONAL
SERVICES**

We recognize that aging is for many a complex and fearful unknown. Our desire is to help older adults celebrate the joy of living by creating a sustained, trusted relationship with support systems that allow them to age with dignity. Help us make a real difference in the lives of others by making a contribution today.



OPINION/EDITORIAL: LETTERS

THE REPUBLICAN PARTY IS AT A CROSS-ROADS: EITHER REPRESENT CONSERVATIVE, AMERICA-FIRST, WORKING-CLASS AMERICANS OF ALL RACES, OR DISAPPEAR INTO OBLIVION.

Editor:

It becomes more apparent every day that the Democrats' operating plan is centered on creating problems where none exist, so that the same elitists who created those problems can maintain their power and spend enormous sums of money guaranteed to make things worse. Only Democrats can declare a "war on poverty", waste tens of trillions of dollars, and get more poverty. Only Democrats can take historical low gas prices, energy independence, and record low inflation and completely destroy that in less than a year's time.

Only Democrats can go from having North Korea, Russia, Iran, and China in check, to a Russian invasion that could easily escalate into WWII. Only Democrats can take the freest, most tolerant, and least racist people and system in the world, and attempt to re-define that as something totally hateful and racist. Only Democrats can make crime in our cities dramatically worse by demonizing police and re-imagining felons as victims. Only Democrats can eliminate a secure border and invite an invasion of illegals in just a few short months.

It is also apparent that a certain percentage of Republicans stand back and do nothing, and at times actively participate, as the small percentage of radical progressives in control of today's Democratic party attempt to destroy this nation. I refer to them as the "go along to get along" Republicans, but you may know them as RHI-

NOs or Old Guard Republicans. They are the same people who stood idly by while the Democratic party colluded with the media, Big Tech billionaires, and numerous intelligence officials in the treasonous attempt to first destroy the Trump presidency and then meddle in the 2020 election to elect Joe Biden. That's not a conspiracy theory, it's a conspiracy fact.

It is with that background that I will respond to Bill Cunningham's 3/28 MM letter. Mr. Cunningham is concerned that Boebert may have alienated Democrats. I would think that alienating Democrats would be the very last thing any Republican member of Congress should be concerned about. With Biden and company intentionally destroying everything they touch, perhaps the last thing we need is Don Coram, whose only confirmed attribute so far is that he "plays well with Democrats"?

I would have more respect for Coram and his supporters if they would simply address my basic conclusion that Coram doesn't want voters to know where he actually stands on issues or what he actually supported while he was in the Colorado House. He could make his views and record abundantly clear by simply responding to the 20+ questions I provided him some time ago. If Cunningham is concerned about letter writers "using guesses and misrepresentations", it is not that hard for Coram to tell us where he actually stands on *issues*. Sorry, but competing in a rodeo or being a rancher is not in it-

self a qualification to be in Congress any more than AOC tending bar or Boebert running a restaurant. Why not stand for something? Dare to tell voters what you plan to do about *issues*, starting with paragraph one above and my letter to Coram. It is good that Cunningham thinks Coram "maintains the values of a rural, grass roots, solid American viewpoint". Several of my questions were on "value" issues. Had he responded, I would be in a better position to compare how closely his values mesh with mine. As it is, and based on the information I have, I will stick with the conclusion that he and I differ significantly on value issues. [For example, he opposed Colorado House Bill 1273, which would have prevented males identifying as females from participating (dominating) women's sports].

The Republican Party is at a cross-roads. It will either change so that it actually aligns with and represents conservative, America-first, working-class Americans of all races, or it can disappear into oblivion.

Republican voters have never been angrier, and for good reason: two false impeachments, the Russian Collusion hoax, media covering for Biden / Obama / Clinton family corruption, Biden's destroy America first policies, intentionally sowing racial strife, etc. The time for tolerating the Liz Cheneys, Adam Kinzingers, and Mitt Romneys of the Republican party (and to some extent the Mitch McConnells and Lindsay Grahams) is long past.

Ed Henrie, Montrose

Some things never go out of style.

#montrosemirror

OPINION/EDITORIAL: LETTERS

RESPONSE TO LETTER IN 3/28 ISSUE OF THE MIRROR BY CHANDA QUIMET

Editor:

A recent letter writer blames Biden for our gasoline woes, when the blame lies with the market and the fossil fuel industry. Here is an alternate take: We can use this opportunity to wean ourselves off of our addiction to fossil fuels, but the industry uses its lobbyists and political contributions to force (mostly) GOP politicians to continue our dependence. Eliminating fuel efficiency standards, refusing to support energy efficiency across the board, spreading misinformation about EVs, etc. Why don't GOP politicians ask citizens to consolidating trips in order to cut down on demand, in order to help out the rest of the world as it faces a vicious war in Ukraine? Why not ask suppliers not to jack up the price on fuels immediately in response to such conflicts? Why not increase CAFE standards, instead of decreasing them? How many huge vanity trucks do you see every day that have no other purpose than ferrying around one 180 lb human, instead of for farmers and blue collar workers that actually need them? Why not call for small sacrifices, and improvements in energy efficiency across the board? Why not get behind the efforts of all of the companies that are creating jobs by building all of the industries involved in EV development? The answer: it would cut into their campaign support from the fossil fuel industry. GOP politicians use every opportunity to denigrate renewable energy, because it does nothing to finance their campaigns; you can't charge a monthly fuel charge for wind, solar, hydro, and tidal power! Exxon has spent millions of dollars funding climate change denial for decades; because it threatens their profits! Why are we called upon to continue supporting those who profit by threatening the future we pass on to our children? Carbon dioxide caused climate change is on course to put every port city in the world underwater in the next few decades (despite how many misinformed deniers claim otherwise). What effect will this have on world commerce,

when these cities, along with billions who live near coastlines, are forced to migrate inland? Yes, we need fossil fuels for now, but we should do everything in our power to hasten the transition.

President Biden recognizes the fact that climate change could lead to hordes of people being forced to migrate due to rising seas and devastation of agriculture worldwide, not to mention the discomfort of, say, a temperature rise of ten degrees or so year-round. Like those 95 degree summer days? ... you'll love it when they're 105! Have you seen the dying pine trees all over the state from rising temps? At this rate our state will resemble Utah. The effects of Climate Change not only will change everything we take for granted, and will also make the refugee crises of today look like a trickle by comparison. Biden also recognizes that energy is often a contributing factor in wars that have bedeviled us in the past few decades in the Middle East, and now in Ukraine.

Renewable energy has the potential to save our climate from spiraling towards destruction, create millions of local jobs, and presents a golden opportunity to get out of the endless cycle of oil and gas fed wars. Renewable energy a pipe dream? Tell that to the wind turbine manufacturers, or the solar PV companies that are creating so much money and so many jobs! Having worked in the solar heating industry, I know how much energy hits nearly every rooftop in America (approximately 1000 W/m²), and how it presently goes to waste.

Biden isn't "forcing the poor and middle class to buy EVs". Instead, owners like myself know how superior they are. Practically zero maintenance, and the cost of electricity is not only vastly cheaper; it isn't subject to wide price swings. Driving range and charge times are presently an issue, but won't be in about 3 more years, when ranges will be over 500 miles, and charge times under ten minutes. Nor is electricity nearly as vulnerable to unstable countries

that control the supplies of oil and gas. Every major auto company worldwide is switching to EVs as fast as they possible can, because they know something that the Biden-hating writer doesn't: they're better in every way. Also, upgrading our electric grid will create more jobs than the entire fossil fuel industry. And icing on that cake: EVs will provide backup power locally if/when the grid is interrupted for any reason ... that's TRUE energy security! An EV, charged by a rooftop solar array, eliminates the need to pay any energy costs at all!

\$5 gasoline? Doesn't bother me a bit! I pay 13 cents/kWh, and am loving it. My battery is 66kWh, and it gets me 260 miles of range. $66 \times 0.13 = \$8.58$. That's the kind of math that has been putting a smile on my face since I bought my EV two years ago. How far would \$8.58 worth of gas get your ICE-based car? Also ... EVs have practically no maintenance. The money we've saved in the past two years is so great that we feel it significantly in our budget. Grouse all you want, but if you aren't driving an EV in less than ten years, you'll be alone, I can assure you! If we left the future up to those who bash EVs, China, Korea, and Europe would have this rapidly growing market to themselves; fortunately for us, there are more forward looking people making decisions than the writer in question. Excuse me, but I'll place my bet with Elon Musk rather than some "expert" ranter with zero knowledge or expertise in the field!

EV battery technology is growing so fast that it's hard to keep track of the rapid improvements. Money is pouring into that effort; Ford alone has obligated \$30B for battery development in the next 3 years. Also, China has developed a sodium ion batteries that eliminate the need for Lithium entirely. Sodium is everywhere, and it's cheap. China will soon start flooding the U.S. with EVs, because the legacy automakers here were slow on the uptake. Lithium will continue to be used, however,

RESPONSE TO LETTER IN 3/28 ISSUE OF THE MIRROR BY CHANDA OUIMET From previous pg

as extraction techniques are rapidly improving, and the flammability problem will soon disappear with the advent of safer battery technologies entering the supply chain as we speak. Lithium is a common element, and there are vast quantities in the Salton Sea that are now just starting to be extracted. We're just new to extracting it. The rate of fires in ICE based cars far outpaces that for EVs, and there have been no fatalities in battery fires anyway. There is no hotter R&D environment in the world than with battery technology for EVs; and factories are being built worldwide at break-neck speed to supply EV manufacturers. The opportunities for new businesses built around EVs is enormous.

Back to politics ... apart from the mountains of evidence that shows that Putin did his best (and succeeded) to get Trump elected, it might benefit the reader to ponder how much of what Putin says is echoed by the right wing of the GOP: He consistently disparages democracies (Republicans have given up on democracy, and works for an authoritarian leadership model), he complained just this week about being "cancelled" by U.S. media (at least the professional media), He complains about "fake news" (from reliable news sources), spreads a constant stream of conspiracy theories and misinformation, and smears his opponents with misinformation ... ALL of which ends up spreading through the right wing ecosphere; including the bunk about Biden being senile.

If you want to stay informed about the future of technology, it would be best to ignore those who spread doubt and blame based upon ignorance, and disparaging experts in their fields, while at the same time spreading misinformation about our president's "mental capacity" that originated in Russia. I know ... I have just about zero chance changing the minds of people so fervently hate Joe Biden, love the man who created the Big Lie, and who, up until Putin invaded Ukraine, trusted Putin over Biden by a 2-to-1 margin. Yes ... it's hard to get through to those who traffic in disinformation and fear mongering; but reasonable people who haven't lost critical thinking skills are obligated to fight back against those who spread ignorance, conspiracy theories, and disinformation. Reasonable people are fighting to save our democracy from demagogues who want to tear our democracy down in hopes that Trump, or others like him, will create something better to replace it ... Good luck with that fantasy!

David Congour - Montrose



Alpine Women's Centre CLINIC & MED SPA

The new Alpine Women's Centre Clinic & Med Spa is proud to provide advanced, nonsurgical aesthetic services for our communities.

MonaLisa Touch \$2,500+
Promotes gynecologic health with laser technology

Chemical Peel \$135 - \$300
Improves the appearance and texture of skin

Platelet-Rich Plasma \$700 - \$2,800
Utilizes platelets and plasma to rejuvenate the skin

Facials \$45 - \$135+
Cleanses, exfoliates and nourishes the skin

Plasma Pen \$300 - \$1,500
Treats wrinkles, sagging, and dull skin

Microneedling \$275 - \$800
Stimulates collagen production

BioTe HRT \$350+
Addresses hormone imbalances using pellet hormone replacement therapy



Alpine Women's Centre
900 S. 4th Street
Montrose, CO 81401
970-497-5891

MontroseHealth.com/MedSpa

Saturday treatments available by appointment.

Get your news feed on.

The Mirror

Our stories have bite.



OPINION/EDITORIAL: LETTERS

CALLING ALL AMERICANS: OUR COUNTRY NEEDS US NOW

Editor:

Calling all Patriots! Independents, Democrats, Republicans!! Time to stand up and be counted. Our country needs us NOW. Do we want to live under communist rule? A nation with corrupt elected and unelected people dividing our nation? We are already well along the path of a communist country. Our Founders took great care to be sure we were NOT a ONE Party government as they foresaw the consequences, and here we are, and look what has happened. One Party rule is never a good idea: no matter which party is in power. However with the state of our government; the current "ruling" party, a total corrupt system from top to bottom; and that party in power contributing to the lawlessness and corruption, a change needs to occur with input from BOTH parties. When I speak with people about our nation's dire situation; it's not a POLITICAL problem; it's an AMERICAN PROBLEM. That's everyday people like you and me who see what's happening; lawlessness, lack of accountability, lack of justice, lack of compassion and sensitivity to our fellow

Americans, lack of "FREE" press, corrupt elite and corrupt politicians who ignore US, the people. WE HAVE THE SAY; NOT THEM.

We the people have "allowed" this to happen; not intentionally but by attrition. Busy with our lives, raising a family, our careers, all of which now seems so unimportant as we may lose these freedoms if our nation continues down this path. We are at a dangerous pivotal point in our country; maybe not too much different when we fought the British King. There are many people in our government and Washington who should be tried for treason; as that is exactly what they did; aiding and abetting our enemy, surrendering to the enemy, placing our country in clear and present danger by their policies. The so called "free press" and social media is equally guilty, as they purposefully suppressed truth and facts from the American people; endangering the people, our country and our elections; the definition of sedition.

Those of us who love our country, we all need to find the strength and courage to

utilize our God given individual talents to regain control of our lives and our country. Educate and inform ourselves on the issues, and the candidates; ask questions. Do research so we can vote for those who have those same values. Pay special attention to local elections in our home town; state elections as well as national elections. I say this all the time because it's so important for people to realize the power they hold. We can then vote with integrity; NOT a vote for a Political Party. Seems to me that's part of the problem that got us to this situation. This whole administration needs to be removed from office to begin to save our country. Only then, with the help of God and Americans of ALL persuasion, can we begin the process of rebuilding and healing this great nation. As President Kennedy said: "ask not what your country can do for you but what you can do for your country." It's not panic time but action time. With upcoming elections for local, state and national, time to stand up Americans and that's what we can do for our country.

Carol McBride, Montrose

SEE SOMETHING - SAY SOMETHING



970-249-8500

ANONYMOUS CALL

MONTROSE REGIONAL CRIME STOPPERS

FREE if over age 60

paul taylor

Wonders From Down Under

Friday, April 29, 6 pm



Online reservation required
including FREE seats



Tickets
\$25 adults 16-64
\$5 kids 6-15
FREE over age 60

Reserve here



An exciting blend of story, song, dance, and drama featuring the mesmerizing didgeridoo. Australian storyteller Paul Taylor will plant seeds of Australian Aboriginal wisdom offering a gateway into the beauty of the "Dreaming," the essence of the "world's oldest living culture."



Museum of the Mountain West
68169 E. Miami Rd., Montrose CO 970-240-3400
3 mi. east of Montrose. Hwy 50 at Miami Rd.

OPINION/EDITORIAL: LETTERS

DROP OFF YOUR BALLOTS AT YOUR PRECINCT ON ELECTION DAY ONLY

Editor:

Election security should be a nonpartisan issue. We should all want to be confident that our votes are counted and that NO illegal votes are counted.

Sadly, our elected officials nationwide do not seem interested in making elections fair and free of fraud. We now have evidence of election tampering right here in Western Colorado.

Even though we have been assured by the mainstream media and our county clerks that Dominion voting machines are not connected to the internet there were 36 wireless devices found on the Mesa County Dominion machine. These wireless devices were accessible and able to be turned on from outside the machine. In the third Mesa County election report election tampering was proven for the Nov. 2020 general election and the 2021 local election. During both of these elections unauthorized extra databases were created and some ballots were reloaded but others were not. In both cases this was done inside the machine, presumably

through outside wireless access, without the knowledge of the local election's officials.

There are now three election reports available on Tina Peter's campaign website. These reports were done by cyber security experts using the drive images captured from the Dominion Voting Systems machine by the heroic Tina Peters. I would encourage everyone to download and read these reports. There is enough evidence to decertify the 2020 and 2021 elections in Mesa County and to recall the Dominion voting machines.

Every year millions of children's toys and car seats are recalled because they could possibly have a defect that might injure a child or not protect them properly in the case of an accident.

With Dominion machines, there is no doubt that there is a defect that could impact elections that will most likely lead to the damage of our country and millions of Americans' lives. It is time to recall the machines and no longer use them in elections! I would like to propose

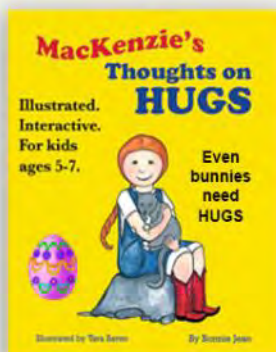
that Montrose County implement ONE DAY elections where citizens return their ballots in person with photo ID and votes are counted only on election day. We must stop early ballot counting because the election scam involves taking the early ballot counting results and extrapolating how many fake votes will be needed to counter the real votes and produce the outcome desired by the people who run the Dominion machines. If we were to end early counting nationwide the election hackers would have less time to pull off their scam.

As citizens we can ban together to agree not to vote early and not drop off or mail our ballots early. I want to implore every Colorado resident to drop off your ballots in person at your voting precinct on election day ONLY. We must take back control of our country and ensure that every vote is counted and that no extra votes are counted. Thank you for your time and consideration in this matter.

*Sincerely,
Jennifer Gregg, Montrose*

Hatch a HUG for Easter

MacKenzie's Thoughts on Hugs



**FREE
Coloring Pages
HERE**

dexterstreetbooks.com



Get the Mirror

delivered fresh to your
phone each week!

We are working with
970VIP to enable our
text blast service!



Text **MIRROR** to **55678** now to
opt-in to our **NEWS TEXT** alerts!

By joining The Montrose Mirror VIP News Alerts, I agree to receive ongoing messages at the number provided.
Consent is not required to purchase goods or services. Message frequency may vary.
Reply HELP for help, STOP to cancel. Message & Data rates may apply.

Ts & Cs / Privacy Policy @ www.therevenuegenerator.com/terms_of_use.asp
TEXT mirror TO 55678

THE
MONTROSE MIRROR

Your Source for Local Business News and Information

OPINION/EDITORIAL: LETTERS

BIDEN IS AGAIN PUTTING AMERICA AT RISK

Editor;

President Trump held another Save America rally Saturday night in Michigan and just like all the rest there was a massive crowd inside a huge arena and a enormous overflow crowd outside who couldn't get in. But, as Trump is still the same Trump, he planned ahead knowing he would have an overflow crowd and provided TV screens outside for the thousands there to enjoy. And like all the rest of the rallies over the years all the people were enjoying themselves visiting with total strangers while waiting and dancing to the up-beat music and waving flags and patriotic signs. And when looking at the sea of people in the gigantic crowd inside and out plus the tens of thousands watching on www.Right Side Broadcasting plus the millions watching on Newsmax TV, you have to conclude this is not a man who lost an election. Never forget Biden bragging in front of cameras what a great voter fraud system the Democrat party has established!

Biden could never get enough people at a speech to fill a bath tub. And these rallies will continue every Saturday from now until the fall election. The next one is next Saturday in North Carolina. Feel free to tune in to an enjoyable evening. America is in deep, deep trouble being led by this demonic pedophile sympathizer Biden and his Democrat comrades in congress. Understandably, no one knows why we have had to suffer so horribly as a nation under Biden. But sometimes we have to truly hit rock bottom before we can recover and it seems we are there now. Now prayers are needed for those who voted for this occupant in the White House and

hope they realize their mistake and correct it and help squash the fraud that put him there.

Now Biden is eliminating Title 42 at the border which will bring even more hordes of invaders into our country. The estimate is there will be 2 to 4 million invaders a year!! When will this insanity end? Biden himself even admits there is a food shortage coming here in America. He knows first-hand because he is creating it. Have Democrats even thought about where the food is going to come from for these people? And to rub salt in the wound, they get it for free as well as all their other living expenses!! How much more abuse can the American taxpayer stand? Or is Biden's food plan like the oil plan where he will beg communist nations for help? Heaven forbid the day if we ever have to depend on our communist enemies for our food! America alone cannot feed all those invaders, but it looks like that's Biden's plan while everyone's attention is distracted by the war and their phony human caused climate change agenda.

It brings up the question; Have Democrat voters even thought about all the horrendous problems their party is inflicting on America? Or do they have the old common depraved mentality, "it can't happen here"? Or do they care? And have they thought about the fact that everyone is affected, even them? That should make them think, or are they capable of thinking? And now Biden is considered to be the number one human and drug trafficker at the border and most of them are children who are trafficked and since the fentanyl is made in China, Biden isn't going to object because of his and Hunter's

business deals in China and Russia. And while Biden is so worried about Russians crossing over the Ukrainian border, he ignores the 8,600 Russians who have crossed OUR U.S. border since August! We have a despicable traitor in the White House!

Democrats' additional plans for America are not pretty. They want to expand and add their Leftists to the Supreme Court. They want to cancel voter ID. They want non-citizens to vote. They want to censor Conservative voices and ban Trump from running for president again. There seems to be no end in sight for their hateful, anti-American miscarriage of justice. And now Biden is again putting America at risk by cutting our Strategic Petroleum Reserve for the third time down to dangerous levels supposedly to lower gas prices, but that's an admission that increased supply lowers prices, but he won't increase our production. What a dangerous hypocrite! During his press conferences, Biden will always gently touch the side of his nose with his forefinger. Sometimes the left side and sometimes the right side. Sometimes it will be his cheek on either side. Then sometimes he will gently touch his bottom lip with his thumb and forefinger and draw them together. It doesn't appear he is wiping away any eye winks or ice cream. These motions seem obviously phony like they are some kind of a message he is sending to somebody.

The Democrat party puts illegals, human traffickers, gangs, cartels, a phony climate agenda, and drugs before their country and its citizens for nothing more than political power.

Jerry Bartholome, Montrose

Because your voice carries a lot of weight.

montrosemirror.com

healthy rhythm music series presents alicia stockman

AN EVENING OF FOLK/AMERICANA MUSIC

LIVE AT HEALTHY RHYTHM

FRIDAY APRIL 8 2022

ADVANCED RESERVE SEAT // \$15

DAY OF SHOW // \$20

DOOR 7:00 // SHOW 7:30



**HEALTHY
RHYTHM**
ART GALLERY

232 E. Main Street
Montrose, CO

www.healthyrhythm.net
www.aliciastockman.com



LA NOUE
DUBOIS
2011-2022

SCAN FOR
TICKETS >>>



COMMUNITY OBITUARIES

TRAVIS MICHAEL MADDUX

May 14, 1978-March 31, 2022

TRAVIS MICHAEL MADDUX, age 44, passed away from a sudden fatal medical event while enjoying a loving dinner with his wife and son vacationing on March 31, 2022.

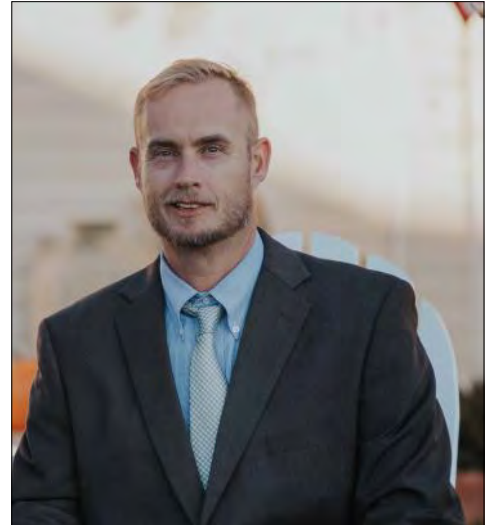
Travis was born in Athens, Georgia on May 14, 1978, to Michael and Celeste Maddox. Travis grew up in Catawba County North Carolina and attended Bandy's High School. After high school he was successful in the construction and the culinary fields.

Travis was a skilled chef and artist that ultimately chose to use his skills and talent at home as a committed husband and father. Travis also adored his Home Depot family and often talked about striving to do his best there. He actively enjoyed being outdoors, playing frisbee golf, golfing, outdoor cooking, entertain-

ing, biking with his son, fishing, and bowling.

Travis is survived by his wife Tonya of 10 years, son Preston (8), grandmother Caroline Maddox, mother Celeste Corbett (Arnold Jarmin), father Michael Maddox (Teresa Maddox), sisters Cindy Harrell (Ryan Harrell), Sylvia Alexander (Sean Alexander), and Tabatha Maddox (Carmi Spicer) and nieces and nephews Seth, Jayson, Mallory and Natalie. His wife's family was also close to and loved Travis dearly. They include Patricia Davis, Kenneth Fairbanks (Rita Fairbanks), Tammy Mathis, Robert Fowler, Tyrone Davis and nieces and nephews Chasity, Sultan and Kayla.

Travis will be greatly missed. A Celebration of Life to honor Travis will be Thursday, April 7th at 1 PM at Grace Community



Church with a reception to follow at 924 Courthouse Peak Lane (Cobble Creek) Montrose, CO 81401.

**News, if unreported, has no impact.
It might as well have not happened at all.
*Thank you for reading The Montrose Mirror.***

COMMUNITY OBITUARIES

CAROL ANN (SHELLY) RAY

December 16, 1933 – March 27, 2022



On December 16, 1933, Carol Ann (Shelly) Ray was born to Robert and Belle (Reed) Shelly at Kim, Colorado. A resident of Montrose since 1951, Carol was the fourth of five living children, and the last survivor of her sisters and brothers. She was preceded in death by her parents, siblings Robert Gene Shelly, Vivian (Shelly) Berry, Ruth (Shelly) Stone, Joe Shelly, Zelma (Shelly) Krohn, and husband Emory Ray Carol married Emory Ray in 1959. At the time of his passing the couple had been married almost 54 years. Emory, a Sawmiller by trade, owned a portable sawmill which he set up in Placerville, Montrose, and on the Little Cimmaron. Today the Ray Sawmill in Montrose is a fourth-generation business. Following a brief battle with pancreatic cancer, Carol (88) passed away

peacefully on March 27, 2022, with her family by her side. Survivors include Carol's son, Taylor Joe Ray, as well as stepchildren Sheila Menzel and Jim Ray, all of Montrose. There are 7 grandchildren, 11 great-grandchildren and 5 great-great-grandchildren. A Christian since the age of 13, Carol had been active in church and served as a Sunday School and Vacation Bible School (VBS) teacher, she participated in women's groups, and helped in the kitchen to serve funeral dinners. For many years Carol was a member of Montrose Christian Church; her current membership was with Christ's Church of the Valley. In lieu of flowers, the family requests memorial contributions be made in the name of Carol Ann Ray to Hope West Hospice, 725 S. 4th Street, Montrose, CO 81401.

LUCY GROSSJAN

LUCY GROSSJAN, 83, passed away peacefully on Friday, March 25, at the Mike and Kay Ferris Hospice Center (Hope West) in Grand Junction Colorado. She was preceded in death by her Husband of forty-three years, John Grossjan, on December 25, 2008.

John was a plastics technology engineer, at Revell Models when they met. Lucy was the switchboard-operator at Revell, who "accidentally disconnected" any calls to John from women. When he asked what the problem was, she claimed she didn't know. They dated, then were married in 1965.

John's career included work for McCulloch chainsaws, Rainbird and Black and Decker, where he replaced some metal parts with light-weight plastic (making them easier to use). Lucy became a mother to their three sons (from previous marriages), homemaker, PTA member, and Den mother for the Cub Scouts. Their hobbies included fishing, camping, and enjoying John's keyboard music (piano accordion and organ). In her later years Lucy's hobbies included needlepoint, knitting and quilting.

Lucy is survived by her three sons, Michael, Arin and Ron, 11 grandchildren and seven great-grandchildren. Lucy's Celebration of Life Slide presentation will be available for viewing at crippinfuneralhome.com. In lieu of flowers, the family asks that donations be made to HopeWest Hospice, website -Hopewestco.org, phone-(970) 241-2212).

COMMUNITY OBITUARIES

GERALD THOMAS PACLER *March 23, 1954 – March 22, 2022*



GERALD THOMAS PACLER, age 68, passed away on March 22, 2022, at his residence in Montrose, Colorado

Gerald was born on March 23, 1954, in Detroit, Michigan to John and Agnes Pacler. He was raised in Warren, Michigan and he graduated from Warren Woods High School.

Gerald was a resident of Montrose, Colorado for the past 25 years. He enjoyed visiting and camping in the mountains, he loved being able to sit and relax in the outdoors. Gerald also enjoyed playing online pool games and he always enjoyed decorating his house and yard for all the seasons.

Gerald is survived by two brothers and two sisters-in-law; John and Cheryl Pacler, David and Janet Pacler, three sisters and one brother-in-law; Linda Shaw, Janice and Mike Tow, and Sharon Toepel. Gerald is also survived by many nieces, nephews, and cousins. In addition to his parents, he was preceded in death by a sister, Beverly Lambert, a brother-in-law Mark Toepel and a niece Melissa Nicholson.

BETH (RIGBY) DAVIS *January 6, 1935-March 21, 2022*

BETH (RIGBY) DAVIS, died Monday, March 21, 2022 in Montrose, Colorado at the age of 87.

Dear Mother, Grandmother, Sister and Aunt...

Your passing yesterday from life here on earth to the next eternal life has given us the opportunity to come together as a loving family to once again share our memories, both joyous and sad.

We remember your happy smile when sharing stories of your young life; your birth in Lynn, Massachusetts to George and Lena (Wood) Rigby on January 6, 1935. The happy childhood spent in "Cedarcrest" in Salem, Massachusetts with your brother, George O. Rigby. Your graduation from Horace Mann Training School, Salem Classical High School, and time spent at Lesley College in Cambridge, Massachusetts. We all loved the story of your meeting Dean W. Davis, the elopement to Nevada on September 28, 1953, and the big change in your life from city girl to a farm wife. The tales of

Dean's illness, heart problems and surgeries and our eventual move from the farm in Idaho to Colorado are still with us, along with the difficult time of his passing on April 26, 1993, after 39 years of marriage.

We loved the stories about when each of your children were born who with their spouses survive; Beth Anne (Davis) and Dan Banks, Vicky Diane (Davis) and Mark Field, Kathy Lynn (Davis) and Tom Cornforth. Along with the births of all ten of your adored grandchildren and thirteen treasured great grandchildren. She was preceded in death by one grandchild, Emily Rebecca Field, and one great grandchild, Ryder William Field.

We remember fondly the many family gatherings, both the good and sad times...

You have been an example to us to do the task right, first time and every time. Each time we look at a bright full moon and a brilliant pink sunset, our family unity - whether together or apart - you



will be in our thoughts always.

Services will be held Friday, April 8, 2022 at 2 p.m. at Crippin Funeral Home concluding with a graveside dedication at the Grand View Cemetery in Montrose, Colorado.

COMMUNITY OBITUARIES

WINIFRED (WINI) TAPPAN

February 20, 1926 –March 31, 2022

Four years shy of 100—Wini led a vibrant and fascinating life—all 96 years of it! Early years on the eastern shore. Moving with her then-pastor husband to various locations while raising three children. Riding a motorcycle west to begin a new life after getting her master's degree at age 55. Teaching special-needs kids in Cedaredge, Colo. and Magdalena, NM, and training horses while living there. Fighting Social Security and winning, then writing a book about it. And going on to write several more, "A Pilot's View of WWII" winning CIPA's first place award (in Denver, Colo) for historical non-fiction. Launching her last one, "Silent Voices" a diary of WWII service men's remembrances, at Postal Lessor's Convention in San Diego, Calif. The term 'Mover and Shaker' is a modest definition of Wini Tappan.

She played the piano, loved music and dancing, had fun participating in book shows and signings, and going out to lunch and concerts with friends. Wini was

active in the Montrose Senior Center, wrote for the "Golden Circle Newsletter," arranged for activities, regularly lunched there with her friends, taught Zumba, kicked up her heels at senior dances, and when she hit the big nine-oh, founded the 90's Club, "the liveliest bunch of oldsters in town!"

Macular was only a minor set-back; she found a way to keep on writing. Arthritis? She danced with her cane. Technology? No problem. Wini mastered the computer, her tablet, and smart phone with ease and aplomb. Several life-threatening medical events didn't slow her down until her last stroke, which sent her to the Valley Manor Care Center, in Montrose, Colo., where her exceptional life ended with compassionate care by the staff, which fondly recalls her as our "Our Rock Star." She will be missed by many.

Winifred Tappan is survived by David Thornburg, Denver, Colo, Nina Thornburg, Delta, Colo., and Jim Thornburg, N.C. Funeral arrangements are through



Taylor Funeral Services, Delta, Colo. In lieu of flowers, donations to Hope West Hospice in Winifred Tappan's name will be appreciated. A Celebration of Life is being planned for a future date.

Now more than ever...

Thank you for reading

THE MONTROSE MIRROR

Celebration of Life

MARILYNN IRENE HUSEBY

Feb 5, 1946 - Dec 17, 2021

Tuesday May 3rd 11am - 1pm
Botanical Gardens
1800 Pavillion Drive, Montrose

Schedule of Events

Welcome

Invocation

Opportunity to Share Stories, Poems, Memories

Release of Doves

Music and Lite Refreshments

Limited seating available, so please bring a lawn chair.

Tuesday's child is full of grace

Donations welcomed to the Botanical Gardens in memory of Marilyn

Service funded by friends of Marilyn

ISSUE 364 April 4, 2022

ART & SOL

WHERE HAVE ALL THE FOOLS GONE?

By Bob Cox

MONTROSE-April, the month that brings us spring and the signs of new life, historically has also opened an onslaught of practical jokes and attempts to make fools of friends and family.

The *Montrose Enterprise*, in its April 4, 1896 edition, reported that April Fool's Day was alive and well in Montrose. An article headed April Fool reported several examples. Among them:

You can't fool many people in Montrose on the first of April - oh, no! Now, there is Cale Diehl; he chased a \$5 bill nearly a whole block before he saw the boy with a string at the other end of it, and to get even he sent a pie made of codfish, beans and eggshells to the editor of this paper. But that was only one among many on the poor, persecuted newspaper man. Major Adams made a grab at a fat purse on the sidewalk and found it was nailed down. He tried to smile when he remarked that he "knew it all the time."

In the April 6, 1899 edition of *The Montrose Press* was a particularly humorous article that involved some of the most historic figures in Montrose. At the time, the Colorado Court of Appeals, as a whole was on shaky ground but Governor Adams was scheduled to appoint a judge. The Montrose bar was supporting F. D. Catlin and Populist Party were supporting Lyman Henry, who was not really



The intersection of Iris Road and Colorado Highway 65 was the subject of an April Fool article on April 1, 2009.

popular at all. This is the article: *Contempt of Court.*

That was a mean joke Billy Cased sprung April 1st. He told Reeves - solemn fact of course - that the governor had reconsidered his decision and appointed Lyman Henry to the Court of Appeals. With eyes bulging out Reeves rushed into the court room and whispered the catastrophe to Stenographer Detch, who at once went into spasms and vainly hunted around on top of his head for a few straggling hairs to tear out. Judge Stevens heard it and

scowled into the docket before him with a frown that portended disaster to the next prisoner, Attorney Catlin flopped down into his chair just barely able to whisper "Water!" while Judge Gray's arms flew about in all directions, and while the muscles of his usually placid features gave a few spasmodic twitches he managed to let forth a string of "Dum dum dum Charley Thomas, blankety blank blank fool nohow, biggest blank chump ever " Just then Hilly stuck his head in at the door and whispered "April Fool!" and the whole

Continued next pg

WHERE HAVE ALL THE FOOLS GONE? From previous pg

crowd collapsed.

Despite the fact that every April brought reports of April Fool parties and local practical jokes, the *Ouray Herald*, on April 4, 1902 printed a lengthy article giving the history, or at least a couple of versions of the history, of April Fools day.

The article said nothing about the local observances of the day. The lede went like this:

Comparatively little attention has been paid to April Fool's Day in literature. It seems to have escaped the notice of bookworms and literary anglers. St. Valentine's, All Souls, Easter, Christmas have not been neglected, but All Fool's has not been given the fair show to which it is entitled...

The *Western Slope Criterion* ran a little piece in their local happenings, which shows that some young women were prone to enjoying the day. Reporting on an April Fool party held by the Misses Myrtle and Margaret Wambaganes (sp?) at their home in Olathe. After the guests enjoyed recitals, presentations, and biblical readings, they were seated for a luncheon, which in the words of the *Criterion* consisted of "sandwiches filled with cotton and cake with onion filling."

In 1909 The Odonnell's Store in Montrose advertised some "special" April fool candy. No reference can be found as to what made it special.

April fool parties were routinely held by several organizations including the Elite Club, the S.O.S. Club and the Epworth League.

One hundred years later, on April 1, 2009, *The Mountain Valley News* in Cedaredge seized on the opportunity to have some April Fool's Day fun.

At the time, discussions between the State Highway Department and the Delta County Commission included a re-design

of the intersection of Iris Road with Highway 65. Construction of a roundabout was discussed with somewhat of a tongue-in-cheek proposal.

MVN editor and publisher Bob Cox decided the proposal was fair game for an April 1 article. He believed that putting a couple of jesters on top of the page would clue most readers into the fact that it was a joke. It turned out that some did not get the joke and actually thought the article was for real. Here is the article in its entirety:

Roundabout Conspiracy Revealed

By Cob Box

It sits paid for but unused in a dark corner of a lot near the District Two Road and Bridge shop. Few people know of its existence, and even fewer know why it is there.

There are some among the taxpayers of Delta County who may remember when it was first talked about, and there are one or two who may remember the action taken by the county commissioners to pay for it, but there are not many who really know that it, in fact, exists.

After years of exhaustive investigation, often involving late-night burgers at Connie's Restaurant, or clandestine meetings at the Blue Sky Saloon, Mountain Valley News has decided to reveal the shocking details of the roundabout that was slated to be installed at the base of Cedar Mesa more than two years ago.

The facts are impossible to dispute. Working after hours at the direction of former Commissioner Wayne Wolf, the roundabout was built, but never installed. It sits now in the back lot of the District Two shop property covered with old truck tarps and is surrounded by used culverts removed from the Crawford Road project.

MVN has learned that during the closed door meetings, the BOCC has now decided

that the roundabout was a galumptious example of engineering and should not have been concealed only to further Wolf's attempts to bring a conservative voice to Washington politics.

The commissioners have decided to haul the roundabout to the intersection of Iris Road and Highway 65 and install it during an all night construction effort that is designed to thwart efforts by the Colorado Department of Transportation to fence off Iris road entirely.

"The roundabout will route traffic off Iris Road back up through Fox Ridge and ultimately through Austin, where travelers can either turn left to Hotchkiss or right to Delta, thereby avoiding most of Orchard City altogether, said recently elected County Commissioner Bruce Hovde.

But some CDOT people expressed deep concerns when alerted to the plans.

"We thank Mountain Valley News for telling us about this ridiculous plan," said CDOT spokesperson Nancy Shanks during a recent kayak outing near Durango. "We certainly cannot have county equipment hauling things as large as a roundabout over state highways without proper permits. I will check on this as soon as our internet and telephone systems are back up, and I will notify CSP Chief Trostel. I am sure he will want to implement a click-it-or-ticket effort in the area on the day the move is planned," Shanks said.

Meanwhile, travelers planning on using the Cory Grade on Highway 65 should expect delays during the late hours and during the Easter holiday.

MVN will bring our readers up-to-date information, as it is available.

April 1, 2023 is not all that far away. Now is a good time to begin planning and help to prevent this special day from fading into already faded memories.

**WAKE
UP...**

and smell the ~~coffee~~ NEWS!

The Mirror is the regional leader when it comes to business, fresh news and feature stories! Read the latest today ...

www.montrosemirror.com

Montrose Elks Lodge #1053
801 S. Hillcrest, Montrose CO 81401

Elks Easter Egg

Hunt

Saturday

April 16, 2022

2:00 PM



FREE

**Open
To the
Public**

Fun for All Boys and Girls

YOUR BRAIN ON NATURE – INCREASED VITALITY



By Lauren Hall Ruddell, Ph.D

Greetings Mirrorites!

I firmly believe in the axiom, 'work smart, not hard.' So when my neighbors are busily raking leaves and burning them, I do neither of those things. Instead, I turn my goats loose on the problem. Dead leaves make them so happy, even when they've lain under a snow bank for a while. I laugh at their enjoyment of those crunchy treats and thank them for their 'ecological services.' It's sort of an insider, environmental science joke.

Many of the contributions of living nature (diversity of organisms, ecosystems, and their processes) to people's quality of life can be referred to as "ecosystem services." They include water purification, provision of food, stabilization of climate, protection from flooding, and many others. To the extent that livestock are part of the natural world, conservation grazing for fire control (or lawn beautification) definitely counts. Worldwide, major efforts are underway to bring ecosystem services and their values into policymaking, including finance, agriculture and health management.

Connectedness to nature in some form often leads to benefits that can be viewed through the lens of ecological services. The term usually refers to geophysical benefits, but I see no reason not to adapt the term for other salient purposes. Neither do certain other researchers in this field. For instance, a group of folks in the



Vitality in action photo courtesy of British photographer Kid Circus

Pacific Northwest coined a new and simple term in 2019 that I really like. "Here, we frame the positive mental health values of engaging with nature as "psychological ecosystem services." Their aim was to formulate a model for use in scientific circles to help describe and predict environments and psychological attributes that contribute to a sense of increased vitality and subjective wellbeing (important aspects of stable and positive mental health states). They firmly believe that the definition of ecological services should be expanded in all future analyses of natural systems and what they have to offer to human mental health. Bravo, you guys. And since science has shown that just mentally imagining pleasant experiences outdoors increases a sense of improved personal vitality, reported as a perception of more physical energy, I believe their argument will hold a great deal of water for future analysis, pun intended.

Assume that pleasant natural settings provide ecological services for mental health. But the term mental health is pretty dang broad. So let's hone in on one

measure of subjective well-being that is linked to enhanced mental health, the concept of *vitality*.

In both the physical and mental sense, vitality refers to a feeling of *aliveness*. The word itself is derived from *vita* or "life." In the physical sense, vitality refers to feeling healthy and capable and energetic. Psychologically, this state of aliveness brings a sense that one's actions have meaning and purpose. Many, many people have had the experience of their life's blood in the form of vitality being sapped through the Covid years. And as it goes on and on, some people feel that they will never be as energized in daily life as they once were. The effects of illness and isolation are real, but nature can help with vitality recovery.

Vitality is a precious resource. It can be both depleted and restored, much like executive attention. Just the anticipation and attending anxiety of a cognitive or somatic stressor can reduce our vitality immediately. We feel blah, and like we can't react quickly just at the time we need it most. Where coping with Covid is

Continued next pg

YOUR BRAIN ON NATURE – INCREASED VITALITY From previous pg

is concerned, some Italian researchers confirmed that there is...*"a significant positive relationship between fear of COVID-19 and adverse mental health statuses and, conversely, of the significant negative relationship between fear of COVID-19 and vitality..."*

In plain English, they did some experiments that illustrated that a high fear of Covid-19 increases the likelihood of mental health problems while simultaneously lowering perceptions of vitality. A real double whammy from just the *fear* of Covid, without even suffering from symptoms. They also reported that low vitality and mental health issues such as anxiety and depression can actually cause greater fear of Covid. Is that a triple whammy, or quadruple?

Dr. Richard Ryan is a guru in the emerging science of understanding the links between immersion in nature and vitality. Through a series of studies, he and his team found that vitality is increased by just imagining nature, much less being out in it. There are also strong indications that a sense of connectedness to nature proportionally increases a sensation of increased personal vitality. *Across all methodologies, individuals consistently felt more energetic when they spent time in natural settings or imagined themselves in such situations.* Ryan observed that being outside in nature for just 20 minutes a day was enough to significantly boost vitality levels. Interestingly, the presence of nature (natural elements such as trees, grass, water bodies) had an independent energizing effect above that of being outdoors in a built environment. In other words, concluded the authors, being outdoors was vitalizing in large part because

of the presence of nature.

But wait, you say, maybe a sense of vitality is a product of movement in the outdoors? So it's not really nature that increase vitality, it's the exercise? A fair point, but wrong. True, good physical fitness and the maintenance of it produces an upward spiral that promotes vitality. Physical activity in nature is certainly a win-win combo. However, Dr. Ryan and his team tested the link between exercise and vitality indoors and outdoors. They found that people who exercised indoors reported no sense of increased vitality, while people performing those same exercises outdoors did. "The effect of outdoor experience (in nature) was unconditional, however, in that it was seen as vitalizing regardless of the social or physical activity circumstances...."

They also found that participants (different ones in a different study, but same scientific team) who were exposed to nature images experienced an increase in subjective vitality, whereas participants who were exposed to scenes of buildings experienced a drop in vitality.

I would love to see more work done on this effect on vitality. For instance, we know that people with strong perceptions of connectedness to nature tend to benefit more thoroughly (mentally) from their time spent in nature. But what about others? Is the effect still the same? Does it hold between age, gender, racial membership, and so forth? To the best of my knowledge so far, these studies have not been performed.

Dr. Ryan holds that even 20 minutes spent passively in pleasant natural surroundings is sufficient for increased vitality. He is probably right, but perhaps for

some people, more is better. Twenty minutes works for me, but I know I have a super strong connectedness to nature. So I am curious as to whether this particular ecological service is effective for every human across the board, or is it better for some more than others?

I challenge my readers this month to test this on themselves. Using these questions that I have modified from Ryan's Subjective Vitality Scale, answer these questions on a scale of 1 – 10 (10 being the highest) before you spend 20 minutes or more in passive enjoyment of nature, and then answer them again afterwards. This is called a 'within subjects pre-post' experiment, for you geeky folks out there.

Anyway, do this at least three times in a week of your choosing and then review your own scores. See what the outcome is and if you feel greater vitality in general after time in nature. Please, please, send me the results at the email below if you get a chance.

1. I feel alive and vital (original item)
2. I have energy and spirit (original item)
3. I'm looking forward to the rest of my week (modified)
4. I feel awake and alert (modified)
5. I feel a deep connectedness to nature (my own item)

In 1901, John Muir said, "Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy..."

Or you could just sit on a park bench and see if the same thing happens.

Have fun with this and feel free to send your results and observations to: agescapesnow@gmail.com



COMMUNITY NEWS BRIEFS

GMUG WELCOMES ACTING DEPUTY FOREST SUPERVISOR



Destiny Chapman. Courtesy photo.

Special to Art & Sol

DELTA— The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests welcome the arrival of Destiny Chapman as the new Acting Deputy Forest Supervisor on a 120-day temporary assignment. Tony Edwards, GMUG Deputy Forest Supervisor recently accepted a 120-day temporary assignment for the Los Padres National Forest in California. Chapman joins the GMUG from the San Carlos Ranger District of the Pike-San Isabel National Forests and Cimarron and Comanche National Grasslands (PSICC), Canon City, Colorado where she's served as the District Ranger for three years. Before serving as District Ranger, Chapman was the PSICC's Administrative Officer for nine years located at the Forest Headquarters in Pueblo.

"I am excited for the new challenges that this position brings," said Chapman "and look forward to the opportunity to learn about the forest and explore the surrounding areas and communities while I'm here."

A native of Colorado, Chapman earned a Bachelor of Science in Business Administration with majors in Finance and Accounting, as well as a Master of Business Administration from Colorado State Uni-

versity-Pueblo. Destiny and her husband Josh enjoy spending their free time at their mountain cabin that they built themselves. Chapman assumed leadership March 14.

Join Our Team!



Join our team and make a real difference in the lives of those in your community!

When you begin a career with us, expect the support you need to succeed in your role, respect for your individuality and beliefs, and opportunities for personal and professional development.

voa.jobs.net

**Nursing | Dietary | Life Enrichment
Administrative | Transportation**



**NATIONAL
SERVICES**

EOE / M/F / Vets / Disabled

©2021 Volunteers of America National Services. We are designated tax-exempt 501 (C) 3 organization.

COMMUNITY NEWS BRIEFS

BOEBERT ANNOUNCES 2022 CONGRESSIONAL ART COMPETITION

Special to Art & Sol

MONTROSE-Congresswoman Lauren Boebert (CO-03) announced last week that she invites students in grades nine through twelve to participate in the 2022 Congressional Art Competition. The winning artist will receive roundtrip tickets to attend a special national reception in Washington, D.C., and his or her artwork will be on display for one year in the U.S. Capitol. "Each Spring, I'm always amazed at how incredibly gifted Colorado's Third Congressional District's students are," said Congresswoman Boebert. "Colorado has some of the most talented artists in the nation, and I encourage them to take advantage of this remarkable opportunity to showcase their work in a national exhibit."

Background:

The Congressional Art Competition began in 1982 to provide an opportunity for members of Congress to encourage and recognize the artistic talents of their young constituents. Since then, over 650,000 high school students have been involved with the nationwide competition. Last year, Arianna from Centennial High School in Pueblo won Colorado's Third Congressional District's 2021 Congressional Art Competition.

Interested students should review 2022 Rules for Students and Teachers and com-

plete the 2022 Student Release Form.

Qualifying Students: Any High School Student in Colorado's Third Congressional District.

How to Submit Artwork: Students must mail or deliver their artwork to their respective Third Congressional District Regional Office by April 27, 2022. (Mailing addresses available at [Boebert.house.gov](https://boebert.house.gov))

-Grand Junction Regional Office includes schools in: Mesa, Delta, Montrose, Ouray, Gunnison, Pitkin, Lake, Eagle, Jackson, Routt, Garfield, Rio Blanco, and Moffat Counties

-Pueblo Regional Office includes schools in: Pueblo, Huerfano, Costilla, Conejos, Alamosa, Rio Grande, Mineral, Saguache, and Custer Counties

-Durango Regional Office includes schools in: La Plata, Archuleta, Montezuma, San Juan, Dolores, San Miguel, and San Juan Counties

Winners: Winners will be announced in early May. The winning artist will receive roundtrip tickets to attend a special national reception in Washington, D.C., and his or her artwork will be on display for one year in the U.S. Capitol.

Artwork Requirements: Artwork must be two-dimensional. Each framed artwork can be no larger than 26 inches high, 26 inches wide, and 4 inches deep. If your

artwork is selected as the winning piece, it must arrive in Washington, D.C., framed. Even when framed, it must still measure no larger than the above maximum dimensions. No framed piece should weigh more than 15 pounds.

Accepted mediums for the two-dimensional artwork are as follows:

- Paintings: oil, acrylics, watercolor, etc.
- Drawings: colored pencil, pencil, ink, marker, pastels, charcoal (It is recommended that charcoal and pastel drawings be fixed.)
- Collages: must be two dimensional
- Prints: lithographs, silkscreen, block prints
- Mixed Media: use of more than two mediums such as pencil, ink, watercolor, etc.
- Computer-generated art
- Photographs

Each entry must be original in concept, design, and execution and may not violate U.S. copyright laws. Any entry that has been copied from an existing photo or image (including a painting, graphic, or advertisement) that was created by someone other than the student is a violation of the competition rules and will not be accepted.

For questions, or to make in-person delivery arrangements, please call Naomi Dobbs at 970-317-6130.

GIFFORD NAMED TO MSOE DEAN'S LIST FOR WINTER QUARTER 2022

Special to Art & Sol

MILWAUKEE, WI-- Kenneth Gifford, from Montrose, was named to the Milwaukee School of Engineering's Dean's List with High Honors for the 2022 Winter Quarter. Gifford is pursuing a Bachelor of Science in Computer Engineering.

Undergraduate students who have earned at least 30 credits and have a cumulative GPA of 3.20 or higher (out of 4.0) are on the Dean's List. Students who have maintained a 3.70 or higher receive "high honors."

Milwaukee School of Engineering (www.msOE.edu) is the university of choice for those seeking an inclusive community of experiential learners driven to solve the complex challenges of today and tomorrow. The independent, non-profit university has about 2,700 students and was founded in 1903. MSOE offers bachelor's and master's degrees in engineering, business and nursing.

COMMUNITY NEWS BRIEFS

OCPAG FEATURES CLASSICAL GUITARIST IN AN AFTERNOON SALON

Special to Art & Sol

OURAY-The Ouray County Performing Arts Guild is delighted to debut classical guitarist Jack Cimo at an Afternoon Salon on Sunday, April 10 at 3 p.m. in the lower-level space inside the Citizens State Bank, 600 Main Street in Ouray.

Jack Cimo has more than 20 years of performing experience on the guitar, and is known for his powerful stage presence, beautiful tone and exciting renditions. He is passionate about exploring different styles and has a mastery of Spanish, classics, American, Nordic, French Baroque, romantic Italian music and festive Central and South American pieces. His wide repertoire includes everything from Baroque and Renaissance arrangements, the avant-garde period and contemporary such as the Beatles.

Cimo frequently plays with orchestras, most recently playing the "Concierto de Aranjuez" with the Santa Maria Philharmonic. He was one of two Americans invited to the prestigious Joann Falletta International Guitar Concerto Competition in Buffalo, NY. He's brought guitar to new audiences around the globe, multiple tours along the historic Route 66, from art galleries to concert halls such as the Harris Theater in Chicago and Keller Hall at the University of New Mexico. He is focusing now touring as a soloist; however, he does also perform with chamber music ensembles and is a frequent collaborator with vocalists. He studied classical guitar at USC's Thornton School of Music.



Jack Cimo. Courtesy photo.

"I have heard many fine guitarists in concert which I have found to be beautiful. This was beyond beautiful. One was totally unaware of Cimo's stellar technique because his music cut immediately to the soul. I was breathless." (John Howard, DMA) Conductor Jane Brown said of his playing, "Mr. Cimo plays with expressive depth, great feeling, and brilliant virtuosity. His performance of the Rodrigo 'Concierto de Aranjuez' was a season favorite that our audience and musicians are still discussing in appreciation and awe." Pieces Cimo plans to present include 'Un Sueño en la Floresta' by Agustin Barrios, Selections from 'Violin Partita no. 1' by J.S.

Bach, 'Homenaje a Debussy' by Manuel De Falla, 'Capriccio in C' by Ferdinando Carulli and more.

Advance tickets are \$40 per person. The Afternoon Salon will include the concert; with appetizers, wine and non-alcoholic beverages following the performance. More information and tickets may be found at www.ocpag.org.

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

SEE SOMETHING - SAY SOMETHING



970-249-8500

ANONYMOUS CALL

MONTROSE REGIONAL CRIME STOPPERS

RECKLESS KELLY



Debi Harmon
OWNER/BROKER



EST. 2018
EVENT CENTER
MONTROSE COUNTY

APRIL 23, 2022

Tickets Available At: montrosecountyeventcenter.com

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 am - Blended Service - Sanctuary & Virtual. 9:30 am - Contemporary Service - Sanctuary, 11:15 am - Traditional Service - Sanctuary
Montrose UMC is a leader in being fully

inclusive, loving and just servants of Christ. Our church family welcomes people from various cultural and faith backgrounds: single, married, remarried, with or without children, from diapers to dentures. Whenever 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 worshipers 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?



*Save a tree –
Read the Mirror!*

THE MONTROSE MIRROR
Your Source for Local Business News and Information

Call For Ad Rates: 970-275-0646

COMMUNITY NEWS BRIEFS

BEACONFEST RETURNS TO GRAND JUNCTION APRIL 28

Special to Art & Sol

GRAND JUNCTION-Now in its 21st year, BeaconFest is Colorado's largest celebration for seniors, baby boomers and their families. This mature lifestyle expo is the best opportunity for older adults and their caregivers to visit directly with nearly 100 local businesses and national agencies devoted to helping them age well in Western Colorado.

This year's show is from 9 a.m.-3 p.m. on Thursday, April 28, 2022, at Grand Junction Convention Center. Live music, food samples, educational seminars and prize giveaways every half hour treat visitors to a fun-filled day of learning and entertainment—all for FREE! They can register for fabulous prizes, including vacation packages, hot springs soaks, living room furniture and restaurant gift cards.

Local musicians King 'n Trio, Peggy Malone, Javier de los Santos and Donny Morales will perform on the main stage, while the foyer hosts the barbershop melodies of Steppin' Up! and Canyon Grand Barbershop Quartet; accordionist Mike Gazdak; Robin Freed & The Harps in Motion Ensemble; and singer-guitarist Billy Bonner.

Attendees can learn from local experts in free seminars about Medicare, retirement options, breakthrough medical treatments, and tips for identifying scams and preventing fraud. They can also experience the benefits of chair yoga in a free class.

At 1 p.m., BeaconFest honors some of our community's most giving and passionate senior volunteers during the Volunteer of the Year ceremony at the main stage. BEACON readers can learn about this year's honorees and vote for their favorites

at www.BeaconSeniorNews.com.

For more information about BeaconFest, visit www.BeaconFest.BeaconSeniorNews.com or call 970-243-8829.

OPEN
Your business potential!
Advertise with
The Montrose Mirror

Excellence in Robotic Assisted Surgery



DaVinci Xi features the most advanced robotic assisted surgical technology on the Western Slope, providing a safer and shorter surgical experience.

Mako technology is advanced surgical equipment that transforms the way total knee replacements are performed.

Montrose Memorial Hospital
features the latest technology for
a safer and shorter surgical experience -
getting you back to what you love.

friends & family
caring for friends and family

MONTROSE
MEMORIAL HOSPITAL

800 S. Third St. Montrose, CO 81401 970.249.2211 MontroseHospital.com



COMMUNITY NEWS BRIEFS

CHIPETA SOLAR SPRINGS RESORT & SPA RECOGNIZED AS RACC APRIL 2022 MEMBER OF THE MONTH

Special to Art & Sol

RIDGWAY-Chipeta Solar Springs Resort & Spa is being recognized as the Ridgway Area Chamber of Commerce (RACC) April 2022 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.

Chipeta Resort opened in 1994 as a 12-room bed and breakfast (Chipeta Sun-Lodge), as Jack Young and partners were developing the Solar Ranches neighborhood on the south side of Ridgway. The lodge facilitated hosting potential buyers from out of town and friends and family visiting the region.

Chipeta was originally inspired by honoring the original occupants of the Uncompahgre River Valley, the Ute Tribe and Chipeta, wife of Chief Ouray specifically. After a trip to Mesa Verde, inspired by the southwestern rockwork and circular

kivas, Jack designed the original lodge building, a true adobe structure. The Chipeta has since expanded to a full resort with five buildings and 33 rooms.

The Spa is the heart of the resort and has remained open throughout the pandemic, offering massage, couples massage, aromatherapy, and soon-to-come-back facials and body treatments. Other amenities at the resort are two solar-heated pools, yoga, and Tai chi, offered in the kiva Wednesday through Sunday. The Kiva is a circular event space, inspired by Native American gathering spaces, where we hold retreats, meetings, wedding receptions, music events, and more.

The Four Corners Restaurant is open year round to locals and the public, while the popular rooftop Sky Bar with its stunning views is open during warmer weather. Four Corners serves breakfast daily and dinner Tuesday through Saturday, with live music nights and nightly specials including pasta, burgers and sushi.

To learn more about Chipeta Solar Springs



RACC Courtesy photo.

Resort & Spa, go to <https://chipeta.com/>, call 970-626-3737, or stop in at the front desk at 304 S. Lena St., Ridgway, Colo.

Don't let an untrained "professional" top your shade trees



PROFESSIONAL ARBORIST • TRIMMING & PRUNING • TREE & STUMP REMOVAL • FULL-SERVICE TREE COMPANY



When you want the BEST
Call Greg at 970-209-8560



7190 1900 RD. • DELTA, CO 81416 • INFO@ASCLEPIUSGARDENS.COM



- Approx. 55 Acres • 4 commercial teaching-grade greenhouses
- Approx. 22,000 sq. ft. equipped with automation, advanced water wall, and engineered ventilation
- Domestic & pond water irrigation capabilities
- 8 commercial shade structures
- Approx. 26,000 sq. ft. with automated overhead irrigation from our pond
- Approx. 1 million-gallon pond fed from the Gunnison River, saturated with solar aeration, and home to our plants' food source of approx. 3,000 well-fed trout. Our unique approach takes this fish-derived nutrient-rich water and delivers it to our plants.
- 10,000 sq. ft. Commercial Retail building (Interior still under construction)
- 720 sq. ft. veggie cool room and display (under construction)
- Approx. 20 acres of gourmet veggies, fruits, and melons planted in raised beds each year and watered with a direct-root delivery soaker system from our pond at up to 1,000 GPM of filtered nutrient-rich pond water.
- Farmers Market, Commercial Retail, and Restaurant-direct veggie supplies
- Farmers Market options this year grown in the field. The general public may shop at our Farmers Market starting this fall, Tues.–Sat.
- We have a small variety of seedlings for sale, however due to construction delays it will be next year before we will have large inventory of vegetable plants available for retail or sales of 4-pack seedlings and mature vegetable plants for sale to the home gardener.
- There is a large variety of direct sown veggies in our massive garden.

COVID-SAFE OUTDOOR SHOPPING EXPERIENCE

LARGE GARDEN & FARMERS MARKET IN THE FALL

EMAIL FOR ADDITIONAL INFORMATION OR TO ESTABLISH A COMMERCIAL ACCOUNT



WWW.ASCLEPIUSGARDENS.COM (CURRENTLY UNDER CONSTRUCTION)



328 E. MAIN • MONTROSE • 970-249-8323



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 SCHEDULE

Winter Market-Centennial Plaza 10 am – 1 pm-March 19, April 2, April 16, April 30

Summer Market Dates:-Every Saturday May-October 29 9 am – 1 pm

Holiday Market Dates: First three Saturdays of November and December-10am-1pm

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

April 6-Culminating Women's History month of March, the Montrose County Historical Society presents Gail Saunders detailing the exploits of significant women in the Uncompahgre River valley at 7 pm. Wednesday, April 6 at Friendship Hall, Pioneer Room. Admission is free, the public is invited. Light refreshments may be available. Social distancing and COVID procedures are encouraged.

April 10-On Sunday, April 10, 3 p.m. – OCPAG presents classical guitarist Jack Cimo in an Afternoon Salon at the Citizens State Bank, 600 Main Street in Ouray. Tickets are \$40, available online at www.ocpag.org.

April 10-Free Concert "Music of Stage and Screen" on Sunday, April 10, 2022, 3pm Montrose Pavilion. Join Us!! Relax and enjoy your favorite musicals and theatre productions. Tickets not required. <https://montroseband.com/concert-schedule>

April 11-Citizensclimatelobby.org holds its monthly meeting Monday, April 11 at 5:30pm, in the Montrose library meeting room. Short documentary on how to reduce your carbon footprint, All Welcome (970) 765-9095 for info.

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.

April 29-Celebrate with us as we reflect on 52 years of practical nursing in Delta! Drop by Friday, April 29, 2-5pm. Technical College of the Rockies Enterprise Room (1765 US Highway 50, Delta).

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).



**Western Colorado
Farm & Ranch Brokerage**

(970) 835-9350 • (970) 596-4744

(970) 874-LAND

WESTERNRANGE.COM

Since 1990



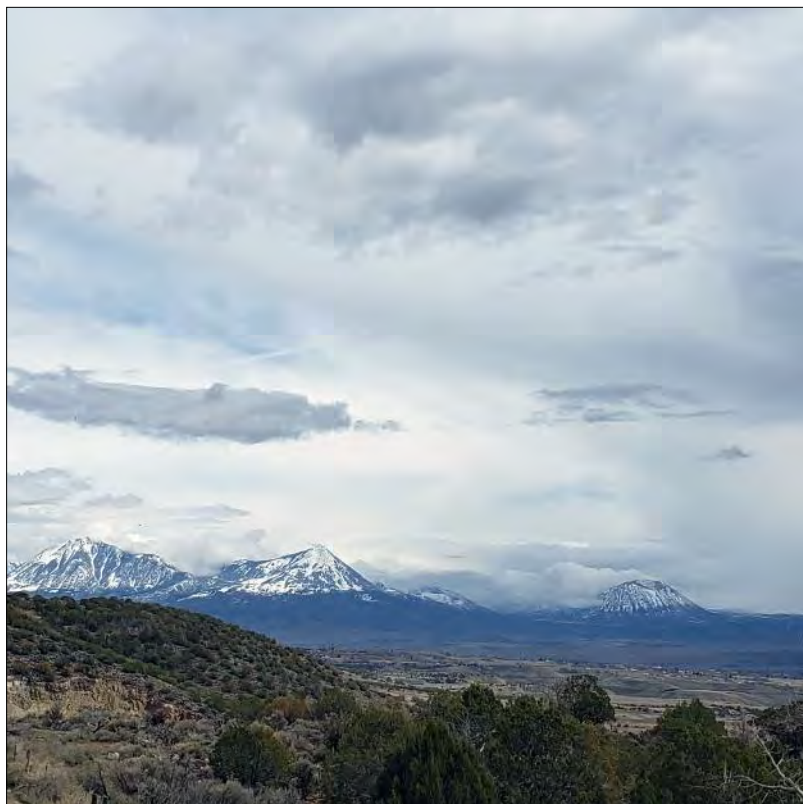
Contact the Montrose Mirror:
970-275-0646

Editor@montrosemirror.com

www.montrosemirror.com

READER PHOTO SPOTLIGHT

At right, High desert meets West Elk Mountains...by Deb Reimann. Below, interesting contrails by B Switzer.



DineOutMontrose.com



Double Barrel Taco Co.
970-417-4340

Trattoria de Sofia
970-249-0433

Rib City
970-249-7427

Stone House
970-240-8899

Cold Stone Creamery
970-252-8014

Mimo's
970-249-0616

My Favorite Muffin
970-765-0076

Sidelines Sports Bar
970-765-0129

Amelias Hacienda Restaurante
970-249-1881

San Juan Brews
970-901-8594

Camp Robber
970-240-1590

Crash Burger
970-249-0825

Heidi's Brooklyn Deli
970-240-1605

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

Tacos & Beer
970-964-4448

Alpen Confections
970-648-0609

Pahgre's
970-249-6442

Tacos El Gordo
970-964-4022

Remington's at the Bridges
970-252-1119

Horsefly Brewing
970-249-6889



Rio Bravo
970-964-4477

Jimmer's Steak & BBQ
970-252-1227

Fiesta Guadalajara
970-249-2460

El Jimador
970-249-8990

Buckaroos Slices & Scoops
970-787-9437

Busy Corner White Kitchen
970-323-6215

