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### "JOINING VISTA IS ONE OF THE BEST THINGS I HAVE DONE FOR MY EDUCATION." RE-1J Board hears Vista Charter School update; votes to create new Black Canyon High School



ONLINE NEWS

SSOCIATION

RE-1J schools will open the new Black Canyon High School in the former Engagement Center space.

### By Caitlin Switzer

MONTROSE-The room was full as the Montrose County School District RE-1J Board of Education convened for a regular meeting on Tuesday, April 12.

Directors present included RE-1J Board President Sarah Fishering, Board Vice President Jeff Bachman, District B Director Jacob Suppes, District C Director Alice Murphy, District D Director Tom West, and District F Director Eric Kelley. District G Director Stephen Bush was absent.

Fishering opened the session and led all in saying the Pledge of Allegiance.

The Board voted to approve the meeting agenda as presented.

Continued pg 19

## JULY WELCOMES PATRIOTIC CONCERT, FUN ON THE FOURTH

### Mirror staff report

MONTROSE-This July, Montrose residents and visitors will be able to enjoy a patriotic concert as they gather to watch fireworks on the Fourth. Although the venue has not yet been confirmed, the United States Air Force Academy's Falconaires will perform a Fourth of July show this year in Montrose, bringing a 20-member jazz band and performing a tribute to America. The group has performed in Montrose on the fourth in years past, thanks to a relationship with the Welcome Home Alliance for Veterans (WHAFV).

Though initial plans to host the patriotic concert at the City's new amphitheater in Cerise Park may not materialize due to a booking conflict, the Falconaires have confirmed that they will play somewhere in Montrose. Said April Heard of WHAFV, "They are awesome!"

Meanwhile, as the Montrose Office of Business and Tourism (OBT) works to confirm the performers who will take the stage at the Cerise Amphitheater on the evening of the Fourth, Continued pg 5



Though initial plans to host the Falconaires concert at the City's new amphitheater in Cerise Park, above, may not materialize due to a booking conflict, the Falconaires have confirmed that they will play a patriotic show in Montrose on Jul 4, according to the Welcome Home Alliance for Veterans (WHAFV). Photo by B. Switzer.

http://www.asclepiusgardens.com/

Carole Ann McKelvey's Rocky Mountain Cravings! annual auction!

Partners to hold

*Letters to the Editor!* **Regional News Briefs!** 

Lauren Hall Ruddell, PhD: Your Brain on Nature!

## EARTH WEEK GATHERING AT THE PEACE POLE

### Special to the Mirror

MONTROSE-The community is invited to a prayer gathering at the Peace Pole in Ute Indian Park to pray for the healing of Mother Earth at noon on Saturday, April 23, as part of the celebrations for Earth Week. The gathering will also include a blessing of the Uncompahyre River. Everyone is invited to bring their drums and their prayers for this gathering. Similar events will be held all over the world at the more than 200,000 peace poles in over 156 countries. We will also pray for peace for Ukraine. This event is sponsored by the Spiritual Awareness Center. For more information call 970-252-0908.





## THE MONTROSE MIRROR

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*JULY WELCOMES PATRIOTIC CONCERT, FUN ON THE FOURTH* <u>FROM PG 1</u>

plans are underway for an afternoon celebration with festival food, face painting, and family fun. City of Montrose Community Events Coordinator Katie Schroer said that there will be a 2022 Fourth of July Parade, followed by food trucks gathering in the park. Volunteers are welcomed to assist with the activities, Schroer said.

Shortly after the Fourth of July, Montrose veterans and their loved ones will have another opportunity to take part in an event celebrating our nation's heroes, as Freedom Sings returns to Montrose. The non-profit organization, which pairs professional songwriters with veterans, military personnel and their families to help them tell their stories through song, has worked with the Welcome Home Alliance for Veterans in the past and will return for a <u>three-day retreat at the</u> <u>Bridges</u> this summer.

The Mirror:

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Page 5
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## ATH ANNUAL BOOT STOMP

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## PLEASE HELP ASPEN, WARRIOR OF HOPE

#### Special to the Mirror

MONTROSE-Aspen is a sweet 4 ½-year-old little girl full of love and joy. After her second birthday she suffered a Grand Mal seizure which affected her ability to walk, talk, sit up, and eat solid foods. A tumor was discovered sitting behind her left eye.

Though Aspen has made many strides since, the tumor continues to grow and change making it currently inoperable. The Reynolds family is currently seeking a genetic specialist and surgeon in hopes of removing part of the tumor to increase her quality of life. Let's rally around this family as their continue their journey with sweet Aspen.

### Join us on April 24 for

- -Live Music by Peach Street Revival
- -Corn Hole Tournament
- -Food Trucks
- -Ice Cream
- -Door Prizes
- -Kid's Activities

### -Bouncy Houses ...and Beer!! All Corn Hole Tournament Information will be <u>posted</u> shortly.

Please contact DJ or Ashley for more information on becoming a sponsor for Aspen's event (970)986-9466





## REGIONAL NEWS BRIEFS 11TH ANNUAL PIONEER SOCIAL HONORING THE VEO FAMILY

### Special to the Mirror

MONTROSE-The Montrose County Historical Society would like to invite everyone to the 11th Annual Pioneer Social honoring the Veo Family and their deep roots reaching back over many years in the Uncompany Valley. The social will trace the years and highlight family members from the past, noting the significance of this family's contribution to the history of Montrose County. Please invite your neighbors, friends, and family to the social for the special presentation by the Veo family on the Veo family history. The event starts at 2 pm at the Montrose United Methodist Church.



## 2022 SMPA BOARD CANDIDATES ANNOUNCED

### Special to the Mirror

As a consumer-controlled electric cooperative, San Miguel Power Association (SMPA) is overseen by a seven-member board of directors who are elected by the membership. Directors serve fouryear terms. Each year, one or two directors, representing their geographic district, are elected. This year, the Board election is for District #3 and District #6.

In District #6, which includes Ridgway and much of Log Hill Village, the incumbent director, Debbie Cokes is running unopposed. She will be deemed re-elected per SMPA bylaws. No ballots will be sent to voters in this district.

In District #3, which includes Dunton, Norwood, Placerville, Rico and Sawpit, current director, Dave Alexander and challenger, Allyn Svoboda are running against each other for the seat. Electric consumers in District #3 will elect their director this year by secret ballot. Voters have three options on how to vote:

1) They may vote using a secure online ballot. (Be sure to "whitelist" the email address <u>noreply@directvote.net</u> to vote and to turn off your paper ballot.) The online ballot is also accessible through the free online and mobile app, SmartHub.

2) They may vote by mail. (Paper ballots will be mailed to all eligible voters who have not turned off their paper ballot.) Ballots must be received by June  $8^{th}$ .

3) They may drop off ballots at the SMPA Office in Ridgway (720 N. Railroad St.) or in Nucla. (170 W. 10<sup>th</sup> Ave.) Drop-off ballots must be received by 5:30 pm on June 8<sup>th</sup>.

Results of the election will be announced at the conclusion of the online Annual Meeting, on June 9<sup>th</sup>. See <u>www.smpa.com</u> this month to register. San Miguel Power Association, Inc. is a member-owned, locally-controlled rural electric cooperative with offices in Nucla and Ridgway.

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## REGIONAL HEALTH

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### **Our Original Location:** 306 East Main Street Montrose, CO 81401

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## DELTA HEALTH HOSTING VIRTUAL TOWN HALL MEETING

### Special to the Mirror

DELTA- - Delta Health announced today it is hosting a virtual town hall meeting on April 20 at 5:30 p.m. to discuss the state of the hospital and the proposed 0.8% sales tax initiative that will be on the May 2022 ballot. Matt Heyn, Delta Health CEO and other members of the Delta County Memorial Hospital Special District Board will be presenting and answering community questions. Delta Health is asking for all questions to be submitted prior to the meeting to Jacqueline Davis, the Delta Health Public Information Officer by emailing jada-

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vis@deltahospital.org.

Community members can join the town hall via zoom link and Facebook Live. The Zoom link will be posted on social media platforms and on the Delta Health website under the News section.

"A virtual town hall meeting is a valuable way for our community to get clarification and a greater understanding of this sales tax initiative and the state of the hospital, " said Heyn. "We are looking forward to answering community questions and providing another layer of transparency from the hospital and Board."

During the Feb. 28, 2022 Board of Directors Meeting, the Delta County Memorial Hospital Special District Board voted to place a 0.8% sales tax initiative with an 8year sunset provision on the May 2022 ballot. The initiative would take effect on July 1, 2022<del>.</del>

Delta County Memorial Hospital, doing business as (dba) Delta Health, is a special district hospital with a County elected board. All County taxes the hospital receives by law must be brought to the Delta County voters for approval. The full recording of the February 28th meeting can be found at <u>https://</u>

www.deltahealthco.org/board-directors/. For more information on the May election and the ballot measure, contact Julie Huffman, Delta Health Chief Legal Officer at 970.874-2245 or at jhuffman@deltahospital.org.



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## Live at The Bridges June 17

### VIP AND GENERAL ADMISSION TICKETS AVAILABLE!

## **GENERAL ADMISSION TICKETS \$40**

Seating on the lawn at The Bridges Open seating on the grass - bring chairs. Food & Beverage concessions available. Please, no coolers or alcohol brought into the venue. Bag check at the gate. Rain or Shine -- Carpooling Encouraged

GA tickets available at BrownPaperTickets.com, as well as Timberline Bank, The Bridges Pro Shop, Fisher's Liquor Barn (GJ), The Liquor Store, Montrose Community Foundation, Dolphin House

### VIP TICKETS \$140 PER PERSON

Includes gourmet buffet; all beverages including beer, wine, and cocktails; clubhouse access; limited front row seating.

VIP ticket purchase by email only: sandy@montrosebridges.com You will receive an email confirmation from Sandy



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### CDOT CREWS TO PERFORM MAINTENANCE ON SEVERAL ROADS ACROSS REGION

### Special to the Mirror

**SOUTH-CENTRAL & SOUTHWEST COLORADO** — The Colorado Department of Transportation will perform highway maintenance work on several roads across south-central and southwestern Colorado next week.

-CO 149, between South Fork and Creede (MPs 10 to 11) - Crews will be replacing and repairing concrete barriers along the high-way.

-US 550, just north of the NM state line (MPs 2 to 2.8) - Crews will be clearing brush and debris from slopes and drainage areas along the highway.

-US 160, near Durango West subdivisions (MPs 75 to 78) - Crews will be crack sealing.

-US 160, near Mesa Verde National Park (MPs 46 to 50) - Crews will be crack sealing.

### Traffic Impacts

From April 18 - 22, from 9 a.m. to 5:30 p.m. motorists will encounter lane shifts, alternating traffic and periodic stops of 15-30 minutes on the state and US highways mentioned above. Drivers will be guided by flagging personnel. A speed reduction of 40 mph will be enforced through the work zones. Motorists are urged to slow down and drive with extreme caution. *All work is weather dependent*.

### READY TO MAKE SOME NEW MEMORIES?

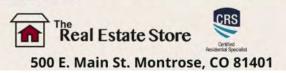
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### **BLOOD DRAW DATES**

### Sat., August 6

4H Event Center, Ridgway • 7:00AM - 10:00AM

### Tues., August 9

American Legion Hall, Olathe • 6:30AM - 9:30AM

### Wed., August 10 - Sat., August 13

Montrose Pavilion, Montrose • 6:30AM - 9:30AM

### **HEALTH FAIR**

### Sat., August 27

Montrose Pavilion, Montrose • 6:30AM - 12:00PM

### SCREENINGS

HealthScreen (Chemistry) & Lipid Panel	\$50
Hemoglobin A1C	\$38
PSA for Prostate Health	\$42
CBC (Complete Blood Count)	\$25
Vitamin D	\$45
Vitamin B12	\$45
Male Testosterone	\$45
Advanced Lipid & Heart Health Panel	\$85
hsCardioCRP	\$40

Registration begins Monday, July 11. For up to date information, visit MontroseHealth.com



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MontroseHealth.com



## REGIONAL NEWS BRIEFS

## CABLE RAIL AND GUARDRAIL TO BE INSTALLED ON I-70 NEAR SILT AND NEW CASTLE

GARFIELD COUNTY — The Colorado Department of Transportation, in cooperation with Siete, Inc., will install cable rail and guardrail on Interstate 70 starting in early April. Work will take place on I-70 starting at Silt (exit 97) and moving east. The project will begin with cable barrier installation between Mile Point 97 and MP 99. Crews will then install guardrail from MP 102 to MP 108, near New Castle. Work began the week of April 4 and is anticipated to be complete in November 2022. Motorists should plan for 5 minutes additional travel time when driving through the project. The cable rail and guardrail upgrades along the corridor will significantly improve motorist safety on I-70.

### **Traffic Impacts**

Motorists will encounter work on I-70 between Rifle and Glenwood Springs. Traffic impacts include:

Motorists should plan for 5 minutes additional travel time.

Working hours from 7 a.m. to 5:30 p.m., Monday through Friday.

Various lane and shoulder closures will take place within the work zone.

Traffic fines will be doubled in the work zone. Motorists should slow down as they approach the work zones, drive with caution, allow extra space between vehicles, and give themselves extra travel time

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## **CORAM QUALIFIES FOR STATE PRIMARY BALLOT**

### Special to the Mirror

DENVER-The Elections Division of the Colorado Secretary of State's Office announced last week that Don Coram, Republican candidate for United States House of Representatives, District 3, has submitted the required number of signatures to appear on the June 28, 2022 State Primary ballot. Candidates for U.S. House of Representatives are required to collect 1,500 signatures (or 10% of votes cast in the last election in the district, whichever is smaller) in their district, a requirement outlined by 1-4-801(2)(a.5), C.R.S. Coram submitted 1,563 valid signatures, eclipsing the 1,500signature threshold.

#### **Petition Verification Summary:**

1,953
390
1,563
1,500



For a complete statement of sufficiency, <u>click here.</u> For an updated list of 2022 State Primary petitioning candidates to date, <u>click here.</u> A record of all accepted and rejected signatures, including reasons for each rejection is on file with the Secretary of State.





## 297 New Homeowners Greeted in 2021

### Where are they from?

122 from other areas in Colorado

30 from California

9 from Utah

7 from Arizona & Texas

**6 from Washington State** 

4 from Oregon & Oklahoma

**3 from Missouri** 

2 from the following states: Indiana, Kentucky, Nevada, New Mexico, North Carolina, & Pennsylvania

1 from Georgia, Hawaii, Idaho, Kansas, Louisiana, Michigan, Minnesota, Mississippi, North Dakota, South Carolina, South Dakota, Tennessee, Wisconsin, Wyoming, Virginia

### New to our towns

127 young children

273 grown children who will visit, but hopefully not stay too long 😌

**Dogs** 263

Cats

1 parrot, chickens & bunnies

41% of the new residents are retired

58% of new residents are employed

62 were new movers, moving from one home within Delta, Montrose & Ouray counties to another.

## **2022 SMPA BOARD CANDIDATES ANNOUNCED**

### Special to the Mirror

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In District #3, which includes Dunton, Norwood, Placerville, Rico and Sawpit, current director, Dave Alexander and challenger, Allyn Svoboda are running against each other for the seat.

Electric consumers in District #3 will elect





Let's Grow Together. Advertise with The Mirror! 970-275-0646 their director this year by secret ballot. Voters have three options on how to vote:

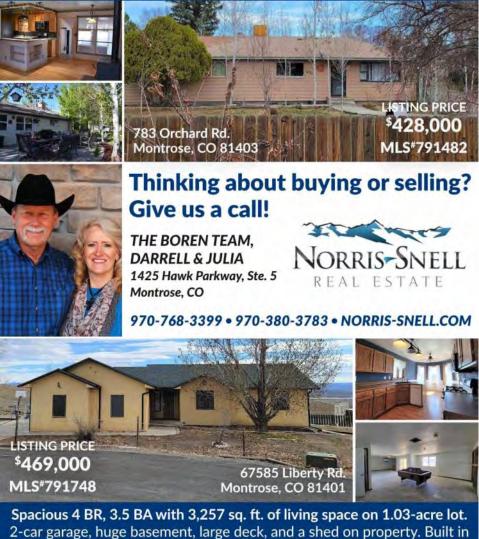
1) They may vote using a secure online ballot. (Be sure to "whitelist" the email address <u>noreply@directvote.net</u> to vote and to turn off your paper ballot.) The online ballot is also accessible through the free online and mobile app, SmartHub.

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Results of the election will be announced at the conclusion of the online Annual Meeting, on June 9<sup>th</sup>. See <u>www.smpa.com</u> this month to register.

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### COLORADO STATE FOREST SERVICE ADDS NEW FORESTER IN MONTROSE

#### Special to the Mirror

MONTROSE-The Colorado State Forest Service recently hired Jeff Rainey as a new forester in the Montrose Field Office of the CSFS.

Rainey will focus on Good Neighbor Authority timber sale administration, which is a 3,500-acre joint project with the U.S. Forest Service on the Alpine Plateau to harvest spruce beetle-killed trees. The Alpine Plateau salvage also lowers wildfire risk by removing more than 7,000 log trucks of Engelmann spruce and subalpine fir from the land and protecting Blue Mesa subdivision with more than 300 residents. Rainey will also focus on working with landowners on fuels mitigation projects and the West Region Wildfire Council, which is a partner of the CSFS. The CSFS' mission is to achieve stewardship of Colorado's diverse forest environ-

ments for the benefit of present and future generations. This mission, along with the agency's vision of promoting healthy and resilient forests, was a factor in Rainey choosing to work for the CSFS. "I'm



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Jeff Rainey. Courtesy photo.

excited for the opportunity to work with landowners to implement conservation and active management of Colorado's forests and woodlands," Rainey said. He is originally from upstate New York, where he developed his love for forests and the outdoors. Rainey gained his knowledge of western forests while earning his bachelor's degree and Master of Forestry from Northern Arizona University and working for the National Forest Foundation and the Coconino National Forest in Flagstaff. He also brings other diverse experiences to his new position at the CSFS, such as working at a small farm and sawmill in New Hampshire and teaching high school math and science for 10 years. In his spare time, Rainey enjoys the outdoors and forests by hunting, fishing, hiking, skiing and gardening with his wife, two kids and dog.

Contact Rainey at the Montrose Field Office at <u>Jeffrey.Rainey@colostate.edu</u> or (970) 249-9051.



### *"JOINING VISTA IS ONE OF THE BEST THINGS I HAVE DONE FOR MY EDUCATION."* <u>From pg 1</u>

## STUDENT SPOTLIGHT/COMMUNITY PARTNERSHIPS

RE-1J Public Information Officer Matt Jenkins introduced Montrose High School (MHS) multimedia teacher Rebecca Schwerdtfeger and students from the MHS Multimedia group. The students continue to grow their program, which livestreams a range of different MHS athletic events and activities, Jenkins said.

Schwerdtfeger was joined by two of the students from the live stream team, Areli Valdez Chavez and Yasmin Cornejo Martin. She noted that while the rest of the world was shut down during the pandemic, MHS students continued to stream sporting events and activities. "These guys were open for business," Schwerdtfeger said. "Because it was the only way people could participate and view the athletic events that were happening at the school." From to six to no more than ten students have taken part in the class over the last two years, she said. "It's been such a pleasure to work with these students." Sonja Horn of Montrose Altrusa International presented an Altrusa Apple Award to Janet Freed of Peak Academy. Jenkins announced the KREX TV Golden Apple Award for April has been awarded to Fifth Grade Teacher Douglas Goodwin of Cottonwood Elementary School.

This <u>month's community donations</u> include:

-\$500 to Northside Elementary from Friends of Youth and Nature for Third grade field trip.

-\$1,000 to Olathe Elementary from the American Legion for Third grade Reading Program.

-\$5,000 to Montrose High School from Peer Kindness. The purpose of the grant is to bring diversity and inclusion to the secondary level students. The decision on how the money is spent will go through the Student Council Youth Advisory Committee.

As the MHS livestream team students left the meeting to the sound of applause, Board President Fishering said, "...I happened to come across the MHS multimedia team personally recently...They are extremely professional and the skills that they're learning are highly transferrable to the workplace.

"They actually have skills right now that I have colleagues that don't possess those skills...I was really super impressed by them."

### **COMMUNITY INPUT**

Parent Neisha Balleck spoke to the board, thanking them first for their service. She said that many parents want to work with district officials, want to maintain their student's dignity and integrity, and want their children to receive the highest quality education.

"...What is the state of the integrity of the district?" she asked. "...back in October of last year, the Healthy Kids survey was sent out to voluntarily be filled out by 11-yearold children and older. Some of the questions asked of our children would have been considered sexual harassment in my place of work."

Balleck continued, "You may have heard of the mom whose daughter is now questioning her gender identity because she was exposed to that survey. Prior to the survey she did not question that she was a female.

"When I questioned that survey as being inappropriate for our children, there was an email sent out encouraging parents to let their kids complete it because it would give us grant money to battle vaping in our community...does asking children about their gender identity, sexual conduct, whether they've been physically, verbally, or sexually abused etc. warrant getting grant money for vaping?"

She said, "...Some parents reported being notified in an email about the survey the day after their child was given the survey; the law requires any survey being given two weeks in advance to parents for their approval."

Balleck also expressed concern over RE-1J students being able to access pornography via Google and You Tube, and quoted an email signature of Superintendent Carrie Stephenson, "...strong teaching connects learning in ways that inspire our kids to learn more and strive for greatness." "Did the Healthy Kids survey inspire kids to learn more and strive for greatness?" Balleck said. "Integrity can return to the district...I look forward to seeing how we all regain integrity in our district. Integrity works together."

### SUPERINTENDENT'S REPORT

**RE-1J Human Resources Director Michelle** Pottorff presented a staff health and wellness initiative, which includes an array of beneficial incentives for staff to spend time in outdoor recreational activities. New opportunities will benefit employees, and the district has been able to able leverage value through community partnerships. In addition to promoting staff health and wellness the new offerings will serve as a recruitment incentive. Said Pottorff, "...We're not just competing with local school districts anymore. We're competing with remote tech companies, we're competing with insurance, real estate. We have to be creative; we've got to start thinking differently too, and really focusing on that person."

Superintendent Carrie Stephenson called attention to a revised policy coming before the Board of Education on first reading. The policy will allow parents to opt their child in or out of health and family life-sex education classes. "Based on feedback that we received last year...we are recommending that we change our policy to an opt-in, opt-out policy with topics related to sex ed," Stephenson said. "We believe parents should absolutely be informed two weeks in advance and be given a choice to review all instructional materials that they wish to ... then make the decision for their family and their student...we do believe immensely that students benefit from this instruction...but we also believe in a family's right to choose for their own family their own beliefs and values ... "

Vista Charter School Principal Emily Mac-Niven introduced the roomful of Vista staff and students, as they presented a high energy discussion of the <u>school's pro-</u> <u>grams</u>, <u>opportunities</u>, and <u>real world ac-</u> <u>complishments</u>. Among the comments, a student named Guillermo said, "I am a

## *"JOINING VISTA IS ONE OF THE BEST THINGS I HAVE DONE FOR MY EDUCATION."* From previous pg

a man of many passions...Vista has helped me focus my creative energies toward a career...I have a bright future ahead of me.

"Joining Vista is one of the best things I have done for my education."

Vista currently has 154 students; 25 to 30 will graduate this spring. Vista will add a trades program nect year, as well as additional certificate programs, MacNiven said.

Following the presentation, Board of Education Vice President Jeff Bachman said, "I've been here five years; it's the best thing you've ever showed us...thank you for tonight."

"You guys did a really great job of presenting," Fishering said.

District C Director Alice Murphy noted the sense of excitement that accompanied the presentation. "...Wow. You blew me away."

District B Director Jacob Suppes commented that education can make a person's comfort zone bigger and bigger. "...Soon, you can do anything you want."

### ENROLLMENT REPORT

RE-1J Director of Finance Emily Imus presented the <u>April Enrollment Report.</u> With a total of 5,993 students, RE-1J schools have 42 students fewer than last month, and 249 more than last year at this time. EARLY CHILDHOOD CENTER REPORT

ECC Director Penny Harris presented <u>financials</u>, <u>data dashboard</u>, <u>data dashboard</u>, <u>data dashboard</u> <u>graphic</u>, and other <u>documentation</u>. With 330 spots and enrollment of 292, the ECC is nearly full, Harris said.

### CONSENT AGENDA

At the request of District D Director Tom West, Consent Agenda Item 9, Approval of the <u>purchase of computers</u> for Montrose High School from Dell Technologies in the amount of \$37,374.87, was pulled for additional discussion. The Board of Education approved Consent Agenda items as amended, and approved Item 9 separately after brief discussion.

### NEW BUSINESS Resolution 05-2022

Resolution 05-2022 is a Resolution to Transition the Engagement Center to the Black Canyon High School. The Board of Education voted to approve <u>Resolution 05</u> -2022, changing the Engagement Center behind Montrose High School to a separate high school. The resolution also states that the District shall hold Black Canyon High School accountable on an annual basis for progress toward the goals of the Board of Education and the Colorado Department of Education.

### **Board Policies-First Reading**

The Board of Education reviewed the following policies on First Reading. -<u>BCA-E1, Code of Ethics for School Board</u> <u>Members - New policy exhibit</u> -CBB, Recruitment of Superintendent - new policy to aid in superintendent search guidelines -<u>DID, Inventories - updated policy to more</u> <u>accurately reflect process of inventory</u> <u>management</u> -<u>IHAM, Health and Family Life/Sex Educa-</u>

tion - minor language changes and adding opt-in language

-IHAM-E, Opt-In/Opt-Out Form for Health and Family Life/Sex Education Lessons new opt-in exhibit form

-IMB, Teaching about Controversial Issues and Use of Controversial Materials - minor language changes and parent consent timeline

-IMB-E, Opt-Out Form for Teaching about Controversial Issues and Use of Controversial Materials - new opt-out exhibit form With no further business the Board of Education voted to adjourn.

The Board will meet next for a work session on Tuesday, April 26 at 6:30 pm.



## Learn More Volunteer Meeting 10 am. Monday, April 25 or Tuesday, April 26

Meet with staff and other volunteers at Museum of the Mountain West. Learn about volunteer opportunities—docents, tour guides, sit-down storytellers, artists & artisans, musicians, demonstrating craftspersons, office and gift shop help, social media updating, carpentry, painting, and handyman help.

Questions, call Darcie or Kate, 970-240-2400 or email info@mw.museum.org



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MONTROSE COUNTY HISTORICAL SOCIETY'S 11TH ANNUAL PIONEER SOCIAL TO HONOR VEO FAMILY AND THEIR ROOTS

#### Special to the Mirror

MONTROSE The Montrose County Historical Society would like to invite everyone to the 11th Annual Pioneer Social honoring the Veo Family and their deep roots reaching back over many years in the Uncompany Valley.

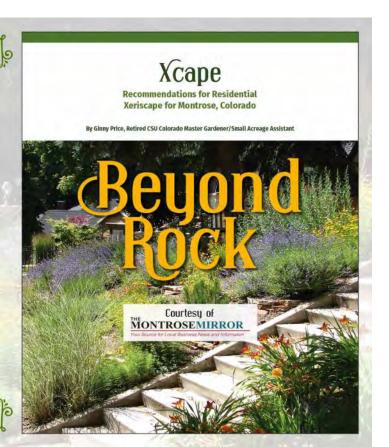
The April 23 social will trace the years and highlight family members from the past, noting the significance of this family's contribution to the history of Montrose County. Please invite your neighbors, friends, and family to the social for the special presentation by the Veo family on the Veo family history. The event starts at 2 pm at the Montrose United Methodist Church.

"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 Fridays@ 9 am montrose-matters.com OurTownMatters.net Sponsored by: **Real Estate** RIVER VALLEY ILY HEALTH CENTER **Alpine Bank** Store

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

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## **OPINION/EDITORIAL:LETTERS**

### WRITER STATES THAT PUTIN SUCCEEDED IN GETTING TRUMP ELECTED...AT THE SAME TIME HE COMPLAINS ABOUT SPREADING DISINFORMATION?

#### Editor:

I of course have a couple of comments about David Congour's (long) 4/4 Montrose Mirror letter in which he provides some relevant and interesting information about electric vehicles, but fails to refute the basic point made in my (short) 3/28 letter. It is irrefutable that today's gas prices and out-of-control inflation are a direct result of Biden's actions and policies. The public is in no mood to hear Biden and his apologists lie about gas prices and rampant inflation that they know is totally self-inflicted by Biden. Voters remember Biden boasting about his executive orders canceling domestic oil production and his plans to spend trillions of unfunded dollars giving us the worst inflation in four decades - all to the detriment of working-class Americans. For Congour to begin his letter by blaming our "gasoline woes" on "the market and the fossil fuel industry," is not only laughable, but detracts from the seriousness of the balance of his letter. Nothing changed in the fossil fuel industry the day Biden became president, and all the market changes were a direct result of Biden's curtailing domestic energy production.

The one point I can agree on with Congour, is that "we need fossil fuel for now," and that we should be forward-looking and do all that we can to make alternatives available. Biden's actions, however, make it abundantly clear that they intend to destroy the fossil fuel industry prior to there being any realistic alternative. To implement a "green new deal" without a viable plan is a fool's folly. EU countries are fully committed to adopting renewable energies. Germany will decommission its last nuclear power plant by the end of this year. Germany and others have banned fracking, even though they have an abundance of recoverable shale gas. Despite \$600 billion investment in renew-

able energy, Germany has to import most of its energy needs from Russia. After years of environmental activism, EU nations pay Russia over \$1 billion per day for energy. Germany is coming to the stark realization that renewables will never meet the energy needs of a large nation. As is typical in Congour's letters, he attempts to denigrate writers he disagrees with ("demagogues, spreading ignorance, conspiracy theories, disinformation," etc.). As "reasonable people who haven't lost critical thinking skills" perhaps all those brilliant climate campaigners might want to consider the real-life implications of destroying domestic fossil fuel production prematurely. Help us ignorant people understand how destroying our energy independence and then immediately begging our enemies for more production is environmentally sane. How does shutting down a pipeline from Canada, and then shipping/trucking oil halfway around the world in any way beneficial? With the U.S. and Europe already representing a shrinking minority of world energy consumption, where is the concern for China going all-out building new coal plants on a scale far beyond anything the world has ever seen, and India (with a population nearly as large) not far behind, and the rest of Asia and all of Africa waiting in the wings? Hydrocarbons are the building blocks for plastics, synthetic fibers, clothing, rubber, paint, resins, glues, containers, insulation, packaging, asphalt, and much more. More significantly, the main source of nitrogen in fertilizer is hydrocarbons. I guess you "forward-looking people" have all that figured out, including how you are going to produce food for a nation of 330 million -plus without nitrogen.

Amazingly, Congour states that Putin succeeded in getting Trump elected, compares Republicans to Putin because they object to fake media, and accuses Republi-

cans of wanting to destroy democracy --at the same time he complains about spreading disinformation and ignorance? I guess he still believes that Hunter's laptop and obvious corruption were "Russian disinformation," that the Clinton campaign didn't create the Russian collusion hoax, that the Clinton campaign didn't pay for and peddle fake Trump-Russian evidence, that the Obama administration didn't spy on the Trump campaign under knowingly false pretense, that Mueller's Trump investigation wasn't a complete farce, or that the media wasn't an integral part of all that malfeasance. I also assume that if he believes concerns about Biden's "mental capacity" are misinformation, he also believes VP Harris does not show her incompetence on a daily basis.

And of course, those evil Republicans are just driven by campaign contributions from the fossil fuel industry and those evil oil companies are spending millions funding climate change denial. Sorry, but I am more concerned about the reality of having a mentally challenged President who may also be compromised by his family's corruption. And the American people are more concerned about gas prices, inflation, crime in our cities, the invasion at our southern border, and Biden's crashand-burn foreign policy than never-beenright-yet computer models projecting tendegree temperature increases at some ever-moving date in the future. If you want real Russian collusion, check out the Sea Change Foundation. Based on the proof already available, a legitimate question is: How many of the environmental groups attacking oil companies have received and are still receiving funding from Russia? How many of the leftists groups beating the drums for solar and wind energy are, in fact, Putin's pawns?

Chanda Ouimet, Montrose

## CDOT CREWS TO PERFORM MAINTENANCE ON SEVERAL ROADS

### Special to the Mirror

SOUTH-CENTRAL & SOUTHWEST COLORA-

DO — The Colorado Department of Transportation will perform highway maintenance work on several roads across southcentral and southwestern Colorado next week.

CO 149, between South Fork and Creede (MPs 10 to 11) - Crews will be replacing and repairing concrete barriers along the highway.

US 550, just north of the NM state line (MPs 2 to 2.8) - Crews will be clearing brush and debris from slopes and drainage areas along the highway.

US 160, near Durango West subdivisions (MPs 75 to 78) - Crews will be crack sealing.

US 160, near Mesa Verde National Park (MPs 46 to 50) - Crews will be crack sealing.

Traffic Impacts

From April 18 - 22, from 9 a.m. to 5:30 p.m. motorists will encounter lane shifts, alternating traffic and periodic stops of 15 -30 minutes on the state and US highways mentioned above. Drivers will be guided by flagging personnel. A speed reduction of 40 mph will be enforced through the work zones. Motorists are urged to slow down and drive with extreme caution. All work is weather dependent.

### Know Before You Go

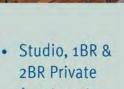
Travelers are urged to "know before you go." Gather information about weather forecasts, anticipated travel impacts, and current road conditions prior to hitting the road. CDOT resources include: Travel webpage: <u>COtrip.org</u> Free mobile app: <u>COtrip Planner</u> Phone hotlines for road and weather conditions: 511 or 303-639-1111 Sign up for project or travel alerts: <u>bit.ly/</u> <u>COalerts</u>

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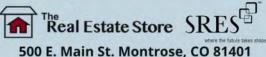
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## REGIONAL NEWS BRIEFS ANNUAL SPRING CLEANUP APRIL 22-23

### Special to the Mirror

MONTROSE-The City of Montrose annual Spring Cleanup offers disposal and recycling services from a single collection point on April 22-23. Residents are invited to bring cleanup items to the drop-off site located off the San Juan bypass (U.S. Highway 50), directly across the street from the Sunshine Peak apartment complex. Signs will direct residents to the drop-off location that will be open on April 22 from 7 a.m. to 5 p.m. and on April 23 from 7 a.m. to 7 p.m.Visit <u>CityofMontrose.org/SpringCleanup</u> for more information.



## Virtual TOWN HALL MEETING

APRIL 21, 2022 • 5:30 PM

Join us to discuss the 0.8% sales tax initiative that will be on the May 2022 ballot.

Matt Heyn, Delta Health CEO and other members of the Delta County Memorial Hospital Special District Board will be presenting and answering community questions.



Submit questions prior to the meeting by emailing Jacque Davis, Delta Health Director of Marketing/Communications/ PR Delta Health

jadavis@deltahospital.org

Community members can join the town hall via **ZOOM LINK AND FACEBOOK LIVE.** The Zoom link will be posted on Delta Health's social media platforms and on the website under the News section.

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## REGIONAL NEWS BRIEFS

## DEMOCRATIC CHALLENGER CD3 ADAM FRISCH SPEAKS TO MONTROSE CITIZENS



### Special to the Mirror

MONTROSE-Adam Frisch, one of three Democrat CD3 House candidates who hope to unseat Representative Lauren Boebert, spoke to an enthusiastic group on the patio of the downtown Coffee Trader, this past Saturday morning. He began by saying Boebert is the head of angertainment. He said he is a husband, father and patriot and promised to always be truthful with constituents and do what he has done his entire life, the right thing. He pointed out that Boebert took credit for the Infrastructure Bill after voting against it. He said there are serious issues in Western Colorado that won't be addressed until there is a representative "reset" with someone who will work on behalf of all citizens. Mr. Frisch answered guestions from attendees after a brief summary about his life.

### RESURFACING PROJECT TO BEGIN ON I-70 FROM PARACHUTE TO RULISON 20 minute delays anticipated

### Special to the Mirror

GARFIELD COUNTY — The Colorado Department of Transportation will begin resurfacing work on April 18 along Interstate 70 from Parachute to Rulison. Elam Con-

struction of Grand Junction is the contractor for this project. Motorists should plan for 20 minutes additional travel time when driving through the project. Work will take place along I-70 for six



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miles from Mile Point 75.4, east of Parachute, to MP 81.6, just east of Rulison. Work will include a 2" hot mix asphalt overlay, installing new guardrail, leveling asphalt at select locations, replacement of bridge rail and striping. Crews will repave the on and off-ramps at exit 81 (Rulison) as part of the project.

The HMA will add approximately 10 years of life to the highway, provide a smoother road surface and will durability by increasing the resistance of ruts and road damage. This will allow for a smoother and safer drive for motorists.

Other benefits of the project include installation of new guardrail that will be 31 inches high, designed to meet new safety standard requirements. The higher railing will help veering vehicles remain on the road more effectively, making the highway safer for the traveling public. The former standard height of guardrail was 27 inches.

### **Traffic Impacts**

Daytime work hours range from 7 a.m. to 8 p.m. Monday through Friday. Motorists should plan for single-lane closures, 20 minute delays, reduced speed limit and a 12 ft. width restriction. The project is expected to last until September. For additional information about this pro-

ject:

-Call the project information line at 970-456-1361

-Email the project team at: <u>resurfacingproject@gmail.com</u> -Visit the project website at: <u>www.codot.gov/projects/i70-</u> parachute-to-rulison-resurfacing

## **OPINION/EDITORIAL: LETTERS**

### COMMENTS ON POSSIBLE UNIONIZATION OF PUBLIC EMPLOYEES IN COLORADO

#### Editor:

I have a few comments about the Garcia/ Marshall/Frank letter in the April 11th Montrose Mirror regarding the possible unionization of public employees in Colorado. The only thing I can agree with them on is that public employee unions are not a good thing. I spent a career in senior management in the ferroalloys industry and worked extensively with the United Steelworkers union, and I am a firm believer in the benefits of unionization in the private sector --- where there are checks and balances. Both the union and management are vested in the success of the company. Management wants healthy and motivated employees. The union wants a healthy company and know that if their demands are not financially viable, everyone is out of a job. Unionization in the public sector, however, is totally different in that there are no checks and balances. In the public sector the "company" is the taxpayer, and there is no one at the bargaining table representing them. The person across from the union at the bargaining table is a politician, whose re-election is dependent on the union filling his or her campaign coffers and getting that person re-elected. The politician is a de-facto representative of the union.

The writers make several rather disingenuous claims. They start with the false premise that college is affordable today, which is absurd. College costs have escalated over the years to the point today that college is only "affordable" to the very rich or those ignorant enough to incur a lifetime of debt. That cost escalation,

far beyond the inflation rate, began the moment our trusty politicians took the financing of an education out of the hands of private banks and gave it to the federal government. With all that easy money available, there was now an unending supply of students willing to be indebted for life --- and the cash kept flowing. Academics realized that they suddenly had a cash cow bonanza, and started spending like there was no tomorrow --- athletic facilities and dormitories fit for kings; fields of study having nothing to do with making a living after graduation, and everything to do with making everyone feel good about themselves; tenured professors spending little or no time in the classroom; and, most importantly, a vast and continual expansion of administration positions and salaries.

Equally dishonest is the premise that if universities are unionized, there are only two choices administrators have --- increase tuition or cut academic programs. Here are some real-life alternatives they are well aware of but don't want to talk about. How about reducing your administration staffing and salary levels to the level before the "free money" became available? Or using several of those administrators who have nothing to do as the university representative to the new union? How about having your tenured professors actually do a day's work and spend some of their time in the classroom? How about putting the brakes on your building programs? Perhaps your football team doesn't need new facilities comparable to the NFL, and your golf

team really doesn't need its own golf course? And yes, eliminate those academic programs having nothing to do with providing students with the tools they need to make a living.

The writers also fail to explain how working with a union increases their costs. They infer that they are already working with their employee groups and providing them with what the unions promise. If unionization isn't going to give the employees more, where is the increased cost?

The alternative they wisely didn't talk about much was to have Polis pick up the slack and pour more millions of taxpayer money into their coffers. That way they can continue to have an administrator for everything imaginable and not have to make an honest attempt at controlling their cost (Cost reduction to an academic means to reduce the size of the annual increase.) I don't think these gentlemen's letter is going to receive much sympathy from Colorado taxpayers, who are increasingly aware that sending their kids to college no longer means they will receive an education. Left wing Marxists have systematically destroyed our higher education system, and at some point, parents and students will no longer be willing to trade a mountain of debt to be propagandized. Taxpayers have a right to demand truth and excellence for the taxes and tuition they pay. What we have here is a failure to educate, and pumping in more taxpayer or tuition money is not going to correct that. Ed Henrie, Montrose

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## **OPINION/EDITTORIAL: LETTERS**

## DEMOCRATIC PARTY DEFINITELY PICKED THE RIGHT MASCOT

#### Editor;

If a stand-up comedian cracked a joke at a Hollywood gala about eagles dying because of the environmental wackos, the crowd would be rolling on the floor laughing. But as crazy as it sounds, that is exactly what is happening right here in America and is costing an American company \$ millions in fines! So let's get this straight. The environmental wackos (Rush Limbaugh's description) controlling the federal government have for decades forced private companies to provide what they call environmental-friendly energy. And they have raved about how wonderful the wind turbines are for providing "clean energy". It turns out they're not so marvelous after all. It is now revealed a renewable energy company, ESI Energy, was given a five-year probation and ordered to pay more than \$8 million in fines after the deaths of 150 bald and golden eagles from crashing into their wind turbines in more than eight states. The government said ESI Energy violated the Migratory Bird Treaty Act. What?? When did the eagles sign such a treaty with the federal government? That Act further states that it prevents anyone from "killing or taking parts" from protected birds without permission from the federal government! So here we have a legitimate company trying to make the government and environment wackos happy by manufacturing "clean" energy probably with worshipped union workers and they get punished for birds slamming into their blades! Those blades rotate slow enough that the

birds could easily swoop around them for their safety. But no, leave it to our Leftist government to chastise big business when it was not they who are negligent. The negligence is our Leftist government for mandating such a dangerous atmosphere for the birds without providing for their safety. ESI prosecutors said the eagles' deaths happened over a period of time from 2012 on. Hold on.....it gets better! They said ESI has violated wildlife laws by "taking eagles without 'obtaining' or 'even seeking' the necessary permits"! Huh? The wildest imagination could never make this insanity up!! Not even at a Hollywood Democrat pot party! Oh....it gets even better! In addition to the obscene \$8 million fine ESI had to agree to apply for "permits" allowing "unavoidable take" of eagles at its facilities! And the company had to agree to pay \$29,623 each time an eagle is killed or "injured" in the future!! And it gets worse......the pitiful company even has to pay up to \$27 million for "measures" meant to keep future deaths at a "minimum". That includes shutting down turbines at times when eagles are "more likely" to be present! Huh?? Nope....ya just can't make this insane stuff up! So there go the hopes of the electric car owner waiting in line watching the eagles fly around to charge their thousand-pound battery so they can get to work to pay for their \$100,000 electric car. So here is one of our Leftist government's preferred method of energy production and they want to penalize the company for something beyond their control for

doing it. One thing is for sure, nuclear power plants don't kill birds and don't kill as many humans as wind turbines either, but does the government care? Nope, it's control that counts. What's more, nuclear is the safest form of energy we have. Wind and solar are actually considered obsolete technologies. They are comically inefficient with wind producing just one watt of power per square meter of space used. Nuclear generates 2000 watts for that same space. So it would require a region three times California's size to meet the U.S.'s current energy needs with wind power. But what happens if everyone has an electric car? Those obsolete technologies could never come close to providing electric power to charge all electric cars.

So then what? Well, they'll just have to wait until the eagles have landed to get their thousand pound batteries charged. By the way, electric car owners do not pay any taxes toward highway and bridge maintenance.

The gasoline purchaser pays federal and state road taxes for highway maintenance on every gallon of gas purchased. So they need to show good intentions and mail in their checks.

Isn't it pathetic Democrats will prosecute an innocent, legitimate patriotic company for a dead bird, but they won't prosecute illegal aliens for their crimes against American citizens? The Democrat party definitely picked the right mascot to represent them.

Jerry Bartholome, Montrose



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### DAYTIME ROADWAY CLOSURE SCHEDULE EXTENDS ON US 50 LITTLE BLUE CREEK CANYON

#### Special to the Mirror

MONTROSE & GUNNISON COUNTIES – Regularly scheduled full 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) which began on Monday, April 4, and will continue through the end of June 2022.

"Full Daytime road closures for the area will be extended through the end of June 2022 to complete critical safety overhead work. This extension is a result of the suspension of work in August of 2021 due to the damage in Glenwood canyon caused by mudslides and the subsequent closures of I70 that kept US 50 open as an official detour route," says Kathleen Wanatowicz, Public Information Manager for the Little Blue Creek Canyon project. "Beginning July 1 through project completion, motorists can anticipate one-lane alternating traffic through the corridor during the day. At that time, the crews will have completed the work necessary for full daytime road closures."

The daytime road closure schedule changes depending on weather and project conditions. Nighttime road closures continue throughout the project from 7:30 p.m. – to 6:30 a.m. until project completion. Nighttime closures are necessary for public safety and allow the work crews to access challenging and narrow work areas. TRAFFIC IMPACTS (REVISED) Through June 30

Full roadway closure schedule: Monday – Friday 8:30 a.m. – 12:30 p.m. and 1:30 p.m. – 5:30 p.m. Full roadway closures will occur through the night Monday – Thursday 7:30 p.m. – 6:30 a.m. Plan your travel around the opening windows and be prepared to queue at designated areas. 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.



April 29th Montrose Pavilion 5:30 - 7 PM Celebrating

small business & O 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.

FAST INTERNET > (for real)

NOMINATE A SMALL BUSINESS

Presented by:



Reveada Barr meets Jana Del eon in this Western Slope mystery series

### COLORADO SECRETARY OF STATE'S OFFICE SENDS NOTICE OF PROPOSED RULEMAKING

#### Special to the Mirror

DENVER- The Secretary of State's Office has issued a notice of proposed rulemaking to consider preliminary draft rules including, rules necessary to implement House Bills 21-1011 (multilingual ballot access for voters) and 21-1071 (ranked choice voting in nonpartisan elections); a reorganization and readoption of current election security rules; and permanent adoption of voting system security rules that were temporarily adopted on February 10, 2022. "Every Colorado voter, Republican, Democrat, and Unaffiliated alike, deserves accessible and secure elections," said Secretary Griswold. "These rules will further the Department's goal of delivering great elections for Coloradans across the state. As Secretary of State, I will always protect access to the ballot box for every eligible voter and the integrity of our election system." The preliminary draft rules include:

-Rules to implement the law establishing multilingual ballot access for voters by directing counties to offer access and assistance to a multilingual hotline set-up by the Secretary of State.

-Rules to implement ranked choice voting for municipal elections law by creating certification standards for voting system providers to follow for that system to be used in an instant run-off election.

-Permanent adoption of the temporary elections rules that were adopted in February to ensure the security and custody of Colorado's voting systems. The rules include measures restricting physical and electronic access to the voting system and outline the enforcement mechanisms necessary to ensure election security compliance.

-The reorganization of Rule 20 (security rule) and additional changes to further enhance security for the entire election system. -Clarification of rules concerning election watchers to make clear that watching a drop box is a permissible activity for an election watcher.

A public rulemaking hearing is scheduled for May 24<sup>th</sup>, 2022 at 9:30 am to receive testimony concerning the preliminary draft of permanent rules. This hearing will be conducted in-person and via webinar. The inperson hearing will take place at the Secretary of State's Office and registration for the webinar can be done at: https:// attendee.gotowebinar.com/ register/4289699957742255116.

The public is also invited to send feedback to the Secretary of State's Office regarding the rulemaking process. Those interested in participating can review the preliminary draft rules and submit written comments about the proposed permanent rules to SOS.Rulemaking@coloradosos.gov at any time prior to and during the hearing. The Secretary of State's Office will redact apparent personal contact information, including home address, email address, and telephone number(s), from submissions before posting the information online, unless otherwise directed by the contributor. All written comments will be added to the official rulemaking record. For the Notice of Proposed Rulemaking, including a statement of basis and preliminary draft rules, please click here.

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



Jimmer's Steak & BBQ 970-252-1227

Fiesta Guadalajara 970-249-2460

Alpen Confections 970-648-0609

Remington's at the Bridges 970-252-1119

Liquor:

Beer Barn II 970-249-5550

House of Spirits 970-240-4799

Stone House 970-240-8899

Mimo's 970-249-0616

Camp Robber 970-240-1590

Pahgre's 970-249-6442

My Favorite Muffin 970-765-0076

Heidi's Brooklyn Deli 970-240-1605

> Rib City 970-249-7427



## MONTROSE COUNTY HISTORICAL SOCIETY PRESENTS 11<sup>th</sup> ANNUAL MONTROSE PIONEER SOCIAL

HONORING "The Veo Family"

April 23, 2022

## SOCIAL AND PROGRAM AT 2:00 PM

## Montrose United Methodist Church 19 S. Park Ave.

Donations accepted at the door





### **REGIONAL NEWS BRIEFS**

### BOAT RAMPS NOW OPEN AT CRAWFORD AND SWEITZER LAKE STATE PARKS



Crawford State Park offers 400 surface acres of recreational boating water. It is open to motorized boating, canoeing, jet skiing, paddleboarding and sailboarding. Water skiing season typically begins in mid-May and ends in mid-August.

#### Special to the Mirror

DELTA– Boat ramps will open Saturday, April 16 at two state parks on Colorado's Western Slope.

Both <u>Crawford State Park</u> and <u>Sweitzer</u> <u>Lake State Park</u> will open boating seasons at 8 a.m. Saturday. Boat ramps will remain open from 8 a.m. to 4 p.m. daily until mid-May before transitioning to summer hours of 8 a.m. to 8 p.m.

Crawford Reservoir is located south of the town of Crawford in Delta County just off Colorado Highway 92. Sweitzer Lake is located south of the town of Delta just off U.S. Highway 50.

Boaters must be sure their boats are clean, drained and dried before going to the aquatic nuisance species (ANS) station at each park. Boaters with a green seal are responsible for presenting their receipt. CPW has already discovered three boats carrying ANS this year after recent trips to Lake Powell.

Crawford State Park offers 400 surface acres of recreational boating water. It is open to motorized boating, canoeing, jet skiing, paddleboarding and sailboarding. Water skiing season typically begins in mid -May and ends in mid-August.

"Our water levels at Crawford are currently better than they were at opening in 2021," said park ranger Scott Rist. "We are projecting to fill the reservoir this year.



Sweitzer Lake State Park is excellent for water skiing and jet skiing. Courtesy photos by Ken Papaleo/CPW .

You never really know how long it will be full, but we should have really good boating through August this year." Crawford is known as a quality perch and crappie fishery along with channel catfish, largemouth bass, northern pike and rainbow trout.

Visitors at Crawford State Park should be aware of construction on the Clear Fork Campground, which is projected to open in early June with 20 new full hookup sites.

Sweitzer Lake was built solely for recreation. The 137-surface acre reservoir is ideal for water skiing and wakeboarding because of its oval shape and maintains its water level year round. It is also popular for boating, jet skiing, paddleboarding and sailboarding.

"Because the water level doesn't fluctuate, we have really good boating at Sweitzer Lake all season," Rist said.

Sweitzer Lake is a great place to take kids fishing. It offers catfish, bluegill, green sunfish and carp. It is catch and release only.

Water temperatures in most Colorado reservoirs will remain very cold well into

June. CPW recommends wearing a life jacket whenever on the water.

"It can really be deceiving because it can be 80 degrees outside but the water can still be 50 degrees," Rist said. "The standup paddleboard people will want to get out there the first really nice day, but don't be fooled about those water temperatures.

Hypothermia happens fast." Now is a good time for boaters to check their required boating safety items such as Coast Guard approved life jackets for every person on the boat, a type IV throwable floatation device, a noise-signal device and fire extinguisher. Please review all <u>2022 Colorado boating regulations</u> to be sure your boat is equipped with all required safety gear.

Campsite reservations can be made through the Colorado Parks and Wildlife website at: <u>http://cpw.state.co.us</u>. For more information on Crawford State Park, go to: <u>https://cpw.state.co.us/</u> <u>placestogo/parks/Crawford</u>

For More information on Sweitzer Lake State Park, go to: <u>https://cpw.state.co.us/</u> <u>placestogo/parks/SweitzerLake</u>

### MILLARD SCHUYLER (SKY) FAIRLAMB November 2, 1942- April 12, 2022

#### MILLARD SCHUYLER (SKY) FAIRLAMB

passed away on Tuesday, April 12, 2022, after a brave battle with Parkinsons Disease. Sky was the youngest of three children born to Ethel Schuyler Fairlamb and Charles Nutter Fairlamb in Telluride, Colorado on November 2, 1942. Following the death of his grandfather in 1947, Millard Fairlamb, the family moved to Delta to continue the Fairlamb Law practice. He attended school in Delta, where he served as senior class president and graduated in 1961.

He received his bachelor's degree in Political Science with a minor in Geology in 1965 from the University of Denver and was a member of the Lambda Chi Alpha Fraternity. He received his Juris Doctorate in 1968 from the University of Denver Sturm College of Law where he graduated with honors and was the recipient of the prestigious Order of St. Ives Award. He married Melanie Springer on August 16, 1969, at the First Presbyterian Church of Delta. They lived in Delta where he joined his father and uncle's law practice, the Fairlamb and Fairlamb Law Firm. He was pleased to be a part of Fairlamb and Fairlamb's 100th Anniversary in 1995. Sky was an accomplished and respected attorney and judge who represented the third generation of his family's Law Practice in Delta. He served as Delta County's

Deputy District Attorney, as well as the San Miguel County Attorney for fifteen years. He also served as Municipal Judge for the cities of Delta, Olathe, and Cedaredge for fifteen years.

Sky served his community in many organizations, as a Presbyterian Church Elder, and a member of Rotary International. He was a member of the Delta Masonic Lodge, he was Scottish Rite, York Rite and Shriners. As the Chairman of the Delta County Republican Party, he was a delegate to two Republican National Conventions. Sky was instrumental in facilitating the donation of funds from the Ambassador of Kuwait, Saud Nasir Al-Sabah, toward what is now known as the Bill Heddles Recreation Center. Sky loved the outdoors. He enjoyed growing vegetables in his garden and exploring the natural beauty of Colorado, camping, hunting, and skiing with his family. Telluride always held a special place in Sky's heart as he continued to explore the mountains, mining claims and jeep trails that sparked his curiosity as a boy. Outings with Sky always included a primer on Swedish pebbles, geological features, wildflower identification and sharing colorful stories about Colorado history over a delicious picnic. He was always up for an adventure traveling through Europe, enjoying a good



meal and watching his alma mater, DU, play hockey. Sky is remembered as a consummate gentleman, with a quick wit, an honest and loyal friend, a loving and supportive father, husband, and "Papa." Survivors include his wife of fifty-two years, Melanie Springer Fairlamb, two daughters: Elizabeth (Matthew) Bray, of Portland, Oregon, Laura (Bryan) Rhodes of Seattle, Washington, and one grandson: Raife G. Bray, his sister Charlotte Bucher, and seven nieces.

A memorial service will be held on April 23rd at the First Presbyterian Church of Delta at 1 pm.

Memorial contributions in Sky's name may be made to the Shriners Hospital. donate.lovetotherescue.org



### **COMMUNITY OBITUARIES**

### MARILYN EVELYN SPEAR March 3, 1938 ~ March 30, 2022



Marilyn died on March 30, 2022, following a months-long illness. She was born to Merle and Evelyn (Swanson) Morgan on March 3, 1938, in Denver, Colorado, where she grew up and graduated from South High School. Soon after graduation, she went to work at Ringsby Trucklines where she met her future husband, Robert. They were married on July 12, 1958, and enjoyed 63 wonderful years together.

In 1972, Marilyn and Robert moved their family from Morrison, Colorado, to Delta in their quest to raise their three children, Cindy, Russell, and David, in a rural setting far away from the 'rat race' of big -city life.

She held a variety of jobs to help meet the family's needs, including many years at the drivers licensing office in Delta where she was known for her happy disposition in caring for customers' needs. It was a job that suited her lifelong and sincere interest in meeting and assisting people.

Marilyn was particularly enthusiastic about her Bible-based beliefs as one of Jehovah's Witnesses, devoting much of her time to teaching others about God's promises of a better future for the Earth and mankind. Her firm faith gave her the strength to endure hardships and disappointments, particularly the tragic loss of her daughter and father in a car accident

in 1975.

A true extrovert, she felt most content when in the company of family and friends -- and a good cup of coffee. While she had a variety of interests including scrapbooking, learning to play the harp, painting, and sewing, her interests were always more about the relationships that they helped foster. It was people who energized her spirit and filled her life with happiness.

Marilyn is survived by her husband, two sons, Russell, and wife Barbara, and David, and wife Shelby. She is also survived by five grandchildren (Morgan, Madison, Sophie, Kentson, and April) and five great grandchildren (Atticus, Simza, Vivian, and Nicholas).

Arrangements are under the care and direction of Taylor Funeral Service and Crematory.

View the internet obituary and sign the online guest registry at: <u>www.taylorfuneralservice.com</u>





# MALE VOCAL GROUP VERITAS TO PERFORM AT DELTA PERFORMING ARTS CENTER

#### Special to Art & Sol

**DELTA-The Delta-Montrose Community** Concert Association (DMCCA) is pleased to ture the hearts of every lishave the male vocal group, Veritas, come to the Delta Performing Arts Center, 822 Grand Avenue, on Tuesday, April 26, at 7 p.m. Doors will open at 6 p.m.

This will be the final concert for the 2021-2022 Season, the Association's 73<sup>rd</sup> Season.

Veritas is a male vocal quintet, 3 tenors, 1 will be debuted. The 74<sup>th</sup> baritone, and one bass. Together since 2012, this group's members have backgrounds in opera, musical theater, rock, gospel, and pop to create the "wall of sound" for which they have become known. They will vary the performance with a cappella, piano accompaniment and some orchestral tracks.

The combination of these talents will be showcased by a program called Decades, including a few beloved hymns and patriotic standards intermingled with hits from the 20s/30s, 40s/50s, 60s/70s, and today. These five strong voices blend beautifully to present such favorites as Stardust, Over the Rainbow, Phantom of the Opera, as well as recognizable favorites from Simon and Garfunkel to the band Chicago. It is a varied and marvelous program.

Veritas offers highly artistic arrangements sure to captener. Their 5-part harmony is rich, smooth and lush. And their way with the audience is smooth and easy. At the April 26 concert, a preview of the 74<sup>th</sup> Season (2022-2023) of the DMCCA Season will include the following five groups:

\*\*Backtrack Vocals which is a Veritas. Courtesy photo. mixed 5-person A Cappella group which transforms familiar pop, funk, Motown, standards, and Broadway songs with all-new vocal arrangements. \*\*David Osborne who is a Romantic Solo Piano performer whose music includes romantic, classical, jazz, pop, inspirational, patriotic, and Broadway show tunes. \*\*Dan Miller's Cowboy Revue which is the Best of Cowboy/Americana music along with a bit of bluegrass and gospel. \*\*The Hall Sisters which is a Classic Sister Ensemble with vocals and instruments for a combination of the earthy vibe of Lady A and the soulful harmony of the Carpenters, all blended with the energy of coun-

try-pop with a nod to famous sisters' acts of the past. \*\*How Sweet It Is! – A tribute to James Taylor by Nashville-based Steve Leslie. Single admission tickets for the Veritas performance are available at the door for \$20/Adult and \$5/Student. DMCCA also offers a special bonus on April 26 — anyone who purchases a Season Ticket for the 74<sup>th</sup> Season at the cost of \$45/Adult, \$15/Student, \$95/Family will have the Veritas performance as a bonus at no cost. For more information, contact Bob, 970-835-4480, or Connie, 970-249-4308 or visit the website at www.deltamontroseconcerts.com.



FOR MORE INFORMATION, CALL 970-249-1116 OR EMAIL LISSETTE@PARTNERS-WEST.ORG

# YOUR BRAIN ON NATURE – SELF ESTEEM



By Lauren Hall Ruddell, Ph.D.

#### Greetings Mirrorites!

In this article I want to talk about selfies. No, not the kind you take with your cellphone, which I am rubbish at, but the kind that determines a healthy self-image. When I started refreshing myself on this subject, I was surprised to see how thin the research was. And although I would have sworn that my healthy (no brag, just fact) self-esteem is greatly enhanced by my time spent in nature, I may be mistaken (horrors, not me, mistaken...well there goes my self-esteem.) It's such an important part of human thriving I felt that surely there was a whole bunch of research on the benefits of time in nature on self-esteem. And yeah, there is some, but not much. My personal experiences had somewhat mislead me.

Once upon a time in my early twenties, I went on a four-day solo trip in the Sierras. After I emerged, I was pretty full of myself, very independent and impatient with perceived incompetence. I thought that this experience had enhanced my self-esteem. Turns out it might have, a little tiny bit, but it mainly enhanced my self-efficacy. I will unpack the difference between those two concepts, as I now understand them to be. Considered an important component of emotional health, self-esteem encompasses both self-confidence and selfacceptance. It is the way individuals per-

With each new dawn, a fresh chance for increased self-esteem and self-efficacy. Courtesy photo.

esteem is the way individuals, especially children, think and feel about themselves and how well they do things that are important to them. Self-esteem quotients begin in the first family and build throughout life. It is essentially a mirror that we gaze into to see not only ourselves, but how we are viewed by others. It is one of the earliest cornerstones and predictors of life path success, happiness, and mental health. Children with low self-esteem have a difficult time dealing with problems, are overly self-critical, and can become passive, withdrawn, and depressed. Self-esteem comes from different sources for children at different stages of development. The development of self-esteem in young children is heavily influenced by parental attitudes and behavior. Supportive parental behavior, including encouragement and praise for accomplishments, as well as the child's internalization of the parents' own attitudes toward success and failure, are the most powerful factors in the development of self-esteem in early childhood. As children get older their experiences outside the home, in school and with peers, become increasingly important in determining their self-

ceive themselves and their self-value. Self-

esteem. Here I give a shout out to my parents, who are now sipping pina coladas on that great Caribbean beach in the sky, for being paragons of praise and encouragement. It was probably this home environment that crafted more of my self-esteem than time in nature.

The feelings of self 'something' that have accrued with each outdoor experience I've had, and skills I have mastered, seem to fall under the psych label of 'self-efficacy'. This is a selfie that is more labile (less stable) than self-esteem. Time in nature. from wilderness immersions to endurance riding, has boosted this aspect of my human experience. I have acquired an enhanced perception of my ability to do stuff, rather than to be someone. This is important in experiencing life to the fullest of one's potential, and it's important, but maybe not as important as self-esteem. The fact that self-esteem does not seem to be affected by time in nature as much as self-efficacy or other mental dimensions such as mood and memory, does not mean that there is no effect, or that the effect is irrelevant to wellbeing. Take body image for example.

People with a strong sense of connectedness to nature often report a high sense of



## YOUR BRAIN ON NATURE – SELF ESTEEM From previous pg

self- esteem. They also seem less neurotic about body features deemed less than perfectly beautiful in our society. This effect is very pronounced for women, less so than men. But hey, women probably need it more anyway.

The language of the studies that have been performed is that body appreciation is fully mediated by self-esteem, but only for women with a high connectedness to nature. For guys, not so much. In other words, gals with high self-esteem and high connectedness to nature are more likely to view their bodies in a favorable light, regardless of what culture and social media have to say about this or that physical attribute.

Now, in my humble opinion, that right there is motivation to get me out in nature and then come home and look at myself in the mirror with different eyes. Ladies, you get me. Oh yeah.

So this is great news for women with high self-esteem already. But what if you never had a ton to begin with, or as an adult, it has taken some really hard knocks? Time in nature can be effective in lifting that self-perception from the dregs of negativity to the shining dawn of positivity.

Two British researchers did some groundbreaking work in this area about a decade ago. They found that..."Dose responses for

both intensity and duration showed large benefits from short engagements in green exercise, and then diminishing but still positive returns. Every green environment improved both self-esteem and mood; the presence of water generated greater effects. Age groups: for self-esteem, the greatest change was in the youngest, with diminishing effects with age... The mentally ill had one of the greatest self-esteem improvements. This study confirms that the environment provides an important health service." (Barton & Pretty, 2010). OK now this is something to crow about. They found through several experiments that baseline at beginning on the selfesteem scale matters. The lower you are, the greater the improvement that time in nature can yield. Young people who are still finding their feet in their social sphere, and those suffering from mental health setbacks, will benefit the most. But what is really wowy zowy about their findings, is that short engagements as little as five-10 minutes duration of nature exposure can make a difference! Now that is a lot a bang for your 'time in nature' buck. I found this result completely shocking, in a good way.

To elaborate, they stated..."Greatest changes come from five minutes of activity, and thus suggest these psychological

SEE SOMETHING - SAY SOMETHING

measures are immediately increased by green exercise. The changes are lower for 10-60 min and half-day, but rise again for the whole day duration...For self-esteem, the greatest change is for light activity and then declines with growing intensity. For mood, the response is again greatest for light intensity, declining to the lowest for moderate, and then rises again for vigorous activity."

This is super good news for couch potatoes who feel like they are a disappointment to themselves, but don't want to sign up for a two week wilderness trip. Heck, at my age, I wouldn't either unless they allowed me to bring goats to carry my stuff.

But I digress. So for people who need to claw their way up to a self-esteem level they desire, isn't it nice to know that such a short time span will start the process? Compared to some of the other dosage requirements I have mentioned, this really is a screamin' deal.

The rivers and streams, forests and fields beckon, and mountain vistas beckon. Flowers are blooming and spring migrants are courting in the trees.

Your best self is gesturing to you urgently. Be well, feel good about yourself, get outside, and as always, send questions or comments to: <u>agescapesnow@gmail.com</u>

970-249-8500 ANONYMOUS CALL

# MONTROSE REGIONAL CRIME STOPPERS

# Plein Air on the Old Spanish Trail June-August. Art & Photography Capture Living History

Ute Museum, Fort Uncompahtre, Museum of the Mountain West & Private Riverfront Location - Multiple Instructors

**Choose any combination:** Dates, Locations, Instructors. Book any 4, get 1 FREE

Sale & Exhibit September at Museum of the Mountain West & Ute Museum



**REGISTER ONLINE** museumofthemountainwest.org/plein-air

### **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

### 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, in-

### 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,

#### **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

#### 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,

#### 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* 

form@fpcmontrose.com, www.fpcmontrose.com In Transition-Currently: Howard Davidson Merle Bierma Worship Service times: 9:30AM, Student Worship at 6PM

### 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

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 lifechanging 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 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.

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

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

matter what stage of life they are in. **Children's services:** We have a fun Sunday School for children from four years old through youth. We provide Children's Church during the Sunday Worship Services where children four years old through 9 years can learn to be worshippers of Jesus.

We provide a nursery for children under four years old with paid staff providing excellent care during Sunday Morning Bible Study and Worship Service.

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, t 11 family and community projects, including the Great Community Giveaway and Wellness Fair.

### 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.

### 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-

#### 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;

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-

#### 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

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)

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

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 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.

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?

Call For Ad Rates: 970-275-0646

NTROSEMIRROR

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Save a tree — Read the Mirror!



## **CELEBRATE SPRING AND INVEST IN OUR PLANET**



Friends of Youth & Nature Courtesy photo.

By Anne Janik, Friends of Youth and Nature MONTROSE-It's April, and with it comes the arrival of spring - finally! Daffodil bulbs are emerging, bees are searching for pollen, hawks and owls are nesting, and rivers are beginning to flow with runoff. April is the month to reflect on all the benefits we get from nature and appreciate our surroundings: the open spaces, clear blue skies, and a diversity of wildlife, just to name a few. It is also an opportunity to celebrate and redirect our attention to improving where we live! April is the month to refocus once again on caring for our planet. Earth Day is celebrated on April 22 and with this celebration comes heaps of information, activities, ideas, and suggestions that can revitalize, energize and direct us to do what we can to invest in the future of our planet, whether that's a small lifestyle change or full out involvement in a large-scale environmental campaign.

We have come a long way in the last 50 years. The first Earth Day happened in 1970, and was the birth of our country's modern environmental movement with an emerging consciousness bringing environmental concerns to the forefront. The impacts of 150 years of industrial development had left a growing legacy of serious human health and environmental impacts from oil spills; factories and power plants polluting the air; raw sewage, toxic dumps, and pesticides polluting our drinking water; the loss of wildlife habitat and remote, pristine landscapes; and the extinction of many native species. Groups that have been fighting these losses individually began to unite around shared values. Earth Day 1970 achieved a rare political alignment, enlisting support from Republicans and Democrats, rich and poor, urban dwellers and farmers, business and

labor leaders. By the end of 1970 and for several years after, these efforts led to the creation of environmental laws including the National Environmental Protection Act, the Occupational Safety and Health Act, the Clean Air Act, the Clean Water Act, the Endangered Species Act, and the Federal Insecticide, Fungicide, and Rodenticide Act. These laws have protected millions from disease and death and have saved hundreds of species from extinction. Fifty years later, we now have clean air with air quality indexes, clean water with drinking water standards, protected watersheds and wildlife habitat, species protection and restoration programs, congressionally designated wilderness areas, and an awareness of how our health, longevity and happiness is deeply connected to our environment. Just like caring for, maintaining and improving our homesteads; it's time to look at the bigger picture – our planet. But, how do you invest in our planet? Unfortunately, humans are still affecting our environment - some

impacts are on a small scale, while others are large and far-reaching. The over-arching environmental consequence of our actions and lifestyles choices are contributing in varying degrees to changes in our long-term weather patterns. Of course, there are many variables affecting these patterns; some are a natural warming progression of our evolving planet, and some are accelerated by human activities. Temperatures are rising, snow and rainfall patterns are shifting, and more extreme climate events, like heavy rainstorms and record high temperatures, are already happening. Many of these observed changes are linked to rising levels of carbon dioxide and other greenhouse gases (methane, nitrous oxide, water vapor and fluorinated gases) which trap heat in the atmosphere and warm the planet. Whether you believe these changes are natural or human causes, you have to agree that we all can do more to lessen our footprint on the planet and live more responsibly as global citizens. The extent you want to lessen your footprint is up to you but now is a good time to rethink and reimagine what changes you want to make to do that. Changes can range from riding your bike for errands or buying a gas economy/electric vehicle, to consciously purchasing greener products, and products with less plastic packaging. This is the time of year where every publication will have advertisements on buying green, earth friendly, sustainable, and reusable products.

There is good news! We have a very power-

ful ally in restoring and investing in our planet! Lucky for us, the planet is equipped with a powerful tool for stabilizing the climate: nature itself. Did you know that the total amount of carbon dioxide absorbed by the sea is 50 times more than the carbon dioxide content of the atmosphere, and 20 times more than the amounts of carbon dioxide produced on land by plants and soil? (Bagusche, Frauke, 2021 The Blue Wonder, Greystone Books). In addition, forests, particularly tropical forests also help prevent the most dangerous effects of climate change. Conserving these types of ecosystems can be more cost-effective than many human-made interventions. For example: preserving natural coral reefs can be four times cheaper than building a sea wall for coastal protection, even after 10 years of maintenance costs. There is a lot of information about the status of our planet and how to invest in its restoration. One way is to become aware of the 11 climate change facts you need to know

www.conservation.org/stories/11-climatechange-facts-you-need-to-know). Next, learn the extent of your carbon footprint. Conservation.org has a questionnaire that models how much carbon dioxide one generates in a year at home and through travel along with the number of trees needed to mitigate your carbon footprint.

Small lifestyle changes are a first step towards investing in our planet. Download Earth Day 2022 action, science and education toolkits (<u>www.earthday.org/our-</u> <u>toolkits/</u>) to help you brainstorm solutions for you and your family. For teachers, there are a myriad of activities, resources, calls to action, suggested extensions and interdisciplinary opportunities for all age groups in each Restore Our Earth Toolkit. Take a moment to reflect on how much

better our environment is 52 years since the first observed Earth Day. By working together, we can successfully make changes in policy, business practices, and lifestyles to improve our environment. It begins with awareness, which leads to action. Take some small steps this month to reduce your carbon footprint on our planet! Friends of Youth and Nature is a non-profit that promotes opportunities for youth and families to get outside, experience outdoor activities, and explore nature. For more information on Climate Solutions, NOAA "All about Weather" links, Restore our Earth and Earth Day 2022 Action toolkits, Visit: www.friendsofyouthandnature.org

# UPSTAIRS PRESENTS BBUGGS-JANN With Kipori Woods & Jordan Carls

## 22 April, 2022

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### COLORADO NEWS BRIEFS

### EVENTS, CLASSES & CAMPS PLANNED FOR GREEN BOX ARTS FESTIVAL JUNE 18 – JULY 4

### Special to Art & Sol

GREEN MOUNTAIN FALLS, COLO. – Green Box is thrilled to announce a captivating new Skyspace by legendary light and space artist **James Turrell** will begin to welcome visitors on June 18 – opening day of the Green Box Arts Festival. The installation is the first Skyspace in Colorado and the first in the world to be carved into the side of a mountain.

Green Box's Skyspace by James Turrell showcases a one-of-a-kind kinetic experience that shifts one's perception of nature and sky through contemporary light, color, and space - an experiential work of art unlike anywhere else in the world. The 78-year-old Californian's work aims to engage viewers with the limits and wonder of art in nature. The journey in Colorado begins with an inspirational trek up one of two new nature trails through the Red Butte Recreation Area and Town Overlook, with views overlooking the iconic Gazebo Lake Park. From there, Skyspace pilgrims continue their ascent to the final destination. "James Turrell is known for cultivating peaceful and powerful environmental works of art that focus on human perception," said Christian Keesee, co-founder of Green Box. "His Skyspaces may be understood as creative observatories – a combination of architecture, sculpture, and atmosphere perfectly positioned in nature." The Historic Green Mountain Falls Foundation commissioned the Skyspace to be installed in Green Mountain Falls. Green Box Executive Director Scott RC Levy noted his first experience in a Skyspace was transformative.

The Skyspace isn't the only showstopper this summer at Green Box's 14<sup>th</sup> annual arts festival! Join us Saturday, June 18 as we celebrate FOUR visual art unveilings. In addition to the Skyspace, the festival's opening day will also celebrate: *Communication X9*, by Israeli artist <u>Yaacov Agam</u>; *Meltwater*, by Green Box Artist-in-Residence <u>Mi**chael Krondl**</u>; and a new Keith Haring Outdoor Fitness Court<sup>®</sup>. For a complete listing of festival events, visit **greenboxarts.org**. Many events are free, all require registration. Performance tickets and event registration goes live Monday, May 16.

# Alpine Women's Centre CLINIC & MED SPA

BioTe Hormone Replacement Therapy Addresses hormone imbalances using pellet HRT \$350+

- 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

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

Saturday treatments available by appointment.



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

MontroseHealth.com/MedSpa

# Get Tickets Now! paul taylor Wonders Down Under Friday, April 29, 6 pm

Tickets \$25 adults 16-64 \$10 kids 6-15 FREE over age 60

**Reserve** here

### Online reservation required including FREE seats





An exciting blend of story, song, dance, and drama featuring the mesmerizing didgeridoo with Australian storyteller, Paul Taylor. Concession Stand.



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

# Museum of the Mountain West Volunteer Meeting. 10 am Mon., April 25 or Tue., April 26 At the museum: 68169 Miami Rd.

At the museum: 68169 Miami Rd. 3 mi. east of town, off Hwy 50

### Learn about our volunteer opportunities Docents, Tour Guides Sit-down Storytellers Artists, Musicians, Craftspersons Particpate as vendor in events Help in Gift Shop and Office Carpentry & Handyman Help Social Media Updating

Questions? Call Darcie or Kate 970-240-3400



Museum of the Mountain West 68169 Miami Rd., Montrose CO 81401 • 970-240-3400 info@mw-museum.org • museumofthemountainwest.org

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"Rocky Mountain Cravings" Carole Ann McKelvey, Food Editor



#### By Carole Ann McKelvey

DELTA – Yes, Delta's newest restaurant is surprising, in a very good way.

A girlfriend and I tried this newest addition to the dining scene Friday night and were we impressed. This restaurant, bar, shopping, destination was packed with families and friends marveling at the sophistication, décor and tasty treats at this new place just outside of town. Clearly the Grove is doing everything right.

I arrived early for our reservation – and do make a reservation – so settled into a little table for two and promptly indulged in a "dirty martini, with olives please". Now usually I would have gone for the signature huckleberry margarita, but the sophistication yelled, "martini!" When my friend arrived, she ordered a glass of California red wine.

Now on to that menu.

Appetizers?

No that seemed like too much, but the offerings were tempting:

A hummus plate; brussels sprouts; green chili and house truffle fries; pickle fries; and a charcutiers board. For this place the prices seemed more than reasonable: apps from \$7-14. Salads served from 11-3 and 5-8 pm: chicken, Greek, and roasted beet salads from \$12-13.

### THE GROVE IS REALLY IN – DELTA!

No, we just wanted to try the dinner offerings. Too late for lunch but may have to come back for that. Choice of fries, green chili mac and cheese or special kale slaw. Gyros, chicken wrap, shrimp taco pita and burgers all from \$10 to \$14. Bring along the kids, as many this night did, for grilled cheese, kids chicken tenders, mac and cheese or buttered noodles at \$6.

When we settled into the dinner menu, from 5 pm on, we had choices aplenty: Paonia's Living Farm grass finished steak with rotating cuts (tonight it was a tri-tip) served with green chili grits and fresh veggies \$28.

The lamb shank, which I ordered, slowcooked with a tomato demi sauce and garlic truffle masher with fresh veggies (broccoli, zucchini and mushrooms tonight), \$27. My friend's choice seared Atlantic salmon with red pepper quinoa and a tomatillo corn salsa. \$25. Other choices from \$21-26 included a seared pork chop with apple and kale slaw served over a rosemary risotto with fresh veggies; Shrimp linguini with shallot, mushroom capers and fresh veggies, olive oil, white wine and lemon over linguini with parmesan; Pesto Pasta with fresh veggies with homemade basil pesto over linguini with parmesan; and you can add

chicken, shrimp or salmon for an additional price. GF pasta available on request. My friend declared her salmon perfect (I may go for that next time and there will definitely be a next time). And my lamb shank was delicious and huge! The garlic truffle mashers were to die for, especially mixed with the veggies. I'll have another dinner from that. Lunch menu needs a try next.

Desserts? Not tonight, but another time save some room for carrot cake, flourless choc torte, apple crumble or cheesecake with a fruit coulis. Fellow at next table had the cheesecake and I almost changed my mind about no dessert. Just too full tonight!

Beautiful array of signature cocktails from \$7-10. Huckleberry margarita, I'm looking at you! Wine selection is vast from \$5-9 or just have a bottle (hey you can take it home if you don't finish it, like that'll happen) from \$15-36 including rose & bubbles. Happy hour is from 3-5 pm with house red and white wine at \$4; draft beers, \$3; mules \$5 and margaritas \$5. For sure peruse the gift shop before or after eating for many marvelous items. The Grove is located at 1970 S. Main Street in Delta; Chef Mike from the Living Farm Café in Paonia is busy in the kitchen. Call 970-874-4999 or go online to book an event at events@grovedelta.com.

ANONYMOUS Download The APP. P3TIPS MONTROSE REGIONAL CRIME STOPPERS see something, say something

## **COMMUNITY NEWS BRIEFS**

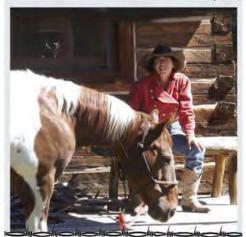
### UNCOMPAHGRE WATERSHED PARTNERSHIP RECEIVES CHECK



Left to right, Uncompangre Watershed Partnership Communications Director Tanya Ishikawa and Board President Dennis Murphy receive a check for \$7,500 from RIGS Fly Shop & Guide Service co-owner Tim Patterson. The donation was from the proceeds of A Benefit for the Uncompahgre River at the Fly Fishing Film Tour at the **Ouray County 4H Event Center in Ridaway. Nearly** 200 audience members came to the event cosponsored by RIGS and Telluride Angler. In addition to silent auction and drawing donations from both lead sponsors, other donations were received from Ouray Brewery, The Liquor Store, Yeti, and artist Emma Yardley. Plus, food was provided by Beyond the Board and several volunteers assisted in making the evening a great success! Photos courtesy of Uncompanyre Watershed Partnership

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## Farm & Ranch Days



Celebrating the Old West Fri & Sat., July 15 & 16 Museum of the Mountain West 68169 E. Miami Rd. Montrose.

### Mark your Calendar

2-day events at Museum of the Mountain West

Live Music Food & Drink Petting Zoo Kids' Games Gunfights Demonstrations

Early bird Gate \$5 tax-deductable donation. ONLINE NOW

museumofthemountainwest.org



3 mi. east of town) museumofthemountainwest.org









Win either game by reaching Bingo in 37 #s or less

# Progressive Game #6 \$6,301

Win by reaching Bingo with 53 #s or fewer

Funds Raised Support Local Charities Open to the Public Go ahead : Laugh a little louder & Smile a little bigger at Montrose Elks Bingo:

Doors Open at 4:30 PM, Early Bird starts at 6:30 PM. Main Bingo Session starts at 7:00 PM

# 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. <u>2021-22 meeting info</u>. Meetings <u>will be on the 1<sup>st</sup> Wednesday of each month</u> (January – May). 10am-11:30am in the downstairs meeting hall of Cedar Creek Church, 222 S. Townsend and S. 3<sup>rd</sup>. enter through the side door on S. 3<sup>rd</sup> St. Hope to meet you there! Contact Patti 951-544-6289 if you have guestions.

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

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

### MONTHLY

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 22-23-**The City of Montrose annual Spring Cleanup offers disposal and recycling services from a single collection point on April 22-23. Residents are invited to bring cleanup items to the drop-off site located off the San Juan bypass (U.S. Highway 50), directly across the street from the Sunshine Peak apartment complex. Signs will direct residents to the drop-off location that will be open on April 22 from 7 a.m. to 5 p.m. and on April 23 from 7 a.m. to 7 p.m.Visit <u>CityofMontrose.org/SpringCleanup</u> for more information.

**April 23**-The community is invited to a prayer gathering at the Peace Pole in Ute Indian Park to pray for the healing of Mother Earth at noon on Saturday, April 23, as part of the celebrations for Earth Week. The gathering will also include a blessing of the Uncompany River. Everyone is invited to bring their drums and their prayers for this gathering. Similar events will be held all over the world at the more than 200,000 peace poles in over 156 countries. We will also pray for peace for Ukraine. This event is sponsored by the Spiritual Awareness Center. For more information call 970-252-0908.

**April 25**-Monday--1 p.m. Local genealogists Dorothy Causey and Myrna Shirey will speak on the "Find-A-Grave" website with a review of the latest updates. This program sponsored by the Montrose Genealogy Center is at the Warrior Resource Center on 4 Hillcrest Plaza Way and all are

welcome.

**April 29**-Friday, April 29. 6-8 pm. <u>Wonders from Down Under</u>. With Paul Taylor, Australian Storyteller & Didjeridoo 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 7-Montrose Summer Farmers Market-opening day. 9am to 1pm Centennial Plaza.

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. <u>By invitation</u>. At Museum of the Mountain West. **May 22**-Montrose High School Graduation Ceremony, 3:30pm Montrose Community Stadium (Football Field).



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### MONTROSEMIRROR

Contact the Montrose Mirror: 970-275-0646 Editor@montrosemirror.com www.montrosemirror.com

Deb Reimann snapped this photo of a weathered tree stump with hidden ochre mushrooms nestled in moss...

### **READER PHOTO SPOTLIGHT: DEB REIMANN**



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

> 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

**Busy Corner White Kitchen** 970-323-6215

> Pahore's 970-249-6442

Amelias Hacienda Restaurante 970-249-1881

> Trattoria de Sofia 970-249-0433

> > **Rib City** 970-249-7427

Double Barrel Taco Co. 970-417-4340

> Stone House 970-240-8899

Cold Stone Creamery 970-252-8014

> Mimo's 970-249-0616

My Favorite Muffin 970-765-0076

Sidelines Sports Bar 970-765-0129

