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# the Montrose Mirror

© Issue No. 566 Jan. 1, 2024

## OPEN SEATS ON CITY, COUNTY BOARDS IN 2024

### Mirror staff report

MONTROSE-No matter what voters decide in April, the Montrose City Council will undergo a major shift as longtime at-large councilor Barbara Bynum is now term-limited. Bynum has instead announced her candidacy for Colorado's Senate District 5, and has secured an endorsement for the seat from the local Democratic party. "For sure we will have one newly-elected council member," Montrose City Clerk Lisa DelPiccolo said last week. Also open are council seats currently held by David Frank (District IV) and J. David Reed (District III). Those who wish to run for City Council in the 2024 Election must turn in a minimum of 25 valid signatures by Jan. 22, 2024, collected on the official City of Montrose Nomination Petition form. Election night is April 2, 2024, with results announced after 7pm. To obtain a candidate information packet and to learn more about the City of Montrose's upcoming Municipal Election visit the City's web site at <https://www.cityofmontrose.org/188/Elections>.

Montrose County will have openings on the Board of County Commissioners (BOCC) this year, with commissioner seats in District's I, currently held by Keith Caddy, and District III, currently held by Roger Rash, coming open in the 2024 General Election. Both seats



Term limited City Councilor Barbara Bynum will run for CO SD5. [Courtesy photo.](#)

[Continued pg 2](#)

## GOOD OLD DAYS? WELL, OLD ANYWAY

By Bob Cox

MONTROSE-Looking back 100 years to those "good old days" might well confirm the "old," but the "good" is open to interpretation.

Perhaps an indication of how good those old days were is the notice generated by the Internal Revenue Service, reminding people of the necessity of paying their taxes. The notice, in part stated, "Every single person whose net income for the year 1923 was \$1,000 or more or whose gross income was \$5,000 or more, and every married couple (living together) whose net income was \$2,000

or more or whose gross income was \$5,000 or more, must file an income tax return."

On the subject of taxes, in 1924 the County Clerk did not collect the taxes on vehicles. The vehicle owner had to pay their taxes to the County Treasure and submit the receipt to the County Clerk. Here is part of the article printed in late December in the *Montrose Daily Press*:

As of January 1, 1924 motorists are required to begin displaying their new license



Two families near the mining town of Victor, Colorado back in those "Good Old Days." The Kodak Vest Pocket Autograph camera believed to have been used to take this photo cost about \$12. This was at a time when one ounce of gold mined by the miner was worth just over \$20. Photo from the Bielz/Cox collection.

[Continued pg 20](#)

[Western Slope Poet Laureate Wendy Videlock: The Language of the New Year!](#)

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

[A Time to Help Mend the World By Rev. Dr. Arlyn Macdonald!](#)

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# OPEN SEATS ON CITY, COUNTY BOARDS From pg 1

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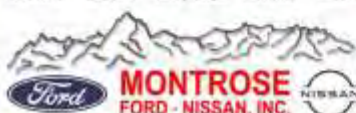
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seats are for four-year terms. Information on [candidate requirements](#) and elections can be accessed on [Montrose County's web site](#). Additional information on Colorado elections can be found at the [Colorado County Clerk's Association web site](#), and the web site of the [Colorado Secretary of State](#).

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We encourage contributions and commentary. Submitted content may not necessarily reflect the opinion of the publisher.

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## REGIONAL NEWS BRIEFS

### ANNUAL CHRISTMAS TREE CLEANUP TO BEGIN JAN. 2

#### *Special to the Mirror*

MONTROSE — The City of Montrose is pleased to announce its annual Christmas tree pickup service starting Tuesday, Jan. 2, and continuing through Tuesday, Jan. 23. Residents can schedule tree pickups from Jan. 2 to 9 by contacting the Public Works office at 970.240.1480. Following the request period, Public Works crews will conduct a street-by-street, city-wide sweep that will conclude on Jan. 23.

Christmas trees must be placed behind the curb in front of residences for collection.

Trees that are collected will be mulched or donated to local farmers for other beneficial uses. Therefore, the city will collect only natural trees. Artificial trees, as well as natural trees that are decorated with artificial snow, ornaments, or tinsel, will not be collected.

This service is provided free of charge to City of Montrose residents. For additional information or to schedule your tree pickup, please reach out to Public Works at 970.240.1480.



## Holiday Closure

The Library will be closed  
New Year's Eve & New Year's Day,  
December 31 & January 1.


We will reopen  
Tuesday,  
January 2  
at 10 AM.



Happy New Year from the  
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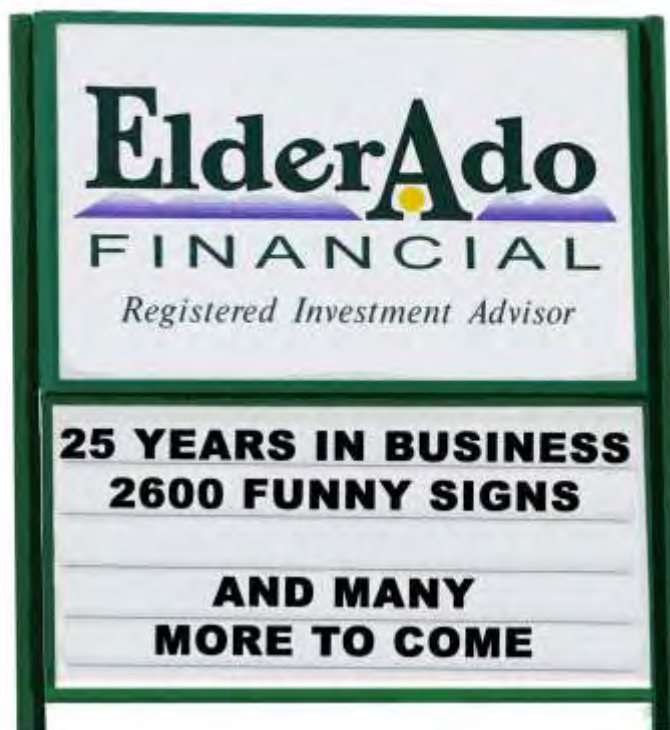
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# REGIONAL NEWS BRIEFS

## SLAUGHTERHOUSE TIMBER SALE BEGINS NEAR TINCUP AREA

*Special to the Mirror*

GUNNISON— The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests' Gunnison Ranger District announces timber harvest operations beginning for the Slaughterhouse timber sale. The timber sale includes a mix of Englemann Spruce and Lodgepole pine units marked for treatment to break up fuel continuity. These treatments will also help to increase resiliency in Lodgepole pine stands infected with Dwarf Mistletoe. Commercial timber harvest is an important tool for promoting a healthy stand, reducing fuels in Wildland Urban Interface (WUI) areas, increasing forest resiliency to insects and diseases and contributing to the economics of surrounding communities. During winter operations, one lane of National Forest System Road

(NFSR) #764 and #765 will be plowed to facilitate hauling and logging operations. Public access will be maintained for over-the-snow travel on the groomed route paralleling the plowed road to the Tincup cemetery. To ensure public safety, the GMUG will post a Forest Order prohibiting public use on the plowed portion of NFSR #764 and #765. Snow plowing is not anticipated to block driveways or impede access to private lands. Logging operations will continue throughout the winter, weather permitting.

"Managing multiple uses of our National Forests is a complex responsibility," said Dayle Funka, Gunnison District Ranger. "My team has been working diligently with the logging operators and the Buena Vista Snowmobile Club to ensure continued public access with over-the-snow ve-

hicles while utilizing winter haul routes to minimize road damage and maintenance."

Visitors should pay close attention to all road traffic signs when traveling near the area. Logging operations may occur at any time. However, log truck hauling is restricted to Monday through Friday and will not occur on holidays. Please exercise extreme caution when traveling near active logging operations.

The Slaughterhouse timber sale is part of the overarching Taylor Park Vegetation Management project aimed at limiting the spread of Mountain Pine Beetle and reducing hazardous fuels near the residential areas around the town of Tincup and the surrounding communities of Rainbow and Murdie subdivisions. For more information, please contact the Gunnison Ranger District at (970) 641-0471.

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## REGIONAL NEWS BRIEFS

### DELTA COUNTY WELCOMES LYNETTE OVERMEYER AS ADULT AND FAMILY SERVICES ADMINISTRATOR

#### *Special to the Mirror*

DELTA COUNTY— Delta County is pleased to announce the appointment of Lynette Overmeyer as the new Adult and Family Services Administrator. Overmeyer brings more than 25 years of experience in the field of social work and a proven track record of delivering outstanding services to the community.

Overmeyer's experience includes working as a child welfare and adult services caseworker, supervisor, and, most recently, as the Child Welfare Assessment Manager for a neighboring county. Overmeyer also worked for the State Department of Human Services as an Administrative Reviewer. Her extensive knowledge of the field and commitment to excellence make her an excellent addition to the Delta County team.

As the Adult and Family Services Administrator, Overmeyer will oversee the delivery of services to vulnerable adults, children, and their families. This includes ensuring access to needed resources, administering programs such as Adult Protective Services, Child Welfare, and In-Home Supportive Services, and working collaboratively with community partners to support the well-being of Delta County residents.

"We are thrilled to have Lynette join our team," said Delta County Commissioner Mike Lane. "Her experience and dedication to public service will be a great asset to our community. We look forward to working with her to continue to provide quality services in Delta County."

Overmeyer holds a Master's degree in Social Work from Colorado State University. She is excited to begin her new role and is committed to supporting the community members of Delta County."

For more information on Delta County Human Services, please visit <https://www.deltacountyco.gov/7/Human-Services>



*Lynette Overmeyer.  
Courtesy photo.*

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## MIRROR LEGALS & CLASSIFIEDS

### MONTROSE COUNTY TREASURER, ROSEMARY MURPHY, ANNOUNCES THE DELAY OF MAILING PROPERTY TAX STATEMENTS

*Legislative changes enacted by the Colorado Legislature to accommodate property tax relief will delay the certification of the County tax rolls. The new deadline for the tax roll certification is January 24, 2024. The reason for the delay is to give taxing authorities sufficient time to certify their mill levies and to give county assessors more time to gather data.*

*Please be aware that these changes do not alter the first-half payment due date, February 28, 2024. The Colorado Legislature chose not to extend the payment deadline to ensure that special districts like fire departments, school districts, health districts, hospitals, and other public entities have the revenue to continue to operate.*

*Once the tax roll process is complete, property owners will receive their statements by mail in early February. The property tax amount will be available after February 1<sup>st</sup> at <https://montrosecounty.net/treasurer> by clicking on SEARCH PROPERTY TAX RECORDS. Contact our office at 970 249-3565 or email [etreasurer@montrosecounty.net](mailto:etreasurer@montrosecounty.net) for assistance.*

**MOVING** – The Treasurer's office along with the Assessor and GIS Offices will be moving to temporary locations in January. The Old Montrose County Courthouse will close for restorations beginning JANUARY 22, 2024.

- ASSESSOR and GIS Offices will reopen January 29, 2024 at 949 N 2<sup>nd</sup> Street (next to Friendship Hall)
- TREASURER and Public Trustee Offices will reopen February 5, 2024 at 1001 N 2<sup>nd</sup> Street (southwest entrance of Friendship Hall)

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# OPINION/EDITORIAL: LETTERS

## HYPOCRISY AT ITS FINEST

*Editor:*

Article II of the U S Constitution defines the eligibility to become President of the United States. The first qualification, if you will, is for a candidate to be a natural born Citizen of the country.

For years Donald Trump tried to disqualify Barack Obama from holding office because of the natural born citizen requirement. For years, Trump claimed, without proof, that Obama was not born in the United States. The proclamation went on and on and on even after Obama brought forth a copy of his Hawaiian Birth Certificate.

Trump and his cadre of followers tried to disenfranchise voters to elect who they wanted simply because of Trump's ill-founded claim.

Amendment XIV, Section 3 of the same Constitution defines who is disqualified for holding office under the United States. Although that section does not specify the Presidency it does say, "Any office, civil or military, under the United States." What higher office is there under the United States than the Presidency?

Here we are in 2024: Trump and his lawyers are claiming efforts to keep him off ballots across many states is unlawful, that it will disenfranchise voters. That everything is politically driven, well that's politics.

But more importantly they don't want to acknowledge that Trump may not be eligible because of his actions on January 6, 2021. His speech that day encouraged his followers to storm the capital, to try and

stop the certification of the election. Photographs of him watching, with glee, the riot he spawned with his words are all indicative of an insurrection. An action that disqualifies him from office per the U S Constitution.

Whether or not a person is afforded Due Process under Amendment XIV, Section 3 is up to the courts to decide.

For years, Trump tried using the Constitution to disqualify or delegitimize Barack Obama without any evidence of his claims. Several years later, States are trying to disqualify Trump under the insurrection clause of the Constitution. There is a lot of visual evidence to support the effort.

Foul he cries. That, I believe, is hypocrisy at its finest.

*Dave Stockton, Montrose*



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# COLORADO NEWS BRIEFS

## ENJOY A FIRST DAY HIKE AT COLORADO STATE PARKS ON JAN. 1



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*Courtesy Photo by CPW/Ryan Jones.*

### *Special to the Mirror*

DENVER — On Jan. 1, 2024, Colorado Parks and Wildlife (CPW) invites you to participate in a First Day Hike at a Colorado state park.

First Day Hikes offers a chance to start 2024 off on the right foot by exercising in nature. Each participating state park provides a unique opportunity to enjoy self-guided hikes, scavenger hunts or guided hikes.

### **About First Day Hikes**

Hikes are free, but park visitors must possess a valid state park pass (this includes a Keep Colorado Wild Pass purchased through the DMV during a vehicle registration).

Participating parks may require a reservation before the hike; check the park's webpage for details.

Hikes will vary in skill level and length depending on location and weather conditions.

Bring snacks, water, extra clothing, and hiking shoes with good traction. If trails are icy or snowy, consider bringing trekking poles, snowshoes, or shoe spikes.

CPW encourages state park visitors to follow Care for Colorado - Leave No Trace best practices, such as:

-Know Before You Go - Plan your visit with the Colorado State Parks Guide (el folleto de parques en Español) and online CPW Park Finder Tool.

-Stick To Trails- Download the COTREX app to discover Colorado's network of trails.

-Leave It As You Find It- Parking in designated areas is critical — undesignated parking can destroy vegetation, ignite wildfires in dry grass, and block first-responder vehicles in case of an emergency.

-Trash the Trash - Dispose of trash properly when on the trail; this includes dog waste bags.

- Keep Wildlife Wild- Help prevent conflicts with wildlife by keeping your dogs on a leash and watching wild animals from a safe distance to avoid startling or forcing them to flee.

### **Find a 2024 First Day Hike Near You**

For a complete list of participating parks, visit the CPW Event Calendar or find park activities on each state park's social media account. Links are on the social media page.



## REGIONAL NEWS BRIEFS

### CITY OFFICES TO CLOSE FOR NEW YEAR'S HOLIDAY

#### *Special to the Mirror*

MONTROSE — City of Montrose offices, including City Hall, Municipal Court, Animal Shelter, Visitor Center, City Shop, Montrose Pavilion, and Police Department, will be closed on Monday, Jan. 1, 2024 for the New Year's holiday.

Police Department offices will be closed, however, officers will be on duty and responding to calls.

For residences with Monday, Jan. 1 collection, trash pickup will instead occur on Tuesday, Jan. 2, and Wednesday, Jan. 3.

Residences North of San Juan Avenue and Highway 50 will receive collection services on Wednesday, January 3. Residences South of San Juan Avenue and Highway 50 will receive service on Tuesday, January 2.

Recycling collection for customers scheduled for pickup on Monday, Jan. 1 will instead receive collection service on Friday, Jan. 5.

For more information, contact City Hall at 970.240.1400.

For information about the City of Montrose visit [CityofMontrose.org](http://CityofMontrose.org).

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## RED HAWKS WELL REPRESENTED ON 4A ALL STATE FOOTBALL TEAM

By Cliff Dodge

MONTROSE-The Colorado High School Activities Association and Max Preps have released the 2023 Colorado high school football team and the Montrose Red Hawks are well represented on the first team, the second team, and in the honorable mention category.

The Red Hawks placed three players on the first team All Star list. Junior Andreas Distal, one of the offensive linemen who opened huge holes for the running backs, was named to the first unit. Distal also anchored the defensive line. His teammate, Kortlan Nelson, also a two-way player, stood out on the defensive side of the ball hurrying opposing quarterbacks and generally upsetting opponents' offenses. The third Red Hawk named to the All State first team was Senior Blake Griffin. Griffin led the team in rushing as he amassed 1,519 yards on the ground. Griffin scored a total of 28 touchdowns on offense and was a major contributor to

the defense. He also was a hard-nosed linebacker who stopped the run and broke up numerous passing attempts.

The Red Hawks placed Senior Cash Vang, a speedy linebacker, on the second All State team. Vang averaged 6.5 tackles per game and also was credited with five quarterback hurries during the season. Vang was comfortable stopping the run as well as roaming in the secondary, breaking up the opponent's passing game.

The Red Hawks also had three players in the Honorable Mention category. The first was the trigger man for the Red Hawks offense, Quarterback Gage Wareham. Wareham directed an offense that won ten games and fell one victory short of playing for the state championship. He threw four touchdown passes and ran the football numerous times for critical gains. Wareham also played defense in the Red Hawks secondary. Senior Jaxon Killen was a threat on both sides of the ball. Killen had six quarterback sacks through-

out the season and had five defensive quarterback hurries in addition to being a reliable receiver on offense. Killen averaged 8.7 tackles per game on the defensive side of the ball as well. Senior Austin Zimmer, a two-way player, ran out of the wingback position on offense. Zimmer scored 9 touchdowns and averaged just under 50 yards per game on offense. Zimmer also received kickoffs and returned punts for the Red Hawks, often breaking off huge chunks of yardage and setting up the offense in plus territory.

The Red Hawks lose a dozen seniors to graduation but return a host of juniors and sophomores, not to mention the incoming freshmen from the middle school program. The Red Hawks never seem to be rebuilding, simply reloading--and giving the opposition fits with their double wing attack and a stout defense. Sounds like a recipe for success well into the future.

Stay tuned.

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## COLORADO NEWS BRIEFS

# PAID FAMILY LEAVE BENEFITS KICK IN

### Special to the Mirror

DENVER – Colorado workers who have been waiting for a statewide solution for paid family and medical leave are getting the program they voted to create. The Colorado Department of Labor and Employment's Family and Medical Leave Insurance (FAMLI) Division announced that the state's first FAMLI claims will start today and payments will be heading to workers, so they can temporarily step away from their jobs. Paid FAMLI leave can be used for life events such as welcoming a new child, managing a serious health condition or caring for a loved one with a serious health condition.

Colorado is the first state to set up a paid-leave program through a public vote, instead of through the legislative branch. FAMLI opened Colorado's application portal (called My FAMLI+) in late November to allow workers who need leave right at the beginning of 2024 to get their claims filed in advance.

"We're proud to have built a claims application system that makes it as simple as possible for Colorado workers to access this important benefit," said FAMLI Division Director Tracy Marshall. "Most Coloradans have been paying FAMLI premiums for a year now, and we're excited to have reached the important milestone of issuing our first set of benefit payments." As of Dec. 31, Colorado has seen 5,213 claims filed. Of those, 3,262 have been approved pending their leave start date. 69.4% of claims were to bond with a new child.

23.8% of claims were to manage a serious health condition.

5.8% of claims were to assist a loved one facing a serious health condition.

0.78% of claims were to address their own health and safety needs following sexual assault, domestic partner violence, harassment, or stalking.

0.21% of claims were to address needs arising out of a family member's active duty military service.

The first set of approved wage-

replacement benefit payments will be distributed the week of Jan. 8. Claimants can choose to receive their payments directly to a banking account or on a reloading debit card. Anyone who filed a claim in advance needs to log into their My FAMLI+ account to let the Division know their leave has officially begun before they will receive their first benefit payment.

As a reminder, anyone working for an employer that is using an approved private insurance plan should talk to their employers about applying for benefits with that plan instead of filing a claim through the State's My FAMLI+ portal.

To help everyone navigate the process

and get their questions answered about applying for FAMLI benefits, the FAMLI Division has two upcoming statewide virtual town halls in English and Spanish: January 10, 2024:

English: 11 a.m. - 12 p.m.

Spanish: 3 - 4 p.m.

February 1, 2024:

English: 11 a.m. - 12 p.m.

Spanish: 3 - 4 p.m.

Zoom registration and YouTube streaming details are available here.

For more details, check out famli.colorado.gov to find how-to videos, user guides, webinar recordings and FAQs to help navigate the program.



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# GOOD OLD DAYS? WELL, OLD ANYWAY *From pg 1*

plates, which have been on sale since November of 1923. In accordance to a new tax law that goes into effect on January 1, 1924, each automobile owner had to produce a receipt for his taxes, which had to be paid on every automobile before one could purchase the grey and white tags.

While perusing the good and the bad of 100 years ago, National Archive information shows that the average household income in the United States was just under \$3,500 per year. The Colorado average was slightly less, largely due to the abundance of agricultural activity.

Of course, the top priority of the 'American Dream' was, and still is, owning that family home, you know, the one with the white picket fence, two children and a dog playing in the yard and a detached garage. In early 1924, the average cost of that home was about \$6,000. Some other figures stand out. For instance, eggs cost 47 cents per dozen; movie tickets cost 15 cents, and new washing machine ran about \$80.

In December of 1923, an ad in *The Montrose Daily Press* pointed out that, should you want to park a new Chevrolet in that detached garage, plan on paying the 'special price' of \$860.

Evidently the Montrose citizenry was not all that excited about beginning a new year. The following article appeared in the January 1, 1924 edition:

**LITTLE NOISE AS NEW YEAR MAKES A BOW**  
New York City may have spent ten millions of dollars Monday night bidding farewell to 1923 and welcoming 1924, in riotous celebration, but it's safe to say that Montrose spent it quietly. Somebody slept (sic) to his front porch as the first second of the New Year came and popped off his six-shooter, then a few others did the same, but the steam in everything that could have made a noise must have been at a low ebb, for there was no shrieking of whistles, and the single church bell in the city must have been muffled, for not a peal came from it. A few parties were held thruout (sic) the city to welcome the New Year, but there was no special celebration. The Dreamland theater had a midnight matinee, to which quite a few went as the New Year came in.

Of course, the first baby of the year is always news. *The Daily Journal* in Telluride reported that,

A fine little baby girl was born with the New Year Tuesday morning, January 1, 1924 to Mr. and Mrs. Earl Pond. The little lady put in her appearance at the Telluride hospital and

mother and baby were reported as doing nicely on Wednesday.

Two days later the same newspaper printed an article that epitomizes the dedication some people had to their jobs:

*Jim Sams, driver of the mail stage between Telluride and Smuggler for the Telluride Transfer Co., had a rough trip on Thursday, encountering many snowslides. On the return trip from Smuggler to Telluride, he was forced to unhitch his four horses and leave the sled, bringing the mail on to Telluride on horseback.*

The New Year brought a unique marketing gimmick to the residents of the Delta area. The Anderson and Benton store was promoted as the "Fair and Square Store," and placed an ad in the January 4, 1924 edition of *The Delta Independent*. The ad is rather lengthy, but describes a very unusual promotion. Each customer who spent two dollars in cash or applied four dollars to their account received a picture of a clock face showing a certain time. After all the clock faces were given out the owners placed a freshly wound clock on a spinet desk in the front window. When the clock ran down and stopped, the person with the clock face showing the time nearest to the stopping time won the desk. A search of the newspaper files proceeding the ad were searched extensively, but the name of the winner simply became a 100-year-old mystery.

Almost every newspaper in Colorado, in the first two or three weeks of 1924, carried ads and coverage of one of the most important events in Colorado. The advertisement in the January 10, 1924 edition of the *Surface Creek Champion* was typical of some of the last-minute ads, which gave locals a definite opportunity. The headline was eye-catching: **"BIGGER AND BETTER THAN EVER"**

*The National Western Stock Show Denver, Colorado, January 19 to 26, 1924, Special Rates to Denver and Return Via Denver & Rio Grande Western - Tickets Will be on Sale January 17 to 21, also January 23, at a Rate of \$22.48 From Austin - Final Limit, January 29, 1924 Stock Show Features Shorthorn Purebred Sale, 10:30 a. m., Wednesday, January 23 - Hereford Purebred Sale. 2:00 p. m., Wednesday, January 23 - Aberdeen-Angus Purebred Sale, 10:30 a. m. Friday, January 25 - Brilliant Horse Show Every Night - Matinees Thursday, Friday and Saturday-Theatrical Attractions Broadway Theatre "Blossom Time" Denham Theatre- "Bird of Paradise" Orpheum Theatre Vaudeville - Empress Theatre Vaudeville Call on Local Agent for Tickets*

*and Pullman Reservations."*

A Department of Agriculture report in 1924 predicted that farmers and ranchers would be paying substantially more for their equipment and getting less for their products.

When considered today the increase in costs may seem minimal, but to a farmer in 1924, they were significant. Harrows that cost just over \$53 in January of 1923 cost almost \$58 a year later. A horse-drawn plow which sold for \$85 now cost \$95. Even clothing typically purchased by farmers and ranchers jumped from 11 to 15 percent higher than the year before.

Another piece of history in Colorado deals with the population.

The estimated population on January 1, 1924 was nearing one million. *The Norwood Post* article of April 18, 1924 pointed the numbers and once again pointed out the influence of agriculture:

*The population of Colorado on January 1, 1924 was 994,060, according to estimates just completed by the State Immigration Department. This was an increase of 54,431 in four years. The rate of increase is not quite so great, according to compilation, as it was for the decade ending with 1920. For that decade the increase in population of the state was 17.6 per cent. If the same rate had been maintained for the past four years the present population of the state would be 1,006,799. indications are, however, that the rate of increase has fallen off slightly, due principally to adverse conditions in agricultural districts.*

And, remember those \$860 Chevrolets? The 1924 car manufacturing estimates were that there were likely to be about five million more cars on the roads. Ford predicted that about three million of those would be Fords. Chevrolet's claim was about eight hundred thousand. The remainder included Willys Overland, Buick, Studebaker and 185 smaller companies.

Finally, while average life expectancy has dropped slightly according to recent studies, it still stands at about 79 years for a man and 85 for a woman. It was only 58 and 61, respectively in 1924.

When all of these factors are considered, and someone says, "Those were the good old days,"

Maybe the response should be, "Point out the good for me."

**Bob can be reached for comment at [cox-bob@charter.net](mailto:cox-bob@charter.net). His new podcast, *Cox of the Walk* is available on Spotify on Tuesday mornings.**



# OPINION/EDITORIAL: LETTERS

## CHRISTMAS MIRACLE

*Editor:*

Wow there are actually Christmas miracles these days . Good riddens ms bOebert. This is a huge win for every citizen in almost half the state of Colorado.

May the fine citizens of CD4 do the right thing for America and keep that self- serving, delusional, carpet bagger moving. I hear Russia is beautiful in the fall, some Vodka, Vaping, and Beetlejuice, they will love her!

*Kevin Kuns, Montrose*

## REGIONAL NEWS BRIEFS



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### WAXLER NAMED TO CSC'S PRESIDENT'S LIST

*Special to the Mirror*

CHADRON, NE-- Alexandra Waxler of Montrose, CO was named on Chadron State College's President's List.

To qualify, student must have a cumulative 4.0 grade point average on a 4.0 scale. To qualify for either list, students must be enrolled in 12 credit hours of coursework, be seeking their first bachelor's degree, and have no incomplete grades during the semester.

Chadron State College, which was founded in 1911, is the only four-year, regionally-accredited college in the western half of Nebraska. As a public institution with its roots in teacher education, Chadron State takes pride in its accessibility and affordability. More than 2,000 undergraduate, graduate and online students currently attend Chadron State.



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# OPINION/EDITORIAL: LETTERS

## LIES, DESTRUCTION TO CONTINUE AS LONG AS DEMOCRATS IN POWER

*Editor:*

"Projection" is the act of ascribing to others, without reason, one's own undesirable ideas or actions. Democrats have become so adept at this that it is increasingly difficult to tell truth from fiction. Through constant repetition, "truth" becomes whatever Democrats and their media flunkies say it is. The current projection effort has Trump being a "threat to Democracy". Biden and Democrats are guilty of weaponizing federal law enforcement and the courts, making a farce out of the impeachment process, fueling racial hatred and polarization, normalizing political violence and rioting, undermining election integrity, rejecting election results they don't like, creating the collapse of our southern border, and advancing extreme, unpopular agendas like unlimited abortion through nine months, the destruction of women's sports, colluding with Big Tech to censor Americans, and much more. The truth is Democrats are guilty of leading the assault on our Constitution, the Rule of Law, and the will of the people ---- but somehow Trump is the one acting like Hitler?

Middle class Americans have seen with their own eyes unaffordable mortgage rates and prices dramatically escalating beyond their wage increases since Biden came into office. Yet, whenever we hear from Biden or his press secretary, we are continually told inflation is under control. We see with our own eyes videos and news reports of millions of illegal aliens invading our country with impunity, but Biden's Homeland Security Secretary looks straight into the camera and tells Congress that the border is secure. Americans also know these things are intentional and not due to Biden's incompetence or something beyond his control.

Trump brought poverty levels to a record low in three years, while it took Biden just two years to lift homelessness to a record high. Trump lifted the real wages among all demographics, and Biden lifted the homelessness of all demographics. The message to America from the Biden administration: "Americans are too stupid to

know a good economy when they see one. Haven't they listened to the media?"

Americans also recognize the disaster Biden's foreign policy is compared to Trump's. Trump's promise to destroy the Deep State also clearly resonates with voters, which is why Democrats, who rely on the Deep State to maintain power, have resorted to destroying the nation rather than accepting the will of the voters. Democrats had two choices in responding to Trump's popularity: 1) They could offer attractive and compelling policy alternatives to accommodate populists' concerns and goals. Or, 2) They could continue their underhanded lawfare strategies to undo populist ballot-box victories. Given Biden's disastrous record, and in the complete absence of any policies beneficial to the American people, they could only choose the latter option. After the Russian collusion hoax, the Mueller probe, two farcical impeachments, etc., Democrats are now prepared to eliminate the possibility of populists winning elections in the first place. For the left, it's one-party rule or nothing. They would rather create chaos and destroy the nation than accept the will of the people.

The lies and destruction will continue as long as Democrats remain in power. Biden will continue making appointments like his VP based on the racist and anti-American principle of skin color, gender, and sexual orientation rather than picking the most qualified people for the job, leading to predictable disasters. Violent crime will continue to explode across the country. Biden will continue to profess support for Israel while stabbing them in the back by releasing billions of dollars to Iran and funding Hamas. He will continue to forgive billions of dollars of student loans to buy votes with taxpayer dollars, totally ignoring the Supreme Court and the Constitution. He will continue to expand the size and power of the federal government with things like the unfunded "Inflation Reduction Act", which had everything to do with their climate obsession and actually increased inflation. Women's rights groups like the National Women's Law Center will

continue to claim they care about women while telling them to stand aside and "lose gracefully" to mediocre male athletes, as if sacrificing themselves on the altar of transgender wokeness is somehow a noble thing. Those same "feminist advocates" will continue to feign support for women, but only support them if they are not in conflict with other victim groups in the Dem coalition. It's OK to betray Jews that were raped and murdered by Hamas, and women of color who live under Sharia laws, because the perpetrators fall within the left's "victim" groups.

Democrats will continue to do nothing about soon-to-be bankrupt Social Security or Medicare, while demonizing any Republican who dares suggest doing anything. Rand Paul just released his report showing government waste totaling nine hundred billion dollars, which Democrats are OK with. "Destitute" music industry celebrities got \$200 million (examples: Post Malone – net worth \$60 million – and Chris Brown – net worth \$50 million, who both received \$10 million). Six million dollars was given to Egypt to promote their tourism. \$12 million to study "meth-head" monkeys. Not included in Paul's report was the \$700,000 Jill Biden spent for White House tap dancers, who incidentally are Black Lives Matter activists who promote defunding the police. Also not included are the \$1.89 billion given to abortion businesses like Planned Parenthood between 2019 and 2021.

One has to also question the \$45 billion given to ten wealthy universities (the Ivy League plus Stanford and Northwestern) in taxpayer subsidies, special tax treatment, and federal payments from 2018-2022. The U.S. Debt mountain is growing so fast that we will soon be spending more on interest payments than we do on defense. All that unfunded spending and waste, but Democrats still refuse to do anything to shore up Social Security and Medicare.

Tell me again how Democrat are interested in anything other than staying in power and destroying this country?

*Ed Henrie, Montrose*



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## CITIZEN'S CLIMATE LOBBY TO MEET JAN 8

*Special to the Mirror*

MONTROSE-On Monday Jan. 8 at 5 Safety Complex mtg rm Citizens' Climate Lobby meets to plan local action to mitigate climate change. Clean Earth Year. Nonpartisan, National, Environmental. All Welcome .info 970-765-9095.

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## REGIONAL NEWS BRIEFS

# BLUE MESA RESERVOIR LAKE TROUT TOURNAMENT RETURNS IN 2024 WITH A \$10,000 PRIZE PURSE



*A small lake trout is pictured after being caught at Blue Mesa Reservoir.*

### *Special to the Mirror*

GUNNISON— Anglers will once again have the chance to earn cash prizes this winter while helping Colorado Parks and Wildlife achieve management goals of lake trout within Blue Mesa Reservoir.

The Blue Mesa Reservoir Lake Trout Tournament is scheduled to run Jan. 1 through April 30, 2024. The third edition of this tournament is sponsored by CPW in an effort to reduce the population of lake trout 24 inches in length and smaller. This is the first time CPW has held this tournament since 2021.

This harvest-incentive tournament will help aquatic biologists maintain adequate kokanee salmon fry survival by limiting predation from lake trout. Abundant kokanee are also key to maintaining excellent trophy lake trout growth and condition within the reservoir.

“Colorado Parks and Wildlife is asking anglers to be our partners in helping to manage the renowned Blue Mesa Reservoir fishery,” said Dan Brauch, aquatic biologist for CPW in Gunnison. “We know we can have an excellent kokanee fishery and a trophy lake trout fishery, but we need to continue our work for both spe-

cies and we need the continued help of Colorado’s anglers.”

Anglers participating in the tournament must possess a valid Colorado fishing license and follow all Colorado boating and fishing regulations.

To participate, anglers who harvest a lake trout 24 inches or smaller can turn in the whole fish or the fish head and place them in a plastic bag provided at one of three boat ramps at the reservoir. Bags can be found at the Iola, Elk Creek and Lake Fork boat ramps. Heads may also be turned into CPW’s offices in Gunnison or Montrose.

Previous tournaments were held in 2020 and 2021. In the most recent edition, 516 anglers participated and harvested 5,759 of the target-sized lake trout.

Cash prizes will be awarded in two categories at the conclusion of the tournament. Anglers who place in the top four of most fish turned in will earn a large portion of the total purse. First place will receive \$3,000, second will earn \$1,500, third place will take home \$1,000 and fourth will claim \$500.

In addition to those prizes, every angler will be entered in a raffle for each fish

they turn in. A total of 20 winners will be randomly selected, and each will earn \$200. All winners will be contacted by May 31, 2024.

Unchecked lake trout population growth caused significant declines in kokanee abundance in previous decades. The two previous tournaments were successful, and subsequent lake trout monitoring resulted in a recommendation to not hold tournaments in 2022 and 2023.

“Recent monitoring has documented an increase in numbers of small lake trout, so ongoing harvest of small lake trout is needed to maintain numbers at appropriate levels,” Brauch said.

CPW research shows that smaller lake trout, those 24 inches and smaller, consume the most kokanee. Consequently, the tournament is focused on removing those fish.

Though recent drought conditions have led to reduced kokanee survival, it is expected that improved reservoir conditions – along with maintenance of small lake trout abundance at desired levels – will allow recovery of kokanee populations. Maintaining abundant kokanee supports quality-fishing opportunities for kokanee and provides a source of kokanee eggs for restocking needs at up to 25 waters in Colorado. Abundant kokanee are also essential for maintaining continued growth of trophy lake trout at Blue Mesa Reservoir.

“We appreciate angler participation in maintaining balance in the Blue Mesa fishery,” Brauch said. “Working together, we will continue to provide quality opportunities for both kokanee and trophy lake trout.”

For more information about fishing at Blue Mesa Reservoir, including how to catch lake trout, research studies and management planning, go to: <https://cpw.state.co.us/learn/Pages/BlueMesaReservoirFisheryManagement.aspx>



## COLORADO NEWS BRIEFS

# STATE SUPREME COURT RULING IN ANDERSON V. GRISWOLD APPEALED TO U.S. SUPREME COURT

*Colorado Secretary of State*

DENVER— The Colorado Republican Party has appealed the Colorado Supreme

Court's decision in Anderson v. Griswold to the U.S. Supreme Court. With the appeal filed, Donald Trump will be included as a

candidate on Colorado's 2024 Presidential Primary Ballot when certification occurs on Jan. 5, 2024, unless the U.S. Supreme Court declines to take the case or otherwise affirms the Colorado Supreme Court ruling.

**Colorado** Secretary of State Jena Griswold said, "Donald Trump engaged in insurrection and was disqualified under the Constitution from the Colorado Ballot. The Colorado Supreme Court got it right. This decision is now being appealed. I urge the U.S. Supreme Court to act quickly given the upcoming presidential primary election."

On Dec. 19, the Colorado Supreme Court ruled that Donald Trump is ineligible to appear on the Colorado 2024 Presidential Primary Ballot due to the Fourteenth Amendment to the U.S. Constitution. The Colorado Supreme Court simultaneously stayed that ruling until Jan. 4, 2024, with that stay remaining in place in the event of an appeal.

### Key Upcoming Dates:

- Jan. 5: Deadline for Secretary of State Griswold to certify the names and party affiliations of candidates on the 2024 Presidential Primary Ballot.
- Jan. 5: U.S. Supreme Court conference day
- Jan. 20: Deadline for 2024 Presidential Primary Ballots to be sent to military and overseas voters.
- Feb. 12: First day 2024 Presidential Primary Ballots can be mailed to active registered voters.
- Feb. 26: First day of in-person voting for the 2024 President Primary.
- March 5: Colorado 2024 Presidential Primary Day, polls close at 7 p.m. Mountain Time.

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Este proyecto recibió el respaldo de la Administración de Recursos y Servicios de Salud (ARSA) del Departamento de Salud y Servicios Humanos (HHS) de EE. UU. como parte de un convenio entre de \$250,000.00 con el Condado de Montrose y los gobiernos locales. Los contenidos presentados o los nombres o los representantes no están afiliados a la ARSA, del HHS ni del gobierno de EE. UU. ni deben considerarse una aprobación de su parte. Para obtener más información, visite [www.hhs.gov](https://www.hhs.gov).







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## CARTOON BY TIM JONES

### WEEKLY CARTOON

### SOUR GRAPES

by Tim Jones



I LIKE TAKING THEM AFTER WORK, ON THE WEEKENDS AND ESPECIALLY ON RAINY DAYS.





# WINTER

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## REGIONAL NEWS BRIEFS

### MONTROSE COUNTY HISTORICAL SOCIETY PRESENTS MUSINGS OF NICK GRAY

*Special to the Mirror*

MONTROSE-The Montrose County Historical Society presents musings of Nick Gray, prominent rancher, contractor, and citizen of Montrose County.

This recording of Nick's comments from the Feb. 1st, 2012 meeting of the historical society will be accompanied with several photos. The public is encouraged to attend. The program

starts at 7 pm. Wednesday, Jan. 3, 2024, in rooms 1 and 2 of the Montrose County Events Center. Admission is free, the public is invited. Light refreshments may be available.

## MAGIC CIRCE THEATRE PRESENTS A WALK IN THE WOODS

*By Nick Hoppner*

MONTROSE-During the 54-year duration of the Cold War, American and Soviet Un-

ion political and military leaders presided over an atmosphere of fear and distrust. Both nations had enough weapons to crip-

ple their opponents, and yet both desperately stockpiled more and more in the "Mutually Assured Destruction" (MAD) arms race, in the hopes of convincing the other side to lay down some of their weapons (while likely not reducing their own stockpiles).

Based on a true event occurring in 1982, "A Walk in the Woods" by playwright Lee Blessing, presents two opposing arms negotiators, American John Honeyman (played by Kevin Innarelli) and Andrey Botvinnik (played by Peter Ambrose), who have found a quiet forest in Geneva providing a respite from the intense arms negotiations taking place daily nearby. We follow Honeyman and Botvinnik for one year of walking and talking in the woods. Botvinnik, a career diplomat, is nearing retirement and in no hurry to rush the gentle art of procrastination. He finds more interest nowadays in discussing cheeseburgers and country western music than missile reductions. Honeyman, younger and newer to the negotiation table, is highly pragmatic, impatient and annoyed by Botvinnik's constant diversions from negotiations to more "frivolous" discussions.

Director Scott Pollak has placed our characters in a simple, quiet setting of trees, lighting and music to help us walk with Honeyman and Botvinnik as they attempt to answer questions such as can rival nations trust each other? Is it possible to actually achieve peace while stockpiling for war? And maybe most importantly... can enemies be friends?

*A Walk in the Woods* opens Friday, Jan. 12, 2024 and runs for three weekends.

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# COMMUNITY OBITUARIES

## RACHAEL HALL-CODDINGTON

RACHAEL HALL-CODDINGTON passed on due to complications from her breast cancer. She was born in Lancaster California to Tommy and Sue Hall on May 30, 1988, at Antelope Valley hospital. She had a magical childhood in the Southern California countryside on her parents' seven-acre hillside where she enjoyed many pets belonging to both her own family and neighbors. She had three siblings, a full sister, Megan and half-brother, Jason and adopted brother, Peter. While they were all different her love for them was the same. Her other favorite pastimes were riding her bike, taking long walks, reading, and enjoying the many pleasures of the paradise that is Southern California.

Rachael always had a close and profound relationship with Jesus Christ and enjoyed

sharing the gospel with anyone who would care to listen.

Rachael met and fell in love with Jonathan Coddington on July 7, 2007. She finished her associate degree in 2009 and her bachelor's in psychology in 2011. Rachael and Jonathan were a long-distance couple until December 2009 when Rachael moved to Montrose Colorado and Jonathan proposed. They married in 2010 and had their first and only child in 2016. Jubilea Jane Coddington whom Rachael referred to as her "angel baby" and "little lady love." She was diagnosed with breast cancer in 2020 and lost all of her childhood friends. Her grief was deep, but her husband was strong, patient and kind. He created a home for her, and their child and family and new local friends created a new

and meaningful support system.

Rachael asks that donations be made to Jubilea's education fund and that if anyone has a craft that she made they bring it to display at the funeral.

Please come with a memory to share on a card for Jubilea and Jon. A funeral service to honor and celebrate Rachael's life will be held, at the First United Methodist Church in Montrose on Saturday, January 6, 2024, at 10AM. Crippin Funeral Home is assisting Rachael's family.



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



## COMMUNITY OBITUARIES

### LILLIAN CANAVAN

***July 29, 1943-December 17, 2023***

Lillian Canavan, age 80, of Montrose Colorado, passed away December 17, 2023, at Colorow Care Center in Olathe Colorado.

Lillian was born July 29, 1943, to Pete J. and Anastasia Elizabeth (Schell) Bosgal in Montrose where she was raised and received her education. Lillian married Gary L Canavan February 24, 1961, in Montrose where they made their home. She was a loving wife, mother, grandmother, great grandmother, and homemaker. Gary and Lillian raised two daughters (Kathy (Canavan) Lujan and Teresa (Canavan) Carrey) and two sons (Kelly Canavan and Gary

Lee Jr. Canavan) in Montrose. She was a devoted wife and mom to her family. Her greatest joys were being with her family and grandkids. She also enjoyed reading.

Lillian and Gary were members of St. Mary's Catholic Church. Many of her children and grandchildren were baptized and raised in the eyes of God at this church. St Mary's was also the church her parents were members of and raised her in.

Surviving family members include her two sons Kelly Canavan and Gary Canavan Jr.; Daughter Teresa Carey and son-in-law Robert Carey; 10 grandchildren and 11 great

grandchildren. Lillian is preceded in death by her husband Gary; daughter Kathy; her parents; three brothers Pete Bosgal, Raymond Bosgal, Clarence Bosgal; and two sisters Marge Weber and Virginia Cordova.

A vigil and rosary will be held Thursday, January 4, 2024, at 5pm-7pm at Crippin Funeral Home Chapel. A funeral mass is scheduled for 10am Friday January 5, 2024, at St Mary's Catholic Church. Rite of Committal will take place at Grand View Cemetery, west of Montrose. Crippin Funeral Home of Montrose is assisting the family.

### BARBARA JAY BULLARD

***JUNE 14, 1950 — DECEMBER 26, 2023***



A truly amazing woman whose love and smile were known and cherished throughout her community. Barbara J. Bullard, 73, of Delta Colorado, passed away peacefully on December

26th, 2023, at HopeWest Care Center in Grand Junction.

Born in Montrose, Colorado to Dale and Eva Boyer, she was the middle child of a family of six children. Barbara shared three children with her first husband. Her oldest, Andy Mock, his wife Megan, and their two children Eli and Charlie. Her middle child, Amy Mock-James, her husband Danny, and their three children John Tyler, Tucker, and Dawson. Her youngest, Janelle Mock, and her husband Darren.

Though she loved baking, gardening, and creating beautiful floral arrangements, Barbara's favorite role was that of a grandmother. She treasured time with all of her grandkids, never failing to rope them into scrubbing buckets or helping in the kitchen for Sunday breakfasts and family dinners. Barbara and her grandchildren shared a passion for reading and a love for books. Amongst the hundreds of books they read together, their favorites include The Nap-

ping House, Stلالuna, and Piggy in the Puddle. Barbara also had a love for animals, especially of the Yorkshire Terrier variety. Rarely spotted at the flower shop without her pint-sized companions to greet guests upon arrival. She rescued eight small dogs over the last two decades. Her first, Bruno (aka Mr. Puppy) though small in stature, believed himself capable of fending off all intruders and served as the most excellent of companions. Never one to pass up an opportunity to rescue an animal in need, she also took care of a menagerie of rescued turtles and estranged alley cats.

Barbara was a member of Altrusa International of Delta Colorado. Having served for close to 20 years, her dedication to the organization's core values and the overall betterment of her community through both action and giving, has left a legacy of generosity and compassion. Barbara's impact on her community can only be overshadowed by the impact she had on those closest to her. She was a proud woman who was not prone to seeking help but was always the first to offer a hand to a friend in need. She truly cared about everyone whom she was blessed to have in her life, and this is evident in the multitude of friendships she held dear and the lives she touched throughout her own. Everyone who ever met Barbara knew her for her quick wit, creative eye, and green thumb. For decades

she hosted one of the most beautiful gardens in Delta County that served as the ideal stomping ground for her growing grandchildren. This love for gardening turned a new leaf upon her acquisition of Ruby's Floral in the late 90's. Putting her best foot forward and showing her skills and creative edge, she operated a business with the sole purpose of providing joy for her patron's greatest moments and compassion in their most trying times.

Though not a religious person, Barbara was spiritual, believing in always doing the right thing and taking care of those in need. At her dinner table, the family proverb was always read; "As you travel through life, and you stop to look behind you. May the times that you've been happy far outnumber the times that fate has been unkind. And may much more happiness be awaiting you on the journey yet to be."

Barbara was preceded in death by her husband Robert (Bob) Jay, husband Barry Bullard, sister Cheryl, brother Ralph, and brother Paul. She is survived by her brother Donald, sister Lois, her three children, and five grandchildren. A celebration of life will be held at a later date. In lieu of flowers, the family is asking that donations be made in her memory to either the Delta Health Foundation or the HopeWest Hospice program for their excellent care of Barbara in her final days.

## COMMUNITY OBITUARIES

### MARYLAND JACKETTA MCCLANAHAN *September 18, 1940 - December 10, 2023*

MARYLAND JACKETTA MCCLANAHAN, age 83 of Olathe, CO passed on Sunday Dec. 10, 2023, at Montrose Regional. Maryland brought lots of joy to our hearts, Sept 18, 1940 - Dec 10, 2023.

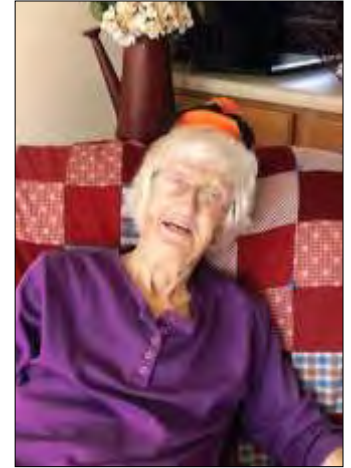
Born on Sept 18, 1940, in Atwood, Colo, where she spent her childhood and education, on Aug 3, 1957, Maryland united in marriage with the Love of Her Life Lynn Russ McClanahan in Olathe, CO. Their marriage was Blessed with three sons and one daughter.

Maryland ran motels for 15 years in Delta, Utah and delivered newspapers for 20 years.

Maryland liked going to Silverton, CO and going to Utah to see her son Danny and other son Jessie's grandkids.

Maryland loved Dogs, and she brought happiness and joy to people's faces. She had the most beautiful smile.

Surviving family members who were so honored to share Maryland are, her son Danny Russ (Janetta Bone) McClanahan of Cedar City, Utah, Derrold Allen McClanahan of Grand Junction CO, daughter Bonnie Lynn McClanahan (Cameran Baker) of Glennwood Springs, CO, 13 grandchildren and 20 great grandchildren. Crippin Funeral Home is assisting the family.



### CHRISTINE VALENCIA *October 17, 1963-December 15, 2023*



Christine was born on October 17, 1963, in Delta, CO. She grew up on a farm in Olathe. Christine is survived by her husband, Tommy Valencia. Daughters; Talisha Hancock, Brandi Tennant, and Deanna Espana. Her parents; Cris and Alice Rivera, brother, Richard Rivera and sister, Ann Rivera from Olathe, CO, along with many loved nieces and nephews. She was loved by her grandchildren, Easton and Nolan Hancock, Jaxson Espana, Benjamin Tennant, Austyn and Charlotte Jones. On May 5th, 1986, she married Tommy Valencia from Montrose, CO. They enjoyed 37 years of marriage, and she resided in Olathe, CO. Christine held a love and compassion for all animals. Nothing brought her greater joy in life than living on the family farm and being with her family, especially her grandchildren and nephew, Chazz Miller.

Christine's memorial service will be held January 12th at Calvary Chapel Church in Montrose, CO at 2:00. Crippin Funeral Home is assisting the family (970) 249-2121.

## CELEBRATING LOCAL BEAUTY.





## COMMUNITY OBITUARIES

### MARVIN GENE DISTEL

***September 07, 1950-December 22, 2023***

Celebrating a Life Well-Lived: A Bittersweet Farewell to Our Husband – Dad – Grandpa. Marvin Gene Distel, born September 07, 1950 in Delta, Colorado, died December 22, 2023 in Richfield, Utah.

While working in his yard which he loved, he was involved in an accident which led to him sustaining a severe head injury. Although sad, we are enjoying the opportunity to come together to share stories, tears, and honor a man who set a great example to our family.

Dad's goodbye would have been a see you later kiss and hug to Elena, and "I love you" to each one of his kids and grandkids, along with a broad shouldered hug, and a cuddle and goodbye to their two dogs.

Our family is at peace. We will mourn, we will miss him, but we are thankful for the way the final earthly page turned.

He is preceded in death by his mother Lola Forsythe Distel, father Joseph Distel,

and his brother Walter Distel.

Marvin is survived by his wife, Elena Moreland Distel, his son Wade Distel (wife Vennessa), and three daughters, Katrina Swapp (husband Thom), Anna Barlow (Douglas), and Maria Wilson (husband Joshua); Sister Miletta Distel Knob (husband Ray), and brothers Bill Distel (wife Dorothy) and Bob Distel (wife Darlene), and sister-in-law Donna; 15 grandchildren (Samuel, Kristopher, Thom Gene, Sedona, Joseph, Jesse, Elizabeth, Porter, Andreas, Evinn, Pearl, Lola, Ilsa, Arnold, Addy) and two great-grandchildren (Everett, Avery).

Marvin served in the Army during the Vietnam War, as well as served in the National Guard with total service of 11 years. Marvin grew up in Olathe, Colorado, ranching and farming with his father during his childhood. Marvin's interests were service to others, mechanical understand-

ing of all things, and he loved to build and renovate his homes when possible. He loved to take long drives with his family, exploring new places.

A special thank you to the wonderful people of Monroe 4th Ward and their special care of us at this time. Thank you to the Black Canyon Ward for helping with services and luncheon. In lieu of flowers if you would like to make a donation toward disabled vets or those affected by the use of agent orange: Paul Ehline Memorial at [agentorange.com](http://agentorange.com).



### DANIEL SODERQUIST

***1964 - 2023***



Beloved son and brother went to be with his Lord and Savior. Well done faithful prayer warrior - you have graduated.

After graduating from Delta High School, he lived and worked in Montrose before moving to Gunnison for employment and skiing opportunities. He became a member of Gunnison Valley Baptist Church, worked in the bookstore, the softball field concession stand, and ran the cash register at the thrift store until he moved back to Montrose for the warmer winters.

He was there to all who needed an empathetic hug or ear to listen. He loved time with his family, a good laugh, Broncos football, horseback riding, skiing, fishing, bowling and swimming.

Life was challenging but his unwavering faith, powerful prayers, infectious smile and positive can-do attitude inspired countless people. His graciousness and smile greatly affected those who helped him. He didn't worry about tomorrow but was present with you in the moment.

We miss you Dan

A memorial service will be held in January.

Crippin Funeral Home & Crematory is assisting the family.

CELEBRATING LOCAL BEAUTY.



ISSUE 451 Jan. 1, 2024

# ART & SOL

## FORGOTTEN OR BROUGHT TO MIND? THE LANGUAGE OF THE NEW YEAR

by Wendy Videlock,

Western Slope Poet Laureate

PALISADE-When the holidays come to a close I confess I always breathe a not-so-little little sigh of relief. I think the poet Carol Ann Duffy might feel the same. She greets the new year this way:  
*I drop the dying year behind me like a shawl  
and let it fall...*

Brian Bilston is a little more pragmatic about it:

*This was the year that was the year  
I didn't get that much done –  
much the same as the year before,  
much like the one to come.*

Many people may not know that the traditional New Year's song, *Auld Lang Syne*, actually came from a poem written in Scots by the beloved poet, Robert Burns (1759-1796) affectionately known to his many fans as Rabbie Burns.

Given his enormous legacy, it is understandable why Scotland and the rest of the globe continue to commemorate Robert Burns' birthday each year.

"Auld Lang Syne" literally translates to "Old Long Since" and in English means *Times Gone By*.

The opening lines are actually a question, adding a touch of philosophic gravitas to what we think of as a drunken ballade:  
*Should old acquaintance be forgot  
And never brought to mind?*

One of my favorite poems for the New Year is by Japanese poet, Kobayashi Issa, (translation, Robert Haas):

*New Year's Day—  
everything is in blossom!  
I feel about average.*

I'm also very taken by this little haiku by Matsuo Basho, who observes, (translation unknown):

*Year after year  
on the monkey's face,  
a monkey's face.*

Buson rings in the New Year this way, (translation unknown):  
*The old calendar  
fills me with gratitude  
like a song.*

That old sourpuss Philip Larkin rings in the new year this way:  
*...it is better to sleep and leave the bottle opened;  
Tomorrow in the offices the year on the stamps will be altered...*

From Tennyson we have:  
*Ring out the false, ring in the true.*

Marge Percy urges us toward forgiveness:  
*Forgive the dead year. Forgive yourself. What will be wants to push through your fingers.  
The light you seek hides in your belly. The light you crave longs to stream from your eyes. You are the moon that will wax in new goodness.*

From Lucille Clifton we have:  
*I am running into a new year...  
it will be hard to let go  
of what i said to myself  
about myself  
when i was sixteen and  
twenty-six and thirty-six...*

Isn't that the truth! I leave you with my warmest wishes of the New Year, and a difficult-to-refuse invitation by Mary Oliver:

*Mornings at Blackwater*



Wendy Videlock, Courtesy photo.

*For years, every morning, I drank  
from Blackwater Pond.  
It was flavored with oak leaves  
and also, no doubt,  
the feet of ducks.  
And always it assuaged me  
from the dry bowl of the very far past.  
What I want to say is  
that the past is the past,  
and the present is what your life is,  
and you are capable  
of choosing what that will be,  
darling citizen.  
So come to the pond,  
or the river of your imagination,  
or the harbor of your longing,  
and put your lips to the world.  
And live  
your life.*

Wendy Videlock of Palisade is poet laureate of the Western Slope and the author of five books. Wendy believes that language informs our thoughts and the ways we live our lives and perceive the world. She writes a syndicated newspaper column and teaches and advocates for the arts across Western Colorado. Reach her at [westernslopedword@gmail.com](mailto:westernslopedword@gmail.com)



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# YOUR BRAIN ON NATURE – A NEW YEAR'S RESOLUTION...A BIGGER BRAIN



By Lauren Hall Ruddell, Ph.D.

## Greetings Mirrorites!

Can a person grow a bigger brain? Sounds very sci-fi, but yes they can. They can also grow a smaller brain. Does a big brain matter, or is it just wasted space?

"There is no longer any doubt that a larger brain predicts greater intelligence." This shockingly firm statement was made in 2000. Further, this same set of authors claim that a big head is also an indication of greater intelligence. So if anyone calls you Big Head Todd, take it as a complement. But not too much, since big brain size only accounts for two percent of increased intelligence measures. There may be other reasons to account for differences in intelligence, such as neural density and connectivity. But first, a little IQ history.

At the turn of the twentieth century, humans got smarter faster, at a rate of about three IQ points per decade. Human intelligence increased during the first three-quarters of the twentieth century – a phenomenon known as the Flynn Effect. Alarming, recent research points to a clear downturn in human brainpower since 1975. The Flynn effect in reverse. Well sure, you say, that makes perfect sense in a world that is growing older and older. Brains shrink with age, period. Therefore, overall humanity should seem a little dimmer.

Perhaps, but it turns out that with continued stimulation and learning, older brains don't necessarily get bigger, but they have the ability, when used, to actually increase



**Forcing children to read and write indoors at a pre-school age has been shown to retard these skills later in life. Preschoolers who are outside tend to become better readers and better students in general. Photo courtesy of J. Theodore.**

white matter volume much more than a youth's brain. With proper continued training of the brain, white matter can be restored and maintained at levels similar to a person in their 40's. Whether walking in nature or dancing indoors, retention of white matter that aids in cognitive ability (i.e. intelligence) for seniors has been demonstrated. American children might benefit from those activities as well.

About a fifth of American 15-year-olds scored so low on the 2019 PISA (Program for International Student Assessment) test that it appeared they had not mastered reading skills expected of a 10-year-old, according to Andreas Schleicher, director of education and skills at the Organization for Economic Cooperation and Development. Reduced proficiency plus increased high school dropout rates since the 1970s do not bode well for US productivity and prosperity.

The differences between the US and Canadian educational systems are small, yet PISA student scores show that Canadian students rank right up at the top with Finnish students (often number one in the world in several academic areas). Seventy-seven percent of Canadians spend time in adjacent nature weekly. There appears to

be a strong possibility that access to green space influences intelligence as measured by standardized test scores.

The average adult spends 70 percent of their life sitting or lying completely still. Most children spend up to 50 percent of their free time (outside of school) sitting. Children who engage in very little exercise and watch excessive amounts of TV have less gray matter volume in six brain regions. Playing video games shrinks three brain regions. Two of the affected regions appear to be directly connected to intelligence. Conversely, the gray matter volume of senior citizens who are active gardeners and vigorous housekeepers is much greater than seniors who spend most of their day watching TV. Young or old, lack of exercise and lack of outdoor activities shrink certain portions of the brain and impair the brain's ability to change and grow.

"It is time to take nature seriously as a resource for learning. In fact, the trend of increasing indoor instruction in hopes of maximizing standardized test performance may be doing more harm than good," said Professor Ming Kuo, University of Illinois, in a 2019 research study published in the journal, *Frontiers in Psychology*. Therefore,

**Continued next pg**



## YOUR BRAIN ON NATURE – A NEW YEAR'S RESOLUTION...A BIGGER BRAIN From previous pg

could decreasing exposure to nature be responsible for declining test scores and even mental health? It seems more and more likely. Kids who want to be the Brain of 'Pinky and the Brain' are going to need to get outside more.

For senior citizens who want bigger brains, if not necessarily bigger craniums (thank goodness), an examination of their natal dwelling environment will help to guide expectations. For people who were in rural, or at least suburban, environments up to the age of 15, much greater white matter neuroplasticity is possible in advanced age. Urban dwellers can make small improvements, and should do so,

but for reasons scientists don't understand yet, those early years in pleasing natural landscapes change the brain's ability to change.

We know that outdoor exercise is critical for good health and this is news to no one. Fortunately, we can now measure the effects of time outdoors on intelligence. A 2021 study released by the Max Planck Institute illustrated this. Brain scans show that the time spent outdoors by their participants was positively related to gray matter density in the right dorsolateral-prefrontal cortex, a part of the brain directly responsible for IQ. The more time outside, the greater the measured densi-

ty. They found that the results persisted regardless of sunshine duration, number of hours of free time, physical activity, and fluid intake. It seems that time spent outdoors has a positive effect on the brain all by itself, regardless of the other influencing factors.

So my New Year's resolution is to take advantage of an early childhood spent among zoo animals and exotic landscapes to increase both white and gray matter. I am going to spend 30 minutes more per week on my treadmill and at least 150 minutes or more goat hiking. I need my smarts if I am to keep my gentle readers both informed and entertained!

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  don@allsaintsmontrose.org)

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Tuesday-Friday Phone: 970-808-1021  
[www.biblebaptistchurcholathe.com](http://www.biblebaptistchurcholathe.com)

Pastor Gabe Skillo

Sunday School 9:15 a.m.

Sunday 10:30 a.m.

Sunday 6 p.m.

Wednesday Bible Study/Prayer 7 p.m.

## CELEBRATION CHURCH

**Denomination:** Southern Baptist Church  
 (SBC – Southern Baptist Convention)

**Address:** 2900 Sunnyside Road, Mont-  
 rose, CO 81401

**Office Hours:** By appointment

**Phone:** (970) 497-4925

**Email:** [celebrationmontrose@gmail.com](mailto:celebrationmontrose@gmail.com)

**Website:** [https://  
 celebrationmontrose.org/](https://celebrationmontrose.org/)

**Worship Service Times:** 9am and 10:45am

**Senior Pastor:**

Pastor Brandon Mathis

**Church Description/Mission:** Celebration  
 Church makes disciples that make disci-  
 ples. Our core values include the Scrip-

ture, discipleship, community, service,  
 prayer, love, and unity.

**Demographics:** Multi-generational

**Celebration Kids:** (age birth to 5<sup>th</sup> grade)  
 programs offered both services.

**Student** (middle & high school) at 9am.

**Adult** -Discipleship classes 8am and  
 10:45am.

## CHRIST LUTHERAN CHURCH

**Denomination:** Christ Lutheran Montrose  
**Affiliation:** Lutheran Church Missouri Syn-  
 od

**Address:** 1980 N. Townsend Ave., Mont-  
 rose, CO 81401

**Contact:** 970-633-0226

**Website:** [www.montroselutheran.org](http://www.montroselutheran.org)

**Email:** [montroselutheran@gmail.com](mailto:montroselutheran@gmail.com)

**Pastor:** Tim Onnen

**Worship:** Sundays at 9 AM

Sunday School and Adult Bible Class at  
 10:15 AM; Women's Bible Study Fridays at  
 9 AM. At Christ Lutheran Montrose you will

find friendly people gathered in a welcom-  
 ing environment being comforted and en-  
 couraged by the forgiveness and love of  
 Jesus, and sharing that with one another.

We are a small congregation of seniors  
 and middle-aged, sprinkled with young  
 children and teenagers.

## FIRST CHURCH OF THE NAZARENE

**Denomination:** Church of the Nazarene

**Address:** 705 South 12th Street

**Office Hours:** Monday - Thursday 9 am-  
 Noon and by Appointment

**Contact Information:** Office Phone 970 249  
 -9213, [mncfirst@gmail.com](mailto:mncfirst@gmail.com),  
[www.montrosenazarenechurch.org](http://www.montrosenazarenechurch.org)

**Pastor:** Buddy Cook

**Services** Sunday: Worship 10 AM, Adult  
 Bible Study 11:30 AM Worship includes age-  
 appropriate children's ministry during  
 adult worship.

Wednesday: Prayer Boot Camp - 7 PM

Mission Statement: *Montrose First Church  
 of the Nazarene exists to make Christlike*

*disciples in Montrose Colorado and around  
 the world.*

**Demographics:** Our church consists of old-  
 er 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:** 970-249-4732, [in-](mailto:in-)

[form@fpcmontrose.com](mailto:form@fpcmontrose.com),

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

**Pastor:** Jesse Mabanglo

**Worship Service times:** 9:30AM,

Student Worship at 6PM. *We strive to en-  
 courage, challenge and support one another*

*er 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 minis-  
 tries.*



# MIRROR CHURCH DIRECTORY From previous pg

## HILLCREST CONGREGATIONAL UNITED CHURCH OF CHRIST

**Denomination affiliation:** United Church of Christ

**Address:** 611 South Hillcrest Drive, Montrose, CO 81401

**Office hours:** By appointment

**Contact information:**

Phone number: (970) 249-9047

Email address: [office@montroseucc.org](mailto:office@montroseucc.org)

Website: [montroseucc.org](http://montroseucc.org)

**Current Pastor:** Rev. Wendy Kidd

**Worship service times:** Sunday, 10 a.m.

Hillcrest Congregational UCC is a welcoming, open and affirming church, open to all no matter who you are or where you are

on life's journey.

Church demographics: HCUCC welcomes all ages to worship with us. (predominately family, youth, seniors, singles)

We offer inter-generational worship with a children's "prayer-ground" and activity packets. A cry room is also available.

## MONTROSE UNITED METHODIST CHURCH

**Denomination Affiliation:** United Methodist

**Address:** 19 S. Park Avenue Montrose CO. 81401

**Office Hours:** M-Thu, 9 a.m. - 2 p.m.

**Contact Information:** 970-249-3716, [office@montroseumc.org](mailto:office@montroseumc.org), [mont-](http://montroseumc.org)

[montroseumc.org](http://montroseumc.org)

**Current Senior Pastor:** Rev. Kevin Young

**Worship service times:**

8:30 a.m. Sanctuary & Virtual

9:45 a.m. Christian Education & Fellowship

11 a.m. 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 den-tures.

Wherever you are on your spiritual journey we invite you to come discover hope, joy, peace, purpose.

## ROSEMONT BAPTIST CHURCH

**Affiliation:** Southern Baptist

**Address:** 1598 E. Niagara Road, Montrose, CO 81401

**Office Hours:** Tues-Thurs, 9am-4pm

**Contact information:**

Phone: 970.249.4887

website: [www.RosemontBaptist.org](http://www.RosemontBaptist.org)

email: [office@rosemontbaptist.org](mailto:office@rosemontbaptist.org)

**Senior Pastor:** Rolland Kenneson

**Worship Service Times:** Our engaging and relevant Sunday Worship Service is at

10:45 AM. We also have Bible Study for All Ages Sunday mornings at 9:15 AM. We provide a professionally-staffed nursery throughout both.

Rosemont Baptist's desire is to passionately bring people face-to-face with the life-changing power of Jesus Christ.

We are a multigenerational church from different walks of life who love Jesus, love each other, and love our community. Everyone comes dressed in whatever is comfortable. We love meeting new people no

matter what stage of life they are in.

**Children's services:** We have a fun Sunday School for children from four years old through youth. We provide Children's Church during the Sunday Worship Services where children four years old through 9 years can learn to be 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](mailto:arlyn@spiritaware.org),

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

**Name of current pastor:** Rev. Dr. Arlyn Macdonald, Senior minister; Rev. Ruby Salaz, Assistant Minister. Spiritual Counseling available.

**Worship service times:** In-person Sunday Unity Service at 11 a.m., (Social Time begins at 10 a.m.); Quiet Meditation at 10:30 a.m. Virtual Afternoon Service on Zoom at 2:00 p.m.; Chai Chats, a Wednesday morning midweek informal gathering at 10:30 a.m. at Pun Hill Himalayan Restaurant, Montrose; Thursday Empowerment Circle at 10:30 a.m. on Zoom. Everyone is

welcome. 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. People of all ages are welcome. There are currently no Sunday School or nursery services provided but craft supplies are available for youth.

## ST. STEPHEN'S ANGLICAN CHURCH

**Denomination:** Anglican-Reformed Episcopal Church (REC)

**Address:** 2405 Sunnyside Road, Montrose 970-249-4868

**Contact:** [ststephensmont-](http://ststephensmont-)

[rose@yahoo.com](mailto:rose@yahoo.com)

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

**Rev. Dec.** Garrett Agajanian

St. Stephen's is a community of caring Christians rooted in the godly traditions of the past, focused on the challenges of the

present, hopeful for the future, continuing in the Faith once delivered to the saints, using the 1928 Book of Common Prayer.

**Sunday:** Holy Communion 10 am.

Fellowship following service.

Children's nursery available (unstaffed).

# MIRROR CHURCH DIRECTORY From previous pg

## SUMMIT CHURCH OF MONTROSE:

### Denomination affiliation:

Southern Baptist

**Address:** 10977 60.75 Rd. Montrose, CO 81403

**Office hours:** Varies

### Contact information:

phone number: 970-275-7026

email: [summitchurchmontrose@gmail.com](mailto:summitchurchmontrose@gmail.com)

website: [www.summitchurchmontrose.org](http://www.summitchurchmontrose.org)

**Senior Pastor:** John DeSario

**Worship service times:** Sunday Worship is at 9 am followed by a time of fellowship and snacks. Summit Church has frequent Bible studies and other events for adults, young adults, youth and children. Please visit <https://www.summitchurchmontrose.org/events> for more information.

*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) up to retired individuals.*

*During the Sunday sermon we offer teaching for children ages birth to Kindergarten, in a kid friendly room called Base Camp.*

*We also have a children's activity during our Monday night adult Bible study.*

*We meet for prayer at the church every Wed. at 6:30.*

## VICTORY BAPTIST CHURCH OF MONTROSE

**Denomination Affiliation:** Independent Baptist

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

**Office Hours:** Monday-Friday 8am-12pm

**Contact Information:** Phone (970) 249-

6874; email at [info@vbcmontrose.org](mailto:info@vbcmontrose.org);

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

**Current Pastor:** Roland Kassales

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

*Victory Baptist Church exists to exalt God, edify saints, and evangelize the lost.*

*Demographics: Victory Baptist serves everyone with age-appropriate classes, groups, and activities. Families with children make up the majority of VBC with young adults, singles, middle-aged couples, and seniors comprising the rest.*

### Church Directory

#### Mirror Editorial Staff

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

### information 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?

## Local Immunization Providers



Visit [www.montrosecounty.net/immunizations](http://www.montrosecounty.net/immunizations) for updated information on immunization providers.  
Questions? Call (970) 252-5011



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[telluridemaintenancesolutions@gmail.com](mailto:telluridemaintenancesolutions@gmail.com)

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SAN MIGUEL, MESA, AND  
SURROUNDING COUNTIES



# A TIME TO HELP MEND THE WORLD

By Rev. Dr. Arlyn Macdonald

MONTROSE-This Christmas season I've been feeling an inner directive to contemplate and share a message about doing more to help mend the world. I talked a little about it in my Minister's message in this week's newsletter, but I want to share more with you about this important message.

Tammy Jay forwarded a lesson this week from Richard Rohr's Center for Action and Contemplation, which not surprisingly, talks about the same thing I've been feeling. In fact, the title is "Mending the World," and was written by CAC teacher Mirabai Starr. She writes:

*"There is a (Jewish) kabbalistic story in which the boundless, formless, unified Holy One wished to know its Holy Self, and so it contracted and poured itself into vessels. But the Divine Radiance was too much for these limited containers, and so they shattered, scattering shards of broken light across the universe, giving birth to all that is.*

*This sounds like modern cosmology, which also asserts that the universe expanded from an exceedingly high-density state, resulting in the full spectrum of material phenomena. I've dubbed this vessel-shattering version of the origins of the universe "the Jewish big bang." It comes from a teaching Rabbi Isaac Luria offered in the sixteenth century to illustrate how form arises from formlessness, how light gets trapped inside darkness, and how the Holy One needs us to participate in the unfolding goodness of creation. Humans, as the teaching goes, were created to excavate and lift the shards of light from the dense predicament of existence and restore the vessels to wholeness.*

*"In mystical Judaism, this teaching is known as tikkun olam, the mending of the world. How are we to do this? The answer is: with every act of chesed (loving-kindness) and tzedakah (generosity). It*

*means observing the directives found in the Torah.... It means cultivating a contemplative practice to nurture intimacy with the Divine, making an effort to welcome the stranger, and care for the Earth. It means bending close to listen for what it is our sisters and brothers on the margins might need (and being willing to forgo our notions of what "helping" looks like, since our preconceived ideas of service sometimes get in the way of authentically serving). It means pressing our ear to the land to hear the heartbeat of the Mother, learning to read her pulses, diagnose her ailments, intuit healing remedies. It means slowing down enough to let the pain of the world all the way into our hearts, allowing our hearts to break open, and acting from that broken-open space. It means stepping up with humility, with curiosity, with love. "Our task is to mend the broken world. This is our job: to mend this shattered vessel, to repair the brokenness of the world. How do we do this? You might ask yourself this every single day, if you're anything like me. We do this through every act of loving kindness, every act of chesed. And we do this through every act of tzedakah, which is, for lack of a better translation, generosity, hospitality. It's sometimes translated as charity; it's an offering of ourselves, even when it's not convenient and not comfortable. The nice thing about Judaism, and this is true in Islam as well, is that our loving, kind thoughts count too. The actions [count], certainly, of course, but our loving thoughts make a difference. They help mend the world."*

What a great way to explain some of the actions we can take to help mend the world! My thoughts are that many of us already take many of these actions, but we are being called to take it up a notch or two. This means that we can love our families more, share more spiritual principles with our friends by being impeccable models, be more generous to those in need,

especially to listen to what they really need and answer their requests, and to take better care of Mother Earth, especially the part on which we live. And it means to be more mindful of our thoughts and keep them loving and kind and compassionate. The world is in such an unpeaceful state right now that it is incredibly important for us to step up and do more for peace.

Even when we are under the weather, we can still send out loving prayers to the world. And if we feel we don't have financial help to give, we can still give our time and energy to help others. We are being called today to be more creative in our generosity and kindness, to dig deeper down into our inner resources to find the strength to do what the world needs us to do. I invite you to contemplate with me how we can personally and as a spiritual community to do more to help mend the world and help goodness unfold into creation. Namaste.

Just as I finished writing this Consciousness Lesson, the phone rang. On the other end was a homeless man named William. He was house sitting and had a small dog who was out of food and wondered if our group helped people in need. **I am always amazed at what Spirit does.** I told him yes, we have limited funds, but we could give him \$50, and I would meet him at the West Main Trailhead and also bring him some food from my cupboard.

Donald and I drove to the trail head and met William, a young man who had been homeless for the past four months. He had googled places that help people in need and our name came up on a list and he chose us to call.

We gave him a ride home so he wouldn't have to carry the groceries all the way home to Marine Drive.

He was very grateful for our help, and we were grateful for another opportunity to do a kind deed.



**Montrose County**

**wcphp**



# What Now?



**Your Health Matters. Explore Public Health Resources in Western Colorado and access the tools for you and your family post-pandemic.**

**Scan the QR code to find providers in your county.**

This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totally \$999,999.00 with 0% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information please visit HRSA.gov



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**MONDAY - SATURDAY  
8 AM - 5 PM**

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# SAVE THE DATE! LOCAL EVENTS CALENDAR

## ONGOING-

**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 Field House on the corner of Colorado Avenue and Rio Grande Avenue at Noon.

**FREE THINKERS** meet 1st Sunday of the month for information call 970 417-4183

**BOSOM BUDDIES BREAST CANCER SUPPORT GROUP**, Wednesdays noon-12:45, 645 S. 5th Street

**MONTROSE HISTORICAL SOCIETY** meets 1st Wednesday of the month @ Montrose Events Center, 1036 No 7th Street 7 pm (970) 249-2085 [www.montrosehistory.org](http://www.montrosehistory.org)

**MONTROSE AREA WOODTURNERS** second Saturdays 9 am. 17800 - 6400 Rd in Montrose. Chapter of the American Association of Woodturners. Information: Al Head 970-209-0981 or [aheadaviation@outlook.com](mailto:aheadaviation@outlook.com)

**NURSE FAMILY PARTNERSHIP**-Breastfeeding Support Group on the 1st and 3rd Thursday of every month. An infant scale will also be available to check your baby's weight. Breastfeeding Support Group (Bring your questions and your family!) Montrose County Event Center (1036 North 7th Street Room 3) 10am - 12pm. Questions? Please call 970-252-5015.

**BINGO EVERY FRIDAY, SATURDAY, SUNDAY** at 7pm at the American Legion Post 24 Olathe doors open at 5:30. Sunday Bingo will start at 1:30pm. More info call Tom 970 260 8298.

**THE HEALING COLLECTIVE OF WESTERN COLORADO** welcomes local practitioners, who focus on healing the whole being. Meetings are on the 1st and 3rd Tuesday of the month and both are from Noon-1 pm, upstairs at the Mother Earth store on Main Street. We support one another with our practices, business, and personal needs. For more information please contact Erin Easton at [ErinKEaston@gmail.com](mailto:ErinKEaston@gmail.com)

**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.)

## MONTHLY

**Jan. 2-** The City of Montrose is pleased to announce its annual Christmas tree pickup service starting Tuesday, Jan. 2. Residents can schedule tree pickups from Jan. 2 to 9 by contacting the Public Works office at 970.240.1480. Following the request period, Public Works crews will conduct a street-by-street, city-wide sweep that will conclude on Jan. 23.

**Jan. 3-** The Montrose County Historical Society presents musings of Nick Gray, prominent rancher, contractor, and citizen of Montrose County. This recording of Nick's comments from the Feb. 1st, 2012 meeting of the historical society will be accompanied with several photos. The public is encouraged to attend. The program starts at 7 pm. Wednesday, Jan. 3, 2024, in rooms 1 and 2 of the Montrose County Events Center. Admission is free, the public is invited. Light refreshments may be available.

**Jan. 8-** Monday Jan. 8 at 5 Safety Complex mtg rm Citizens' Climate Lobby meets to plan local action to mitigate climate change. Clean Earth Year. Nonpartisan, National, Environmental. All Welcome .info 970-765-9095.

**Jan. 12-** *A Walk in the Woods* by playwright Lee Blessing opens at Magic Circle Theatre on Friday, Jan. 12 and runs for three weekends. [www.magiccircleplayers.com](http://www.magiccircleplayers.com).



**SEE SOMETHING - SAY SOMETHING**

**970-249-8500**

ANONYMOUS CALL

MONTROSE REGIONAL  
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## MIRROR IMAGES...OUT & ABOUT



Harry Switzer captured the clock near the old City Hall building, above, on New Year's Eve...sign at Ute Indian Museum photo is by B. Switzer.



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**Coffee Trader**  
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970-787-9021

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970-964-4448

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Burgers & Beer**  
970-252-1227

**Fiesta Guadalajara**  
970-249-2460

**El Jimador**  
970-249-8990

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

**Delta: CB's Tavern**  
970-399-3570

**Lighthouse Eatery**  
970-964-7570

**Double Barrel Taco Co.**  
970-417-4340

**Trattoria de Sofia**  
970-249-0433

**Rib City**  
970-249-7427

**Stone House**  
970-240-8899

**Mimo's**  
970-249-0616

**Sidelines Sports Bar**  
970-765-0129

**Amelias Hacienda Restaurante**  
970-249-1881

**Delta: Pour Ernie's**  
970-546-0074

