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RE-1J BOARD OF EDUCATION HEARS UPDATE ON SB 21-116



ONLINE NEWS

SSOCIATION

SB 21-116, which prohibits American Indian mascots in Colorado, passed the house and senate and was sent to the Governor for signature on June 10. If signed, required changes could cost \$500,00 to \$750,000, Superintendent Carrie Stephenson said.

By Caitlin Switzer

MONTROSE-On Tuesday, June 22, the Montrose County School District RE-1J Board of Education gathered at District offices for a regular meeting. In attendance were Board President Gayle Johnson, District B Director Jacob Suppes, District A Director Jeff Bachman, District F Director Eric Kelley, and Vice President Sarah Fishering. Not present were District D Director Shawn Carroll and Director G Director Stephen Bush.

Johnson called the meeting to order and led all in saying the Pledge of Allegiance.

BOARD ADVISORY COMMITTEE UPDATES

Kelley gave an update on the facilities master plan. Information is being compiled and a web presence is being developed, he said. "So the community can get in there and really

Continued pg 12

MARTINEZ TAKES LEAD AT REGULAR DMEA BOARD MEETING

Bv Gail Marvel

MONTROSE-The June 22 meeting of the **Delta Montrose Electric Association** (DMEA) Board of Directors, held in the Black Canyon Board Room, was called to order at 3 p.m.

DMEA co-op members are afforded an opportunity to speak during the time for Member Comments, which is scheduled for 5 p.m. All board members were present.

During meetings the board of directors give verbal summary reports of their monthly meetings and activities; however, neither the co-op membership nor the media have access to the written reports submitted for board approval.

The call to order was followed by the Pledge of Allegiance, the opening meeting prayer, determination of a quorum, and



On June 22 the Delta Montrose Electric Association (DMEA) board held an Organizational Meeting at 2 p.m., followed by the regular June meeting at 3 p.m. Newly elected DMEA President Kyle Martinez (far left) exchanged seats with out-going president Bill Patterson (center left).

Continued pg 17

http://www.asclepiusgardens.com/

Rocky Mt. Cravings!

Carole Ann McKelvey's Lauren Hall Rudell on rage gardening!

Welcome Homecoming for a Montrose Native!

64 years of Economic Development: MEDC Annual Meeting!

COLORADO NEWS BRIEFS

MPD ROLLS OUT NEW ONLINE REPORTING TOOL

Special to the Mirror

MONTROSE — The Montrose Police Department has a new, online tool, for public use in reporting minor incidents. This web-based reporting system, called the Desk Officer Online Reporting System (DORS), will allow the public to file certain incident types over the internet at the users' convenience. The DORS system is a product of Coplogic, Inc., a California-based software company.

Incident types include minor theft, fraud, vehicle trespass, lost property, hit and run, minor private property crashes, vandalism, and others. The DORS system will give the public the option to file a report at a time that is best for them, without having to wait for an officer to respond or call them back.

The newly created tool can be found <u>here</u> or by simply visiting the Montrose Police Department website at <u>www.MontrosePD.com.</u>

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THE MONTROSE MIRROR

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REGIONAL NEWS BRIEFS

SIGN UP TODAY SPACE IS LIMITED



US 50 OPEN FOR 4TH OF JULY WEEKEND

Special to the Mirror

MONTROSE-US 50 will be OPEN to two-way traffic between MP 123 – MP 127 through Little Blue Creek Canyon beginning at noon (12 p.m.) on Friday, July 2 through 8:30 a.m., Tuesday, July 6. Regularly scheduled daytime roadway closures will resume on July 6. www.us50info.com

HISTORICAL SOCIETY TO MEET JULY 7

Special to the Mirror

MONTROSE- The Montrose County Historical Society will hold its general membership meeting Wednesday, July 7 at Friendship Hall on the Montrose County Fairgrounds in the Pioneer Room at 7 pm. This month's speaker will be Chris Trujillo and a panel of interested persons on the history, program, and the future of MA-DA. Admission is free and all are welcome.





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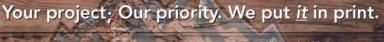
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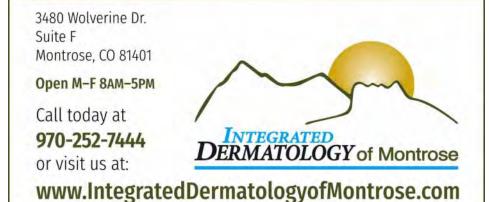


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Photos by Paul Arbogast.

By Paul Arbogast, Mirror Publisher MONTROSE-Montrose native and graduate of Montrose High School in 2000, Commander Matthew Mattivi returned from a two-year tour in Bahrain last Thursday, June 24. He has done a tour in Guam, and been all around the world, but is now on a well-deserved break back in his hometown, prior to heading to his next duty station.

Mattivi has been serving in the US Navy as a Civil Engineer Corps Officer since 2001, earning his Master of Science in Engineering and Technology Management from the Colorado School of Mines in 2015. Loved ones gathered to meet and greet Matthew and his family after two years away.

The Montrose Mirror staff welcomes you home, and thanks you and your family for your service and sacrifice. May the future hold great things for you and family.



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- Farmers Market, Commercial Retail, and Restaurant-direct veggie supplies
- Farmers Market options this year grown in the field. The general public may shop at our Farmers Market starting this fall, Tues.–Sat.
- We have a small variety of seedlings for sale, however due to construction delays it will be next year before we will have large inventory of vegetable plants available for retail or sales of 4-pack seedlings and mature vegetable plants for sale to the home gardener.
- There is a large variety of direct sown veggies in our massive garden.

• COVID-SAFE OUTDOOR SHOPPING EXPERIENCE

Page 5

 Large garden & Farmers market in the Fall

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REGIONAL NEWS BRIEFS

MONTROSE MEMORIAL HOSPITAL BOARD CHOOSES NEW CEO JEFF MENGENHAUSEN



Jeff Mengenhausen. Courtesy photo.

Special to the Mirror

MONTROSE-- Jeff Mengenhausen will become the Chief Executive Officer of Montrose Memorial Hospital beginning Aug. 30, 2021. The MMHI Board of Directors selected Mengenhausen for his executive healthcare experience, ability to create service line and hospital growth, and visionary and coaching leadership. MMH Interim CEO David Faulkner will continue as the executive leader to ensure a

smooth transition until Mengenhausen's appointment.

"We are very excited for Jeff to join our hospital leadership team and become an integral part of our thriving community," said Dr. Kjersten Davis, MMHI Board Chair. "We appreciate the hard work, dedication and support from our Board of Directors and hospital leadership during the search process. Together, we commit to our steadfast mission for our Friends and Family, to provide healthcare services to our communities with excellent service, compassion and fiscal responsibility."

The CEO search process was complemented by a Community Hospital Consulting (CHC Consulting) team, who provided qualified candidates and a disciplined search and selection process. MMH's management agreement with CHC Consulting, the consulting arm of Community Hospital Corporation (CHC), began on Jan. 4, 2021.

According to Davis, Mengenhausen's passion for rural medicine and commitment to healthcare excellence align with the hospital's goals and path forward. Mengenhausen, a former Navy SEAL, has

more than 15 years of successful experience leading a diverse array of operations with an unrelenting focus on quality and service.

Jeff has been the CEO for Madelia Health, Madelia, Minnesota, since October of 2018 and led the hospital to national recognition. Under his leadership, Madelia Health was named among the Top 20 Critical Care Hospitals in Patient Experience in 2020 & 2021 awarded by the National Rural Health Association. For three years prior, he served as Sr. Executive Director for Monument Health Hospital, Rapid City, South Dakota, a 417-bed level Il trauma center, a role he advanced to after being CEO for Monument Health, Sundance, Wyoming, for one year. Mengenhausen earned both his Master of Business Administration/Business Operations (MBA) and BA in Business Administration/Management from American Intercontinental University. He is certified in LEAN Six Sigma by Villanova University. Mengenhausen, who grew up in and prefers smaller communities, looks forward to relocating to Colorado with his wife Crystal and their three children.

FIRE PREVENTION MEANS EXTENDED OUTAGES, LOWER RISK

Special to the Mirror

RIDGWAY-With Stage I fire restrictions in effect in San Juan, San Miguel, Ouray and Montrose Counties, as well as on Bureau of Land Management (BLM) and U.S. Forest Service (USFS) lands, San Miguel Power Association (SMPA) is moving to its fire prevention procedures and settings. What as power outages are addressed, but also does that mean for consumers? "Under conditions like these, we take extra precautions to reduce the risk of fire when restoring power," says SMPA Manager of Engineering, Jeremy Fox. "We continue to rely on our automated and

remotely-controlled equipment; however, we additionally require our line crews to be on site when power is restored." This practice reduces the risk of fire, but it can also extend the duration of a given power outage.

SMPA asks for patience from its members asks for vigilance. When a power outage occurs, its cause is not always obvious. In some cases, a phone call from an observant community member can save hours of searching on the part of line crews. If you see something out of the

ordinary concerning power lines or equipment:

1) Stay clear of the area.

2) Call SMPA at 1-877-864-7311 to report the situation.

Additionally, power users should take steps to prepare for extended power outages. Pack bags of supplies and flashlights with fresh batteries. If members have their own generators, they should be sure they are in proper working order and that fuel is available. Get additional tips for outage preparedness at <u>https://</u> www.ready.gov/power-outages.

REGIONAL NEWS BRIEFS

STAGE 1 FIRE RESTRICTIONS FOR BLM

Special to the Mirror

GUNNISON – Stage 1 fire restrictions began June 24 for all Bureau of Land Management public lands administered by the Gunnison Field Office within the boundaries of Gunnison, San Juan, and portions of Montrose, Ouray, Saguache and Hinsdale Counties. The restrictions align with local orders and guidelines to protect the public's safety during high fire danger. Under Stage 1 Fire Restrictions: Campfires are only allowed within designated fire grates in developed campgrounds (i.e. a metal, in-ground containment structure - fire pans and rock campfire rings are not acceptable) No fires of any type, including charcoal, outside of developed areas. No smoking except within an enclosed vehicle or building, a developed recreation site, or in a barren area free of vegetation No use of explosive materials, including explosive targets. No welding or operation of an acetylene or other similar torch with open flame except an area that has been cleared of vegetation. No operation of any internal combustion engine without a spark-arresting device properly installed and in working order. Fireworks are always prohibited on public lands. <u>https://www.blm.gov/</u> programs/public-safety-and-fire/fire-andaviation/get-involved/fire-prevention.

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OPINION/EDITORIAL: LETTERS

HR1/SR1 VOTING REFORM BILL IS HIGHLY PARTISAN

Editor:

I was very surprised to read that our local League of WomenVoters supports HR1/ SR1, the voting reform bill. I thought that they were non-partisan, but this bill is highly partisan.

It would override a constitutional guarantee that states, not the federal government, would establish election procedures.

It would institutionalize and expand the procedures in the 2020 election which undermined public confidence and produced highly contested outcomes.

A personal ID is required to fly on an airplane or attend the Democratic convention, but it is deemed an intrusive requirement for the privilege of voting for the leaders of this nation. It's an insult to the underprivileged people in our nation to claim that they can't manage to either get a driver's license, or pick up a free picture ID.

Mail-in ballots will be issued to anyone who requests one, without documentation, and be counted up to 10 days after Election Day.

All state restrictions on ballot harvesting would be overruled



Federal bureaucrats would be given the power to control political speech.

Public funding would match small political contributions at a 6-1 rate, whether the taxpayers want to support that political candidate or not.

Even the ACLU, which generally supports Democratic policies, opposes this bill, because it would "unconstitutionally impinge Sandy Anderson, Montrose

on the free speech rights of American citizens."

This bill is not for the people like you and me. It is for the politicians who want to seize power, to limit our constitutional rights, and control us. Please tell our senators and representatives to vote no on this bill.

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RE-1J BOARD OF EDUCATION HEARS UPDATE ON SB 21-116 From pg 1

see what the meat and potatoes is of what glance, probably anywhere from \$500,00 we're doing." to \$750,000. They do have written into

"It's going to be neat," Bachman said. "Community members can get in and see where our schools are at and what things need to be done."

SCHOOL SUPPLIES UPDATE

Superintendent Carrie Stephenson said that school supplies will be provided free of charge to all K-8 students. "We are working with the high schools to see how we can help them out," Stephenson said. "...Parents don't need to shop for anything; they just send their kids to school."

MASCOT BILL UPDATE

Stephenson discussed SB 21-116, which prohibits American Indian mascots in Colorado. The bill passed the house and senate and was sent to the Governor for signature on June 10. The bill was still awaiting the Governor's signature, she said. A lawsuit is expected to be filed against the bill on behalf of the Native American Guardians Association (NAGA), a 501(c)3 nonprofit organization created to preserve Native American heritage, history and culture, in part, through the respectful use of Native American Imagery and names all across the United States. If the bill is signed by Governor Polis the school district will move forward to help choose new mascots for Montrose High School and for Centennial Middle School, Stephenson said.

Bachman asked about the expected costs of the change; Stephenson said, "At first

22

glance, probably anywhere from \$500,00 to \$750,000. They do have written into the bill that we will have the opportunity to apply for a BEST grant to help recover some of those costs."

Costs also depend on the new mascot that is chosen, she said.

The district does not have a formal agreement in place with a local Native American tribe as some high schools in Colorado have done, which would allow schools to retain their Native American mascots under SB 21-116.

OLD BUSINESS

VE'RE

The Board approved the following revised board polices:

EEAEA, School Transportation Vehicle Operator Requirements and Training -

cross-reference addition;

EEA, Student Transportation - new policy from CASB

<u>FBC, Prioritization of Facility Improve-</u> ments - new policy from CASB

<u>FBC-R, Prioritization of Facility Improve-</u> <u>ments - new regulation from CASB</u> <u>EEAA, Walkers and Riders - deleted, no</u> <u>longer CASB supported; information in-</u> <u>cluded in new policy EEA</u>

EEAC, School Bus Scheduling and Routing - deleted, no longer CASB supported; information included in new policy EEA EEAC-R, School Bus Scheduling and Routing - deleted, no longer CASB supported; information included in new policy EEA

FA, Facilities Development Goals/Priority

Objectives - deleted, no longer CASB supported; information included in new policy FB

<u>FEA, Educational Specifications for Con-</u> struction - deleted, no longer CASB supported; information included in new policy <u>FBC</u>

LDA, Student Teaching and Internships deleted, no longer CASB supported; regular process in Human Resources department

LDA-R, Student Teaching - deleted, no longer CASB supported; regular process in Human Resources department

CONSENT AGENDA

Consent Agenda items, including <u>Person-</u> <u>nel Report</u>, were approved as presented.

2021-2022 BUDGET RESOLUTIONS

The Board of Education voted to adopt <u>the</u> <u>2021-2022 Budget</u> and approve <u>Resolution</u> <u>09-2021 Proposed Budget Adoption; 10-</u> <u>2021 Appropriation; 11-2021 Reserve In-</u> <u>crease and 12-2021 Emergency Reserve</u> and <u>13-2021 Authorizing Use of Portion of</u> <u>Beginning Balance for 2021/22</u> on Second Reading, as presented by Finance Director Emily Imus.

Also adopted were Resolutions for the 20/21 Budget, <u>Resolution 14-2021 Amend-ed Budget Adoption 2020-2021 and Resolution 15-2021 Appropriation</u>.

With no further business, the meeting was adjourned. The next regularly scheduled meeting of the Board of Education will take place in the board room at District Offices at 6:30 p.m. on Aug. 10.

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OPINION/EDITORIAL: LETTERS

MONTROSE HIGH SCHOOL MURDER HORNETS?

Editor:

Now that Senate Bill 21-11 will become law (was there any doubt), the Montrose High School Indian's days are numbered and a replacement by committee is in the works. The fact that alternatives have been discussed for a decade in the absence of a determined public strategy to retain the current mascot have probably helped hasten its demise.

In keeping with the 'woke' climate affecting many educational decisions these days, I would suggest "The Montrose High School Multi-Cultural Bi-Curious Social Justice Warriors" as a new mascot, but the title seems a little busy to put on an athletic shirt. In addition, an easily recognizable caricature of the mascot escapes the imagination.

However, in keeping with the times, "The Montrose Murder Hornets" has a certain alliterative viciousness to it. Something along the lines of the famous "Fighting Seabees" logo which depicts a bee, of course, holding a machine gun as well as a wrench and hammer wearing a Sailor's "Dixie Cup." In the case of the Murder Hornet mascot, it could be holding a football, basketball, volleyball, tennis racket, etc. in its six legs and with a proverbial tip of the hat to it's soon-to-be inglorious predecessor, a head band with a feather in it.

And, as an added touch, the artwork depicting the Murder Hornet would have it stinging a Gray Wolf in the butt. This idea was borne of a previously unpublished letter to the editor in which murder hornets (indigenous to Colorado prior to the last Ice Age) would be re-introduced along with the Gray Wolf only bioengineered to carry the Covid vaccine and released on the populations where mass inoculation seems to be a challenge.

CDR L. S. Rizzo, USN (RET), Montrose

REP. BOEBERT DOES NOT SEEM TO SHARE CONSTITUENT VALUES

To the Editor:

If one was on the subcommittee for Indigenous Peoples of the U.S. why would one cast a vote against the "Protecting Indian Tribes From Scams Act"? Why would one vote against the Carbon Monoxide Poisoning Prevention Act allowing grants to tribes and states to install monitors in low income, older adult and child-care facilities? Why a vote against the Food Allergy & Safety Education Act expanding the definitions of major food allergens in labeling which will benefit roughly 85 million Americans affected by food allergies? Why a vote against the National Bone Marrow Donor Program? And lastly a vote against awarding medals to Capitol officers who protected Congress during the assault on the Capitol? Our District 3 representative Lauren Boebert voted no on all of these bills. I believe the fine folks of District 3 care about these issues and those they affect and would agree the officers who protected Congress do deserve recognition. It is unfortunate that we have a representative in Ms. Boebert who does not seem to share our values and is too busy fund raising and grandstanding to focus in on issues her constituents care about.

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IN THE AREA: 6.28.21-REGIONAL ROUNDUP

Crested Butte

The town council of Crested Butte approved for their main street (Elk Ave) to be converted to a one way street with outdoor seating/dining utilizing the available space for this summer. This replicates what was done last summer due to indoor dining restrictions from COVID.

Durango

Residents of River View mobile home park banded together to purchase the park. They are the first community in the state to gain ownership of their park. They did so because of increasing land rent prices from recent transfers of ownership of the park. Their purchase provides a more stable rent price moving forward. The Durango City Council contributed a \$500,000 mission-driven grant towards the \$14 million purchase.

Silverton

Mayor Shane Fuhrman recently banned the reciting of the Pledge of Allegiance during public meetings. Mayor Fuhrman stated the pledge has led to threats and divided the community.



After Silverton Mayor Shane Fuhrman banned the Pledge of Allegiance from town meetings on June 14, he has received feedback. Silverton trustees meet again at 7 p.m. on <u>Monday</u>, <u>June 28 for a regular meeting</u>. The Board of Trustees will revisit meeting protocols at that time, Fuhrmann said at the June 24 town work session. Courtesy image-Town of Silverton regular meeting June 14 video screenshot.



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MARTINEZ TAKES LEAD AT REGULAR DMEA BOARD MEETING From pg 1

and approval of the consent agenda (Membership Report and approval of minutes from the May 2021 Regular Board Meeting, the June 2021 Annual Meeting and the June 2021 Organizational Meeting).

Board Committee Items

Finance – Audit – Rate (FAR) Committee – Brad Harding, Chair.

Harding said, "Eight or nine board members were at the FAR meeting and most staff." Since all the board members attended the committee meeting, the report given at the Board of Directors meeting was a recap with no discussion.

Harding said, "We discussed the credit rating; the pros and cons, time and expenses. It is a useful tool for a third party. We will reach out to Guzman and see if they can help us defray costs. We enhanced board oversight, tightened up the audit piece so the board interacts with auditors. There was a 360-peer review of the CEO and board oversight of CEO spending. The benefits of a Construction Audit. We dug into a Construction Audit only to refine or enhance our current process. Following a report from Steve Dawson we looked at where we could improve our current Code of Ethics Policy. [We discussed] how the board wants to manage equity moving forward, we'll discuss with the entire board in a strategy planning [session]."

Acting CEO Virginia Harman clarified, "A Construction Audit is more of a financial audit, not a physical audit."

Harding said, "We recommend adoption of PB 308 Code of Ethics as revised."

Hurd said, "It has changed slightly from what was discussed in the FAR meeting." Hurd briefly covered the changes for the board; however, the changes could not be accurately put into context for this report. Engineering – Construction – Energy Services Committee – Chris Hauck, Chair.

Hauck said, "The last meeting was in May. Stacia reported on it."

Member Relations – Energy Services Committee – Kyle Martinez, Chair (as of posting date)

No meeting. Patterson is now chair of

Member Relations.

Executive Committee – Bill Patterson, Chair (as of posting date)

Patterson said, "The CEO review will be part of the Executive Session."

Newly elected President Martinez will now chair the Executive Committee. He said, "We'll get committees together next week and we will start reviewing CEO applications."

Financial Report with Variance Report -Wade Pynes, CFO.

Pynes said, "We did get the PPP [Paycheck Protection Program] Loan Forgiveness." Pynes highlighted items # 1-5 in his report; however, his highlights were not informative for members. He said, "#1 is the two large customers, #2 is selfexplanatory, #3 is to keep an eye on expenditures... #5 keep an eye on. It's mostly good news here to date."

CEO Report – Virginia Harman, acting CEO.

Harman called on Chief Power Supply Officer Jim Heneghan for an update. Heneghan said, "The Charge Point [electric vehicle] price change. There was a followup letter to me that had good comments about our pricing change. We'll follow for the next six-months and see if we need more adjustments."

Harman said, "I met with MEDC [Montrose Economic Development Corporation] on the aerial firefighters [CO Fire Aviation]. They would bring 18 families with them. They would have to have highspeed internet. They are looking at that building [former Jet Away building]."

Ken Watson said, "It would be a great use of that building."

Harman said, "The county commissioners have dealt with this [Jet Away building] in the past. [CO Fire Aviation] is looking for a location here. They ask if we can write a letter of support."

Harding said, "Why would the county commissioners be voting against this?" Martinez said, "It's the through-the-fence agreement."

Watson said, "They have them [throughthe-fence agreements] all over the country. The county is dragging their feet because they want to make sure everyone is comfortable with this. I think they are gun shy."

Fleming said, "If the county is going to buy the land, then it wouldn't be throughthe-fence."

Cannon said, "Could we reach out to the county commissioners and take their temperature? If they seem to be more supportive, we will write a letter."

Fleming said, "I do think a letter of support should be benign." Harman was directed to reach out to the county commissioners before writing a letter of support. Harman's CEO report included meeting with Region 10 League for Economic Assistance & Planning (workforce), Delta County (solar project) and legislative updates.

May 2021 SAIDI (Systems Average Interruption Duration Index) Report.

Harman said, "In May there were a lot of outages. Mostly wind, trees and car-hitpoles. We had two major event days."

Martinez brought up the Annual Meeting. He said, "The grant program was awesome for our community. [Staff] good job with the virtual meeting. We will do a photo-op when board members deliver [grant] checks. We want as much PR out of it as we can get."

Staff touched on safety report; however, details on a recent break-in at DMEA were minimal. At night someone cut a lock on a gate to the yard. The video was blurry. The theft in tools and wire amounted to about \$5,000.

Legal Report (Non-Privileged Legal Report) - Jeff Hurd, Attorney.

Hurd said, "Virginia covered the legislative issues. I'll save the rest of my report for Executive Session."

Representative Board Reports WUES Report (Western United Electrical Association) – Presented by Staff.

Fleming said, "I'll let staff handle the report. We are going to go over our relationship [with WUES] and what they do for us and the service agreement."

Hurd said, "There are lots of ways of looking at it from a legal perspective. It's a co-op relationship. A non-profit that provides supplies."

MARTINEZ TAKES LEAD AT REGULAR DMEA BOARD MEETING From previous pg

The board discussed the relationship, the benefits, and cost effectiveness. In the area of warranties WUES meets industry standards.

CREA Report (Colorado Rural Electric Association) – Damon Lockhart.

Lockhart said, "I did not attend. Bill [Patterson] attended and sent out notes. Really don't have anything more to report. Virginia reported on the legislative." **INFORMATIONAL ITEM: Other Business** Website ADA Compliance

Chief Technical Officer Kent Blackwell reported on the Website ADA Compliance as it relates to the visually impaired. He said, "It's an honor system. I can report our level of compliance is DMEA 93 percent and Elevate 88 percent. It has to do with the color on the site, the size of text and the description of pictures. If you hover over an image, it gives you a description. There is an OCR [Optical Character Recognition] so a machine can read the minutes."

ACTION ITEM: Other Business Livestock Auction Appointees

Lockhart was appointed to attend the Delta County Fair; Patterson was appointed to attend the Montrose County Fair. DMEA will participate in the Buy-Back program for 4-H livestock.

Member Information Request

A civil engineering firm is working to install a pressurized irrigation system in Paonia. The company requested a map of DMEA underground plans in order to design around DMEA lines. Approved unanimously.

Resolution regarding Franchise Agreements for the Towns of Olathe and Orchard City

The board authorized the acting CEO to sign the final franchise agreements.

Future Meetings (Time and Date)

Regular Board Meeting July 27, 202, 3:00 p.m.

Member Comments

There were no member comments.

Executive Session

-Privileged legal report addressing privileged corporate, litigation, and regulatory matters

-Power Supply Update: FERC OATT proceeding, Tri-State ERP, Status of Garnet Mesa Solar Project

-Budget Amendment for Grant -Fiber Optic Professional Services Discussion

-CEO Search Update

Summary Following Executive

In an email Executive Assistant Amy Taylor provided a summary of action taken by the board following the Executive Session. She wrote, "The topics of discussion did

not deviate from what was noted prior to going into executive session.

The board unanimously approved resolution 2021-12 regarding a grant related budget amendment and resolution 2021-13 regarding fiber optic professional services."

Following the public announcement of actions taken on Grant-Related Budget Amendment and the Fiber Optic Professional Services, the board returned to Executive Session at 5:47 p.m. to receive a CEO search update. The board exited Executive Session at 7:03 p.m.

Dist 1 - Bill Patterson, 970-209-1449, bpatterson@montrose.net

Dist 2 - Kyle Martinez, 970-615-7124, kyle@touchofcarepcp.com

Dist 3 - Brad Harding, 970-270-3692, bharding@firstcoloradobank.com

Dist 4 - Ken Watson, 970-275-2100, kennethrwatson@gmail.com

Dist 5 - Chris Hauck, 970-497-0900, Ich@haucks.cc

Dist 6 - Damon Lockhart, 970-314-1071,

damon.lockhart@dmea.com

ANONYMOUS

Dist 7 - Enno Heuscher, 970-270-6523, enno.heuscher@dmea.com Dist 8 - (North Region) Stacia Cannon, 920-207-8831, stacia.cannon@dmea.com Dist 9 - (South Region) Jock Fleming, 970-275-1808, jock.fleming@dmea.com

9 8500 Download The APP. **P3TIPS** MONTROSE REGIONAL

CRIME STOPPERS see something, say something

ONE FINALIST NAMED FOR COUNTY MANAGER POSITION, INTERIM COUNTY MANAGER JON WASCHBUSCH



Commissioners and staff said the Pledge of Allegiance prior to the special meeting.

By Caitlin Switzer

MONTROSE-The Montrose Board of County Commissioners (BOCC) convened for a <u>special meeting</u> on Monday, June 21. All three commissioners were in attendance.

PUBLIC COMMENT PERIOD

There were no comments from the public. **INTERIM COUNTY MANAGER**

Interim County Manager Jon Waschbusch asked that Item D-9 be removed from the special meeting agenda.

CONSENT AGENDA

<u>Consent Agenda items</u> were approved as presented.

GENERAL BUSINESS & ADMINISTRATIVE ITEMS

County Human Resources Director Leslie Quon announced finalists for the position of County Manager. The job announcement closed on June 16, 2021 and there was one internal candidate, Jon Washbusch. Commissioners voted unanimously to accept Waschbusch as a finalist for the position of county manager.

Deputy County Attorney Julie Andress presented <u>Resolution No. 25-2021</u>, authorizing the Sheriff to implement fire restrictions within unincorporated Montrose County, to be effective immediately and expire on Sept. 30, 2021. Commissioners voted unanimously to approve Resolution 25-2021.

Emergency Manager Scott Hawkins presented ambulance licenses for hearing and renewal, including:

-the <u>Montrose Fire Protection District Re</u>newal Application for license and permits for five Ambulances to operate within Montrose County effective July 1, 2021 through June 30, 2022;

-the <u>St. Mary's CareFlight Ambulance Ser</u> <u>vice Renewal Application</u> for license and permit for two Ambulances to operate within Montrose County, effective July 1, 2021 through June 30, 2022;

-the <u>Olathe Fire Protection District Renewal Application</u> for license and permits for four Ambulances to operate within Montrose County, effective July 1, 2021 through June 30, 2022;

-the Delta County Ambulance District Renewal Application for license and permits for six Ambulances to operate within Montrose County, effective July 1, 2021 through June 30, 2022.

-the North Fork Ambulance Health Service District Renewal (DBA: North Fork EMS) Application for license and permits for five Ambulances to operate within Montrose County, effective July 1, 2021 through June 30, 2022; and

-the Nucla/Naturita Fire Protection District <u>Renewal Application</u> for license and permits for four Ambulances to operate within Montrose County, effective July 1, 2021 through June 30, 2022.

Commissioner Roger Rash thanked all of the ambulance providers.

"They do an outstanding job, and thank you guys for taking care of our public, getting us to the hospital safe and sound, and transporting us to other places—very appreciative of what you guys do." With no further business the special meeting was adjourned.



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MIRROR IMAGES: NEW BUSINESS SPOTLIGHT INK VIBES OPENS NEW TATTOO SHOP DOWNTOWN

Mirror staff photo MONTROSE-Ink Vibes is a new tattoo shop in town, found on South Uncompahgre Ave, right by Centennial Plaza downtown. There are three artists in the shop--Brian specializes in neo traditional, Amber in new age/ fine line art, and Jeremy in realism. You can visit their Facebook page or swing by the shop to take a look at their work. Find them on Facebook <u>here</u>. (Photo of Jeremy, Brian and Amber (I to r).



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DMEA BOARD RESTRUCTURES AT ORGANIZATIONAL MEETING



The newly elected president and vice president of Delta Montrose Electric Association (DMEA) are (L to R), President Kyle Martinez and Vice President Stacia Cannon. Photo by Gail Marvel.

By Gail Marvel

MONTROSE-The June 22 Organizational Meeting of the Delta Montrose Electric Association (DMEA) Board of Directors, held at 2 p.m., preceded the Regular Board Meeting scheduled for 3 p.m. With the exception of Executive Assistant Amy Taylor, staff was not present for the meeting. The call to order was followed by the determination of a quorum, approval of the consent agenda, and introductions. Informational Item: Results of 2021 Board Election

The DMEA board election had been held during the Zoom Annual Meeting on June 17. Of the 109 votes cast, 92 percent voted in favor of the three uncontested candidates; eight percent abstained from voting. A formal adoption of the election results was held during the Regular Board Meeting.

Election of Board Officers

DMEA Attorney Jeff Hurd offered a brief outline of the Bylaws (6.2) governing the specifics of the election of officers. Officers are elected by secret ballot; however, the board can dispense with the secret ballot if there is only one nomination.

President

Sitting President Bill Patterson nominated Kyle Martinez for president. The board dispensed with a secret ballot and elected

Martinez unanimously.

Martinez said, "I want to thank Bill [Patterson] for the last six years [serving as president]. While Bill was president we got Elevate, got out of Tri State, and remained financially viable. We understated the importance of what Bill has done." Patterson and Marand Martinez conducted the remainder of the meeting. **Vice President**

Patterson nominated Stacia Cannon for vice president. Cannon was approved by acclimation.

Secretary/Treasurer

Patterson nominated Brad Harding for secretary/treasurer. There appeared to be an unspoken hesitancy on Harding's part, but the board encouraged him to accept the position until "something does happen."

The board dispensed with the secret ballot. Harding was elected unanimously.

Assistant Secretary/Treasurer

Patterson nominated Chris Hauck for assistant secretary/treasurer. The board dispensed with the secret ballot and Hauck was elected unanimously. **Election of Representative Board Mem**bers

Western United Electric Supply Corporation (WUES) Representative - Jock Fleming will continue as WUES representative. Colorado Rural Electric Association (CREA) Representative - Damon Lockhart will continue as CREA representative. National Rural Electric Cooperative Association (NRECA), National Rural Telecommunications Cooperative (NRTC), National Bank for two Cooperatives (CoBank), Cooperative Finance Corporation (CFC), Federated Rural Insurance (Federated), and National Information Solution Cooperative (NISC) Representative - Stacia Cannon will continue as representative. Appointment of Board Directors to Committees

The first order of business for newlyelected President Martinez was committee assignments. He said, "We'll keep all the same committee assignments. Bill [Patterson] will chair Member Relations." Bank Signature Cards

Obtaining bank signature cards for the newly-elected officers was deferred until the July meeting.

Legal Engagement Letter

Patterson and Mar-
tinez exchanged seats
and Martinez con-
ducted the remain-
der of the meeting.Hurd said, "This will be my sixth year for
general counsel for DMEA. We have an At-
Will relationship, so they can change
counsel at any time." A board member
said, "It's At-Will on both sides." Hurd
laughed and said, "Yes, I can fire DMEA as
well." Hurd left the board room as the
board discussed retention of their general
counsel. Harding said, "He is instrumental
in our success."

Jock Fleming said, "He is an expert in his field." The board unanimously reappointed Hurd to serve as general counsel.

Review Conflict of Interest Policy

Executive Assistant Amy Taylor said, "This is the Conflict of Interest policy that we review annually and you sign."

Hurd said, "It is a re-affirmation that you have no conflicts of interest."

Review Board Compensation

Hurd said, "This [compensation package] has been in place since December 2018." The board discussed their compensation compared to other co-ops. Harding said, "If I remember correctly DMEA is midpoint. Not high or low." Martinez said, "The president does not get higher compensation." The discussion was deferred to a later meeting.

Executive Session

An Executive Session was not required. The Organizational Meeting was adjourned and the board proceeded to an Elevate meeting which, as a private entity, was not open to the public. Following the Elevate meeting the DMEA Board reconvened for the Regular June board meeting.

NO CHARGES IN OFFICER INVOLVED SHOOTING DEATH



7th Judicial District Attorney Seth Ryan held a press conference on June 23.

By Paul Arbogast, Mirror Publisher DELTA-On April 9, Paige Pierce (Schmidt), 26, was shot and killed near Hotchkiss after a high-speed pursuit by Delta County Sheriff's Deputy Nolan Davis. On Jun 23, Seventh Judicial District Attorney Seth Ryan held a press conference to cover the details of the incident, investigation, and outcome.

Ryan opened with, "Before we begin, the District Attorney's Office and the CIIT team would like to offer their heartfelt condolences to the friends and family of Paige Pierce for their loss."

Ryan said as soon as the incident occurred the Critical Incident Investigation Team (CIIT) was called in to investigate. In this case the CIIT included the Colorado Bureau of Investigation, Colorado State Patrol, Montrose County Sheriff's Office, Montrose Police Department, District Attorney's Office, Mountain Village Police Department, and the Ridgway Marshal's Office.

The CIIT team took interviews from witnesses and law enforcement officers, took photos, collected evidence, performed scene analysis, reviewed medical reports, reviewed dispatch recordings, performed computer modeling, and scene reenactments.

At approximately 11:30 a.m. Davis was on patrol on CO 92 from Hotchkiss when he saw a white Honda without any license plates. As Davis turned around to pursue, Paige sped up and passed a line of cars that was ahead of her, in a no passing zone. Two witnesses saw her passing cars at approximately 80 to 100 mph eastbound, as she approached CDOT road maintenance.

A flagger for the road maintenance crew said he observed Paige approaching him on the shoulder at an extremely fast speed. He waved his arms in the air trying to get her to stop and estimated that she got between 30 to 40 feet from him before she swerved back onto the roadway and entered the westbound lane of traffic. He said she cut between two cars on the westbound lane, forcing one off the road as she turned north on Hidden Springs Road.

The flagger motioned Davis to Hidden Springs Road when the Deputy approached, indicating that is where the car went. Davis pursued Paige up Hidden Springs and Lampshire Road, which was a dead end, and the pursuit ran through a private yard as Paige turned around. On the way back down Hidden Springs, a witness saw her car spin out of control and hit the west side embankment.

At that point Davis pulled in front of Paige's car to block her, but she drove behind him and off the road, eventually merging back onto the road when Davis de-accelerated to prevent her hitting his vehicle. Davis then radioed in to get permission to lay down stop sticks on CO 92, to puncture and deflate her tires. A Sergeant on CO 92 witnessed Paige's car as it came back down CO 92 and ran across the westbound lane to throw down stop sticks, which deflated her driver side tires prior to her turning off onto a private drive.

As Davis followed down the private drive a citizen was pulling out of his driveway headed north and pulled to the side and stopped when Davis approached. The DA said Davis had lost track of where Paige's vehicle had gone but knowing the tires on one side were deflated, he stopped, planning to pursue on foot.

The body cam footage shows as Davis was exiting his vehicle Paige was already headed at him, pointed at the small gap between his car and the other citizen's truck. According to the DA and body cam footage, as Davis exited his truck, he started drawing his weapon.

Davis had a citizen riding along in his vehicle, who later said she was expecting to hear metal on metal as Paige's car scraped against the Deputy's vehicle trying to get between it and the other citizen's truck. A re-creation determined that at the speed she was going, Paige could have stopped 15 feet before him, but instead passed within 18 inches of the front tire of his vehicle.

"When he was interviewed, he (Davis) described that Paige drove the vehicle straight at him, that he did not have enough room to move forward, that he felt like he was trapped, that the second she gunned the car 'man I am about to die', that the car was coming at him faster than he could run," said Ryan. One witness (in the truck) described Paige's car as 'going for broke' traveling

NO CHARGES IN OFFICER INVOLVED SHOOTING DEATH From previous pg

between him and Davis's vehicle, estimating that she was going 25 mph and about 15 feet from Davis before he started shooting.

The duties of the DA include determining if there is any reasonable doubt to a potential crime, as well as if any defense for someone's actions can be proven. In this case the DA's office found that based on all the evidence, self-defense was applicable in this incident.

Ryan concluded by saying, "We cannot disprove that Davis had a reasonable belief that Paige was using and/or about to use physical force against him, and that he reasonably believed that he was in imminent danger of being killed and receiving great bodily injury ... the people cannot disprove beyond a reasonable doubt that Davis was acting in self-defense and the district attorney's office cannot file criminal charges."

Ryan then opened the floor to questions

from the press. He was asked if he had reviewed the Delta County Sheriff's Office (DCSO) policy for terminating a chase, to which he said they did request a copy of the policy and were told they would not be given access to that policy.

Mirror staff spoke to Delta County Sheriff Mark Taylor, who said, "We had a couple of discussions with the DA's office and the CIIT team about our policies and through those conversations and a written letter to the CIIT team, which ultimately went to the DA ... those reasons are the criminal investigation, and the administrative investigation are designed to be two completely different, completely separate investigations."

Additional questions brought out that the DA would not be providing a toxicology report on Paige based on a request from her family, that Paige's family was informed of the DA's determination prior to the press conference, that the DA is una-

ware of any previous officer involved shooting that has led to charges in the 7th judicial district, and that the DA does not know if the DCSO has finished their internal investigation on the incident. Outside of the June 23 press conference, friends and family of Paige Pierce gathered to protest, saying that she was killed unjustly. They carried signs saying, "Every person killed by a cop is innocent, because they did not receive a trial and all persons are innocent until proven guilty under the US Constitution " and "Justice for Paige." A statement later released by Sheriff Taylor stated, "...Deputy Davis was placed on paid administrative leave following this incident, which is standard procedure. After the District Attorney review of this incident was complete, Deputy Davis returned to transitional duties with the Sheriff's Office." The DA's report can be read in full here. The body cam footage is available here.

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through fireplace with floor-to-ceiling bookshelves just begging the avid reader to curl up with a great book, a fine tea, and miles of mountain views to bathe your soul. Situated on the apex of a hill surrounded by 35 acres, you are assured that the huge open vistas cannot ever be blocked. With shares of irrigation water, a lush garden, orchards, or fields could be cultivated. To top off this expansive home with its large ensuite bedrooms, walk-in closets, and open floor plan, you will find the authentic 1800's cabin which has been painstakingly relocated to the property nearby. A gorgeous space for an artist retreat or mother-in-law studio. This serene and artfully appointed home is a rare find in one of the most desirable communities in Western Colorado, and is located just minutes from downtown Montrose. If you want all the beauty and joy of rural mountain living, with luxury and excellence to come home to, just a short drive from modern conveniences and surrounded by exclusive resort communities. then this is your home.



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Any fire or campfire, not within a permanently constructed fire grate in a developed park, campground, private residence, or picnic area.





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Agricultural burning is not allowed.





Welding or operating acetylene or other torch with open flame EXCEPT in cleared areas of at least 10 ft in diameter and in possession of a chemical pressurized fire extinguisher.

Operating or using any internal combustion engine, such as chainsaws, without a spark-arresting device properly installed, maintained, and in effective working order.



Target shooting with explosive targets is not permitted.

POLIS SIGNS SB21-256 REMOVING PREEMPTION



By Paul Arbogast, Mirror Publisher

MONTROSE-Most states, to be consistent across the state, have preemption laws related to firearms. This means that all cities within the state must follow the same state law and cannot enact laws/restrictions that are stricter than the state laws.

On June 19, Colorado Governor Jared Polis signed SB21-256 into law, which effectively removes preemption, thus allowing cities and counties to enact laws governing or prohibiting "the sale, purchase, transfer, or possession of a firearm, ammunition, or firearm component."

Though intended to increase local control, those opposed to this legislation have pointed out that SB21-256 will lead to confusion and division even as you travel from city to city in Colorado because what is legal where you live might not be legal 10 miles down the road, and that the bill also opens the ability for local councils to disarm their citizens with local ordinances. *At left, Courtesy photo of Colorado Governor Jared Polis.*

COLORADO SUPREME COURT BLOCKS PAUSE ACT

By Paul Arbogast, Mirror Publisher COLORADO-Initiative 16 (PAUSE Act), which would have criminalized accepted veterinary and animal husbandry practices, made its way to the Colorado Supreme Court this past April, led by a coalition of livestock and farming groups called the Coloradans for Animal Care (CAC). Initiative 16 was struck down by the Court on June 21. According to the Colorado Livestock Association, "The Title Board must decide if a proposed initiative consists of just one subject and if it does, set a fair and accurate ballot title. The Court held that Initiative 16 contained multiple subjects, and give its complexity, could mislead voters when they cast their ballots. The court vacated the title and remanded to the Board with instructions

to return the Initiative to its proponents for lack of jurisdiction because the single subject requirement was not satisfied." The Colorado Farm Bureau said, "Today's



Colorado Supreme Court. Courtesy photo.

Supreme Court ruling on Initiative 16 is not only a massive win for the members of Coloradans for Animal Care but the entire state, as well. Initiative 16 was one of the

REGIONAL NEWS BRIEFS

CDOT UPDATE ON GLENWOOD CANYON CLOSURE

Special to the Mirror

GLENWOOD CANYON-CDOT has made the decision to keep I-70 Glenwood Canyon closed overnight. CDOT crews will continue clearing mudflow debris tonight, and will reassess the debris and closure in the morning. The closure points continue to be between Exit 87 (West Rifle) and Exit 133 (Dotsero).

CDOT continues to ask that motorists use the northern alternate route whenever possible (see map in this post). The team for the US 50 Little Blue Creek Canyon project will not begin regular closure operations until 1:30 p.m. tomorrow, Monday, June 28, allowing motorists to access the southern alternate route. The project is located between Montrose and Gunnison on US Highway 50.

We appreciate your patience as CDOT works as safely and quickly as possible to clear I-70 in Glenwood Canyon of the mudflow debris. Photo courtesy Glenwood Springs Fire Department. Please see <u>cotrip.org</u> for road conditions.



Courtesy Glenwood Springs Fire Department.

CELEBRATING 64 YEARS OF ECONOMIC DEVELOPMENT AT MEDC ANNUAL MEETING





Major Gen. Jay H. Lindell, keynote speaker at the Montrose Economic Development Corporation Annual meeting, engaged with the audience during his aerospace PowerPoint presentation. Photo by Gail Marvel.

The Montrose Economic Development Corporation (MEDC) held their annual meeting on June 24. Montrose County representatives were among the 225 attendees who turned out to show support for local economic development. (L to R) Montrose Interim County Manager Jon Waschbush, Montrose County Assessor Brad Hughes, Montrose Facilities Director Ken Norris, Montrose County Commissioner and BOCC Vice Chair Keith Caddy, Montrose Public Information and Media Relations Director Katie Yergensen, Montrose County Commissioner and BOCC Chair Sue Hansen, and Montrose County Information Technology Don Varey. Photo by Gail Marvel.

diversification and stabilization. On June 24, MEDC held their Annual

economic

Meeting

As the economic development point of contact for the facility, Head laughed and said, "The community did a great job of calling me with suggestions for the plant. Some suggested we use the building for an ice climbing center, or a track for gocarts. Many people want Costco, but Costco is not coming here."

By Gail Marvel

MONTROSE- For 64 years the Montrose Economic Development Corporation (MEDC) has invested in the Montrose community. A nonprofit organization, MEDC is governed by a volunteer board of directors, comprised of community business members and elected officials. The organization represents the communities of Montrose, Olathe, Nucla, and Naturita. Operating funds are provided by MEDC investments from businesses, local government, and individuals who are united in their support of the future economic strength and diversity of the community.

The mission of MEDC is to strengthen Montrose County's economic base and increase the standard of living for all residents through the retention, expansion, attraction, and development of primary jobs and through capital investments. This includes the promotion of workforce enhancement, agriculture advancement, and other business development that provides luncheon, catered by the Stone House, at the Montrose Pavilion. More than 225 investors, non-investors and sponsors attended the luncheon.

A casualty of COVID, the in-person 2020 MEDC Annual Meeting was cancelled. Past Chair Buck Miller opened this year's event by thanking Tyler Dahl for letting him preside over the 2021 meeting.

Miller said, "It's very unusual the past year and a half and the way the country has handled the last year of COVID. The city, county, and the medical community have done so much. We are in a safe community, in spite of having no housing." Miller introduced elected officials and distinguished guests.

MEDC Executive Director Sandy Head gave a brief recap of the last year which included not only the loss of Russell Stover and 380 jobs, but that the candy factory was one of the largest users of electricity supplied by Delta Montrose Electric Association (DMEA).

New and expanding businesses:

Western Slope Food Innovation Center — Provides processing, storage and distribution opportunities for local and regionally produced fruits, vegetables, and proteins. Dancing Sasquatch Tech — Manufacturer of items from survival and first aid kits, to military tactical gear.

Geyser Technologies — Hot water portable shower system. Company owner Jonathan Ballesteros now works with students from Peak Academy and Montrose High School.

3M Company Expansion in Montrose — The Montrose division is a leading manufacturer of super-abrasive grinding wheels, dressing tools, and machines used to dimension and finish hard-to-grind materials in industrial and commercial markets.

Montrose Forest Products — Traditionally the Montrose mill produces 2X4 and 2X6 in 10 foot lengths and shorter. In 2021 the company will invest in a new bio-mass

MEDC CELEBRATES 64 YEARS OF ECONOMIC DEVELOPMENT From previous pg

fired boiler.

CO Fire Aviation — 2020-2021 MEDC Recruitment Effort. CO Fire is an aerial firefighting company who hopes to relocate to the Montrose. (Head noted that within the State, economic development organizations do not recruit businesses to move from one community to another. However, when a company makes a decision to move to Montrose, MEDC is a resource for all businesses, regardless of type or size.) **Colorado Outdoors** — New commercial construction is underway which includes Flex buildings, Wedge Brands Warehouse, Colorado Yurt expansion, and Basecamp housing project.

Keynote Speaker — Major Gen. Jay H. Lindell.

Lindell's Air Force career that began in 1978 and his military awards, medals, and decorations span decades. His role in Colorado economic development serves the aerospace and defense industries as the Global Business Development lead with the Colorado Office of Economic Development and International Trade (OEDIT).

During his PowerPoint presentation, Lindell walked throughout the room connecting with his audience. Lindell said, "I can't believe the State pays me to do this! Aerospace was a shining star during COVID; 85 to 90 percent of federal dollars funded rolled through the State. We hardly hit a blip in the economy. We grew 10.1 percent. There was three-times the growth in Colorado as the rest of the nation.

"Our way of life depends on space. Coming over my GPS told me to take Highway 50. It took an extra hour and a half [Little Blue construction]. I was mad at my GPS."

Describing the aerospace industry Lindell said, "Colorado is the lead State in the nation for aerospace. We're a male dominated industry. We're not a very diverse industry sector. I'm a connector, that's my job."

Lindell gave the history, the growth through the years, and the future vision for aerospace in Colorado. Defense alone in Colorado accounts for:

-148,000 direct jobs created

-7.5 percent of all jobs in Colorado

-\$16.4B in labor income

-\$36.6B economic impact (VA, healthcare, retirees)

There are an estimated 2,200 active satellites in space The satellites generate data, synchronize energy flows across the electrical grid, and monitor agriculture. Lindell joked, "A farmer told me his GPS is making his horse gain weight. The farmer put GPS trackers on his cows. Now he can track the cows every morning and doesn't need to take the horses out to count them." Following his remarks, Lindell made himself available to anyone who wished to talk with him.

MEDC 2021 Economic Development Award

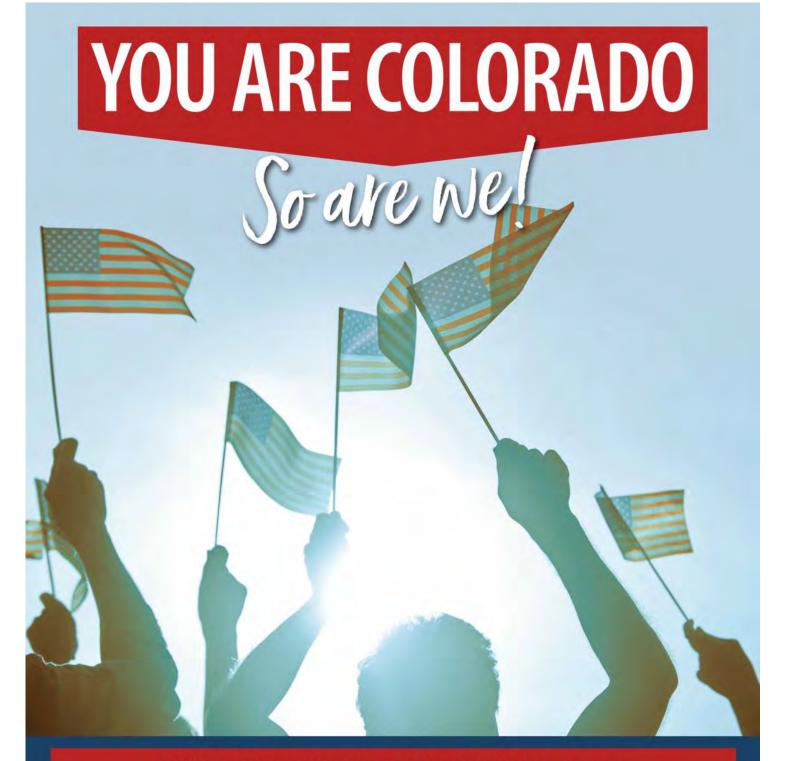
The Montrose Recreation District (MRD) was honored with the 2021 Economic Development Award. Head recapped the history and accomplishments of the district since its inception in 1956.

The MRD receives an average of \$7M

annually from all income sources (grants, taxes, and program fees). Every year they have a total economic impact of over \$10M into the local economy. To maintain the various programs, MRD employs approximately 350 individuals throughout each year. These jobs create an additional 140 indirect jobs within the community. **Outgoing Board Recognition**

Three men received recognition for their service on the MEDC Board. Gary Ratcliff (CMU-Montrose) and Dave Bowman (former Montrose City Councilman) were in the audience and received a parting gift of appreciation. Jasen Bronec (DMEA) was not in attendance. After recognizing the MEDC Board members for 2021 the meeting was adjourned. MEDC can be contacted at 1601 Oxbow Drive, Suite 360B Montrose, CO 81401 phone 970-249-9438 patriciac@MontroseEDC.org





HAPPY INDEPENDENCE DAY!



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PUBLISHER'S CORNER: JULY 4 MARKS OUR JOURNEY FROM RESOLUTION TO INDEPENDENCE



The Moore House, restored to how it looked when the surrender of the British was negotiated. Photo by Paul Arbogast.

By Paul Arbogast, Mirror Publisher

UNITED STATES-On Sunday, we celebrate Independence Day, the day we know that the original Colonies declared their independence from Great Britain. While it is held on July 4 of every year, and it is easy to say you are celebrating the "Fourth," I always stick with calling it Independence Day.

While the American Revolution started in 1775, with truly little support from colonists, the desire for independence from England grew, helped along by a pamphlet written by Thomas Paine entitled *Common Sense*. It had the largest sale and circulation of any published work of the time, often read aloud in taverns and meeting places.

The actual call for full independence started in May of 1776, when the Virginia Convention passed a resolution instructing Virginia's delegates in the Continental Congress to put forth a proposal declaring independence from Great Britain. Richard Henry Lee was the delegate from Virginia who put together and proposed the resolution to the Continental Congress on June

7.

It was a simple resolution that read, "Resolved, That these United Colonies are, and of right ought to be, free and independent States, that they are absolved from all allegiance to the British Crown, and that all political connection between them and the State of Great Britain is, and ought to be, totally dissolved. That it is expedient forthwith to take the most effectual measures for forming foreign Alliances. That a plan of confederation be prepared and transmitted to the respective Colonies for their consideration and approbation." The resolution was set aside for debate, but concurrently a Committee of Five (John Adams, Thomas Jefferson, Benjamin Franklin, Roger Sherman, and Robert Livingston) were working on the first draft of a declaration of independence from Great Britain. It was entitled "A Declaration by the Representatives of the United States of America, in General Congress assembled," and was first presented on June 28.

On July 2, the Continental Congress

passed what was known as the Lee Resolution. They then turned their attention to the declaration, and after some wording changes, the final text was approved on July 4, 1776.

John Adams wrote to his wife Abigail on July 3, and while he had the right sentiment, he was two days off, "The second day of July 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance, by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from one end of this continent to the other, from this time forward forever more."

Of course, a resolution and a declaration did not gain us independence, the American Revolution raged on for years, until the Siege of Yorktown, which ended on October 19, 1781.

George Washington and Comte de Rochambeau led a force of 7,800 Frenchmen, 3,100 Militia, and 8,000 Continentals, surrounding the British at Yorktown on September 28. This led Lieutenant General Charles Cornwallis to withdraw his troops from the outer defenses and consolidate his position behind the inner earthwork defenses they had built. On the night of October 6, the American and French troops constructed the first siege line, and, on October 9, they opened fire on the British. The bombardment lasted for days, and a second siege line was started with artillery right in front of the British army but could not be completed due to two positions the British held, redoubt 9 and redoubt 10.

On the night of October 14, the French troops attacked redoubt 9 while the Americans stormed redoubt 10, capturing both positions in less than 30 minutes. Days later Cornwallis talked with his officers, and they agreed, with retreat impossible, the situation was hopeless.

FROM RESOLUTION TO INDEPENDENCE From previous pg

A drummer and British officer waving a white handkerchief appeared on the morning of October 17. This began the negotiations for the surrender of the British, which happened at the Moore House on October 18, with two representatives from the British army (Lieutenant Colonel Thomas Dundas and Major Alexander Ross), one from the colonies (Lieutenant Colonel Laurens), and one from the French army (Marquis de Noailles).

Brigadier General Charles O'Hara led the British army onto the field because Cornwallis refused to attend the surrender ceremony. Rochambeau and Washington refused O'Hara's sword, motioning to Benjamin Lincoln (Washington's second in command). The surrender was finalized when Lincoln accepted O'Hara's sword. The British soldiers marched out, laying down their arms as they left. While official recognition of America's independence did not come until the Treaty of Paris was signed in 1782, the Siege of Yorktown ended all hostilities and cemented the creation of a new independent nation, the United States of America. I grew up on the East Coast, so I have been lucky enough to visit many historical

sites, from the revolutionary war to civil war and to underground railroad sites and other places. School field trips were often to monuments and museums in DC, or up to the battlefield in Gettysburg. One place I had never visited was historic Yorktown, so on my recent drive around the country I decided I needed to stop there, see where this final battle happened, and take in the enormity of it.

It was also important to me because later in life I found out that my 6x great grandfather and 3 of his sons (one being my 5x great grandfather) were there, fighting the British. Their names are found on Captain Peter Hulls' Company of Cavalry of Virginia roster for the Siege of Yorktown.

It was immensely powerful to sit where my ancestors camped and fought, to win independence and bring a new nation to life. My family history starts with Yorktown and includes those who fought for the Union in the Civil War (the western part of Virginia remained loyal to the Union), to my grandfather who served during World War II and my father who served during Vietnam. On a personal level it helps me understand why I feel the way I do about America and why I joined the military. I believe some things are just in



Memorial to the French soldiers that lost their lives at Yorktown, the plaque reads (in french) "Here lie about fifty French unknown soldiers who died in Yorktown for American Independence 1781." Photo by Paul Arbogast.

your blood.

A lot of people fought and died for the ideals of independence and freedom, I am grateful for their sacrifices, and that is why I refer to it as Independence Day. Because Independence is what it is about. Stay safe and remember we are all human, we are all Americans, and we are not as divided as the politicians and corporate media want everyone to believe. We are a strong people, willing to sacrifice and to fight and throw off an oppressive and out of control government when it is needed, and history proves that.

OURAY TRACK & FIELD TEAM SENDS 13 TO STATE TRACK MEET



By Tanya Ishikawa

OURAY-The Ouray Track & Field Team, made up of students from Ouray, Ridgway and Silverton High Schools, sent 13 team members to the Colorado State Track Meet June 24-26 at JeffCO Stadium. Pictured at left, Ouray High School athletes Paton Edwards (1), Owen Lane (2), Canyon Ishikawa (4), and Corey Thomsen (5) compete in the 800 meter dash at the Olathe Track & Field Meet, the Ouray High School's last meet before heading to state. Other team members competing at state included Scott Brown, Rock Gibbs, Vinny Schierenberg, Kaitlyn Winkelmann, Lily Berwanger, Belen Roof, Meah Mordecai and Kharis Weller. Photo by David Emory.



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Senior Citizen Exemption application deadline is July 15, 2021

Disabled Veteran Exemption application deadline is July 1, 2021

Property Tax Exemption for Senior Citizens and Disabled Veterans

A property tax exemption is available to senior citizens, qualifying disabled veterans, and surviving spouses of previously qualified senior citizens and disabled veterans. For those who qualify, 50 percent of the first \$200,000 in actual value of their primary residence is exempted. The State of Colorado pays the exempted portion of the property tax. <u>Once approved, the exemption remains in effect for future years, and the applicant should not re-apply</u>. The General Assembly may eliminate funding for the Senior Citizen or Disabled Veteran Exemptions at their discretion in any year that the budget does not allow for the reimbursement. Application requirements are as follows:

Senior Citizen Exemption

The exemption is available to applicants who meet the following three (3) requirements: (a) are at least 65 years of age as of January 1, 2021, (b) owned their home for at least 10 consecutive years as of January 1, 2021, and (c) occupied it as their primary residence for at least 10 consecutive years as of January 1, 2021. Limited exceptions to the ownership and occupancy requirements are detailed in the qualifications section of the application. **The application deadline is July 15, 2021**. The application form is available online at www.montrosecounty.net/assessor or applications can be picked up and returned to the:

Montrose County Assessor's Office 320 South 1st Street Rm 9 P. O. Box 1186 Montrose, CO 81402 Phone: 970-249-3753

Disabled Veteran Exemption

The exemption is available to applicants who: (a) sustained a service-connected disability while serving on active duty in the Armed Forces of the United States, (b) were honorably discharged, and (c) were rated by the Federal Department of Veterans Affairs as having a 100% permanent disability through disability retirement benefits. Disabilities rated at less than 100% and VA unemployability awards do not meet the requirement. The applicant must have owned and occupied the home as his or her primary residence as of January 1 of the year of application; however, limited exceptions to the ownership and occupancy requirements are detailed in the eligibility requirements section of the application. **The application deadline is July 1, 2021.** Application forms are available from the Colorado Division of Veterans Affairs (DMVA) at the address and telephone number shown below and from the website of the Colorado Division of Property Taxation at <u>www.dola.colorado.gov/dpt</u>. Completed applications should be submitted to the DMVA at the following address:

Colorado Department of Military & Veterans Affairs Division of Veterans Affairs 482 28 Road Grand Junction, CO 81501 Telephone: 970-257-3760 Fax: 970-245-0782 wros@dmva.state.co.us vets.colorado.gov

Disabled Veteran Surviving Spouse Exemption

The exemption is available to surviving spouses of disabled veterans who had the disabled veteran exemption and who passed away prior to January 1 of the current year. The property must be owner occupied and used as the primary residence of an owner-occupier who is the surviving spouse of a qualifying disabled veteran. **The application deadline is July 1, 2021**. The application is available from the DMVA or the county assessor of the county in which the property is located, and must be returned to the county assessor.

REGIONAL NEWS BRIEFS

SAN MIGUEL POWERLINE PROJECT BEGINS: FOREST OFFICIALS' CLOSE CERTAIN ROADS AND TRAILS FOR PUBLIC SAFETY

Special to the Mirror

MONTROSE-The Ouray and Columbine Ranger Districts of the Uncompanyre and San Juan National Forests announce the beginning of the San Miguel Power Association (SMPA) powerline project over Red Mountain Pass. The purpose of the project is to clear vegetation along the powerline to prepare for line reconstruction. Closures will be instituted in the areas of operation for public health and safety. The closure area encompasses areas near the powerline where logging operations will be occurring, under helicopter flight paths, and helicopter landing areas. Colorado Department of Transportation (CDOT) will be coordinating traffic control for these operations. Operations began June 21 for the first phase. The second and final phase will occur July 12 through approximately August 6.

Please expect intermittent closures and delays in the following areas: National Forest System roads (NFSR) #679 (Ophir Pass), #820 (Chattanooga Road), #822 (Bullion Road), #823 (Black Bear Road), #825 (US Basin), #878 (Engineer Pass), #895 (Greyhound Road) and National Forest System trails (NFST) #509 (Columbine Lake), #6120, #6153, #6156 (Ouray Perimeter Trail), #6196.1a (Ice Park Connector), #6241 (Bear Creek Trail), #6250 and #6260. Please be aware, due to helicopter activity, drones are not allowed in the area. If a drone were to collide with the helicopter, a serious, even fatal accident can occur. If you fly, we can't. Keep your drone at home.

Forest Officials ask the public to know before you go. SMPA has established a public information <u>website</u> to alert travelers of road closures on Red Mountain Pass. Addi-

tional closure signs will be placed on National Forest System roads and trails. As operations progress, the website and signage will be updated. Travelers and forest visitors are asked to pay attention to the road and their fellow travelers. Follow all signs, be alert and avoid areas where heavy equipment is working. For information and updates on current fire restrictions, conditions and recreation opportunities on the Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests, call (970) 874-6602, visit the GMUG forest website or follow us on social media (Twitter and Facebook). For information on current fire restrictions, conditions and recreation opportunities on the San Juan National Forest, call (970) 247-4874, visit the forest website or follow us on social media (Twitter and Facebook).

OVERLAND TIMBER SALE OPERATIONS BEGIN

Special to the Mirror

PAONIA- The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests announce logging operations on the Paonia Ranger District, along the <u>Stevens</u> <u>Gulch Road</u>, National Forest Service Road (NFSR) #701. Timber sale activities began June 1 and will continue throughout the summer.

The Overland Timber Sale will increase forest resiliency, reduce hazardous fuels, remove spruce budworm infested trees, allow smaller understory trees more opportunities to grow, provide wood products for commercial uses and reduce fire hazard by breaking up the horizontal continuity of the forest canopy where fire can easily spread. Additional outcomes will be improved age class and species diversity, improved wildlife habitat diversity and contributions to economic growth of local area communities. In support of these efforts, more traffic will be using the Stevens Gulch Road (NFSR #701). The public should expect to encounter logging operations and traffic along length of the road Monday through Friday. No closures of trails or roads are anticipated.

Visitors to the area should expect increased activity and equipment associated with the timber sale including trucks and large harvesting equipment and are urged to remain clear of all timber operations. Extreme caution should be exercised around all equipment and along roads. Visitors should pay attention to and obey all road traffic signs when traveling in or near this area. Please exercise extreme caution when traveling on roads used by logging trucks, which may weigh up to 85,000 pounds.

"As we continue to see increased visitation, use and enjoyment of our National Forests, I sincerely hope we can all drive with an extra dose of caution during timber hauling operations. No trip is successful unless we arrive home safely," said Paonia District Ranger, Levi Broyles.

For additional information, please contact Cari Johnson at (970) 527-4131 x4257 or <u>cari.johnson@usda.gov</u>.

REGIONAL NEWS BRIEFS

UPCOMING CLASSES AT LIFE CHOICES FAMILY RESOURCE CENTER

By Anita Daly, Life Choices Center MONTROSE-Life Choices Family Resource Center, a local Montrose non-profit of 36 years, has been offering 'Fashioned for Fun' and 'I Am Enough EXPO's' for teen girls since 2009. These well-attended events have strengthened parent child relationships, instilled self-awareness and confidence, helped participants establish healthy boundaries and set and achieve their goals. Two such events are planned for this summer.

The first workshop of the season 'I Am Enough: Operation Safety Plan' is for middle and high school girls. This empowering event will be held on Wed., July 14 from 9 am till 4:30 pm at 155 Merchant Drive. This brand new program has never been offered before and is packed full of life saving information. Parents may think their teen too young for such big topics however if she is online, on social media, has a cell phone or is engaged in the community she needs this info; and who better to hear it with than her mom or a trusted guardian.

'Operation Safety Plan' will offer basic instruction on self-defense, dating safety & red-flag warnings, social media safety, sex trafficking prevention and grooming recognition. Participants will also learn about 'Bridges of Trust' and create their own personal safety plan. Several professionals such as Montrose Police Department, Montrose Brazilian Jiu Jitsu and the Educator from Sarah's Home in Colorado Springs will lead portions of this lifeimpacting day. Please pre-register by July 9 at <u>https://lifechoicesmontrose.org/</u> <u>events/category/workshop/</u>

The second program is the 'I Am Enough: Games of Life' workshop. Middle school participants will become a game piece in the 'Game of Life' and rotate around the game board, completing activities that help them understand their identity. This fast-paced, highly interactive and exceedingly fun day for middle school girls and their moms will be held on Wed., Aug. 4 from 9 am till 4:30 pm at 155 Merchant Drive in Montrose.

Over the course of the day students will discover the answers to the five core needs for life. Security: Who can I trust? Identity: Who am I? Belonging: Who wants me? Purpose: Why am I alive? Competence: What am I good at? Various engaging and relevant break-out sessions will be led by Peer Kindness and Montrose Brazilian Jiu Jitsu. Please pre-register by July 30 at: <u>https://lifechoicesmontrose.org/</u> events/category/workshop/

Moms or guardians are welcome and encouraged to attend but not required. We never charge a fee for mom to attend and we are sure you won't regret coming. The



Courtesy photo Life Choices Center.

cost for each workshop is \$25.00 per participant. \$10.00 scholarships are available with a maximum of 2 scholarships per family. For families with more than one student the maximum fee is \$50. Moms and guardians are always FREE! Lunch and snacks will be provided. Please pre register at: <u>https://lifechoicesmontrose.org/</u> <u>events/category/workshop/</u>



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REGIONAL NEWS BRIEFS

STAGE 1 FIRE RESTRICTIONS IMPLEMENTED IN MONTROSE COUNTY

Special to the Mirror

MONTROSE-The unincorporated area of Montrose County are in stage 1 fire restrictions as of Monday, June 21. Seasonal high temperatures, worsening dry conditions, and the heightening planning level of wildfire resources were the deciding factors to take this precautionary measure. Additionally, there have been a handful of unattended campfires reported this year.

"We are in a severe drought and measures need to be taken to keep our public lands and community safe," said Sheriff Lillard. "This is the smart and responsible thing to do for our community. We are continuing to meet with federal land and regional partners to monitor conditions. We appreciate the public's help in taking measures to prevent wildfires in our area."

The restrictions apply to the unincorporated county area and do not include the City of Montrose, Town of Olathe, Town of Naturita, and Town of Nucla. The stage 1 fire restrictions do not allow open burning of any kind to include agricultural burning, open campfires, and fireworks. Smoking cigarettes outdoors is not allowed, unless in an enclosed vehicle or building or in a developed recreation site.

Campfires in a pre-approved campground, State Park/KOA, or enclosed fire pits are permitted. As a reminder, fireworks on publicly managed lands are prohibited.

Please be advised that penalties for violating the fire ban include: Class-2 petty offense with fines ranging from \$100 to \$500 depending on the number of offenses. If a fire causes damage to another individual's property, additional criminal charges may apply. These fire restrictions will remain in effect until further notice.



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REGIONAL NEWS BRIEFS

DELTA COUNTY CONFIRMS DELTA VARIANT IN COVID-19 CASES

Special to the Mirror

DELTA-Delta County Health Department is confirming that, through sequencing of test samples, the Delta variant (B.1.617.2) has been identified in two Delta County COVID-19 cases.

The Delta variant has been identified in 30 Colorado counties as it's considered significantly more transmissible than the first detected Alpha Variant (B.1.1.7), and is associated with increased severity. 75% of all COVID-19 cases in Colorado are derived from the Delta Variant. Studies also indicate that the Delta variant causes more severe disease, with roughly double the hospitalization rate of the Alpha variant. The Delta variant (B.1.617.2) was first detected in India and is widely regarded by public health experts to be one of the most transmissible and severe variants of COVID-19 to date.

"What we learned about this variant from Mesa County is that the younger population is at heightened risk to get infected," said Public Health Director Karen O'Brien, "Vaccination is the most effective way to prevent illness and the spread of this virus. If you are not fully vaccinated, please take these precautions: avoid crowds and keep your distance from others, this virus and variant strain is highly contagious and spreads mainly through respiratory droplets when someone talks, coughs, or sneezes; wear a mask in public indoor settings, wherever social distancing is not possible, and where required by federal or other facility regulations; and, wash your hands regularly with soap and water for at least 20 seconds.

Please help our community by taking these important steps to stop the spread of this deadly virus."

Vaccination is an effective way to prevent illness and variant spread.

Vaccination is the best protection against COVID-19, including the Delta variant; Pfizer's effectiveness against the Delta Variant remains high at 88 percent efficacy. Unfortunately, the Delta variant is considered the greatest threat against curbing the spread of COVID-19, in the United States.

"We are approaching another big holiday weekend, and with only 37 percent (35 percent fully vaccinated) of eligible individuals vaccinated in Delta County, we worry about another big spike later in July," said Delta County Administrator Robbie LeValley, "Our biggest concern has always been keeping our hospital from being overrun with COVID-19 cases; we are seeing those numbers tick up, and it is worrisome."

Unvaccinated residents are at higher risk of falling ill with the Delta variant and are urged to get vaccinated as soon as possible. Since March 1, 2021, Delta Health has seen 45 COVID-19 hospitalizations; 42 of which were unvaccinated individuals. Long Term Care Facilities located in counties where the COVID-19 Delta variant is emerging, like in Delta County, are required to follow strict CDPHE guidelines. This includes enhanced testing procedures for all staff and residents in the facility. If you have not been vaccinated yet, PLEASE schedule your vaccine appointment NOW, at any one of the COVID-19 vaccine providers here: Delta County Health Department – 970-874-2165

Delta Health Internal Medicine – 970-874-7668

Delta Health Family Medicine – 970-874-5777

Delta Health West Elk Clinic – 970-872-1400

River Valley Family Health Center – 970-874-8981

City Market Delta - <u>https://</u>

www.citymarket.com/rx/covid-eligibility City Market Hotchkiss -

www.citymarket.com/rx/covid-eligibility Safeway Delta -

www.mhealthappointments.com/ covidappt

Walmart Delta - <u>www.walmart.com/</u> <u>cp/1228302?</u>

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20registration&redirectQuery=covid% 2019%20vaccine%20registration





REGIONAL NEWS BRIEFS

VERDICTS OF GUILTY RETURNED AGAINST IKA EDEN

Office of the District Attorney-7th Judicial District

REGIONAL-On June 23, 2021, from a jury comprised of Mesa County citizens, The Honorable Gretchen Larson received two guilty verdicts against Ika Eden for her role in the deaths of 10-year-old Makayla Roberts and 8-year-old Hannah Marshall. The Defendant was convicted of two counts of Child Abuse, Knowingly or Recklessly, Causing Death, each a Class 2 felony. A prison term ranging from 16-48 years must be imposed for each count, which could be run concurrently or consecutively to each other. We appreciate this jury attentively sitting through emotional evidence over the course of the trial. This Defendant was the last of five codefendants to be found guilty of charges related to the deaths of these children in Norwood, Colorado during the summer of 2017. Although this case originated in San Miguel County, because of local publicity,

trials were ultimately held in Montrose, Gunnison, and Mesa Counties. The Office of the District Attorney wishes to extend their gratitude to these citizens who served on the jury and to highlight their willingness to perform an important civic duty.

This trial began June 14, 2021, and lasted through June 23, 2021, when the verdicts of guilty were returned in open court. The evidence was presented through testimony presented by lay witnesses, expert witnesses, and law enforcement personnel from several agencies.

We recognize the expenditure of not only time, but energy, investigation, and resources by our partners in law enforcement including the entire San Miguel Sheriff's Department and the Colorado Bureau of Investigation. We appreciate the tireless efforts they expended, and continued to expend, during the investigation and throughout these trials. The work accomplished by Sheriff Bill Masters and all the members of his department, including Sergeant Dan Covault has been extraordinary. We also acknowledge the support provided San Miguel County to the investigation and these cases.

These verdicts are also the result of the hard work from the entire Prosecution Team, including Assistant District Attorney Robert Zentner, Deputy District Attorney Robert Whiting, Chief Investigator Duane Morton, San Miguel Sheriff's Sergeant Dan Covault, Victim/Witness Coordinator Aimee English, Legal Services Supervisor Denetta Dunlap, Legal Services Specialist Wanda Pierce, and Victim Services Specialist Cindy Antillon. We also wish to acknowledge the efforts of the entire staff of the Office of the District Attorney who supported the Prosecution Team during the trial.

Ms. Eden is expected to be sentenced in Mesa County on July 28, 2021.



COMMUNITY OBITUARIES CARMEN GERALDINE PETERSEN June 4, 1927 - June 16, 2021

CARMEN GERALDINE PETERSEN passed away peacefully on June 16, 2021 at The Homestead assisted living center in Montrose, Colorado. She was born on June 4, 1927 in East St. Louis, Illinois to John Philip Sawyer and Martha Magdeline Pokorney. Living through the Great Depression, her family spent time in Illinois and Tennessee before finally settling in Southern California. There, Carmen graduated from Huntington Park High School, and went on to attend Occidental College and UC Santa Barbara. By that time World War II was winding down and she had begun corresponding with Glenn Brigham Anderson, a sailor in the U.S. Navy. When he was discharged they married and eventually had two sons: Glenn in 1952 and David in 1958. Raised in the Catholic Church, Carmen was later baptized a latter-day saint. She served in various church organizations including Young Women, Relief Society, and in many different teaching roles. One of Carmen's greatest loves was teaching, a career which spanned most of her life. She taught elementary school

in Blackfoot, Idaho. Then when she and Glenn moved back to California she taught at the Woodworth School. She also taught at Rita Blair private school, a job she was delighted to share for many years with her younger sister, Rita Russell.

After Glenn died in 1973, Carmen married Donald Fred Petersen on May 25, 1979. She moved with him to Colorado, trading big city California life for the quiet charm of Nucla, where she again taught school. Don died in 1996, and Carmen bought a home in Montrose. Her younger son Dave passed away in 2011. Carmen is survived by her son Glenn Anderson (Kathy) of Woodland Hills, Utah; daughter-in-law Sandy Beach Luker (Allen) of Taylorsville, Utah; stepdaughter Cindy Reiva (Stan) of Redvale, Colorado; stepson Richard Petersen of Redvale, Colorado; and stepdaughter Dawn Adams of Colorado Springs, Colorado. She leaves behind 28 grandchildren, 61 great grandchildren, and 2 great, great grandchildren.

Carmen's funeral service will take place



on Thursday, July 1 at 2 PM at the Church of Jesus Christ of Latter-day Saints, Mount Sneffels Ward, located at 21028 Uncompahgre Road, Montrose, Colorado. A viewing will immediately precede the service from Noon – 2 PM. Interment will be at the Grand View Cemetery under the direction of Crippin Funeral Home.



SHARON ROATH DAVIDSON *December 26, 1943 - June 19, 2021*



SHARON ROATH DAVIDSON was born on December 26, 1943 to Walter and Marty Roath in Dallas, Texas. She graduated high school from Thomas Jefferson in Dallas and worked at Neiman Marcus

Department store. She moved to San Francisco, worked in sales and discovered the 60's. She and her husband at the time emersed themselves in the "Hippie lifestyle." They lived in their VW van and traveled most of California, having many adventures along the way. Oh, the stories she could tell about those days! They made their way to Telluride in the early 70's where Sharon fell in love with Colorado and the mountains. They later moved to Norwood where they had their daughter Anna (Davidson, Adams) Hill. Sharon and Anna made their way to Nucla and eventually landed in Montrose in 1986. Sharon got a job at Community Options and finally found a career that she loved and worked there until her retirement 30 years later.

Pre- and Post-retirement she enjoyed traveling, gambling trips with her best friend (Lea Harper), camping, and spending time with her family and friends. Sharon's life purpose was to make life better for all those she touched and especially for those who couldn't do so for themselves.

She loved her family well and delighted in the lives of her grandchildren. Sharon is survived by her daughters Anna Hill (son-in-law Aaron Hill) and Beth Sullins; her grandsons Rigel Adams and Connor Sullins. She also leaves behind a sister, Margaret Roath, and brother Philip Roath (sister-in-law Kathy Roath); nieces and nephews (Elizabeth Garcia, Jennifer Roath and Brenner Roath) as well as their families.

Sharon passed away peacefully June 19, 2021 in her home with her family nearby. In lieu of flowers the family asks that donations to Community Options (PO Box 31 Montrose CO 81402 or communityoptionsinc.org) are made in Sharon's memory.

The family will be hosting a Celebration of Life at her home July 10th beginning at 5pm.

Crippin Funeral Home is assisting Mrs. Davidson's family.



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

KENNETH L. REYHER July 17, 1942 -June 19, 2021

Olathe, Colorado resident, Kenneth L. Reyher passed away at his residence on Saturday, June 19, 2021 at the age of 78. A military service for Mr. Reyher will take place at the Veteran's Memorial Cemetery of W. Colorado in Grand Junction on Friday, July 16, 2021 at 10 a.m. That same afternoon at 2 p.m. a celebration of Ken's life will take place at the First Baptist Church in Delta, with Pastor James Conley as officiant.

Kenneth Lee Reyher was born in Lamar, Colo. on July 17, 1942 to parents Wilbur T. and Rachel (Weimer) Reyher. He received his education in the area and graduated from Wiley H.S. in Wiley in 1960.

He entered the U.S. Navy in 1960, and the U.S. Army in 1963. On March 15, 1964 Kenneth married Janet Dieterle in Wiley, CO. He attended the Univ. of Northern Colorado in Greeley, graduating in 1969 with a bachelor's degree.

He taught history at Flagler High School. Flagler, Colorado for 20 years. He was coowner and pilot for Flagler Aerial Spraying Service.

After moving to the Western Slope of Colorado, Ken began researching history of the 1800's era. For several years he wrote a column in the San Juan Silver Stage called "Trail Tales."

He volunteered and also was curator at Fort Uncompany for a few years. He wrote five books: Antoine Robidoux and Fort Uncompany Filter and Sawdust; High Country Cowboys; Wilderness Wanderers; and Through The Valley of The Shadow of Death.

Ken was a member of the First Baptist Church in Delta.

Among Ken's survivors are his wife, Janet Faye Reyher of Olathe; son, Colonel Marc Reyher of Parker, Colo.; daughter <image>

Jonna Will, of Montrose; brother Leonard (Gwen) Reyher of San Antonio, TX; sister Chris (Danny) Gogerty of Yuma, AZ; three granddaughters: Megan Reyher of Las Vegas NV, and Jordan Will & Taylor Stickler both of Grand Junction; grandson Mason Reyher of Parker; and three nephews: Allen (Michele) Reyher, Kevin (Delia) Reyher and Geoff (Andi) Schweger. Sister-in-law Nancy Chatham-Morlan (Bill) Morlan of Pueblo, CO and brother-in-law Ernie Chatham of Las Animas, CO. Those family members preceding Ken in death were his parents; son-in-

law Mike Will of Montrose; paternal grandparents, Bill and Kathryn (Idler) Reyher; and maternal grandparents, Henry and Mary (Schmidt) Weimer. In lieu of flowers, memorial contributions may be made to Touch of Care Hospice,108 W. 2nd St., Delta, CO 81416; or Voice of the Martyrs,1815 SE Bison Rd., Bartlesville, OK 74006; Arrangements are under the care and direction of Taylor Funeral Service and Crematory. View the internet obituary and sign the online guest registry at taylorfuneralservice.com

PAUL EDWARD MCGEHEE January 21, 1946-June 23, 2021

PAUL EDWARD MCGEHEE of Delta, CO passed away on Wednesday, June 23, 2021 at his home in Delta, CO. He was 75 years old.

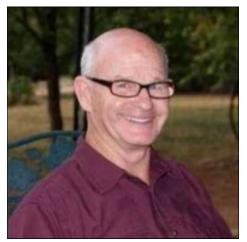
Funeral services will be held at 2 p.m., Monday, June 28, 2021 at the Mesa View Cemetery in Delta with Greg Morris officiating.

On January 21, 1946, in Delta County, Paul Edward McGehee was born to Paul Vernon and Goldie Marie (Bowker) McGehee. Paul went to school in Olathe, and Clifton, CO and graduated from Central High School in Grand Junction with the class of 1964. He went on to further his education by attending Western State College in Gunnison and obtained an associates degree.

On December 31, 1965 Paul married Beverly Ann Morris in Grand Junction. Paul was a member of The Church Of The First Born and joined the church in 1965 in Grand Junction, CO.

Paul had a very large collection of knives. His love of travel took him to France, Scotland and Hawaii, and he also made many trips to Oklahoma to see his grandchildren. Paul liked to read, do yard work, grow flowers and a garden, and was a rock hound.

Survivors in addition to his wife Beverly include two sons: Michael McGehee (Kimberly) of Montrose and Jeffrey McGehee (Rachel) of Vici, OK; three daughters: Carol Byers (Larry) of Austin, Colo., Heidi Welliver (Deeon) of Grand Junction, and Julie McCracken (Josh) of Guthrie, OK; 14 grandchildren: Laci Poulson (Jed), Abbi Randall (Wade), Jake Byers (Alysha), Keegan McGehee, Makenna McGehee, Jenna McGehee, Stephen McGehee, Reylin Welliver, Dru McGehee, Molly McGehee, Aiden McGehee, Aynslie McCracken, Kendal McCracken and Gavin McCracken; five great grandchildren: Hailey Poulson,



Gwyn Poulson, Ephraim Poulson, Dylan Randall and Devin Paul Randall; brother Gary McGehee (Linda) of Pea Green, Colo. and sister Donna McCracken (Wendell) of Pauls Valley, OK. Mr. McGehee was preceded in death by his parents, and sisters Carol, Linda and Rhonda.



VIVA CHRISTINE RAIMER RASH SCHMITZ September 23, 1931-June 21, 2021



On September 23, 1931, twin daughters were born to Verlie Hughes Wheeler Raimer and William Horace Raimer, of Briartown, Oklahoma.

Viva and Veva were the youngest of nine brothers and sisters- Arthur Wheeler, Willard (Tim) Raimer, Juanita Neal, Pauline Booth, Vera D'Oria, William H (Dud) Raimer and Harold Raimer.

On June 21, 2021, Viva Christine Raimer Rash Schmitz left her earthly bonds and began her new life in heaven. She loved Jesus, music, the mountains, gardening, reading, crocheting, sewing, cooking and her family.

She was in the Air Force and was a college graduate. She worked at Wal-Mart in the fabric department for several years.

She was a patient, understanding mom to Michael, Billy, Steven, and Patty Sue Rash and Judy Suppes, Timothy Schmitz and Jeri Wandell.

She was a much loved grandma and

grams to Jennifer Schmitz, Jamie Suppes, Jack Suppes (Jessica), Jodie Suppes, Zach Schmitz, Jes Wandell (Sunnie) and Jason Wandell (Crystal). Each of her great grandchildren held a very special place in her heart – Evan, Joshua, Christopher, Aubree, Adalyn, Taliah, Tianna, Taveon, Katelynn and Maddox.

She also had great great-grandchildren Phynix, Onyxx and Bentley, Whom she loved very much.

Viva was preceded in death by her parents, brothers and sisters, except Veva Warner, who lives in Montana, her husband Eugene Schmitz and her grandson Joshua James Suppes.

We will be celebrating mom's life on Tuesday, June 29 at 10 a.m. at Crippin Funeral Home's chapel. She has chosen to be cremated, so services will conclude there.

Trust me and don't be afraid, for I am your strength and song. Isaiah 12:2

Now easier to read on your iPhone www.montrose.mobi



mirror on facebook

202 Early Blood Draws

DATES

Saturday, August 7

4H Event Center, Ridgway • 7:00 - 10:00 a.m. Walk-ins allowed; make appointment for faster service

Tuesday, August 10 - Friday, August 13 Montrose Pavilion, Montrose • 6:30 - 9:30 a.m.

Saturday, August 14 Montrose Pavilion, Montrose • 6:30 - 10:00 a.m.

Social distancing in effect at all events to help protect our Friends & Family Registration required. No Walk-ins at Montrose Pavilion events except for Saturday, August 14 after 8:30 a.m.

APPOINTMENTS

Registration begins Monday, June 21 12:00 a.m. More details to come. Watch for updates at MontroseHospital.com and our Facebook/Instagram

12 hour fast required. Drink lots of water!
We will NOT bill your insurance. Cash, checks, credit, debit, HSA and FLEX cards all accepted!

Next year's events will take place August 2022

hsCardioCRP \$4











SCREENINGS

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

ART&SOL

MCA PRESENTS NARROW GAUGE RAILROADS AND SAN JUAN MOUNTAIN MINING HISTORY

Special to Art & Sol

MONTROSE-Save the date! July 2, from 5 to 8 pm, <u>Opening Reception</u> as Montrose Center for the Arts celebrates San Juan Mountain mining and narrow gauge railroad history. Meet railroad artist, Jeff Ellingson, curator of the Durango Silverton <u>Roundhouse Museum</u> and renowned watercolorist along with many other local and regional artists, including Jim Pettengil, Vice President of the <u>Ridgway</u> <u>Railroad Museum</u>. This <u>special show</u> is a community event.

The Lucky Stars from Ridgway, Daryl and Ted, will entertain with live music all evening, while guests visit with artists and enjoy adult libations, light appetizers, and deserts.

Jeff Ellingson loves to talk about trains and will give a train talk at 6:30 pm. July 2nd is also the final sale for the <u>Square Deal</u>, MCA's June fundraiser, when winning bids will be announced at 7:30 pm and artwork may be purchased and picked up.

Also on the 2nd, two amazing watercolors by <u>Virginia Blackstock</u> and <u>Jeff Ellingson</u>, gifted to the Art Center for a month-long silent auction fundraiser, may be purchased between 5 and 8 pm for the minimum bid price (or price equal to highest bid received prior to 5 pm. on the 2nd). Train art collectors—this is a unique opportunity. This community event, displaying artwork from around the region, continues all month. A private collection Mineral Exhibit is planned in the gift shop area.

Railroad books and greeting cards by local authors and artists will be for sale in the Columbine Room which will also display a private collection of historical photographs. The Art Center was recently gifted a grand piano, and a few soirees are planned, dates yet to be determined.

Learn more about railroad and mining history throughout the month. Friday, July 2nd at 6:30 pm, Jeff Ellingson, Roundhouse Museum curator, talks about the Durango Silverton Railroad and it's role in San Juan Mountain history. Wednesday, July 14 at 1 pm, Karl Schaffer, President of the Ridgway Railroad Museum, presents "Railroad History of the Uncompany Valley, Then and Now." Wednesday, July 21 at noon, Kathryn Burke, publisher of the "Bachelor Syracuse Mine" and magazines for Ouray, Silverton, and the Durango train, presents a visual and verbal description of the "Red Mountain Mining District and the Corkscrew Turntable."

Bring a brown bag lunch. Coffee, cold beverages, and cookies provided for both Wednesday afternoon events, which are Free, with a suggested donation of \$5. Friday, July 30, 6-8 pm. Anne Hockenber-



ISSUE 322 JUNE

The Lucky Stars from Ridgway, Daryl and Ted, will entertain with live music all evening, while guests visit with artists and enjoy adult libations, light appetizers, and deserts. Courtesy photo.

ry, local art educator, conducts a special evening class, <u>Gems and Mineral Painting</u>. All materials provided. Tuition \$30. So, save that date. July 2nd for the show's <u>Opening Reception</u> and the Square Deal fundraiser closing. Five to 8 pm. Come mingle, hear a few jingles, drink some wine, buy some art, and support your community art center.

Then stop by during the month for our special historical programs. Montrose Center for the Arts, 11 S.Park Ave., Montrose CO. 970-787-9428. <u>Mc4arts.com.</u>





By Carole Ann McKelvey

DELTA – Wow, I finally got to take Michael out to dinner. And being in Delta, a favorite is Daveto's Italian Restaurant. As you all know, my friend has been working on rehabilitation at Willow Tree Care Home in Delta for a devastating stroke suffered several months ago. Last Friday was his birthday. With the help of the wonderful staff there, and my son, Ian, we were able to take him out for a celebration. Daveto's couldn't have been a better choice.

Food is delicious, staff is wonderful and accommodating. My friend is in a wheelchair and a bit embarrassed by it. The staff put us in a second side room with few other people. No worries about COVID as we are all completely vaccinated. Michael and I shared a terrific medium pizza with pepperoni and mushrooms. He and Ian had Pepsi's, me a lovely Merlot. Ian had a vegetarian cannoli which he pronounced delicious. Michael was happily munching on the pizza when the staff (at my tip) came stomping down the ramp clapping and singing "Happy Birthday," at first startling him, but then delighting the birthday boy. They just do everything right here. Strawberry cheesecake birthday treat. All in all, this happy event ended up costing \$18.68 for the 14" pizza; \$7.89 for the cannoli; and under \$10 for drinks. Complimentary cheesecake. Great dinner for \$38.00. Now Daveto's has many choices:

<u>Appetizers rang from half \$5.99- full</u> <u>\$10.99:</u> Garlic Pizza Strips; Crab Stuffed Mushrooms; Italian Nachos; Homemade Italian Sausage Rolls; Freshly Baked Garlic Bread; Breaded Cheese Ravioli Baked Golden Brown and Served with Marinara; Creamy Spinach Artichoke Dip; Chips & Salsa; Homemade Italian Meatballs; Soup of the Day (Cup **2.99** | Bowl **4.59**) Salads:

Run from \$10.99-11.99. Add house veggies to any salad for \$2.00; choice of

<u>Feeling like Italian?</u> DELTA'S DAVETO'S IS A LOCAL FAVORITE

dressings -- Bleu Cheese, Ranch, Creamy or Oily Italian, Honey Mustard, Oil & Vinegar, Pomegranate Vinaigrette and House Dressing (Sun-Dried Tomato/Oregano). Chef's Signature Salad; Herbed Chicken Caesar Salad; Crispy Chicken Salad; Albacore Tuna Chef Salad; or choose a tossed salad (small \$4.79/large \$8.09)

<u>Pizza:</u> Here you go! Delicious pizzas here at Daveto's.

Gluten free available in 10", add \$3.00. Individual 8" pizzas available: Choose from a large selection of topping:

Choose from a large selection of topping: Italian Sausage | Chicken | Beef | Salami | Pepperoni | Canadian Bacon | Bacon | Shrimp | Onions | Seasoned Tomatoes | Chili Strips | Black Olives | Mushrooms | Green Peppers | Pineapple | Extra Cheese | Anchovy. Additional toppings\$3.00 on pizzas:12-inch Small 1.79 | 14-inch Medium 1.89 | 16-inch Large 1.99. Prices run from \$13.38 for a small 12-inch cheese pizza to \$17.38 for large 16-inch. One topping \$15.17-17.29; 2-topping, \$16.96-21.36; 3-topping, \$18.75-23.35; 4-topping, \$18.59-23.00;

Ah, but it doesn't stop there. More Pizzas: Pizza Feast (from \$19.79-25.09); Mexican Pizza, up to \$23.79; BBQ Chicken Pizza (up to \$19.29); White Pizza (with Alfredo sauce & Mozzarella cheese. Choose any toppings to add, up to \$19.79 for a large; Crab or Shrimp, large is \$22.09; Buffalo Wing Pizza; Margherita Pizza; Sicilian Deep -Dish Pizza. Or, make our own favorite regular pizza; add \$2.09 to deep dish small, \$2.29 to a medium, large not available.

<u>Calzones / Pizza Burgers:</u> A calzone is pizza dough with ingredients baked inside: Lizard Head; Cream Cheese Calzone; Spinach Artichoke Calzone; Cowboy Calzone. Calzones are \$10.59.

Oldies But Goodies: House Special Pizza Burger (S \$6.89/L \$9.59); Cheese Burger Pizza Burger (S \$679/L \$9.29); Mexican Pizza Burger (S \$6.79/L \$9.29). Sandwiches: served on daily baked wheat



or white buns (GF available): Classic Italian Sausage Sub; Hot Italian Sub; Italian Meatball Sub; Tuna Melt Sub; Smoked Turkey Sub; Rosemary Chicken Sub; Marinated Chicken Breast; (prices run from \$7.79-8.69.

Daveto's Burritos: Yep, they have Mexican too. Extra tortillas are .65. Smothered Burritos; Green Chili; Burrito Supreme. (From \$5.29-9.99) Pasta: All smothered in homemade marinara sauce with choice of meatballs or Italian sausage. Pasta served with garlic bread and dinners include soup or salad. GF in dinner size rigatoni. Spaghetti; Ricotta Stuffed Tortellini; Ricotta Stuffed Tortellini Alfredo; Fettuccine Alfredo; Portobello Stuffed Ravioli; Rigatoni: Ribbed Rigatoni with Marinara; Baked Jumbo Cheese Ravioli; Lasagna Della Casa; Spinach Stuffed Manicotti; Choices from side order \$7.59 to dinner, \$14.99. Canoli: Italian Sausage Canoli; Deluxe Italian Canoli; Italian Meatball Canoli; Veggie Canoli. Canoli's run from S \$7.59/L \$11.09.

<u>Kids' Menu:</u> Yep, bring the family! 12 and under can get sandwiches and tenders with free fries or chips: \$.3.99 - \$4.59. <u>Desserts:</u> If you've room for dessert it's worth the wait: Spumoni Italian Ice Cream; Tiramisu; Salted Carmel Cheesecake; Fruit pizza; New York style cheesecake; peach and strawberry cobbler; Italian dessert cannoli – From \$3.99-6.29.Beer and wine list by glass or bottle. Daveto's is located at 520 Main Street, Delta, Colorado 81416, Tel: 970-874-8277. Open Tuesday – Saturday (11AM - 9PM) Closed Monday – Sunday.

YOUR BODY & BRAIN ON NATURE: THE BENEFITS OF RAGE GARDENING

By Lauren Hall Ruddell

REGIONAL-First it was rage baking, something I'm not even slightly tempted to do. I'm terrible at baking anyway, and in this heat, having to measure ingredients with little, tiny spoons could easily make my head explode. So not a good fit for me. Then there was rage cooking. OK, that's something I can wrap my head around a little better. You know, like getting so frustrated with the state of the world that I suddenly abandon all my dietary resolutions and make a hollandaise sauce that is to die for and pour it liberally all over bacon and English muffins. Oh yeah, a heartattack special that could really be to die for, but at least with a yum-smile on my face. But guilt goes along with that extravagance, dang it! Rage cleaning I occasionally do, and it's guilt free but lacks much of the comforting appeal of rage cooking. But now, at last, there's rage gardening! Wait, what? So does that mean that people who feel like they've had it and the last straw has already dropped, should go out and tear up their gardens, hurling those hard-won tomato plants or beautiful peonies all over the place while screaming? Not exactly.

This fun new term is like rage cooking, but like rage cleaning, it is sans guilt. Other writers who are expressing their expressions of rage through gardening are all reporting a similar phenomenon. Sure, at first some of them pull up weeds with more vindictiveness than is truly necessary, or smash earwigs with an unholy glee, while others may take a milder approach, especially with container gardens. Or like me, some may go tie something up within an inch of its little photosynthetic life. For me, it's hops, tied up and made to spiral around their little poles until I can nearly hear the little buds squealing for mercy. Tiny squeals, that I ignore. Hey, I have a larger purpose! And like other rage gardeners, I notice a certain amount of decompression in as little as 15 minutes, sometimes a bit more for really nasty incipient blow-outs.

To be fair, rage is a super useful emotion. It is very motivating and helps us to defend our social and physical boundaries. The problem is, it also alters our percep-



Sunlight has been known to increase serotonin levels, and It has been demonstrated both anecdotally and in laboratory settings that any positive actions that are the equivalent of yanking out weeds by the roots, smashing earwigs, whacking that hoe between the rows, and so forth will begin to stabilize mood in less than 30 minutes. Courtesy photo.

tions of consequences and increases impulsivity. The urge to strike out, physically or verbally, has cost people their jobs and relationships. When properly channeled, the experience of rage (acute and sudden anger), can be effectively utilized and then utterly extinguished in a matter of one or two hours.

Researchers have correlated rage with feelings of overwhelm, 'losing it,' and so forth that contain a strong measure of frustration. From domestic violence to road rage, there is usually some element of feelings of loss of control and unmet expectations. When a sense of control can be established, even if it is in another area of life, there are brain chemicals that are engaged to bring the psyche off its thundercloud and back down to a place where good judgment and compassionate perspectives can reassert themselves. For instance, a dedicated rage gardener and blogger had this to say..."I think what helped was just the physical nature of what I was doing gave my angry energy an outlet (without hurting anyone). And also, the satisfaction of having something actually completed." <u>Schultz Nelson, 2019</u>. I interpret this to mean that control over something was achieved, and a satisfactory end result was observable. This is crucial with this form of anger management. Rage happens unbidden, and sometimes all we can control is our choices in dealing with it.

When we always try to bury it as being unworthy or socially taboo, our bodies as well as our minds can be harmed. Charles Spielberger, PhD, a psychologist who specializes in the study of anger says... "The danger is that if it isn't allowed outward expression, your anger can turn inward—on yourself." His observations are supported by rage researcher Luca Passamonti when he states... "The way we process angry feelings also contributes to our mental wellbeing." Passamonti elaborates that some people with naturally high levels of inhibition – often a characteristic of folks with an unusually active frontal

THE BENEFITS OF RAGE GARDENING From previous pg

cortex – can prevent excessive *expressions* of anger easily, even though they are actually livid. Society approves of this, yes, but often consistent repression of rage results in these same people feeling depressed, sometimes chronically. So that old bromide that depression is just anger turned inward has much more than a grain of truth behind it!

Anger turned inward may also cause hypertension and high blood pressure, in addition to depression. So Dr. Spielberger recommends that ... "If you're feeling angry, instead of expressing negative emotions in a dramatic way, try to act the way you wish you felt by finding a calm way to express your feelings—or take steps to distract yourself." Rage gardening, rage housecleaning, etc. are ways to distract yourself until serotonin can exert its helpful influence in your prefrontal cortex. For many people, myself included, physical effort to blow off steam is the most effective first step, with 'a calm way to express my feelings,' following at a safe distance. When people are hugely frustrated and consequently propelled into a state of white-hot anger that makes them want to smash something, hit someone, or scream cruel and damaging epithets at them, their amygdala has taken control. The fight response has kicked in. Cortisol has been injected into your system. It is experienced as the sensation of threat assessment and reaction within microseconds. A series of unbelievably swift chemical transactions follow, resulting in depletion of serotonin in the prefrontal cortex. This neurotransmitter is critical in impulse control, such as the sudden impulse to strangle your unreasonable boss. Very frequent exposure to such episodes can actually damage the serotonin receptors in the brain, making appropriate, controlled responses to social threats more difficult over time. Also, the aging brain tends to lose some of those receptors a little at a time anyway, so any actions that we can take to rid ourselves of cortisol immediately are super helpful, both short term and in the long run.

It has been demonstrated both anecdotally and in laboratory settings that any positive actions that are the equivalent of yanking out weeds by the roots, smashing earwigs, whacking that hoe between the rows, and so forth will begin to stabilize mood in less than 30 minutes. One hour later, a sense of perspective, and actual satisfaction and wellness has usually been achieved. That is if the activity has been uninterrupted by those same friends, family members, neighbors, co-workers, or whoever put you in that state to begin with. It's important that this process unfold unhindered, usually in private, for this transition to occur as quickly as possible. Now, this is plainly recommended for folks who are at home with others and have some sort of access to the outdoors. That is the case for many people right now, from singles and couples working from home full-time, to parents managing children out of school for the summer (and out of school for other reasons, which I need not go into). Workers in office settings may have fewer options for physically dealing with moments of rage and may have no choice but to repress those feelings. And yeah, this does lead to heightened base levels of cortisol and eventually to chronic stress. More on that in future articles.

So, is rage gardening better than rage housecleaning or rage baking? Probably, since sunlight has been known to increase serotonin levels.

We often have only so much private time or energy to rage garden, and at some point we have to desist and call it good. So, after I rage garden, what do I do next? I go inside and grab some provisions. Then I return to the scene of my onslaught and admire my handy work. I admire the feng shui of previously wildly waving hop vines now twining around their poles in an orderly fashion, and all weeds beneath them eliminated. Ah, a visual confirmation that something in life *is* within my power to control and even change for the better. Then I indulge in those provisions...a glass of merlot and a couple of



Courtesy photo.

pieces of extra dark chocolate to complete my therapy. I know that both contain high levels of L-tryptophan. This amino acid is a precursor required for serotonin formation. If I want to fully restore my good humor and impulse control, I need to replenish my brain's serotonin, and to do that I need to provide my brain with the building blocks it needs. I could, of course, have a glass of milk and a bowl of steamed broccoli, also high in L-tryptophan, but that does not suit my personality and lifestyle. But if others wish to indulge in that after their rage gardening, then by golly, don't let anyone stop you! So that's my process and I hope my narrative has given you all some creative thoughts about how to avoid blowing a gasket when you have other, greener, and

more peaceable alternatives at hand. Questions about this article or thoughts about the content can be sent to: agescapesnow@gmail.com.

Be well and get outside, Lauren Hall Ruddell



COMMUNITY NEWS BRIEFS

SOUL HABIT TO PERFORM @ MUSIC IN THE GRAPEVINES JULY 20

Special to Art & Sol

GRAND JUNCTION-Soul Habit will perform at Music in the Grapevines on Tuesday, July 20, at Two Rivers Winery in Grand Junction. The band brings guitar, bass, sax, drums, percussion and vocals togeth-

LEARN BASIC FLORAL ARRANGEMENT WITH ALPENGLOW GROWERS

Special to Art & Sol

MONTROSE-Could you use a little inspiration this summer? You might use a bouquet to decorate your home or give someone a beautiful gift. Designing your own bouquet adds a special touch and could help connect you to Montrose's beautiful landscape.

Cynthia Alvarez, Founder and Owner of Alpenglow Growers, is an expert in plant and floral design. She specializes in many different crafts and activities including wreaths, workshops, wedding decorations, and lovely bouquets! Cynthia will teach us the basics of designing a bouquet on Tuesday, July 6, at 6pm. Email Taylor at

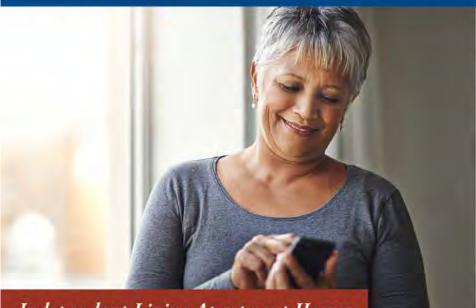
<u>tevans@montroselibrary.org</u> to sign up for this virtual event.

LISA PETERSON OF MONTROSE NAMED TO SPRING DEANS' LIST AT NEBRASKA

Special to Art & Sol

LINCOLN, NE-Lisa Renee Peterson of Montrose has been named to the Deans' List at the University of Nebraska-Lincoln for the spring semester of the 2020-21 academic year. Peterson, a junior majoring in finance and accounting, was named to the Dean's List for the College of Business. More than 6,800 students at Nebraska were named to the Deans' List for the spring semester. For the full Deans' List, visit <u>https://go.unl.edu/deanslistspring21</u>. er to create funk rock dance music that brings audiences to their feet. Music starts at 7 pm, and gates open at 6 pm. Tickets are \$15 in advance at Two Rivers Winery, The Art Center (7th & Orchard), and <u>www.artcenterguild.org</u>. At the gate, tickets are \$20. All proceeds go to the Art Center of Western Colorado.

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We look forward to meeting you.

Lease by June 30 and enjoy half off July rent!



The Homestead at Montrose

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



占合

Volunteers of America is a national, nonprofit, faith-based organization.

LIVE MUSIC ROUNDUP-- WEEK OF JUNE 28

By Paul Arbogast, Mirror Publisher REGIONAL-As live music returns, and a bit of 'normal,' the Mirror wants to keep people up to date with live music happening in the valley. Each Monday come check out a list of live music for the coming

week/weekend. CB's Tavern, Delta:

Friday, July 2, 8:30 PM – Neon Sky Cobble Creek:

Sunday, July 4, 4 – 7 PM – Mike & Jan Graves

Cruiser's Bar and Grill, Grand Junction (Horizon Drive):

Saturday, July 3, 9 PM – Union of None Healthy Rhythm:

Friday, July 2, 7:30 PM – Jordyn Pepper + Robin James

Horsefly Brewery:

Wednesday, June 30, 5:30 PM – Open Mic Night with Donny Morales Saturday, July 3, 6 – 9 PM – Loma Bill

> The Church Down the

> > as seen through the eyes of a reporter.

Montrose Music Summer Series (@ Montrose Elks):

Friday, July 2, 5 PM – Micky & the Motorcars w/ Dave's Fault. **Paonia Cherry Days:** July 2 – 4th: Various bands around Paonia, see schedule here: <u>http://</u>

www.paoniacherrydays.com/ schedule.html

Sherbino Theater Ridgway:

Tuesday, June 29, 5:30 – 9 PM. Erik Stucky and David Starr Live in the Courtyard Friday, July 2, 5:30 – 9 PM. Cary Morin **Two Rivers Tavern, Grand Junction:** Saturday, July 3, 8 PM – Wowzers, Chaz Roi, Just as Well

Grand Mesa Arts & Events Center, Cedaredge:

Friday, July 2, 4 – 7 PM – Outdoor Summer Concert Series – Kirby Kelly **Mesa Theater, Grand Junction:** Sunday, July 4, 8 PM. Tab Benoit



Grand Mesa Arts & Events Center. Courtesy photo.

Warehouse 25sixty-five, Grand Junction: Saturday, July 3, 6 PM – Clay Walker Sunday, July 4, 6 PM – Tracy Lawrence Some places do not post their events on social media, or no events are listed on their website. If you are a business that hosts live music, please get in touch with us about any coming live music shows so we can add them to the weekly list.

he Church Down the Street, published pre-COVID, peers into the worship services of more than 70 churches, some of which have a weekly attendance of less than 10.

Organized in a topical format (Hospitality, Program & Source Material, Music, Meditations & Invitations, and The Message), the author uses an unbiased approach to allow readers to experience the worship service as seen through the eyes of a reporter.

The Church Down the Street contains anecdotes and stories from the actual worship services and asks thought-provoking questions that allow readers to draw their own conclusions.

Readers will:

- · See strengths and weaknesses in the worship service
- · Re-evaluate hospitality toward visitors
- · Become more aware of source material used in the worship service
- · Compare and contrast music presentations and selections
- · Discern the value and content of the sermon.

Gail Marvel's book, The Church Down the Street, is available online at Amazon.com and wingedpublications.com.

> GAIL MARVEL Montrose Author & Reporter



Silver Stage Arts & Entertainment

By Kathryn R. Burke

MONTROSE-On July 2^{nd,} MCA celebrates narrow gauge railroad and mining history The <u>Opening Reception</u> for this exciting show, sale, and fundraiser Is this Friday, July 2nd from 5-8 pm at the Montrose Center for the Arts.

Meet guest artist Jeff Ellingson, curator of the Durango Silverton Roundhouse Museum and renowned watercolorist. Jeff will share a few train stories throughout the evening. Visit with other local and regional artists, including Jim Pettengill, railroad author, photographer, and vice president of the Ridgway Railroad Museum.

Enjoy wine and light appetizers while you listen to live music by the Lucky Stars from Ridgway.

View a special mineral exhibit and display of historical photographs of the Red Mountain mining district. Bid on donated artwork by <u>Virginia Blackstock</u> and <u>Jeff</u> Ellingson, both paintings were gifted to the art center and may be bought for the minimum bid that night! Make your final bid on

The Square



Jim Pettengill. Courtesy photo.

Deal Silent Auction. This fundraiser ends at 7:30 pm.

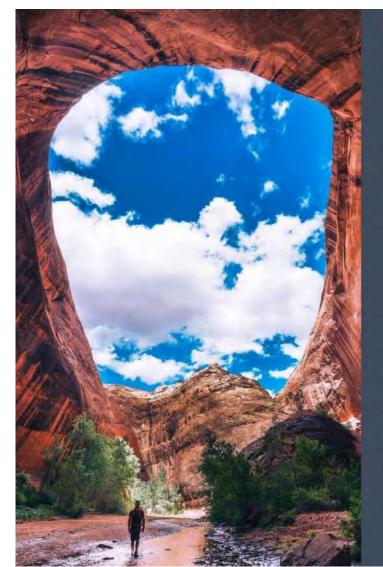
Come mingle, hear a few jingles, drink some wine, buy some art, and support your community art center.

Then stop by during the month for our special historical programs, music events, and special classes. It's all happening at



Guest Artist Jeff Ellingson. Courtesy photo.

the Montrose Center for the Arts, 11 S.Park Ave., Montrose CO. 970-787-9428. <u>Mc4arts.com.</u>



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COLORADO NEWS BRIEFS

LOVERBOY TO PERFORM LABOR DAY WEEKEND AT THE 2021 COLORADO STATE FAIR

Special to Art & Sol

PUEBLO-The Colorado Department of Agriculture is pleased to announce the Labor

Day weekend headliners for this year's Colorado State Fair (August 27 – September 6, 2021). Loverboy, presented by the

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Lease by June 30 and enjoy half off July rent!



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The Homestead at Montrose

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

Volunteers of America is a national, nonprofit, faith-based organization.

Colorado Lottery, will perform live on Sunday, September 5 as the featured entertainment for Colorado Lottery Day at the fair.

The '80s band, with its trademark red leather pants, is known for such hits as "Working for the Weekend," "The Kid is Hot Tonight," and "Lovin' Every Minute of It." Loverboy sold more than 10 million albums during its heyday and earned four multi-platinum plaques, including the four -million-selling Get Lucky album. Loverboy will take the stage live on September 5 at 7 p.m. at the Southwest Motors Event Center on the fairgrounds.

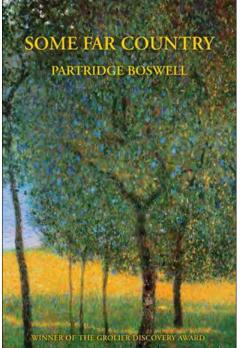
The Colorado Lottery reminds fans that it pays to play. Anyone who purchases a \$20 or greater Powerball (with or without Power Play), Mega Millions (with or without Megaplier), Lucky for Life or Colorado Lotto+ (with or without Plus) ticket between June 25 and September 5 will receive a voucher to be redeemed at <u>coloradostatefair.com</u> for their fair admission ticket and concert ticket.

September 5 is also Fiesta Day at the Colorado State Fair, which celebrates Colorado's rich heritage of Hispanic culture. Celebración de los Charros with Luis Ángel "El Flaco" is this year's highlight performance. "El Flaco" will perform live at the Bud Light Grandstand immediately following the Celebración de los Charros which begins at 7 p.m. For the past 55 years, Fiesta Day has delighted fair guests with mariachi music, charros, folklorico dancers and caballos amaestrados. The Charreada, or Mexican Rodeo, continues to be a Fiesta Day tradition to this day.

Rounding out the headlining entertainment is the **NSPA Truck and Tractor Pull on Labor Day**. There is nothing quite like the roar of trucks and tractors that range from a few hundred horsepower to thousands of horsepower all compete for the bragging rights of who could pull past 300 feet in their respective class. The Bud Light Grandstand will be filled with revving engines on Monday, September 6 at 3 p.m. The event is general admission. For additional ticket information please visit coloradostatefair.com.

COLORADO NEWS BRIEFS

FISCHER PRIZE FINALIST PARTRIDGE BOSWELL TO READ AT JULY 6 BARDIC TRAILS ZOOM POETRY SERIES



Courtesy image.

Special to Art & Sol

TELLURIDE-Poet and co-founder of Bookstock Literary Festival, Partridge Boswell of Vermont will be the featured reader at the Bardic Trails Zoom poetry webinar Tuesday, July 6 at 7 p.m. A production of the Talking Gourds Poetry Program, Bardic Trails is an a free event open to any who pre-register. Register by July 5th on-line at the Wilkinson Public Library to get URL & password. Go to <u>telluridelibrary.org/events</u>.

Partridge Boswell is the author of *Some Far Country* (Grolier Poetry). His poems have recently surfaced in *Poetry, The Gettysburg Review, Salmagundi, The*



Poet Partridge Boswell. Courtesy photo.

American Poetry Review, Poetry Ireland Review, december, Plume, Hotel Amerika, Prairie Schooner and The Moth. Cofounder of Bookstock Literary Festival, he troubadours widely with the poetry/music group, Los Lorcas, and lives with his family in Vermont.

Boswell's wonderful reading of his Fischer Prize-winning poem, "Upon Hearing Amy Winehouse at St. James' Church in Dingle" can be viewed here.

Talking Gourds director Art Goodtimes said, "Boswell's poem was the second outstanding finalist in the 2020 Fischer Prize poetry contest judged by Claire Blotter. The poem is a testament to the high quality of entries received." Following his reading, there will be a short Question and Answer session with co-hosts, Goodtimes and Rosemerry Wahtola Trommer.

Future Bardic Trails

Aug. 3 with Jane Lunin Perel of Rhode Island ("Sky"), Sept. 7 with Anna Scotti of California ("Fuel"), Oct. 5 with Renee Podunovich of Cortez ("Tree"), Nov. 2 with Debbi Brody of New Mexico ("The New"), and Dec. 7 with Al Zolynas of California ("Flesh").

Talking Gourds Poetry Club Meeting Following Bardic Trails, we'll have our Talking Gourds club member meeting (for Club members and their invitees only). We will end the Bardic Trails Zoom gathering around 7:30 p.m, then start a new Zoom meeting for the Talking Gourds Poetry Club (all current members will receive the link separately by May 4th). The Poetry Club meeting won't officially start until 7:45, leaving time at the start for socializing as we used to do in our live meetings. For those who like writing prompts, the one for July 6th is "prey." However, members and guests of members may read a poem or share thoughts on any topic they wish.

Talking Gourds Poetry Club Membership To participate in the private session, one can join the Poetry Club at the Talking Gourds <u>website</u>. The membership page will ask them to email Galaxy Dancer notifying us of having paid their Club fees to ensure that they receive the Zoom info in time for the private meeting.

A one-time membership donation of \$25 (or more) places one on our mailing list permanently and makes one current for the calendar year in which the donation was made. Each following calendar year, there's a \$10 renewal fee to remain current – payable by check or online with plastic. Club members in good standing receive a monthly PDF copy of the handsome broadsides created by Daiva Chesonis for each featured reader. The PDFs can be printed for free at the Wilkinson.

The Mirror: many views, one newspaper.

July 2nd 5-8 pm Special Event Montrose Center for the Arts

Opening Reception

Live Entertainment

Libations & Light Apps

Local & Regional Artists

Silent Auction Final Sale

Virginia Blackstock

The Square Deal

mc4arts.com

Available all night for low bid

Fundraiser



Ridgway's Lucky Stars

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Montrose Center for the Arts • 11 S. Park Ave. • mc4arts.com

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MIRROR CHURCH DIRECTORY

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) 2496874; email at <u>info@vbcmontrose.org</u>; website: <u>vbcmontrose.org</u> **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.

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 address:<u>summitchurchmontrose@gmail.com</u> website:

www.summitchurchmontrose.org Name of current Senior Pastor: John De-Sario

Worship service times: 9 AM for Sunday Worship, Monday Night Bible Study 6:30-8pm

Summit Church Montrose preaches the Word of God, reaches the lost with the Gospel of Jesus Christ and equips Christians to serve the Lord. Summit Church is a group of diverse people, (widows, retired couples, families with adult children, families with young and school aged children, and recent high school and college graduates). Our services are in English, but many in our congregation also speak Spanish, as we partner with Verdad Y Vida (a Spanish congregation meeting in the same building).

We have a children's area we call "Base Camp" for children ages birth to Kinder-

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.

Please give a one or two sentence description of your current church demographics (predominately family, youth, seniors, singles).

Do your church services include Sunday School and childcare?

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

JC Penny Building Liquidation

3400 S Rio Grand AVE Montrose, CO

July 1 – July 2, 2021 8:00 am - 3:00 pm

Saturday July 3 8:00 am – 12:00 Noon

The store display inventory that was left by JC Penny's when they closed the store will be liquidated.

Tables * Shelving *Display Cases* Desks* Shopping Carts * and <u>much more</u>.

A *Monetary Donation is requested* to be made at the time items are removed to one of the Montrose Food Banks: Sharing Ministries Or Shepherd's Hand

SAVE THE DATE! UPCOMING REGIONAL EVENTS

ONGOING-

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

MONTROSE FARMERS' MARKET is a gathering of vendors selling local fruit, vegetables, meat, crafts, and more. Date and time: Alternate Saturdays from 10 am-1 pm—every other weekend. Location: Montrose Centennial Plaza and Centennial Meeting Room, 15-99 S Uncompany Ave, Montrose, CO 81401 Cost: Free to attend. Curbside service is still available in the winter season!

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

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

June 4-July 2-Montrose Center for the Arts (MCA) will present its Second Annual Square Deal Show and Auction all through June. The show opening and reception will be Friday, June 4 from 5 – 7 at MCA located at 11 S. Park in Montrose. Bidding will be open until the end of our July First Friday event on July 2. Please call MCA at (970) 787-9428 for details or questions. June 5-July 2-Spectrum, an exhibition of art from photography to painting will be hosted by the Wright Opera House and the Ouray County Arts Association from Saturday, June 5 to July 2nd. An Opening Reception will be held at the Wright's Tavern, 472 Main Street, Ouray, on Saturday, June 5 from 4-6pm. Admission is free and refreshments will be available. Current Covid protocols will be followed. Closing reception, June 30, 4-6pm.

July 1-MABA Cruiser Ride. We will meet at Rotary Park at 6:30p for participants to socialize and enjoy their BYOB. The theme for that ride is Freedom Ride and hopefully riders can get their Red, White, and Blue out. Wigs, silly outfits, and decorated bikes are always welcomed.

July 2-Fri. July 2. 5-8 pm. Opening Reception, Montrose Center for the Arts celebrates San Juan Mountain mining and narrow gauge railroad history. At 6:30 pm. Jeff Ellingson, <u>Roundhouse Museum</u> curator, talks about the <u>Durango Silverton Railroad</u> and its role in San Juan Mountain history. At 7:30 pm, Final sale, Square Deal Auction. Pay and pick up your art piece. Minimum Bid price special sale Blackstock and Ellingson paintings.

July 6-Could you use a little inspiration this summer? You might use a bouquet to decorate your home or give someone a beautiful gift. Designing your own bouquet adds a special touch and could help connect you to Montrose's beautiful land-scape. Cynthia Alvarez, Founder and Owner of Alpenglow Growers, is an expert in plant and floral design. She specializes in many different crafts and activities including wreaths, workshops, wedding decorations, and lovely bouquets! Cynthia will teach us the basics of designing a bouquet on Tuesday, July 6, at 6pm. Email Taylor at <u>tevans@montroselibrary.org</u> to sign up for this virtual event.

July 7-Montrose County Historical Society will hold its general membership meeting Wednesday, July 7 at Friendship Hall on the Montrose County Fairgrounds in the Pioneer Room at 7 pm. This month's speaker will be Chris Trujillo and a panel of interested persons on the history, program, and the future of MADA. Admission is free and all are welcome.

July 14-On Wed., July 14, 1-3 pm. Karl Schaffer, President of the <u>Ridgway Railroad Museum</u>, presents "Railroad History of the Uncompahgre Valley, Then and Now." Coffee, cold beverages, and cookies provided. Free. Suggested donation \$5. July 20-Soul Habit will perform at Music in the Grapevines on Tuesday, July 20, at Two Rivers Winery in Grand Junction. The band brings guitar, bass, sax, drums, percussion and vocals together to create funk rock dance music that brings audiences to their feet. Music starts at 7 pm, and gates open at 6 pm. Tickets are \$15 in advance at Two Rivers Winery, The Art Center (7th & Orchard), and <u>www.artcenterguild.org</u>. At the gate, tickets are \$20. All proceeds go to the Art Center of Western Colorado. Aug. 28-The Montrose High School Class of 1976 will be holding a 45th class reunion on Saturday, Aug. 28, 2021. Festivities will start at 2pm in the Backyard of the Montrose Elks Lodge, 801 S. Hillcrest Dr. Dinner will be at 5pm by Serving Grace-Catering. Dinner reservations will be \$25 per person. We invite members of other MHS classes, former facility and staff members to join us. Contact LeAnna Edmonson Spadafora 970-209-3374 or Tracy Allies Harrison 970-249-1418 or check out our FB page "76" for more information.

MONTROSEM I R R O R

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

Photographer Deb Reimann took this photo of a dramatic forming thunderhead on Saturday, June 26.



READER PHOTO SPOTLIGHT: DEB REIMANN



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