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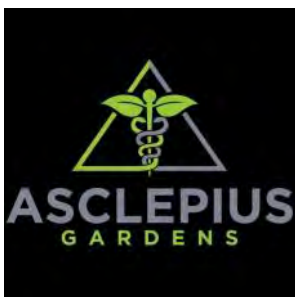


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the Montrose Mirror

Fresh News for Busy People!

Issue No. 479 May 2, 2022

CITY OF MONTROSE BUILDS 5K MUD RUN COURSE BY CHIPETA ROAD 'Montrose Mudder 5K Mud Run' set for May 15

Mirror staff report

MONTROSE-The road leading up to the top of Sunset Mesa remains treacherous, but the view below is changing as the City of Montrose creates a 5K mud course along Chipeta Road, pictured, for an upcoming event. The Montrose Mudder 5K Mud Run is scheduled for May 15, according to the city website. The mud event is scheduled from 1 - 6 pm at Cerise Park/ Rotary Amphitheater and there will be a live band, food trucks, as well as a beer garden.



WAYNE ASPINALL - MERELY A BLONDE LAW STUDENT?



Wayne Aspinall arrives in Denver after being defeated in the 1972 election. He served 11 successive congresses from January 1949 to January 1973. Photo from the National Archives.

By Bob Cox

REGIONAL-On April 23, 1925 Bernice I. Reed wrote an article about Wayne Aspinall in the *Denver Clarion*, a University of Denver newspaper. She asked the rhetorical question, is Wayne Aspinall "merely a blonde Law student?" Reed went on to point out that Aspinall, then a 29 year-old, was a first-class fisherman and was a member in good standing of four fraternities. He was also a two-year Inter-School Council president and the editor of the Law School edition of the *Clarion*. He attended the University of Denver more than a decade earlier and earned a degree of A. B.

Reed opined that Aspinall would return to his small hometown (Palisade) and pursue a law practice there. He did that, and much more over the next half century. It is somewhat of an irony that it was not the University of Denver, but rather Western State College that ultimately named a building after Aspinall.

Aspinall was born in Middleburg, Ohio and was about eight years old when he moved with his parents to Palisade. He attended school in Palisade, and then went to the University of Denver before enlisting in the Air Service/Signal Corps of the U. S. Army during WWI. It was following his law school experience that he began to dabble in

Continued pg 21

in this
issue

[Lauren Hall Ruddell:
Your Brain on Nature!](#)

[Paul Arbogast covers
RE-1J Work Session!](#)

[Friends of Youth and Nature:
Shrinking Your Foodprint!](#)

[Letters to the Editor!
Regional News Briefs!](#)

CLASSIFIEDS/PUBLIC NOTICES

PUBLIC NOTICE: An auction of the contents of the following units will be held at Mesa Storage, 63497 Spring Creek Rd, Montrose, CO 81403 on Tuesday, May 3 at 10 AM.

5x10: Dale Surbeck, Montrose, CO 81403, Items include, but are not limited to Aluminum Wheels, grow lights, other misc. grow equip.

10x10 Alesha Henderson, Pueblo, CO 81019, Items include, but are not limited to misc. Furniture, Household items and long-term storage groceries in buckets.

The units will be sold as one lot each. Sealed bids can be mailed to Mesa Storage Rentals, P.O. Box 84, Montrose, CO 81402 or emailed to mesastorage@montrose.net and must arrive prior to end of day on May 2, 2022. Bids will be disclosed at the Auction at the facility on May 3, 2022 at 10 AM and are subject to outbid by auction attendees. Pictures of the units' contents are available at <https://mesastoragerentals.com>.

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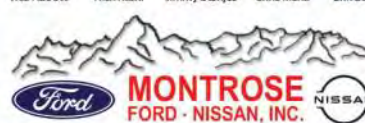
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REGIONAL NEW BRIEFS

COLORADO PARKS AND WILDLIFE COMMISSION TO MEET MAY 4 - 5



Special to the Mirror

DENVER – At a hybrid in-person/virtual meeting in Sterling, the Colorado Parks and Wildlife Commission will discuss “Big Game” regulations related to adoption of all limited license numbers for deer, elk, pronghorn, moose, and black bear for all Game Management Units in the state that have limited licenses for these species for the 2022 big game seasons. “Nongame

Wildlife” regulations and emergency regulations related to removing rubber buckshot and rubber slugs from the list of authorized hazing techniques will also be addressed.

The CPW Commission will also discuss “Parks and Outdoor Recreation Lands” regulations related to pilot testing a timed entry reservation system at Eldorado Canyon State Park, Colorado Wildlife Habitat Program final recommendations and CWHP recommended proposals at its meeting on Wed., May 4 and Thu., May 5. The meeting will be streamed live on CPW’s YouTube page.

The meeting is scheduled to begin at 8:15 a.m. on Wed., May 4 and adjourn at 2:15 p.m. The commission will reconvene at 8:30 a.m. on Thu., May 5 and adjourn at 11 a.m.

Additional agenda items include:

- Department of Agriculture update
- Department of Natural Resources update
- Financial update
- Great Outdoors Colorado (GOCO) update

- Chronic Wasting Disease update
- Wolf Planning update

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

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

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

The next commission meeting is scheduled to take place on June 1 and 2.

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*Thank you for reading The Montrose Mirror.***

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REGIONAL NEWS BRIEFS

**TAKE PART IN
BIKE TO SCHOOL DAY
ON WEDNESDAY, MAY 4**

Special to the Mirror

DENVER –The Colorado Department of Transportation is encouraging schools to participate in Bike to School Day on Wednesday, May 4, to promote and practice bicycle, pedestrian, and road safety among classmates, families, and caregivers.

Bike to School Day is an opportunity to promote the many benefits of active transportation, as well as bicycle and road safety for all. It further highlights the importance of establishing safe routes to and from school and lays a foundation of sustainable active transportation practices.

Organizers are encouraged to register their school at walkbiketoschool.org as a way of tracking participation and showing support for active, healthy, safe transportation.

Registrations also assist Colorado's ranking among other participating states.

Responding to community feedback on desired materials, CDOT is providing Bike to School Day stickers in English and Spanish on a first-come, first-serve basis. Additional resources and ideas, including downloadable posters in English and Spanish, are available on the CDOT's Safe Routes to School website at <https://www.codot.gov/programs/bikeped/safe-routes>.

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OPINION/EDITORIAL: LETTERS

THANK YOU DON CORAM FOR DOING THE JOB YOU WERE ELECTED TO DO

Editor:

When an employee is hired, it is the expectation that this person fulfills all responsibilities of that job. Meeting deadlines for accomplishing goals is essential. It is the same with elected officials. The CO legislative season is 120 days. Although they work all year, there is a very limited timeline to accomplish what absolutely needs done to keep CO a viable state. As quoted from another CO Senator, "The final two weeks (and three days) of session are usually pretty hectic, but

this year seems to be more hectic than usual. That's because we have an unusually high number of bills still making their way through the process. Out of the 618 bills introduced, 102 bills have been voted down and 117 have been signed into law, which means there are 399 bills still in the mix."

So, I highly applaud Don Coram for doing what he was elected to do. It is erroneous to assume he was afraid to debate Boebert. His timeline approaches and many bills that directly face the Western Slope

are in the balance. It is, as well, a falsehood that he relies on Democrats to vote in the Primary. Only Unaffiliated voters can choose between voting for **one** of the parties. Democrats are only eligible for a Democrat, while Republicans a Republican. An Unaffiliated voter can choose but **again**, gets **one** vote.

To spread falsehoods is fear mongering. Thank you Don Coram for ignoring all lies and innuendoes and doing the job you were elected to do.

AJ Smith, Montrose

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REGIONAL NEWS BRIEFS

GUNNISON RANGER DISTRICT ANNOUNCES SPRING ROAD CLOSURES

Special to the Mirror

GUNNISON— The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests' Gunnison Ranger District has begun to close spring closure gates which are intended to protect the roads from resource damage and to reduce the need for additional maintenance. Roads closed for mud season restrictions are not open to the public for motorized travel until road conditions are dry.

The Gunnison Ranger District also has the following annual wildlife closures for big

game and Gunnison sage-grouse protection:

-Almont Triangle (closed to all public uses Nov. 22 – May 15)

-Flat Top Mountain (closed to motorized travel Jan. 1 – June 15)

-Steers Gulch/Antelope (closed to motorized travel Jan. 1 – June 30).

As a reminder, when trails and roads are muddy or soft, please STAY OFF. Anytime visible ruts are being formed resource damage can be occurring. Ruts create channels where water flows, causing fine sediments to wash off the road and into

aquatic habitat. Rutted out roads can also significantly increase maintenance costs.

Road/Gate status will be posted here <https://www.fs.usda.gov/detail/gmug/alerts-notice/?cid=stelprdb5421602>. For questions, please contact the Gunnison Ranger District at 970-641-0471.

For information and updates on current fire restrictions, conditions, and recreation opportunities on the GMUG visit the [forest website](https://www.westslopefireinformation.com), GMUG Fire Info page or www.westslopefireinformation.com. Connect with us on social media ([Twitter](#) and [Facebook](#)).

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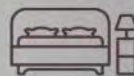
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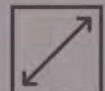
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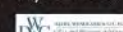


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REGIONAL NEWS BRIEFS

WORK ON WOODGATE ROAD REALIGNMENT SCHEDULED TO RESUME

Special to the Mirror

MONTROSE — Contractors working for the City of Montrose will resume construction on the Woodgate Realignment project starting the week of May 2. The work follows a months-long pause in construction while the city waited on a third-party utility company to relocate some communication cabinets that were directly in the path of the new road. The project, which will realign Woodgate Road to East Oak Grove Road in order to eliminate a bottleneck at Townsend Avenue, was approximately 75% complete near the end

of 2021. The utility company has made significant progress on the relocations and is expected to complete them within the next few weeks, allowing the new roadway to be finished and opened to the public.

Completion of the realignment project will include removal of the old roadway, installation of additional storm drain infrastructure, and completion of the unfinished southern tie-in for the new roadway. During this work, the old Woodgate Road will be closed until the new, realigned roadway is completed. A detour will

be set up around the project area as shown in the attached map. Additional closures to through traffic will be placed at nearby neighborhood entrances in an attempt to limit 'shortcutting' of detour traffic through these areas. Work is expected to be completed in July.

Please respect all coned-off areas and do not detour through residential areas.

Any questions regarding the project may be directed to City Engineer Scott Murphy at 970.901.1792. More information about City of Montrose capital projects can be found at [MoveMo.co](https://www.move-mo.co).

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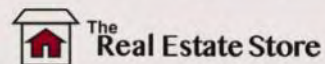
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REGIONAL NEWS BRIEFS

APRIL 20 MOTOR VEHICLE FATALITY

Montrose County Coroner's Office

MONTROSE- On the evening of April 20, 2022, a 28-year-old female resident of Montrose, Colo., Megan Nicole Swanberg, was killed in a single motor vehicle collision on Highway 90, mile post 88.9. Cause and manner of death are pending autopsy.

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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

124

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.

REGIONAL NEWS BRIEFS

ROAD CLOSURES PLANNED ON US 550 RED MOUNTAIN PASS

Special to the Mirror

REGIONAL-The Colorado Department of Transportation (CDOT) has issued a permit for San Miguel Power Association (SMPA) to conduct vegetation clearing operations on US 550 Red Mountain Pass over the next few weeks.

San Miguel Power Association is clearing timber to mitigate the risk of wildfires in the area. The work also prepares the way for a possible power line reconstruction project. Work is taking place on the south side of the pass summit between the communities of Ouray and Silverton. Travelers will need to plan around two four-hour closures, weekdays in the mornings and afternoons on US Highway 550 between Silverton and Ouray. The highway will remain open overnight and on weekends. (See attached flyer for project details).

Visit forest service websites or contact the Grand Mesa, Uncompahgre, Gunnison (GMUG) National Forests and the San Juan National Forest for information about potential closures of forest roads and trailheads on public lands.

Travel Impacts

When departing Silverton, northbound the closure point will be located near Crystal Lake, MP 87. When departing

Ouray, the southbound closure point will be just south of Ouray, MP 92. The highway will remain open overnight and on weekends. If travelers cannot reach the closure points before the set closure times, they may consider the western alternate route via CO highway 145. Motorists are urged to take it slow and watch for flagging personnel and other workers on the roadway.

Stay Informed about this Utility Project

San Miguel Project Website:

www.smpa.com/content/red-mountain-electrical-reliability-and-broadband-improvement-project

San Miguel Power Association: 970-626-5549

Grand Mesa, Uncompahgre, Gunnison (GMUG) National Forests:

www.fs.usda.gov/gmug

San Juan National Forest:

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REGIONAL NEWS BRIEFS

PUBLIC INVITED TO WORK SESSION ON REAL PROPERTY TRANSFER

Special to the Mirror

MONTROSE—The Montrose Board of County Commissioners, Montrose Board of Hospital Trustees, and Montrose Regional Health Board of Directors invite the public to a work session on May 3 at 6 pm at the Montrose County Event Center. The

purpose of the work session is to continue the discussion regarding the potential transfer of real property (buildings and land at 800 South 3rd Street) owned by the county to Montrose Regional Health. Montrose County will provide a short presentation, officials will have the oppor-

tunity for comment, and a public comment period. Community members who are unable to attend can provide feedback via email or phone to the commissioners (<https://www.montrosecounty.net/172/County-Commissioners>).

The meeting will be held on May 3 at 6pm at the Montrose County Event Center in meeting room four.



Join us!

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CITIZENS' CLIMATE LOBBY

Special to the Mirror

MONTROSE—On Monday, May 16 at 5:30pm Citizens' Climate lobby holds its monthly meeting. Montrose Library mtg rm. Non-partisan, national, Review Biden's climate agenda and action group on promoting sustainable community with Montrose City Council, info at 970-765-9095. All Welcome.



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REGIONAL NEWS BRIEFS

HABITAT FOR HUMANITY OF THE SAN JUANS NAMES NEW EXECUTIVE DIRECTOR, AMANDA GERHARDT

Special to the Mirror

MONTROSE-Habitat for Humanity of the San Juans has named Amanda Gerhardt as executive director. Amanda comes to the team with a passion for service. She has lived in the Montrose area for the past four years and has strong ties to the area with a long family history here.

"My heart is service and helping others. Habitat is an organization known for the impact they make on families and communities that aligns perfectly with my desire to serve others. I have also seen firsthand throughout my career working with children and adults alike the impact a stable home or lack thereof can make, so being a part of an organization that supports secure housing addresses a huge need that I'm excited and honored to be a part of!" Gerhardt said.

The Habitat team and board of directors are excited for Amanda's passion for family, community, education, and the outdoors. Amanda brings with her a decade of working in the non-profit sector serving communities in both Wyoming and Colorado. She has a Bachelor of Science in Business Administration and a Master's in Business Administration from the University of South Dakota.

"The Board of Directors of Habitat for Humanity of the San Juan's is very pleased to welcome Amanda as our new executive director. Amanda comes very highly recommended and with a strong work background. We look forward to having Amanda get involved in the community," said Randy Havens, Habitat for Humanity of the San Juans Board President.

"In the near future at Habitat, I hope to continue to strengthen the great partnerships already in place, as well as grow new ones, while building further involvement from our community members, businesses, and overall awareness of the work we are doing to address growing housing needs in our area," said Gerhardt of her immediate goals as Executive Director.

To learn more about Habitat's mission or how you can get involved, call the Habitat office at 970-252-9303 or visit buildinglives.org

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REGIONAL NEWS BRIEFS

QUARTERLY MEETING OF THE WOMENS GIVING CLUB WILL BE MAY 2

Special to the Mirror

MONTROSE-Quarterly meeting of the Womens Giving Club, May 2nd. 5:30 Remington's Golf and Country Club. 5:30 Remington's Golf and Country Club. All women invited.



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REGIONAL NEWS BRIEFS

CAREGIVER SUPPORT FOUNDATION, ALZHEIMER'S ASSOCIATION, REGION 10 TO AID CAREGIVERS

Special to the Mirror

MONTROSE – Three organizations have joined forces to raise the level of awareness and support for family caregivers on Colorado's Western Slope. The Caregiver Support Foundation (CSF), the Colorado Chapter of the Alzheimer's Association, and the Region 10 Agency on Aging will host an important forum discussing all types of dementia and the resources available to anyone impacted by brain disease.

The event will be held in Cascade Hall, 336 S. Third Street in Montrose Friday, May 6 from 10:30 am to 12pm (MST). The forum is open to the public. To register by phone, call the Alzheimer's Association Helpline

800-272-3900. Or visit <https://action.ALZ.org/mtg/79833998>.

"It is truly heartening to see these three organizations join to provide real support and information concerning what is available to help brain disease caregivers," said Laird Landon, who along with the late Glen Hinshaw, founded the CSF in 2021.

"Caregiving is the hardest job in the world and family caregivers need all the help they can get. This forum will open many new fronts that will help caregivers achieve their missions and survive the stresses of the job."

The Colorado Chapter of the Alzheimer's Association is one of the primary sources of

information and support for patients with brain disease. The organization provides one-on-one consultation, training for caregivers, early-stage programs, and support groups. Recently the Alzheimer's Association and the Caregiver Support Foundation joined forces to increase group support service in Montrose, Delta, Ouray, and San Miguel Counties. CSF will conduct groups for family caregivers on behalf of the Alzheimer's Association.

Woo Blandel, who works out of the Grand Junction Alzheimer's Association office, says that working with CSF and Region 10 has allowed the Association to reach many more Alzheimer's and dementia patients and their caregivers. She said she is looking forward to the May 6 event.

Among other things, the Region 10 Area Agency on Aging extended a grant to CSF, which allowed for the production of thirteen instructional videos aimed at assisting family caregivers in dealing with the changes care giving brought into their lives. The agency provides services and connects the communities they serve with support and resources that promote aging with independence and dignity.

CSF is a Montrose non-profit foundation specializing in support groups development and facilitation. It is a 501 (c) (3) organization. Visit their website at Family-Caregiver.org for more information and see the support videos produced by the foundation.

The Family Caregiver Support Groups are staged regularly both in person at the Montrose Regional Health hospital and online through Zoom.

The In-person support groups are at the Montrose Regional Health Hospital, 800 S 3rd St., Montrose, CO 81401 They are held on the 2nd and 4th Tuesday of each month, 11:00 am – 12 pm and the 2nd and 4th Tuesday of each month 1:00 pm – 2:00 pm

The Virtual Support Group Via Zoom is held online on the 2nd and 4th Friday of each month 10:30 am. – 11:30 am.

The Grieving After Dementia Group meets online on the 1st and 3rd Mondays of each month 11:30 am – 12:30 pm.

Refreshments for the forum will be provided by the Medicare Resource Center



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WAYNE ASPINALL - MERELY A BLONDE LAW STUDENT? From pg 1

politics.

According to a biography printed in the *Rocky Mountain News* on January 23, 2008, Aspinall served as a member of the Palisade Board of Trustees from 1926-1934; district counsel of the Home Owners Loan Corporation in 1933 and 1934. He was elected to the Colorado State Senate and served from 1939 - 1948. He made impressive moves in the senate, becoming whip in 1939 and majority floor leader in 1941. During the Second World War he was commissioned a captain in Military Government and served overseas as a legal expert with the American and English forces. His first foray into national politics began with his election to the 81st U. S. Congress in 1949.

From the beginning of his long congressional service, Aspinall took a special interest in Colorado water issues and he learned how to be a politician, often involved in give-and-take to achieve his ultimate goals. A contentious legislation that would create the Colorado Storage Project was discussed and debated at length during the early 1950s. Part of that project proposed that a diversion of the Blue River be constructed in order to supply Denver with much needed water.

Colorado Senator Edwin Johnson was skeptical and said so when Denver announced that they planned to go ahead with the diversion and were seeking loans to do so. Governor Dan Thornton seemed to some to be reluctant to stand with the western part of the state. With prompting by Aspinall and George Cory of Montrose, Thornton came around and told the opposing factions to get busy and settle the issues once and for all. December of 1953 proved to be a very active month for the storage projects. United Press International released updates every few days. The *Montrose Daily Press* printed the first of the UPI updates on December 5, 1953, under the heading, "CORY CONFIDENT GOVERNOR'S ULTIMATUM TO BRING FAVORABLE DECISION ON WATER" The release said that Thornton told the Colorado water leaders to agree by the upcoming weekend on what they want included in the river storage project - "or he will."

Just days later the Colorado Water Con-

ference committee voted 3-2 to recommend construction of the 940,000-acre-foot Curecanti Reservoir, plus a 2.5 million-acre-foot reservoir on the De Beque River and the diversion of 177,000 acre-feet of water from the Blue River to Denver.

Once, again, George Cory of Montrose expressed concern with what he called "shotgun tactics." Cory and Robert Delaney of Glenwood Springs opposed the inclusion of the Blue River diversion and criticized chairman George Bailey of Walden for siding with the proponents of the diversion. The decision was then the subject of the hearing by the Colorado River Compact commission in Washington and was scheduled to provide groundwork for testimony before Congress on January 18, 1955.

After two years of hot debate, the Upper Colorado River project appeared to be in its final stages of planning, but California was doing its best to grab as much of the water as they possibly could and actually took steps to block the project. In one of the UP news releases, Colorado water board consulting engineer, Royce J. Tipton said that California approached Arizona with a proposal the two states get together to "insure that upper basin states aren't able to use their share" of the Colorado River water.

All of the debates seemed to be cranking up. Proponents of the Paonia Project and the Frying Pan Arkansas project entered into the discussions and often tried to delay congressional approval of the other projects. All-in-all, the whole water debate was becoming confusing.

When the Colorado Storage Project Act was passed in April of 1956, Aspinall was involved, but he did not agree with everything in the act and wanted western Colorado to be better served. He and his proponents, in particular George Cory, managed to keep the Uncompahgre watersheds in the works, but the projects were slow to materialize.

In the early 1960s the Curecanti project, which was later named after Aspinall, finally started to take shape, but the Uncompahgre drainage still came to the forefront on a regular basis. Aspinall had learned well that it took some political

clout to get things done. Probably one of the most telling conversations regarding the "you scratch my back" politics was demonstrated in a telephone conversation involving President Lyndon Johnson, Secretary of the Interior Stewart Udall, and Wayne Aspinall. Johnson and Udall were seeking Aspinall's help in passing legislation creating the Redwood National Park in California. The conversation was recorded and is part of the National Archives:

LBJ: Hello

Unknown voice: Congressman Aspinall on the House floor on one.

LBJ: Wayne

Aspinall: Yes, Mr. President.

LBJ: Secretary Udall is here with me and we have talked about a rather urgent proposal that, uh, we thought we ought to recommend, but before I did, I wanted to talk to you about it and get you to help us if you could, uh, and give me your approval if you could. I will let him outline to you, very briefly what our thought is and let you help me if you can. Go ahead Stu.

Udall: Wayne, the problem is, and we are really between a rock and a hard place on this is with the (unintelligible) you know, this fellow that owns the land in there is cutting. He has land outside the park - trees outside the park that he could cut, anyone who knows about the recreations knows this pretty well. I talked to him when he was in for part of the Senate hearings and he refused to negotiate. We thought we would pay him whatever the extra cost was and he is literally cutting down the park and this would be a little emergency bill - there's never been a bill like this that I know of - and we would suspend his right to cut for a year to give congress time to act.

Aspinall: How would you suspend?

Udall: Well, it would be in effect a purchase of that right and sort of an unusual easement. In other words, we would prohibit him from doing something with his property...

Aspinall: Within a small area? Is it a small area that is recommended?

Udall: Yes that's right. This is the area that the administration has recommended, Wayne.

Aspinall: As far as I am concerned that is

Continued next pg

WAYNE ASPINALL - MERELY A BLONDE LAW STUDENT? *From previous pg*

alright...

The conversation carried on for a little longer, and then President Johnson addressed Aspinall in the closing minutes:

LBJ: Wayne, another thing. Do you repre-

sent Denver?

Aspinall: No, no Mr. President. I represent an area as big as New England but it is outside Denver by 38 miles on one side and 22 on the other.

LBJ: Well, I want to do something for you sometime.... Well, you figure out something I can do in your district sometime, even if it is to denounce you, let me come and do it.

On July 15, 1968 it was Wayne Aspinall who arranged to move the Redwood Park bill under a suspension of the House rules, thus making it unamendable. It passed 389 to 15. President Johnson signed the bill on October 2, 1968.

It was about that time that the Uncompahgre Project and the Dallas Creek Project were beginning to take shape. Ultimately, three dams were built on the Gunnison and the Ridgway Dam was completed on the Uncompahgre below the confluence of Dallas Creek. Wayne Aspinall received several accolades for his support of all the projects in one manner or another. He did not, however, receive much love from the Sierra Club. It seems they always wanted just a little more.



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OPINION/EDITORIAL: LETTERS

ELECTRIC VEHICLES, CONSUMER SAVINGS, ECONOMIC OPPORTUNITY, AND JOBS

Editor:

Electrification will transform America over the next decade. EVs, renewables, and massive battery storage installations for the grid will get us off our expensive and dangerous addiction to fossil fuels, save consumers money, and provide millions of new jobs.

Why EVs? Superior performance: the Tesla Plaid is the fastest production car in the world, with a 0-60 time of 2 seconds (!). EVs have won the Pikes Peak Hill Climb every year since 2018. EVs are simpler, quieter, faster, cleaner, more reliable, more energy efficient, have much lower cost of ownership, and last longer.

A list of systems eliminated in an EV: Fuel system - tank, fuel distribution, injectors, air intake system, filters, condenser, and numerous sensors. Ignition - spark plugs/wires, coils, timing mechanisms, sensors. Coolant system - radiators, water pump, multiple hoses, fan belts, timing belt, overflow tank, more sensors. Exhaust system - manifold, pipes, resonator, catalytic converter, muffler, tailpipe. Drivetrain - one speed gearbox, no driveshaft or differential, no more shifting. Even the brake shoes and rotors last the *life of the car*, as they are rarely used (because of regenerative braking). No oil changes, radiator or transmission flushes, no waste oil spillage, or old air/oil filters sent to the dump. Elimination of complexity, leads to much lower maintenance costs. Savings to consumers are huge, not to mention the elimination of waste products that foul our environment.

EV convenience: Greatly reduced engine size, and no drivetrain hump, leaving more room for storage and people, and even a front trunk in many cases. In my Chevy Bolt, the engine and transmission combined is the size of a large Thanksgiving turkey, but provides 200HP and 266 lbs of torque. By comparison, the 2020 Jeep Cherokee Latitude Plus 4x4 has 180HP and 171 lbs of torque; using up a *much* larger space! With the Bolt, when I climb up Vail Pass; I don't even slow down, and there's

no more "gear hunting". Within ten years, few people will buy Internal Combustion Engine (ICE) based cars. Just as you don't see many small gas powered model airplanes and drones, soon, the only place you'll see ICE cars will be at antique car shows where they are fired up in a nostalgic fury of smoke and noise! EVs are quiet; the ubiquitous droning of engines heard everywhere will soon disappear! Also, the air quality in cities and towns will be immensely improved! Will you miss the sound of young men with bullet mufflers roaring through your neighborhood; and smelling the fumes?

Don't believe the horror stories about charging, comfort, power, range anxiety, and "where will we get the electricity?". Charging anxiety lasts about two days after you buy an EV; your car or smart phone will tell you where the next charger is, what it costs, and whether it's in use; or just charge at home overnight; no more dirty gas pumps. I've never "run out of battery".

Range anxiety is overblown; yes, you will stop for charging on long trips, but I've found it to be an enjoyable break. In my 5 year old EV, the charge time is about 90 minutes added to a 5 hr trip (to Denver). I take a walk, and go to a restaurant while waiting. I get a meal for under \$20, and charge for \$8, so I've spent less than for gas, and have gotten a "free" meal; and it helps restaurants. My phone informs me about charge progress. Charging stops might not be good for those who need to save every minute on a trip, but, soon, they will be 15 minutes or less. Newer EVs make it from Montrose to Denver on a single charge. German company Theion just announced that they will start manufacturing a battery pack that has the energy density to drive a Tesla 900 miles on a single charge by 2024, while eliminating expensive nickel, manganese, and cobalt, replacing them with cheap sulphur; thus lowering the price significantly.

As for the electrical grid; it has grown continually since its inception in the last

century. Renewable energy systems are spreading rapidly, and new "megapack" battery installations are being built to allow intermittent renewable sources, such as wind and solar, to incrementally replace "base load" generation. Tesla and other companies are building several factories to provide large volumes of these power station megapacks; it's another high growth industry providing jobs. Additionally, EVs themselves will provide backup power to homes during power outages; thus relieving stress on the grid's transmission lines and base load power. The new F-150 EV pickup truck coming out this year can provide power to the owner's home for several days in the case of an outage. A "smarter" home service entrance is needed, but this is one element of future electrical distribution anyway. Result: greatly increased national energy security, and, once again, more jobs.

Oil companies want us to keep spending \$75/ week on gasoline. I, however, spend approximately \$8 to go 259 miles (my nominal range), whereas I would have spent about \$35 to go the same distance in a 25MPG car (assuming \$3.50/g). We've saved thousands of dollars on fuel and maintenance since buying our EV. My EV has an average MPGe (MPG equivalent) rating of 125 MPGe, vs an average of 25 MPG for ICEs; a fivefold increase in efficiency! How? EVs have a "battery to wheel" efficiency of about 75%, vs about 15% "tank to wheel" efficiency for ICEs. Why? because electric motors are vastly more efficient than ICEs, and, additionally, because approximately 75% of braking energy in an EV goes right back into the battery! Stop at a stop sign, or brake while going down a mountain, and most of the energy normally lost to braking is restored to the battery. When stopped in traffic, the EV motor doesn't "idle", it shuts off, and there is no cloud of fumes to sit in. Finally, if you have a rooftop PV installation, charging is free; it's hard to beat that! Climate Change: will not just ruin our planet, making many places

Continued next pg

ELECTRIC VEHICLES, CONSUMER SAVINGS, ECONOMIC OPPORTUNITY, AND JOBS From previous pg

unlivably hot, but will devastate worldwide agriculture and commerce. Expect huge increases in refugees as the sea migrates inland and swamps port cities worldwide. EVs, electrification, and renewables provide the path for reducing this coming nightmare.

Manufacturing and jobs: this is our chance to compete with China, and bring manufacturing back to the U.S. Remember those pictures of choking smog in China from a decade ago? They now take clean air seriously. Dozens of EV and battery manufacturing plants are under construction right now in the U.S.

Every major automaker has announced they are switching over, so that they won't be crushed by Tesla, Chinese, Korean, and European EV manufacturers. Tesla's growth rate in 2021 was 70%, and is expected to beat that in 2022! Affiliated services, such as restaurants, small businesses, and stores, mesh nicely with charging stations. When you plug in, go shopping, or get a coffee or a meal. Many businesses already realize this, and have installed chargers to attract EV drivers business. This is a good time to suggest a career as an engineer, electrician, or lineman to your children as demand continues to grow!

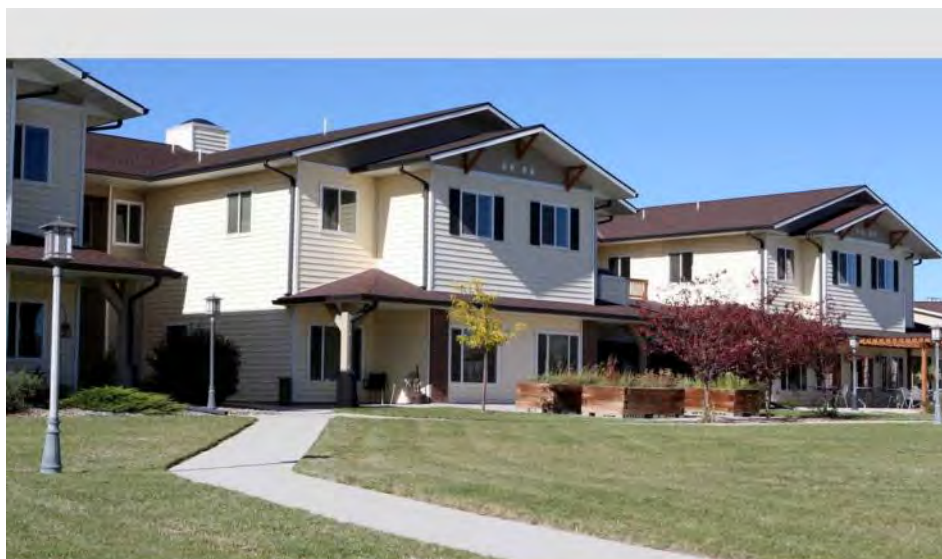
What's holding EV adoption back? Fossil fuel interests sowing doubt and political polarization; just as they financed climate change denial. Also, lithium, nickel, and cobalt supply constraints are slowing battery manufacturing, and that will become a serious bottleneck; but substitute elements (like cheap sulphur mentioned earlier) are quickly coming on line to replace them. There is a silver lining to the this bottleneck: it puts a damper on the explosive EV sales growth, slowing the transition to EVs by keeping prices higher in the short term, allowing more gradual buildout of charging infrastructure, and making it easier to justify keeping your ICE car for a longer time (and getting more return on your investment). Simultaneously, EV adoption may lower gas prices because of decreased demand. On battery improvements: Money is pouring into R&D in the race for more and better batteries. Ford alone is pouring \$50 billion in the next four years on EV manufacturing plants. In addition to lithium, sodium, which is much cheaper and abundant than lithium, is be-

ing used by CATL (the world's largest EV battery manufacturer) to build battery packs for EVs. Many other materials and technologies are rapidly coming online that will continue to increase range, cut cost, and improve reliability. 1.2 million mile lifespan battery packs have already been announced by CATL, and researchers predict that they will get to several million miles in the next few years. Imagine owning a car that lasts a million miles! They're coming soon to a road near you!

The choice is ours: superior cars and trucks, a cleaner environment, more jobs in manufacturing, electrical systems, and related services, and fewer dollars going to China; or continuing to bicker amongst ourselves, thus sending those jobs overseas.

Don't listen to naysayers that don't know what they're talking about, or have a hidden agenda; the electrification of America will electrify our economy.

David Congour, Montrose



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REGIONAL NEWS BRIEFS

MONTROSE REGIONAL HEALTH ANNOUNCES MORE THAN \$1.7 MILLION INVESTMENT IN MRH EMPLOYEES

Special to the Mirror

MONTROSE – Montrose Regional Health today announced it has invested an additional \$1.725 million in MRH caregiver wages. The move is expected to help the hospital retain staff and recruit more skilled labor to support its communities. “We are proud to invest in our hard-working caregivers,” said Jeff Mengenhausen, CEO of Montrose Regional Health. “Everyone we employ has an important role in our organization, and we value that role – whether it is a provider giving direct patient care, or someone cleaning our floors and helping us achieve nationally recognized cleanliness. It is a competitive labor market and our vision includes remaining the employer of choice in our communities.”

The pay increase was reflected on caregivers’ first paycheck in April. The move includes two methods of adjusting wages: one, merit-based pay increases based on performance as determined by annual reviews, and secondly, a market adjustment to ensure wages were comparable to similar roles in other organizations. Market rates were determined by a review of thousands of regional and national healthcare compensation surveys.

This pay increase is in addition to the HERO Bonus provided in late 2021, in which the hospital invested \$500,000 into caregivers in appreciation for their dedication to the health of the community through the COVID-19 pandemic.

Montrose Regional Health is one of the largest economic drivers in the region. With over 750 caregivers, the hospital provides \$53 million in pay & salaries, and an additional \$11 million in benefits each



Montrose Regional Health announced that it has invested an additional \$1.725 million in MRH caregiver wages. Courtesy photo.

year.

The hospital has received national recognition as an employer, including being named a Best-in-Class Employer by Gallagher in its recent Best-in-Class Benchmarking Analysis. The hospital was assigned points based on its relative performance in key categories, indicating the hospital positioned itself as a “destination employer.”

About Montrose Regional Health

(www.MontroseHealth.com)

Montrose Regional Health is a 501(c)3 nonprofit healthcare system serving Montrose, San Miguel, Ouray, Gunnison, Delta, Hinsdale and San Juan counties. The hospital is licensed for 75-beds and offers an extensive range of inpatient & outpatient

health care services, including cardiology, oncology, minimally invasive surgery, laboratory, medical imaging/radiology, Mountain View Therapy, Level III Trauma Center, Acute Rehabilitation Unit, advanced respiratory & pulmonary services, and the family birthing center. The health system has a reputation for acquiring the latest technologies in healthcare, from robotic assisted surgical services to UVC-disinfection technology. Montrose Regional Health is the second-largest employer in Montrose County, with more than 700 employees and 100 providers who represent 23 medical specialties. With a tagline that reads Caring for you like family, the health system is known for its warm patient care.

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REGIONAL NEWS BRIEFS

CDOT ENCOURAGES RIDERS TO WEAR HELMETS AHEAD OF MOTORCYCLE SAFETY AWARENESS MONTH

Special to the Mirror

STATEWIDE - The recent warm spring days are enticing motorcycle riders to hit the roadways, especially on weekends. May is Motorcycle Safety Awareness Month, which coincides with the beginning of the riding season in Colorado. But with riding comes risks, which is why the Colorado Department of Transportation is reminding motorcyclists to always wear a helmet.

Taking to the roads has become more dangerous for motorcyclists in recent years. 2020 was the deadliest year on record for motorcyclists in Colorado. 140 motorcyclists were killed that year. Last year 137 motorcyclists lost their lives.

According to crash data most riders killed in 2021 were not wearing helmets. June recorded the most motorcycle deaths last year, a sign that the beginning of the riding season can be especially deadly. So far this year 17 motorcyclists have been killed. Only four of them were wearing helmets.

Although motorcycles are only three percent of the registered vehicles in the state, they make up nearly 20 percent of the traffic fatalities. Of those killed 89 percent were male and 46 percent were under the age of 40. The counties with the most motorcycle deaths were El Paso, Jefferson, Adams, Denver and Pueblo counties.

In addition to wearing helmets, riders can do the following to stay safe on Colorado roads:

Get a license endorsement. Getting a motorcycle license endorsement keeps the motorcyclist in compliance with state law and verifies the motorcyclist has the basic skills to operate a motorcycle on a roadway.

Wear proper gear. Proper gear includes a helmet, boots that cover the ankles, riding pants and jacket, gloves and eye protection.

Receive professional training. All motorcyclists should receive professional training. Long time riders are encouraged go to training classes for a refresher every few years.

Follow all traffic laws. All motorcyclists are required to follow the rules of the road. In Colorado, lane splitting is illegal.

Ride sober. Even one drink can decrease reaction times, coordination, vision, judgement and concentration, all of which are crucial when operating a motorcycle.

CDOT also reminds drivers to use caution around motorcycles and offers these tips:

Check blind spots. Since motorcycles are much smaller than cars, it is easy for them to get lost in blind spots. Before making any lane changes, thoroughly check all blind spots and use traffic signals.

Look twice. When making lane changes, turns, merging and other traffic changes, check twice to save a life.

Use extra caution when turning left. When making left turns, look carefully for motorcyclists as you they can be difficult to see.

Never follow motorcyclists too closely. Motorcycles and their riders can slow down quick-

er than cars. Giving riders more space than a car ensures that drivers have enough time to slow or stop.

Eliminate distractions while driving. Being mindful and aware of driving situations, changes on the roadways and other unexpected incidents increases the safety for drivers and motorcyclists.

Spring Cleaning
WITH A HEART! 

May 2022

Our community is so very fortunate to have **The Shepherd's Hand**, a non-profit organization that provides 300+ meals each day to homeless and low-income individuals and families. It also provides a safe place to help with physical, emotional, and spiritual needs.

We are asking that you think about **The Shepherd's Hand** while doing your spring cleaning this season. **The need is greatest for monetary donations in order to purchase food.** There is also a need for personal size (travel) non-expired lotions, shampoo and conditioner, toothpaste, soap, and other hygiene products.

Please make your check payable to **The Shepherd's Hand**. Cash donations are also most welcome.

Montrose truly is a caring community! Thank you.

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shepherdshandmontrose.org



May 1st – May 31st

**Drop off your donations at
MCDP Headquarters**

**11 S. Townsend Avenue, Montrose
Tuesday-Thursday (11 AM to 3 PM)**

OPINION/EDITORIAL: LETTERS

HEARTFELT THANK-YOU TO A GREAT COMMUNITY

Dear Editor,

We wanted to reach out to our friends, neighbors, customers, and the community we serve:

The outpouring of support in our time of great distress has meant the world to the Hartman Family and our employees. The devastating fire that destroyed our business on north 1st Street is a reminder that tragedy can strike at any time.

Our hearts and prayers go out to the Dowell family as Keith was seriously injured. We wish him a speedy recovery and will do all in our power to support him and his wife Kellie.

A special thanks to the various fire departments and first responders who kept a tragic situation from being even worse. Thank you to Montrose Regional Health for the care given to Keith and our other employees. To DMEA/Elevate and its employees who have worked tirelessly to get power back to that grid. We are very grateful!

Although we are still in a state of shock and chaos, we are striving to get our medical side reopened, so we may serve the community that depends on our services. We hope to be fully functional by April 26th and look forward to serving your

medical needs as usual.

It will be some time before our welding supply operations will be available. We are looking for alternate locations and ways to service the needs of our welding customers. However, all accounts will be served as usual, and we will continue to take care of your gas needs. Please give us a call at 970.240.8535. To everyone who communicated their support and well wishes, know that in this tragedy, you are the light that keeps us going. Our heartfelt thank-you to a great community.

*Kirk, Sid, Jay and
the entire Hartman Family*

JOB OF MEDIA IS TO KEEP AN EYE ON THE GOVERNMENT AND TELL THE READER THE TRUTH

Dear Editor:

I hope we all feel more comfortable that since Twitter may now allow conservative as well as liberal views, our fearless leader Joe Biden now has a "Disinformation Tsar" to protect us from "disinformation." Sounds similar to Soviet news services such as Tass or Provda. For those too young to remember, Tass and Provda are news agencies started in the Soviet Union

to tell the views of the Communist Party. Kind of like the fox watching the hen house.

If the Fourth Estate (media) did their job in telling the truth instead of their personal views and opinion, we wouldn't need to have our socialist (communist) government to tell us their "version of truth." The job of media is to keep an eye on the government and tell the reader (or view-

er) the real truth. Media should not be partisan. What happened to pure journalism?

Earth to Joe Biden. Seems it be more suitable to have that "Tsar" not be one to have spread some of the biggest political lies of the last 5 to 7 years about Russian Collusion and the Hunter Biden laptop, if we are to believe what they say.

Edward Moreland, Montrose



8500

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SHRINKING YOUR FOOTPRINT



Local elementary students show off the rewards of their school garden. Farm to School Programs address the health benefits of growing a gardens. Kids learn to grow their own food and can bring those skills home to add to the food on the table. In addition, growing your own veggies reduces your foodprint. Courtesy photo.

By Anne Janik, Earth Day Special,
Friends of Youth and Nature

MONTROSE-Who doesn't love a juicy, delicious cheeseburger? Food is necessary to our survival, and each meal can be a tasty and creative eating adventure. While you are grocery shopping, eating a gourmet meal or enjoying a family picnic, be aware that our food system is a major contributor to the accumulation of greenhouse gasses resulting from deforestation, food processing and food waste. The upside is that your family can make small changes in the way you manage food that can make a significant difference in reducing food waste and reducing your "foodprint".

A **foodprint** measures the environmental impacts associated with the growing, producing, transporting, and storing of our food— from the natural resources consumed, to the pollution emitted, to the greenhouse gases released.

There are many decisions about what we eat and reducing our foodprint, including

access, affordability, health and culture. There is not one prescribed diet or consumer choice for everyone. However, there are different ways individuals can make an impact on their foodprints. You can go to www.earthday.org/campaign/foodprints-for-future/ to learn exactly how our meals affect our planet, and the system that fills our plates every day. This site also offers recipes to eat better for ourselves and our planet.

Locally grown products are generally more expensive than what you can buy from corporate producers, which may seem odd when there are fewer transportation costs for locally-produced food. However, corporate producers benefit from the economies of scale. Depending on how you decide to tackle the reduction in your foodprint, it could actually cost you more if you want to support local growers and avoid corporate products. There are still some inexpensive options for reducing your foodprint.

Much of the food produced worldwide is wasted through processing, and once it gets into homes a significant amount of food is thrown away. Food waste in America has skyrocketed in recent years, with 206 billion pounds of food waste generated in 2018, according to the Environmental Protection Agency (EPA) (see *Food wastes in America: Facts and Fiction*, Ryan Cooper, Director of Circular Economy Solutions, August 25, 2020). In the United States, 30-40% of food is wasted through processing, post-harvest or by simply being thrown away. When we toss still-edible food into the trash it ends up in landfills where it breaks down and releases carbon dioxide and methane.

This accounts for 8.2 % of the total human-made greenhouse gas emissions according to the United Nations Food and Agriculture Organization (<https://www.earthday.org/our-foods-impact/>).

As a global citizen concerned about caring for our planet, you are encouraged to evaluate your food choices and consider adopting a few new behaviors:

- Buy food locally as much as you can. This will have a huge impact on your carbon footprint. Shop at your local farmers market to find seasonal, fresh produce. At your next visit to the farmers market look or ask for "the ugly foods" where growers can sell misshapen or imperfect looking produce that still tastes great. Buy meat from local farms and meat processors.
- Gradually adopt a more plant-based diet to lower demand for meat driven global corporate agriculture and purchase food from companies that are committed to sustainable practices. Host a potluck gathering sharing plant-based dishes and share new recipes.
- Try to only purchasing the amount of fresh food you will use before it goes bad.
- Reduce personal food waste, and compost your food scraps. Your food waste can transform into an excellent vegetable garden enrichment source. There are plenty of websites and videos to help you learn how to compost.
- Start a vegetable garden this spring.

Continued next pg

SHRINKING YOUR FOODPRINT From previous pg

Check out *5 Simple Ways to get your Kids Gardening* (visit: Friends of Youth and Nature blog - gardening). Become a member in the community garden. Gardening may become your new hobby or passion, and you may make some new friends!

-Contribute your peak season vegetable overflow to your local food bank. Fresh veggies are always welcome and appreciated by those who need food assistance.

Food security is the physical and economic ability to access affordable, culturally-appropriate and nutritional food. Unfortunately, many people are currently food insecure and cannot acquire adequate food to meet their needs. This is a real issue locally, nationally and globally. In 2018, 14.3 million households were food insecure in the U.S according to the USDA Economic Research Service. Many countries that experience food insecurity are large producers of grain and corn, only to use that food to feed livestock to meet the increasing global demand for meat or to make ethanol fuels. A lack of adequate,

nutritious foods can increase the likelihood of many health issues such as diabetes, heart disease and mental health. Shifting weather patterns that result in more frequent flooding, drought and wildfires will have significant impacts on our global food supply. The situation will worsen in communities that lack food security due to financial and social limitations. This is not only an environmental issue, but also a human rights issue.

Food insecurity influences our local communities here on the Western Slope of Colorado. To get a closer look, consider volunteering at a local food bank. You may be surprised by the amount of perishable food that is donated by grocery stores each day for quick redistribution, and the number of families in need in our community. We all need food. So let's work as a community to fight food waste, eliminate food insecurity and improve our footprint - everyone benefits. Think in terms of efficient footprints. Less processing, less transportation, and less glob-

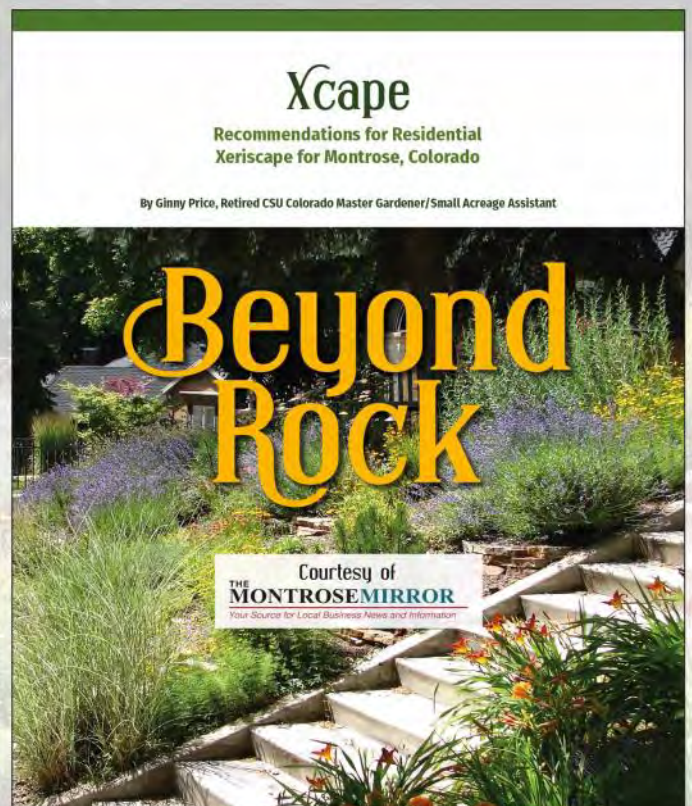
al demand. These are big, overreaching concepts in the way we view food, but if we start at a personal level, we can influence decision makers, storeowners, restaurants, and public institutions to make broader, more efficient food choices. As the human population continues to surge, the global food system must become more efficient at meeting worldwide nutritional needs. Advocating through actions to reduce our footprint will also help drive societies towards developing more productive and equitable processes for feeding the world. *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. See the Earth Day 2022 action, science and education toolkits:*

Deeper Dig into Food Sustainability for more on this topic (www.earthday.org/our-toolkits/). For more information and links to Restore our Earth and Earth Day 2022 Action toolkits, Visit: www.friendsof youthandnature.org

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"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."
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I-70 TO BE RESURFACED BETWEEN SILVERTHORNE & EISENHOWER-JOHNSON MEMORIAL TUNNELS

Special to the Mirror

SUMMIT COUNTY — The Colorado Department of Transportation will begin work on May 2 along eastbound and westbound Interstate 70 from Silverthorne to the Eisenhower-Johnson Memorial Tunnels. Motorists should plan for additional construction in the surrounding area. Elam Construction of Grand Junction is the contractor for this project.

Work will take place along I-70 for 5 miles from approximately Mile Point 206, by Silverthorne, to approximately MP 212, west of the Eisenhower-Johnson Memorial Tunnels. Work will include a 2" hot mix asphalt overlay, installing new guardrail, repairing the end transition rails and bridge rails and culvert installation. Bridge rail work is anticipated to last approximately two weeks.

Motorists should anticipate traffic impacts during daytime and nighttime hours. Work is not planned for Fridays, Saturday or Sundays, though occasional limited work may be necessary. The project is anticipated to be complete by the end of October 2022.

The HMA will add approximately 10 years of life to the highway, provide a smoother road surface and will durability by increasing the resistance to 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.



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- Krista, Co-Owner of Chow Down Pet Supply (5 locations)

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OPINION/EDITORIAL: LETTERS

QUESTIONS FOR OUR CITY COUNCIL, CITY MANAGER & COUNTY COMMISSIONERS

Editor:

OP ED: Questions for our City Council, City Manager & County Commissioners

Question 1: City Council & Manager, why are our roads still in horrible shape? Driving on a majority of our roads is like driving an obstacle course! Some of the patching that was done last month has already failed. These easy fixes are not working and are wasting time, materials, and manpower. Our taxes have gone up. Shouldn't our city be focused on keeping our infrastructure in top condition?

Question 2: Why are our taxes helping to fund an outdoor patio for San Juan Brewers? Since when do city taxes support private businesses? I realize many of our police hang out there, but shouldn't our tax dollars be going toward maintaining our roads?

Question 3: City Manager, I understand that you do not believe in giving cost-of-living raises, and apparently none of our city employees have received a cost-of-living raise since you took the position of city manager. Why are the raises based on the state of our economy two years ago? Nothing costs the same today: gas, groceries, construction materials, etc. It used to be a privilege to work for most cities, especially because of benefits that are not offered in most other jobs. There seems to be little incentive to stay.

As a result, the city has lost several excellent employees. I understand that even our head of maintenance left, who is skilled in electrical, plumbing and construction. The hiring and attrition of city employees have resembled a revolving door. This city has grown in population

and size. We have more infrastructure to maintain. We need more qualified employees to care for our city. Why are you taking this stance?

Please re-examine your policies regarding remuneration for our workers. Whether you believe in cost-of-living raises or not, the cost of living has increased significantly, and our city's workers deserve a raise.

One last question for our county commissioners... I understand that Montrose tax payers are supplying over a quarter of a MILLION dollars to redo Nucla's sewer system. Why are county tax dollars paying for Nucla's sewers? Aren't counties supposed to take care of their own infrastructure through the taxes they collect from their people?

Respectfully submitted,
Leah Vandersluis, Montrose

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BOARD OF EDUCATION HEARS FROM ENGAGEMENT CENTER, OUTER RANGE TEAMS AT REGULAR WORK SESSION



RE-1J Outer Range campus and fence.
Photos by B. Switzer.

By Paul Arbogast

MONTROSE-The Montrose County School District RE-1J Board of Education met on Tuesday, April 26 at 6:30 pm for a work session.

Discussion Items included an Engagement Center Update, Outer Range update, Community Use of School Facilities, and a Mascot update.

The session was called to order by Board of Education President Sarah Fishering at 6:30 pm and opened with the Pledge of Allegiance. All members were present except for Vice President Jeff Bachman, including District B Director Jacob Suppes, District C Director Alice Murphy, District D Director Tom West, District F Director Eric Kelley, and District G Director Stephen Bush.

Engagement Center Update

Engagement Center Coordinator Angelique Chavez gave a presentation showing collected data of referrals to the engagement center for students and goals for engaging and supporting students.

She continued with information on the new Black Canyon High School

(Alternative Education Campus) to include proposed graduation requirements. The full presentation can be viewed here.

Outer Range Update

Outer Range Program Director Keely Vaughan and Outdoor Education Coordinator Kiersten Brown presented an update on the Outer Range (an outdoor learning space).

The two programs most talked about were Alpine Start (a preschool option) and Yurtergarten (a kindergarten). The full presentation can be viewed here.

Community Use of School Facilities

Board President Sarah Fishering requested that all board members review various documents related to community use of school facilities because she believed there needed to be some changes.

The key focus according to her statements was to close off individual classrooms because allowing their use by the public opened both students and teachers to less privacy.

This is because classrooms are the teachers' offices, and they contain students' work which could lead to a privacy breach.

The board members agreed to read up on the documents and discuss at a later date.

Mascot Update

Superintendent Carrie Stephenson gave an update on the latest status related to the mascot change(s). While MHS had decided on a new name and worked up a new logo, the Colorado Commission of Indian Affairs did not accept the logo. The issue was the feather in the logo, which they said was a dreamcatcher and thus not allowed.

The board debated fighting what they felt was an arbitrary decision vs just removing the feather. While many voiced frustrations with the entire process, they decided it would be better to remove the feather than face a lot of court fees and costs.

Next was an update on the Johnson Elementary School Thunderbirds mascot, which the district has decided will be changed. The final decision will be made next year with the new school principal, staff, and students, so that input is heard from all.

With no further business the work session was closed.

REGIONAL NEWS BRIEFS

SAN JUAN RURAL PHILANTHROPY DAYS: COMMUNITIES IN TRANSITION

Special to the Mirror

RIDGWAY-The San Juan Rural Philanthropy Days (RPD) conference is returning to the region for the first time in five years, to be held from June 7-9 in Ridgway.

The theme for this year's event is "Communities in Transition." Community Resource Center (CRC) and a team of over 20 regional leaders have organized the conference and are excited to announce that registration for the conference is now open. Rural Philanthropy Days (RPD) conferences provide powerful opportunities for nonprofit professionals to meet directly with statewide funders, participate in professional development, and network with other community leaders across the region.

RPD is a part of the Rural Action Network (RAN), a statewide program which builds nonprofit capacity, fosters relationships, and regional collaboration which leads to increased grant dollars awarded to rural communities.

Close to 250 nonprofit professionals, grantmakers, community leaders, distinguished speakers, and elected officials are expected to unite at RPD this summer. Nonprofit professionals attending the 2022 conference will be able to participate in more than 20 professional development opportunities.

Through the Community Resource Center, this event comes to the San Juan region every four years, COVID-19 delayed its return by one year. The conference is organized by a regional steering committee representing Gunnison, Hinsdale, Montrose, Ouray, and San Miguel counties, led by Carrie Andrew, Director of the Lone Cone Library and Danelle Hughes Norman.

"We are excited to bring the diverse communities from the San Juan Region together in-person," said Danelle Hughes Norman, RPD Steering Committee Co-Chair, "to network and brainstorm the solutions needed to meet the issues of these changing times." Registration is now open! There are a limited number of scholar-

ships available.

Please visit sanjuanrpd.org for more information. For information and questions,

contact Melissa McKelvey, San Juan RPD Event Coordinator at sanjuanrpd@gmail.com.

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COLORADO NEWS BRIEFS



COLORADO
Department of Transportation

US 50/550 Overlay Project Montrose

PROJECT OVERVIEW

The public is invited to attend a virtual outreach meeting on Tuesday, May 3, from 5-6 p.m. about this project. The meeting will be a Zoom call and attendees are invited to join using the following link:

<https://cdot.zoom.us/j/85330921316?pwd=dXRvTGd4ekJ4bnUrQUkyYk1CTHBUT09>

The Colorado Department of Transportation and United Companies will soon begin an overlay project in Montrose County along US Highway 50 and US Highway 550 in Montrose. The project limits are on US 50 from Mile Point 86.0 to 91.70, including the frontage roads and also on US 550 from MP 126.4 to 130.1.

PROJECT SCHEDULE

Work is scheduled to begin on **May 15** and is expected to last until **September 30, 2022**.

Normal working hours will be **Sunday through Thursday night** from 7:00 p.m. to 7:00 a.m.

TRAVEL IMPACTS

- **Lane closures** are only allowed **at night**.
- **No detours anticipated.** Motorists may encounter alternating lane closures with wait times up to 15 minutes during night work.
- **Two (2) through lanes in each direction** and turn lanes will remain **open during the day**.
- **Loads wider than 12 feet** will be restricted through the work zone **Sunday through Thursday night** from 7:00 p.m. to 7:00 a.m.



CONTACT INFORMATION

If you have questions or concerns or if you would like to be added to our public outreach contact list to receive construction updates, please contact us!

Phone: 970-316-1145

Email: us50.550overlay@gmail.com

Project Webpage: <https://www.codot.gov/projects/us50-us550-montrose-overlay>



COMMUNITY OBITUARIES

JACOB ELBERT VORHIES

May 12, 1936-April 23, 2022

Jacob Vorhies passed away April 23, 2022 at his home in Montrose, Colorado under hospice care following a recent hospitalization for pneumonia. In lieu of services, there will be a Celebration of Life for family and friends to gather together in remembrance sometime later in the summer near Woodland Park.

Early life: In his youth, Jakie spent many joyful days at his maternal grandfather Jake Workman's saw mill outside of Woodland Park, Colorado. His extended family of aunts, primarily Snooks and Virginia, were key figures in his pre-school life helping his mother Sis (Fleta Workman) when his dad Raymond Vorhies served in the Navy. Jake attended Woodland Park schools, graduating high school in 1955. He enjoyed rodeos, playing basketball and fast cars and his youth was rich and adventure-filled with many friends and cousins by his side. Jakie met Rudie (Rue Ann Stafford) in high school when she moved to Woodland Park from Kansas. Rudie, her mom Tommie Stafford and the WPHS truant officer had a tempering influence on some of the rebel instincts Jake possessed, helping to transform the gap-tooth cowlick-cool teenager into the hard-working husband, father and life-long friend so many knew - although the cool crew cut remained.

Marriages and Family: Jake married his high school sweetheart Rue Ann Stafford in 1956 and joined the US Air Force shortly thereafter. Jake and Rue Ann lived in Cocoa Beach, Florida while he was stationed at Patrick Air Force Base where their eldest daughter Janet Lynn was born in 1958. Jake served in Korea as a Radio Operator with the 6550th Communications Squadron. After his Honorable Discharge from the USAF in 1959, Jake went to work for the Martin Company constructing military missile silos at loca-

tions in Arizona. Jake and Rue Ann had a second daughter Joyce Sue born in 1959 who died in infancy. Their third daughter Stacey Jo was born in Tucson, AZ in 1962. The young family returned to their home base of Woodland Park in 1963 where Jakie worked for Western Electric as an Installer. His career in the telecommunications industry spanned the subsequent AT&T companies until his retirement in 1990. Jake and Rue Ann lived in Woodland Park and raised their family there until Rue Ann's passing in 1991 from cancer.

The Lord blessed Jake with a second chance for love and happiness when he married Wanda Ann Cummins (maiden Pearce) in 1992 in Woodland Park. Jake's family then blossomed with addition of the children of Wanda and Vernon Cummins (deceased 1986); Terry Cummins and his wife Annie and Celesta Rilling and her husband Chad. Wanda and Jake enjoyed splitting time between Arizona and Woodland Park living the best of both worlds of mountain life then flocking as snowbirds to golf country in the desert during Winter for many years. Jake's love of golf in his retirement years rivaled his love of hunting, fishing, snowmobiling and being in the outdoors throughout his lifetime. Being in the reverence of God's work in nature was Jakie's preferred church, although he was also a member of the Woodland Park Community Church where his in-laws Tommie (Nora) and Paul Stafford belonged during his marriage to Rue Ann. Jake and Wanda had residences in Woodland Park, Pueblo West, Surprise, AZ and were residing in Montrose, Colorado when he passed peacefully at home. Jake is survived by his wife Wanda (Montrose, CO) daughters Janet Burrows (Sedalia, CO) and Stacey Goddard



(Tucson, AZ) grandsons Wyatt James Goddard (Littleton, CO) and Sawyer Grayson Goddard (Santa Barbara, CA) stepson Terry Cummins and his wife Annie (Florissant, CO and Austin, TX) and stepdaughter Celesta Rilling and her husband Chad (Montrose, CO) grandson Shane Cummins (Woodland Park, CO) greatgrandson Quentin, granddaughter Krystle Rilling and her partner Ben Haynes, great grandchildren Jaden, Kinsley and Kason, grandson Zach Cummins and his wife Colleen (La Quinta, CA) great grandchildren Kaiden, Harlee and Atlas. Jake's extended family included brother Bob Vorhies, his wife Phyllis and his nephew Jimmy who predeceased him, niece Cathy and her husband Don Montoya (Colorado Springs, CO), nephews Jerry, Bobby Dale and Dan Vorhies. Favorite cousins separated by location, time or death, but loved nonetheless include Thelma and Aggie (Hodgson), all the Ball family and the Simms boys' families (Jim, John, Jack and Joe), LaVonna Sherman family (Houston, TX), and Terry Bartholamew & family (Nowata, OK.)

COMMUNITY OBITUARIES

D. JAY GRANT 1935-2022

D. Jay Grant—a devoted husband, father, friend and lover of life—passed away peacefully in his sleep April 26, 2022, at his home in Montrose. He was 86.

“I’ve had a great life, except for a few minutes in 1966,” he would say with sly smile and a sparkle in his blue eyes. Those minutes involved a near-fatal farming accident that resulted in the amputation of his left arm and right leg. Jay miraculously not only defied death, but he never let his misfortune define him. He and his wife Mabel, with whom he had six children, continued to farm and ranch until the early 2000s.

The eighth of Robert and Grace Grant’s 10 children, Jay was born July 25, 1935, in Delta, and spent his youth accumulating the idyllic experiences he would later recount with delight. He hunted, trapped and farmed, swam in the Gunnison and rode everywhere atop his beloved horse, “Joker.” Blessed with speed and strength, he excelled in football and wrestling (a/k/a “rasslin”) at Delta High School. He also loved competitive square-dancing and singing in glee club.

A year after becoming the first of his siblings to graduate high school, Jay met the love of his life, Mabel Fowler, whose family had recently moved from Nebraska.

Born exactly one year and one day apart, they married in 1954, and after following road-construction work around the state (including the building of Blue Mesa Dam), they purchased his parents’ farm east of Olathe in 1958. There, they raised corn, pinto beans, grain, sugar beets, alfalfa, hogs, sheep and milk cows. Their property off Falcon Road would eventually grow to 300 acres.

With a growing family to feed, Jay worked winters at the Holly Sugar Factory in Delta. A natural leader and teacher



who befriended everyone he met with a genuine “glad to know you,” he later became the president of the Montrose County Farm Bureau and a member of the Olathe Potato Growers board. His knowledge, kindness, sincerity and humor drew people to him like bees to a honeypot. While farming Jay would often come up with country and western songs, which he and Mabel, a pianist and guitarist, would later write down and set to music. With Sid and Dean Culver on guitars, he professionally recorded a number of those songs—his favorite, “Little Valley,” paid tribute to his cherished Uncompahgre Valley—and as recently as this year, delighted in singing them with his devoted bride.

His love of music inspired him to invite musicians to a weekly jam in the family basement. The get-togethers grew and, 40 years later, continue to take place at various locations around Montrose and Olathe. First and foremost, what inspired Jay was his family—his dearest Mabel, their five daughters (Lucinda, Janet, Sharry, Jo and Karen) and one son (Brad). Even as his body began to fail, his



devotion to them never wavered. He heroically provided motivation to remain positive despite the obstacles. He’d regularly chat with his sisters, nieces and nephews, always joking and keeping their spirits high.

As testament to the esteem in which people held him, more than 120 people attended Jay’s and Mabel’s 60th Wedding anniversary in 2014.

Jay is survived by his wife of 67 years, Mabel (Fowler) Grant; daughters Sharry (Greg) Colzani of Berkley Springs, WV; Jo (Jon) Rizzi of Denver; Karen Grant of Grand Junction and Brad Grant, late of San Diego; three grandchildren (Casey Colzani-Granados, Daisuke Ben Harada and Kosuke Jon Harada) and two great grandchildren (Penny and Lucas Granados). He also leaves two sisters (Elva Trimmer and Pat Percival), a brother (Daryl) and, as he might say, “a haywagon full of nieces and nephews.” Two daughters, Lucinda and Janet, and a granddaughter, Valerie preceded him in death.

COMMUNITY OBITUARIES

DELORES ANN (EMERT) SPOR

October 11, 1946-April-8, 2022



Delores Ann was born at Hermiston, Oregon, into the family of Phill Gerald Emert and Barbara May Follett. She was raised in the Lone, Oregon area, along with her older brother Philip (Skip) and younger brother Robert and younger sister Connie. After graduation from High School, Delores continued her education with a Diploma from the Mann Floral Art Design School in Denver, Colorado. She also earned a Diploma in Bible at the Western

Bible Institute at Morrison, Colorado. It was there that she met her husband, Lon Dan Spor. They married May 22, 1971. They were the proud parents of Robin and Benjamin, raising them in the family home near Olathe, Colorado. Robin married Scott Neelley, and added two grandsons to the family, Zachary Neelley and Hunter Neelley. Hunter completed his life journey, October 12, 2014, after battling cancer. On May 22, 2021, Lon and Delores celebrated 50 years of marriage, reflecting their love for each other and gratitude to God for bringing them together. Delores had a lifelong love for teaching Bible studies, gardening, tole painting and floral art. Her passion for the Word of God (truth) was evident as she prepared and taught the Bible. Delores pursued the creation and enjoyment of beauty through her artistic talents, sharing them with all she met.

Delores received Jesus as her Savior at 12 years of age and valued the cultivation of moral goodness, demonstrated by living out the good works God had creat-

ed for her to do here on earth. On April 8th, she had completed those good works here and reported to heaven to start her eternal work of praising and glorifying God, in perfect peace. The family expresses their heartfelt thanks to all who prayed and shared their love for Delores.

For those who would like to give in her memory, House of Promise, 180 Ministries, Teen Challenge, 7750 6025 Road, Olathe CO 81425, and Answers in Genesis, P.O. Box 510, Hebron, KY 41048, were both very close to Delores' heart.

George MacDonald wrote;

"Do not hurry in your grief; it does not help the journey.

Walk slowly, pause often. Do not hurry as you walk with grief.

Be gentle with yourself; walk slowly, pausing often.

Take time, be gentle as you walk with grief.

We are not far from one another; though some may be in heaven and some on earth."

Now more than ever...

Thank you for reading

THE MONTROSE MIRROR

COMMUNITY OBITUARIES

MICHAEL SUEDEKUM *February 27, 1978-April 21, 2022*



MICHAEL SUEDEKUM, age 44, passed away peacefully on April 21, 2022 at the San Juan Cancer Center with his wife Zelfa May by his side after a 3.5 year heroic battle with melanoma cancer.

Born February 27, 1978 in Denver, Colorado and graduated from Pomona High School in Arvada, Co.

Michael met the love of his life, Zelfa May, September, 1998 in Chandler, Az. While working at Avnet, Inc. In 2004, they married and moved to Flagstaff, AZ, where Michael worked for Pepsi, Co. In 2006, they moved to Montrose, CO and worked for Pepsi, Co. In 2008, his only child Melvyn was born and his new career with Hartman Brothers began. During his 14 years at Hartman Brothers, Michael was instrumental in creating

Allair and opening new doors for the company and became the Marketing manager. Michael loved his work family and the many customers he had.

Michael loved modifying trucks and cars. Attending car shows. Showing his son, Melvyn the trade of working on vehicles. Then riding with his crazy wife Zelfa May in the mountains on 4x4 trails being her spotter. Michael loved his wife 1000 years, worth in their 17 years of marriage. Michael is survived by his wife Zelfa May, his son Melvyn. His parents, Melvin and Susan and his sister Sheri. Services have been entrusted to Crippin Funeral Home. Montrose, Co. 970-249-2121 A Celebration of life will be held May 3rd, 2pm to 5pm at the Montrose County events center, 1036 N 7th St, Montrose, CO.

EDWARD HECHT

EDWARD HECHT, 92, passed away peacefully at the Hope West Hospice Care Center in Grand Junction on Tuesday, April 26, 2022. He was surrounded by his wife of 68 years and many family members. Edward was born in Montrose to Alfonso and Pauline Hecht. He was the oldest of nine children. Ed grew up in Montrose with the exception of a few years in Montana.

Ed joined the Army in April, 1951 and was stationed in Korea. He earned four bronze campaign stars and was honorably discharged in 1953.

He married Kathleen Kloster in October of 1953. They raised four children, Patti Hecht, Debbie Hecht (Mudge), Jim Hecht, and Elizabeth Hecht (Andersen). Ed (Steady Eddie as he was known)

spent several years farming east of Montrose. He also spent most of his career as an auto mechanic in Montrose and Delta. He had the reputation of being able to fix anything!

He enjoyed working, fishing, hiking, biking, gardening, fixing things, and spending time with his family and grandkids.

He is survived by his wife, Kathy, their four children, seven grandchildren, six great grandchildren, and three great great grandchildren.

All services and reception will be held at St. Mary's Catholic Church in Montrose. The vigil on Tuesday, May 10th at 7 pm. The funeral service will be on Wednesday, May 11th at 10 am followed by the interment at Grand View Cemetery, then back to St. Mary's for the reception.



In lieu of flowers, the family prefers that you make a donation to Hope West Care Center in the name of Edward Hecht. Hope West 3090 N. 12th St. #B, Grand Junction, CO 81506 (970-241-2212). Arrangements are under the direction of Crippin Funeral Home of Montrose.

COMMUNITY OBITUARIES

JOSEPH ENGLISH JR.

September 8, 1946- April 19, 2022

JOSEPH ENGLISH JR. passed away peacefully at his home surrounded by family on April 19, 2022. Joe was born on September 8, 1946, to Joe and Frances (Frazier) English in Montrose Colorado at the family home.

He graduated from Montrose High School in 1964 and went on to work building the Morrow Point Dam. Joe married Ardis Silvers in 1966 and they made their home on the family farm where they raised their sons. Joe and Ardis later divorced. Joe then met Shirley in 1997 and they remained together until his passing. They built a home together in Montrose and enjoyed many activities including camping, snowmobiling, horse-shoes, gardening, farming, and raising livestock.

Joe and his brother, Lester English, started the well-known English Welding shop in 1980, which later became English Brother's Polaris in 1992. Joe was a successful businessman who built the Polaris business to what it is today. His drive and dedication was apparent to all who entered the Polaris shop. Joe had no enemies, but many friends whom he developed great relationships.

He was a mentor and teacher to anyone who gave him their time and wanted to learn. Joe was also very passionate



about farming starting at the age of ten and continuing to farm the family land throughout the rest of his life. If he was not at the Polaris shop, he was in his tractor. Farming was not just a hobby for him, it was a way of life, and he took great pride in producing quality agricultural products.

Joe's other interests included hunting and in later years enjoyed making wine and cheese. He shared these interests with his boys and Shirley.

Joe was preceded in death by his father Joe Sr, and his sister Esther McCormick.

He is survived by Shirley, brothers Lester, Alvin (Sue), sister Dianna (Joe) Underwood, sons Dean, and Danny (Sherrie) English, eight grandchildren, one great grandchild, and many nieces and nephews.

Joe will be greatly missed by all who knew him.

A celebration of life will be held at the Montrose Elk's lodge on Saturday May 7, 2022, 4-8 pm. Please join us in celebrating the life of Joe as we knew him.

Crippin Funeral Home is assisting the family with arrangements. 970-249-2121

Thank you for reading
THE MONTROSE MIRROR

ISSUE 368 May 2, 2022

ART & SOL

MONTROSE CENTER FOR THE ARTS PRESENTS PHOTOGRAPHY BY GABRIELLE CLAY



Above left, Moulton Barn. At right, Glowy Horse. Gabrielle Clay courtesy photos.

Special to Art & Sol

MONTROSE-Montrose Center for the Arts proudly presents the nature inspired photography of Gabrielle Clay for the month of May. Gabrielle has lived in Colorado for most of her life and has a deep connection to the western United States. She had a consulting job working with the National

Park Service. This amazing opportunity enabled her to see our beautiful parks across the U.S. "It was in our 49th state, Alaska, I met my mentor, Bill Hubner, who taught me a lot about photography and of life. Of all the things he taught me, I remember best, 'Anyone can look through the lens, but not everyone has the same

perspective.'" That started her journey that fueled her passion for adventure and photography. Join us for the First Friday reception on May 6th from 5-7pm, and meet Gabrielle Clay. Her show will be displayed from May 4-28. MCA is open Tuesday through Saturday, 10-4, 11 S. Park Avenue, Montrose.

CELEBRATING LOCAL BEAUTY.



#montrosemirror

COMMUNITY NEWS BRIEFS

FINANCIAL REALITY FAIR HELD TO PROMOTE FINANCIAL LITERACY

Special to the Mirror

MONTROSE-NuVista Federal Credit Union & Black Canyon Rotary Club held the Annual Financial Reality Fair for the seniors of Montrose High School, Olathe High School & Peak Academy on April 13, 2022.

During the event, powered by Richard Myles Johnson Foundation: Bite of Reality platform, students gathered in McMillan Gymnasium, to learn about what goes into a monthly budget as an adult. "I learned that while you may think your paycheck will stretch through the month, it is harder than it seems. I also realized it is important to think about not only supporting yourself but your family as well," said senior Austin Griffin.

Each student was given a hypothetical life circumstance—a job, monthly salary, spouse and child, credit score, and student loans. They then had to navigate through different stations to make purchases for their monthly budget. "I learned that budgeting is a very important skill when income is low," said senior Josiah Nichols. The different stations included housing & utilities, transportation, childcare, entertainment, household needs, clothing & personal care, groceries & dining and shopping.

"I think this event is a great idea! I had fun talking to the kids and trying to up-sell them. I thought more of them would want the big fancy house but about 90% of them were really savvy and went with homes that were realistic. I could also tell a lot of the kids understood their poor credit and bad decisions their alter persona must have made to get them to that point. Thank you for allowing Timberline Bank to be a part of this, said Mortgage Loan Specialist Timberline Bank April Shuler.

In each station, students were guided by real, local, adult volunteers who helped the students make difficult, but appropriate choices among a variety of options to determine what would fit in with their hypothetical monthly budget. "The event was phenomenally more fun and inter-

esting than I'd figured! The kids were fun, respectful of the volunteers, the process, and the game; and I could tell that most were really having fun with it, too! I'm so glad to have participated," said Black Canyon Rotary volunteer, Mari Steinbach.

The students watched as each choice; nice clothes, a pick-up truck, a home, childcare, etc. slowly dwindled their monthly income. "We had a great time. The event was well run and we greatly enjoyed chatting with the students. This is a frugal bunch of kids—across our table, we only sold a few Hawaii trips and a London trip. Impressive, said Montrose County Digital Communications Manager Erika Story.

After being tested to consider real-world decisions, students shared their experience and were briefed by NuVista Credit Union on budgeting and credit scores. "I had a lot of fun and it was a big shock as to what the real world is like. I am really glad I went," said senior Amy McCracken. Students learned about money and then had the chance to win some money. Ten lucky students even won a positive "Fickle Finger of Fate" in the form of a \$100 Montrose Bucks gift card.

Students also have the chance to earn one of four \$1,000 scholarships. Senior fair participants are required to complete a Scholarship Application and submit an essay explaining what they learned from the Financial Reality Fair. The submission deadline is April 30th. Many community sponsors contributed to this event to make the scholarships possible.

\$1000 donated by NuVista Federal Credit Union

\$1000 donated by Black Canyon Rotary Club

\$2000 donated by event sponsors

This event was a success due to our wonderful sponsors.

"I am very appreciative of the many volunteers and how hard they worked to provide everyone with a fun experience and a chance to win some money. It was fun and a great educational time," said senior Ja-

cob Thompson.

MHS Catering generously donated snacks and drinks to all seniors for attending and the following businesses sponsored stations at the event:

Level 1

NuVista Credit Union

Timberline Bank

DMEA

Mont&Rose Active Hypoxia

Turner Toyota

Montrose Black Canyon

Level 2

Maslow Academy

Montrose Urban Rural Authority

Our Town Matters

Blue Sky Surgery

City of Montrose

Montrose County

Real Estate Store

Dalby, Wendland & Co

Level 3

Academy Mortgage

Edward Jones-Trevor Harrison

Farmers insurance – Jeremy Gay

Region 10

Backstreet Bagel

Camp Robber

Chuck Roberts Selling Systems

Thank you to all who made financial donations making it possible to run the event and give out scholarships! Also, thank you to the many volunteers giving up their time to guide students through these life choices of budgeting, saving, and understanding credit scores. Thank you to the Montrose/Olathe community, for your continued support.

"Thank you for hosting an extraordinary event! Not only was it great to interact with the students, but it was incredible to witness their learning experience! I am so glad our community offers this opportunity for them! The entire event was fantastic and seemed to run so smoothly," said City of Montrose Volunteer Bryna Kent.

To learn more about the event or getting involved in future years, contact BJ Coram at bcoram@nuvista.org or Kathyline Gaber at kathyline.gaber@mcscd.org

COMMUNITY NEWS BRIEFS

DELTA ALTRUSA MAMIE'S TABLE EVENT COMBINES GOURMET CUISINE, FUNDRAISING



Jennifer Thomas (left) and Barb Wolfe put the finishing touches on Altrusa's signature cheesecake, as they await 16 dinner guests for Mamie's Table at CASA of the 7th Judicial District. Courtesy photo.



Mamie's Table at Fort Uncompahgre on the Old Spanish Trail (L-R): Debbie Atchley, Thelma Starner, Chris Miller, Helen Jurca, Carol Wicburd, Doug Atchley. Courtesy photo.

Special to Art & Sol

DELTA-Altrusa International of Delta held the organization's Second Annual Mamie's Table fundraiser on Saturday, April 23, 2022, with club members serving a six-course gourmet meal to dinner guests in Delta, Austin, Montrose and Ridgway. The participating table hosts included Alpine

Bank, Fort Uncompahgre and CASA of the 7th Judicial District. Each of the seven locations featured a uniquely decorated table set for dinner parties ranging from

six to 16 guests. Diners were greeted with a menu of offerings created especially for the event, along with recipes for each of the dishes presented. Altrusa helpers prepared and served the various courses, topping off the feast with their club's world-famous cheesecake. The idea for Mamie's Table was formulated by Altrusa International of Delta in 2020, when the pandemic forced the organization to cancel Sugar Plum Festival – their signature annual fundraiser. Determined not to let COVID stand in the way of raising money for community service projects and scholarships, the service club searched for an alternative way to garner funds, and the result was Mamie's Table – named after Altrusa's first national president Mamie L. Bass. It was conceived as a one-off event meant to temporarily fill a funding gap until the much larger Sugar Plum Festival could be resumed, however, the 2021 Mamie's Table was such a success that Delta Altrusa elected to include it in their calendar of annual fundraising events. Chartered in 1985, Altrusa International of Delta is a nonprofit organization striving to make their community better through leadership, partnership, and service.

SEE SOMETHING - SAY SOMETHING



970-249-8500

ANONYMOUS CALL

MONTROSE REGIONAL CRIME STOPPERS

MIRROR CHURCH DIRECTORY

FIRST CHURCH OF THE NAZARENE

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

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

disciples in Montrose Colorado and around the world.

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

FIRST PRESBYTERIAN CHURCH MONTROSE

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

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

We strive to encourage, challenge and support one another through spiritual growth, worship, and service in our community, country, and world. We also encourage children and youth to grow their relationship with Christ through our children and student ministries

MONTROSE UNITED METHODIST CHURCH

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

office@montroseumc.org, montroseumc.org
Current Senior Pastor: Rev. Lisa Petty
Worship service times: 8:15 am - Blended Service - Sanctuary & Virtual. 9:30 am - Contemporary Service - Sanctuary, 11:15 am - Traditional Service - Sanctuary
Montrose UMC is a leader in being fully

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

ROSEMONT BAPTIST CHURCH

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

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

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

SPIRITUAL AWARENESS CENTER

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

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

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

MIRROR CHURCH DIRECTORY From previous pg

SUMMIT CHURCH OF MONTROSE:

Denomination affiliation:

Southern Baptist

Address: 10977 60.75 Rd. Montrose, CO 81403

Office hours: Varies

Contact information:

phone number: 970-275-7026

email: summitchurchmontrose@gmail.com

website: www.summitchurchmontrose.org

Name of current Senior Pastor: John De-

Sario

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

Summit Church Montrose is a new church

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

VICTORY BAPTIST CHURCH OF MONTROSE

Denomination Affiliation: Independent Baptist

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

Office Hours: Monday-Friday 8am-12pm

Contact Information: Phone (970) 249-6874;

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

Current Pastor: Roland Kassales

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

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

Church Directory

Mirror Editorial Staff

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

formation to the Montrose Mirror:

Name of church

Denomination affiliation

Address Office hours

Contact information (phone number, email address, website)

Name of current Senior Pastor

Worship service times

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

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

Do your church services include Sunday School and childcare?



*Save a tree –
Read the Mirror!*

THE MONTROSE MIRROR
Your Source for Local Business News and Information

Call For Ad Rates: 970-275-0646

COMMUNITY NEWS BRIEFS

RIGS FLY SHOP & GUIDE SERVICE NAMED RACC MAY 2022 MEMBER OF THE MONTH



RIGS Fly Shop & Guide Service courtesy photo.

Special to the Mirror

RIDGWAY-As RIGS Fly Shop & Guide Service is recognized as May 2022 Ridgway Area Chamber of Commerce (RACC) Member of the Month, owners Tim and Heather Patterson share insights into their business history, offerings and philosophies. The Member of the Month program is an ongoing effort by the chamber to provide information about businesses and organizations in the area and promote patronage of our local resources and small, independent companies. RIGS was founded in 2001 as a small guide service after successfully receiving the first-ever permit for guided fly fishing within Ridgway State Park along the Uncompahgre River. The following year the business added a modest fly shop in downtown Ridgway. Today, RIGS employs six year-round employees and 25 seasonal employees during the high season.

RIGS' services include: a year-round, full-service fly shop featuring the industry's top manufacturers of accessories and fly-fishing gear – including outdoor water activity-based shoes and apparel, fly fishing and boating rentals, a modest white-water section, gifts, and CPW fishing and hunting license services. The primary focus of RIGS is its guiding services: fly fishing trips (both float and walk/wade trips) to the region's premier locations. RIGS also operates an annual guide school, clinics and courses, and the paddle sports concession at Ridgway State Park (hourly rentals of SUP's and kayaks), as well as whitewater rafting trips when the season allows.

"As a smaller fly shop and primarily a seasonal business, we work hard to put prod-

uct selection at the forefront of who we are. Our goal is to curate the best of what each manufacturer has to offer by carrying quality products we truly believe in and are best suited to the specific activities we offer and apply to our regional waters," explained Heather Patterson, who owns

and operates the family business with her husband, Tim Patterson.

To learn more about RIGS Fly Shop & Guide Service, go to <https://fishrigs.com/>, call 970-626-4460, email info@fishrigs.com, or just visit the shop at 1075 Sherman St., Unit 101, Ridgway, Colo. 81432.

EXALT **THE** LORD

WHO HAS

ESTABLISHED US

COLOSSIANS 2:6-7



NATIONAL DAY OF PRAYER

MAY 5, 2022

MONTROSE CHRISTIAN CHURCH

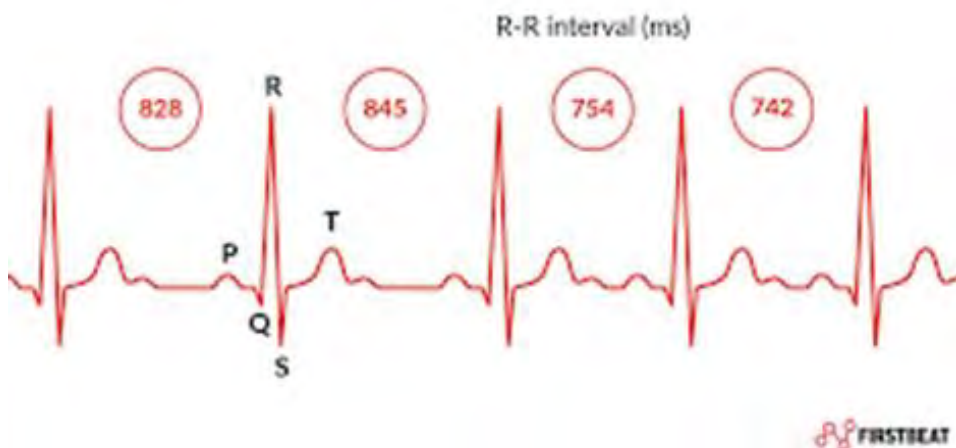
2351 SUNNYSIDE ROAD

6:30 – 8:30 P.M

YOUR BRAIN ON NATURE: HEART HEALTH, AND THE BRAIN



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



Greetings Mirrorites,

It's May, it's May tra la, tra la, the lovely month of May! It's arrival makes my heartbrain sing.

No, that's not a misspelling. The heart does indeed have its own mini-brain of 40,000 or so neurons that sit right at the top. I will talk about that in a lot more detail in a coming article. But for now, I am looking forward to an irregular heartbeat, the one that always comes with more time in hills, pasture, and garden. Now you're thinking I have truly gone around the bend, looking forward to an *irregular* heartbeat. And I will admit, it took me hours of research a few years ago to really wrap my brain around the benefits of an irregular heartbeat. The brain inside my skull, that is, not the one in my heart. I'm talking about the benefits on time in nature on heart rate variability (HRV).

HRV is the physiological phenomenon of the variation in the time interval between consecutive heartbeats in milliseconds. A normal, healthy heart does not tick evenly like a metronome, but instead, when looking at the milliseconds between heartbeats, there is constant variation. In general, we are not acutely aware of this variation; it's not the same as the heart rate (beats per minute) increasing and decreasing as we go about our daily busi-

ness. The heart that does beat like a metronome is at greater risk of certain illness, such as cardiac arrest. This is so non-intuitive it boggles the mind.

HRV is a function of fluctuations of the activity of cardiovascular vasoconstrictor and vasodilator centers in brain. Normally these fluctuations are a result of blood pressure oscillation, respiration, thermoregulation, and circadian biorhythm. The more fluctuations, within certain bounds, the lower a person's lifetime risk of a terminal cardiac event (the big one, the heart attack that kills).

HRV is simply a measure of the variation in time between each heartbeat. This variation is controlled by a primitive part of the nervous system called the autonomic nervous system (ANS). It works behind the scenes, automatically regulating our heart rate, blood pressure, breathing, and digestion among other key tasks. The ANS is subdivided into two large components: the sympathetic and the parasympathetic nervous system, also known as the fight-or-flight mechanism and the relaxation response (for more detail, please refer to *Mirror* articles in the summer of 2021).

High HRV is associated with better emotion regulation, and therefore measuring HRV can allow people and practitioners to assess cardio-vascular risk tendencies and

emotional wellness. This is called a top-down interaction. The central autonomic brain systems send impulses down the vagus nerve to the heart, telling it when to switch up the beat in response to environmental stimuli, often stressors. HRV is significantly associated with cerebral blood flow. People at rest with high HRV display higher functional connectivity and blood flow in both prefrontal cortex areas and the amygdalae functional connectivity in a pattern associated with superior emotion regulation. Greater structural thickness in prefrontal regions was associated with greater HRV. This is plainly a very intertwined physiological and psychological system.

Recent findings suggest that this is a heart and brain dance, where HRV itself influences brain and emotional function as well as visa versa. Experiments with bio-feedback techniques have demonstrated that certain breathing exercises that increase HRV also reduce self-reported feelings of stress and anxiety. Other studies have indicated that increasing HRV leads to reduced depression. It is this delightful interplay between mind and heart that makes my heart sing in late spring, and causes me to breathe the season's change in deeply.

Perhaps it's just the longer and milder days that bring on this sense of wellness.

Continued next pg

YOUR BRAIN ON NATURE: HEART HEALTH, AND THE BRAIN From previous pg

Or getting more exercise, more often and more easily than in Rocky Mountain winters. I'm sure that doesn't hurt at all. But a colleague of mine and her team of researchers in Minnesota have found that there's a difference between repeated walking sessions in green and suburban environments on HRV and blood pressure. "Results suggested that 50-minute moderate-intensity walking sessions in a green environment elicited greater beneficial HRV responses compared to a suburban environment." A shout out to Dr. Ingrid Schneider for this study.

Other complementary studies have shown that walking in settings that are more suburban or urban may induce greater psychosocial stress while also exposing individuals to greater amounts of environmental pollutants (e.g., air and noise pollution) vs. greener environments; all of which may have the effect of lowering HRV and increasing blood pressure. Green exercise in mild air pollution has been shown to have no appreciable effect on HRV, so it would seem that it's better to get out on those hazy days (and we all know that early summer heralds wildfire haze), however, those with BP (blood pressure) issues might want to check that

particulate index and alter their pace accordingly.

The benefits also seem to accrue throughout the day. A lunchtime walk in nature sparks immediate improvements in HRV which continue to benefit heart health later in the day, according to a 2016 study. On two different days, participants either walked a mile in a built or natural environment at a similar pace at lunchtime. Later, their heart rate variability (HRV) was measured that night as they slept. After green exercise, participants had increased HRV at night, suggesting that nature walks may enhance cardiovascular wellness and help protect against cardiovascular disease *while you sleep*. Now that's news we can all use.

In addition to the awesome knowledge that both heart and mind can be benefited through green exercise, and to keep things real and relevant for these times, it appears that higher HRV predicts greater chances of survival, especially in patients aged 70 years and older with COVID-19, independent of major prognostic factors. Low HRV predicts ICU indication and admission in the first week after hospitalization. There is also a correlation between Covid induced inflammation, the sort that

may be indicated in long Covid, and low HRV. Low HRV is also implicated in exaggerated immune response in Covid patients. Known as a cytokine storm, this response is responsible for many hospitalizations and deaths. There is plenty of evidence that prior high HRV moderates Covid symptoms and predicts better disease outcomes, especially for people over 65.

There is debate about whether high HRV serves a protective purpose, and right now a lot of researchers say no. But who knows what further data will reveal.

Regardless of Covid, it's just a dang good idea for everyone to increase their HRV by time in nature, done weekly if not daily. Now that writing this has reminded me to get out in the early May weather and get away from the computer, and scared me into wondering if screen time is standardizing those in between beat gaps more than is good for me, I'm grabbing a coat and heading outdoors. You guys should too.

Be well, walk in nature, and listen to your heart.

As always, heartfelt comments, regardless of fast or slow beats, can be sent to: agesscapesnow@gmail.com



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COMMUNITY NEWS BRIEFS

PALISADE PLUNGE TRAIL TO OPEN LATE MAY

Special to the Mirror

GRAND JUNCTION—The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests in partnership with Bureau of Land Management (BLM) and Colorado Plateau Mountain Bike Trail Association (COPMOBA) announce the popular Palisade Plunge Trail will open late May. The Palisade Plunge is a 32-mile mountain bike trail from the top of the Grand Mesa to the Town of Palisade.

Once opened for the spring, trail users should use the Forest Service's Wild Rose

recreation site for parking until trail access opens from the top of the Grand Mesa later this summer. The Wild Rose site can only be accessed from the bottom of Lands End Road at US Hwy 50. The

gate past Wild Rose will remain locked until snow melt and road conditions on



Palisade Plunge. Courtesy photo.


top of the Grand Mesa allow the road to reopen. Please do not block the road. Crews will continue to monitor the conditions and will open the trail as soon as conditions allow. The trail will be accessible starting May 1 for up and back travel from Palisade to the snow line.

"A significant investment of energy and capital went into making the Palisade Plunge an asset that Western Colorado can be proud of, said Bill Edwards, Grand Valley Ranger District. "To protect this investment, the upper elevations of the Palisade Plunge will be opened for public use when the snow is melted, and the trail surface is dry. Most years this will occur around Memorial Day weekend, recognizing the actual opening date will adjust based on ground conditions each spring. We look forward to opening the trail for users to enjoy all summer long."

"The BLM, U.S. Forest Service and COPMOBA work closely to monitor trail conditions for public safety and resource protection, stated BLM Grand Junction Field Manager Greg Wolfgang. "With the current snow levels still on the upper portion of the trail we expect trail conditions to be ideal by late May."

For up-to-date information on the Palisade Plunge and a list of shuttle providers, visit www.Palisadeplunge.com

For information and updates on current fire restrictions, conditions, and recreation opportunities on the GMUG visit the forest website, GMUG Fire Info page or www.westslopefireinformation.com. Connect with us on social media ([Twitter](https://twitter.com) and [Facebook](https://facebook.com)).



MAGIC CIRCLE PLAYERS
EST. 1959

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Fiddler on the Roof

Based on Sholem Aleichem stories by special permission of Arnold Perl






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DIRECTOR ALLYSON SHAW CROSBY

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COMMUNITY NEWS BRIEFS

VOLUNTEERS NEEDED AT RIDGWAY VISITOR CENTER IN SUMMER 2022

Special to Art & Sol

RIDGWAY-The Ridgway Area Chamber of Commerce (RACC) is preparing to open the Visitor Center for the 2022 summer and autumn seasons. An enthusiastic group of volunteers is needed to staff the center from May 27 on Memorial Day weekend through early October. Teachers, high school and college students, retirees, and even part-time locals are encouraged to sign up. The minimum requirement is three shifts per month – more hours are available if interested.

The RACC plans to hire several volunteers and one paid staff person to greet guests and give information to travelers at the Visitor Center, located at 150 Racecourse Road (near the intersection of Highways 550 and 62). No experience is necessary. Training will be provided, plus thank you gifts to volunteers.

"Volunteering at the Visitor Center is a great way to share your love of our area. It's fun to meet people and learn about what they are interested in and where they come from. It feels good to contribute my time to our community in this way, and honestly, I'm able to catch up on reading, work and writing letters in between visitors," explained Tanya Ishikawa, who plans to volunteer for her fourth summer at the center in 2022.

Please fill out this form: <https://forms.gle/PFevY4PqxLiB7Xc37>. We will send more information about scheduling and applications by mid-May. If you have questions, please contact Executive Director Ashley Perkins at director@ridgwaycolorado.com. RACC exists to promote sustainable busi-

ness and community growth and responsible economic development in the Town of Ridgway and the surrounding area. The chamber's services include maintaining Ridgwaycolorado.com, the annual visitors guide, social media and email marketing of chamber members, winter-spring tourism promotion, Shop Local campaigns, Noel Night, Leave No Trace education, youth career development programs, and statewide promotion campaigns such as

Colorado Creative Corridor and Colorado Stargazing. For more information about RACC, go to <https://ridgwaycolorado.com/about>.

To help better meet the needs of the community, the chamber board is conducting a survey to get feedback about current services and ideas for changes and additions to its programs. To take the survey, please fill out this online form: <https://forms.gle/kQuP2kRKjpK1zjK38>.



MAGIC CIRCLE PLAYERS
EST. 1959

The Magic of Live Theatre

FOR 62 YEARS

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Music by John Du Prez & Eric Idle
Directed by Merrilee F. Robertson & Renee Lee

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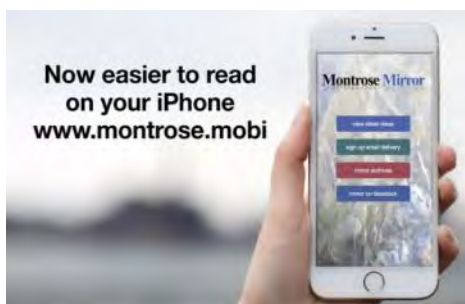
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HAND-CRAFTED TEAS FROM THE TEA LADY



Loose tea. Courtesy photo.

By Kathryn R. Burke

MONTROSE—She calls her business Teas2Please—the perfect name for her perfect teas. Denise Short combines natural and fresh ingredients, many locally sourced, into scrumptious teas that are sure to please.

How...why...where did she get started? “It began with a tea garden at my home here in Montrose,” she explained. I’ve always liked tea, especially those that have natural (and unique) flavorings, and some that have also specific ingredients for medicinal purposes,” (like feverfew, which she grows to help with her chronic headaches). “I started growing herbs, mainly making teas for myself, experimenting with flavor profiles, then giving my teas to friends and family members.”

Meanwhile, Denise studied and read a lot about tea, learning about the different types—black, green, white, herbal; how they were made, what ingredients worked well together. “While I sat drinking my tea, I was also discovering interesting facts about teas,” she explained.

It’s the “pluck” that determines quality and cost of a tea. ‘First pluck’ usually re-

fers to a delicate oolong, white tea which most comes from Japan or China. She also found out that in the Fujian Province of China, they once used trained monkeys to pick the tender first leaves of wild, ancient tea trees, that were out of reach of human hands!

Side Note: The name Monkey-picked Tea persists, but is it true? Sort of. Monkeys are trained to harvest other crops like coconuts and have certainly proven they have the intelligence and dexterity for these kinds of tasks. For those of us who don’t have extensive experience with training monkeys or picking tea, this seems like a fairly believable solution to an established problem. However, Tea leaves must be carefully handled to avoid bruising or breaking and tea harvesters must be able to differentiate and carefully select the proper leaves for the specific tea’s plucking standard, which often varies with the season...so it’s probably more legend than truth, but it’s a catchy name, isn’t it? (1)

More research proved that after water, tea is the most widely consumed beverage in the world. People have been drinking it for millennia, since at least 22,000 years



Denise Short. Courtesy photo.

ago...or before, dating back, perhaps, to the last ice age! Before they drank it, they ate it. People in ancient Asia would nibble on the raw leaves, add them to soups or greens to ferment, and chew like a betel nut (2)

Tea comes in various colors, grades, styles, and types, ranging from White Tea, through Oolong, Green Tea, Black Tea, Yellow Tea, combinations, Herbals, and Yerba Mate and Guayusa. Differentiation depends on where it is grown (climate, altitude, and terrain); when the leaves are plucked (white is first pluck); and how it is processed—the different levels of oxidation after leaves are plucked. Tea leaves will quickly wilt and oxidize unless immediately dried. The drying process also determines color. Leaves turn progressively darker as chlorophyll breaks down and tannins are released. Darkening (and mold growth) is stopped by heating. Reminds you a little of winemaking, doesn’t it?

Other differentiations depend on how it’s cut (hand-cut is the better grade); when and how it is “rolled” (spread out to dry); how it is processed (chopped, sprayed, rolled and cut), and how it is flavored—with combinations of leaves from various tea plants, for example, or made from herbs and other ingredients. Not all tea is made from tea leaves from a tea plant.

HAND-CRAFTED TEAS FROM THE TEA LADY From previous pg

Teas infused with fruit leaves, herbs and flowers are also called tisanes or herbal infusions. In some cases a tea, or tisane is (unfortunately) treated with (and flavored by) chemical additives.

Another thing to know, all tea, including caffeine-free tea contains caffeine, which constitutes about three percent of tea's dry weight, and a lesser amount (but still present) is in de-caffeinated. Tea also contains small amounts of *theobromine* and *theophylline*, which are stimulants, and *xanthines* similar to caffeine. (3)

OK. Now that you know how tea is made, what styles and flavors it comes in, what does Denise do in producing her memorable, flavorful teas? Let's start with how she sources them. "I had done a lot of research to find the right sources," she said. "My tea leaves come from trusted companies that are established tea-growers. I wanted really good, quality teas.

"Next, I looked at companies where I could get the best quality herbs if I could not grow them myself in my tea garden. I wanted to go with more organic and wholesome." She was able to cultivate different types of mint and roses, drying them for rose hips. She also found plenty of local sources for organic and seasonal fruit, which she dries at home.

"I grow pumpkin, then roast and dry it to put in my fall pumpkin chai tea," she explained. She also grows green chilis for a fall tea. Green chilis? "Yes, and it's really delicious," she said. I also make a Champagne tea, which is kind of unusual, for my Morning Mimosa tea. I hand spray Rosé

champagne on the tea when it's rolled out for drying.

"For me, when I think about teas, I want people to have a memorable experience—what it smells like, looks like, texture as well as taste."

Denise moved to Montrose from Montana, where she had a sub and ice cream shop that did really well, so she has a strong background in running a business. And in mixing things. "I'm really good at mixing different things together to come up with special combinations to get what I'm looking for, rather it's teas, drinks, or food."

She makes her tea in small batches, carefully measures all the ingredients by the ounce, then puts it all together in a large bag." Then, depending on what she wants, "I spray it, roll it up, mix it up in that bag." Her teas were so well-received by those she gave them to, that she took their advice and started her own tea business in 2020.

"Right in the middle of Covid!" she noted. And it's thriving. Today, working strictly by herself, Denise makes a variety of special teas, including the Morning Mimosa (described above), Serendipity Jasmine Oolong, a Green Maté Oolong, ("Maté is a south American plant that they substitute for their tea which is very high in caffeine they drink that all the time"). I also do a nice Oolong, to drink by itself, and a combo of green and black tea.

Teas2Please specializes in seasonal teas. Here are the Spring Teas available now. Each has a special aroma, taste, and appearance. You won't be able to resist trying them all.

"Spring Plum Fairy" - Just little sprinkle of fairy dust with dried plums and floral orange scent. "Spring Pear Bouquet" - Like a spring bouquet with the sweet taste of pear and zip of ginger. "Divinely Lemon" - Lemon, cool refreshing mint, and green tea creates a blend that is truly divine.

"Bloomin Blossoms" - Experience the grassy tones Sencha green tea mixed with apricot, mango, and subtle notes of floral. "Honeycomb Lavender" - Sweetness of honeycomb candy combined with black tea and Lavender. "Lady Londonderry" - A lovely spring tea with organic strawberries, delightful black tea with some floral notes

For those who don't have 'the works' for steeping loose tea, Teas2Please also comes in tea bags. And if you aren't sure what to get, take home a six-variety Sample Pack.

You will find Denise Short and her Teas2Please at local Farmer's Markets, where she has a booth in Ridgway (Fridays), Montrose (Saturdays), Palisade (Sunday) and at the Montrose Witch Shop (inside Flair) on Main Street in downtown Montrose. Denise will also have a vendor table at Museum of the Mountain West 1st Annual Victorian Tea, May14th, where she is also providing the tea service for the event. Those lucky enough to hold a tea ticket will be charmed. If not, be sure to stop by her booth at a Farmers Market or the Montrose Witch Shop.

Resources

(1) redblossomtea.com/blogs/red-blossom-blog/is-monkey-picked-tea-really-picked-by-monkeys

(2) & (3) en.wikipedia.org/wiki/Tea



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SAVE THE DATE! LOCAL EVENTS CALENDAR

ONGOING-

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

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

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

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

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

MONTROSE FARMERS MARKET SCHEDULE

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

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

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

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

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

MONTHLY

May 2- Quarterly meeting of the Womens Giving Club, May 2nd. 5:30 Remington's Golf and Country Club. All women invited. 5:30 Remington's Golf and Country Club. All women invited.

May 3-The Montrose Board of County Commissioners, Montrose Board of Hospital Trustees, and Montrose Regional Health Board of Directors invite the public to a work session on May 3 at 6 pm at the Montrose County Event Center. The purpose of the work session is to continue the discussion regarding the potential transfer of real property (buildings and land at 800 South 3rd Street) owned by the county to Montrose Regional Health. Community members who are unable to attend can provide feedback via email or phone to the commissioners (<https://www.montrosecounty.net/172/County-Commissioners>). The meeting will be held on May 3 at 6:00pm at the Montrose County Event Center in meeting room four.

May 5-National Day of Prayer. 2351 Sunnyside Road. 6:30-8:30pm.

May 6-7-Friendship Hall-Mother's Day Craft Show. Friday 9:30a.m. to 6pm, Saturday 9am to 4pm. Free admission.

May 6- Caregiver Forum at Cascade Hall, 336 S. Third Street in Montrose Friday, May 6 from 10:30 am to 12pm (MST). The forum is open to the public. To register by phone, call the Alzheimer's Association Helpline 800-272-3900. Or visit <https://action.ALZ.org/mtg/79833998>.

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. By invitation. At Museum of the Mountain West.

May 16-On Monday, May 16 at 5:30pm Citizens' Climate lobby holds its monthly meeting. Montrose Library mtg rm. Non-partisan, national, Review Biden's climate agenda and action group on promoting sustainable community with Montrose City Council, info at 970-765-9095. All Welcome.

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

June 3-Montrose Boot Stomp-Stomp out cancer! Tickets \$75. www.montrosebootstomp.com.

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*B. Switzer captured these
images of spring lilacs, right.*



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