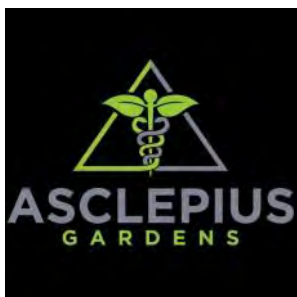


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Issue No. 438 July 19 2021

CITY SEES SHORTAGE OF SEASONAL WORKERS FOR PARKS, OPEN SPACES

By Caitlin Switzer

MONTROSE-If on a walk through a Montrose park you have noticed it being maintained by a private company rather than City crews, it could come as a surprise given that the City has generally hired its own parks staff in the past. And in early March the City of Montrose advertised as it always has for seasonal workers to maintain Montrose's numerous parks and open spaces. According to Public Works Manager Jim Scheid, the



The City of Montrose has contracted some turf care duties out this season due to a shortage of seasonal workers.

Continued pg 8

OURAY BUSINESSES STRUGGLE WITH STAFFING; TOWN LOOKS AT WORKFORCE HOUSING MEASURES



Ouray, July 2021, photo by Paul Arbogast.

By Caitlin Switzer

Reporter Gail Marvel contributed to this report

OURAY-When one local family, we'll call them "the Jones," were visiting Ouray last week, they hoped to have an early dinner around 4pm. Instead, the family spent an hour walking Ouray's busy sidewalks in search of a place to eat. Where the family had intended to dine was closed for the day, and signs on the doors of local businesses informed people of alternating days and hours of service. One local restaurant posted a closing time of 4pm but closed early at 3pm.

The next morning, the only place to be found serving breakfast had a line of people out the door. In their conversations with locals, it was clear to the Jones family that the Ouray business community can't find people to work during the peak of the 2021 tourist season.

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issue

Carole Ann McKelvey
Rocky Mt. Cravings!

Silver Stage Arts
With Kathryn Burke!

Independent Record Label
Comes to Montrose

Regional News Briefs!
Calendar of events!

PUBLIC NOTICES/LEGALS

PUBLIC NOTICE:

MONTROSE MEMORIAL HOSPITAL, INC. NOTICE OF DIRECTOR APPLICATIONS

The Board of Directors of Montrose Memorial Hospital, Inc., a Colorado community non-profit corporation, is accepting applications for positions as Directors of that Colorado community non-profit corporation. Application packets are available for download at www.montrosehospital.com, by email request to BODapplications@montrosehospital.com, or pick up at the Montrose Memorial Hospital Administration office, located at 800 South 3rd Street, Montrose, Colorado, from 9:00 a.m. to 5:00 p.m., Monday through Friday. The deadline for return of completed applications is Friday, August 13, 2021, at 5:00 p.m. at the MMH Administration office. Interviews will be conducted the week of August 23, 2021, and August 30, 2021. Elections will be held by the Board of Directors at its annual meeting in October, date to be announced.

*Sarah Abbott, Chairperson
Nominating Committee
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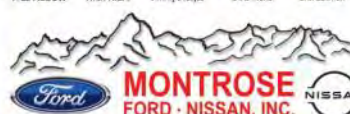
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OURAY BUSINESSES STRUGGLE WITH STAFFING; TOWN LOOKS AT WORKFORCE HOUSING MEASURES From pg 1

At the same time, after the pandemic closures in 2020, visitors are flocking to Ouray in record numbers.

One "seasoned" Ouray business owner is Stan of the Bachelor Syracuse Mine. Stan told *The Mirror* last week that the mine is having a phenomenal year. "We can barely keep up," he said. "For me, having enough staff is the biggest thing."

The mine offers walking tours, and an outdoor café Friday through Sunday. "We've got the best traditional breakfast in town," Stan said that he used to hire seasonal staff in town but had trouble with them showing up to work, so instead hires workers who camp on site. In years past he has had up to 12 working campers, but this year is getting by with six.

The Ouray Visitor Center has been packed, City of Ouray Administrator Silas Clarke said. The Visitor Center is open from 10 a.m. to 2 p.m. and is staffed largely with volunteers.

"There are definitely a lot of people in town," Clarke said. "Finding cashiers for the pool has been hard, though we have enough lifeguards. All of the mountain towns are in the same boat—there's not enough staff to go around."

Housing for workers has been one of the biggest issues, Clarke said. The town recently issued a temporary emergency order allowing local business owners to apply for a permit to use recreational ve-

hicles (RV's) in town for workforce housing through Nov. 19. For the purposes of the permit, *Work Force Housing Staff* is defined as any person who provides services within the city limits as an employee or independent contractor for more than 18 hours per week.

In addition, the Telluride Foundation is coming to Ouray to present information on attainable housing for essential members of the workforce, including town staff, schoolteachers, and others. The attainable housing project has the poten-

tial to add 60 to 70 single family units. Ouray is also looking at a property partnership with the Ouray Housing Trust to add rental units on city owned land, Clarke said.

On Monday July 19, the City of Ouray will host a work session at 4 p.m. to discuss affordable housing. The agenda includes a historical review of short-term rental units (STR's), a discussion of possible cap and trade for STR's in the City of Ouray, and a discussion of possible additional taxation of STR's to create a housing fund.



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REGIONAL NEWS BRIEFS

DMEA WELCOMES EXPERIENCED UTILITY INDUSTRY EXECUTIVE AS CEO

Alyssa Clemens Roberts will lead the member-owned electric cooperative and its broadband subsidiary, Elevate

Special to the Mirror

MONTROSE— Delta-Montrose Electric Association is pleased to announce that it has hired Alyssa Clemens Roberts as CEO. She will take the helm of the member-owned cooperative and its broadband subsidiary, Elevate, on Aug. 23.

Roberts comes to DMEA after serving on the leadership teams at Ozarks Electric Cooperative in Fayetteville, Arkansas, Pedernales Electric Cooperative in Johnson City, Texas, and, most recently, as Chief Strategy Officer at Platte River Power Au-

thority in Fort Collins, Colorado. Her responsibilities at Platte River included overseeing public power strategy, operations at the Rawhide Energy Station, government relations, communications, energy solutions, and safety and human resources.

"Alyssa's experience at cooperatives around the country and at an important public power utility here in Colorado has given her great insight into and knowledge of cooperatives, power markets, and broadband," said Kyle Martinez, President

of DMEA's Board of Directors. "We are excited to have her join us as DMEA and Elevate continue to adapt, innovate, and fulfill our purpose to power and unite our communities."

"I am honored

for this opportunity to lead DMEA and Elevate at a pivotal moment for both the electric and broadband industries," Roberts said. "I look forward to working with DMEA and Elevate employees and building on the great work they are doing to deliver forward-thinking, innovative service to members and customers."

After serving four years in the U.S. Navy as a sonar technician and instructor, Roberts joined the United States Department of Agriculture in its Rural Utilities Service, working to support broadband expansion in rural America. As a partner at Aspire Strategies, she organized the first electric cooperative rural broadband group before joining the Utilities Technology Council (UTC) to focus on rural infrastructure issues. While at UTC, she successfully lobbied for the creation of a \$100 million federal funding program, Rural Broadband Experiments, to help rural utilities provide broadband services.

Roberts takes the helm at DMEA at an exciting time in the cooperative's history. In May, the organization reported its strongest financial results in six years; DMEA's 2020 adjusted net operating margins exceeded \$4.3 million, more than double its results in 2019 and its best performance since 2014. Those numbers reflect a significant decrease in operating expenses primarily due to reduced wholesale power supply costs from Guzman Energy. Earlier this year DMEA also announced its plans to purchase a significant portion of the output from an 80MW solar energy project in Delta County.



Alyssa Clemens Roberts
Courtesy photo.

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CITY SEES SHORTAGE OF SEASONAL STAFF FOR PARKS, OPEN SPACES From pg 1

decision to outsource certain seasonal jobs this year was only made after the city was unable to hire sufficient seasonal workers to get the work done.

"We have contracted out a few more jobs than we normally do," Scheid said, noting that a decision was made to expand the scope of an existing turf care contractor after very few applications were received in response to the City's advertisement for seasonal staff.

In years past the City has maintained a seasonal crew of roughly 15 to 17 workers, Scheid said. "This year, we have four."

Montrose landscape Company Green & Bearit has been under contract to the City of Montrose for several years so, "We added to their scope of work to keep up with turf care," Scheid said. "They are really good about doing what we ask and doing things to our standards."

Turf care, which includes routine upkeep such as mowing and trimming, amounts to roughly ten to 15 percent of the seasonal tasks performed by public works staff. By having a contractor on board, public works crews can focus on other tasks such as irrigation repair, weed control, and daily park rounds.

The City of Montrose is not alone in seeing a shortage of seasonal workers. A recent survey conducted by [Pew research](#) notes that labor market disruption remains a hallmark of the COVID-19 recession nationwide, while housing shortages are also part of the picture in Colorado, as home prices continue to rise and long-term rental units grow scarcer than ever.

Some Colorado communities have found that higher wages can help. According to a May article in the [Summit Daily](#), the Dillon Town Council agreed in April to increase starting wages for seasonal workers from \$13.50 to \$15 per hour, resulting in all but five of the town's 71 seasonal staff positions being filled by mid-May.

Here in Montrose, Scheid said he is confident that the City's public spaces are in good hands. "We're doing everything we can to keep up with park maintenance," he said. "Hopefully, next year we'll have the seasonal workers again and we won't need to contract out as much."



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REGIONAL NEWS BRIEFS

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Courtesy photos Montrose Crime Stoppers.

Montrose Regional Crimestoppers
MONTROSE-Montrose Regional Crime Stoppers, Inc. and the Montrose Police Department need your help identifying the subject who broke into the Camp Robber restaurant. On July 11, 2021, in the early morning hours, officers of the Montrose Police Department responded to Camp Robber located at 1515 Ogden Road for an alarm. Upon arrival, officers learned an unknown male party forced entry into the business unlawfully. The unknown male party is responsible for stealing items while inside the business

and causing damage to the property. Please view the attached pictures of the unknown male subject. Anyone with information about this crime or the identity of the perpetrator(s) or any other crimes may call Crime Stoppers anonymously at (970)249-8500, use the app P3 Tips, or provide information via P3Tips.com. Crime Stoppers wants your information, not your identity. If the Tip results in an arrest, the Tipster may re-

ceive a cash award of up to \$1000.

For additional information, please view our Facebook page, www.facebook.com/montroseregionalcrimestoppers. Crime Prevention and crime solution are everyone's responsibility. MRCS would also like to remind everyone that all persons of interest depicted in our alerts by photo or not, or by any other means, are presumed innocent until proven guilty in a court of law.

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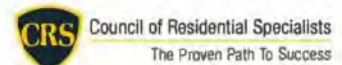


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REGIONAL NEWS BRIEFS

3RD ANNUAL BLACK CANYON BOYS & GIRLS CLUB STEM FAIR

Special to the Mirror

MONTROSE- – The third annual Black Canyon Boys & Girls Club (BCBGC) STEM fair is Wednesday August 4 from 4-6 p.m. This year's fair is back in person (with a virtual fair last year due to the COVID-19 pandemic) and open to the public. Please join us at the Club, located at 2900 Sunnyside Rd. (inside Celebration Church) to see what the Club kids have been working on all summer and vote for your favorite project!

For more information on the BCBGC, visit www.bcbgc.org.



Left, BCBG STEM Fair 2020, and 2019 STEM Fair at right.

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REGIONAL NEWS BRIEFS

CERRO RESERVOIR IS FULL AND OPEN FOR FISHING

Special to the Mirror

MONTROSE — Cerro Reservoir is now full and fishing access at the State Wildlife Area is open to the public.

Located at Cerro Summit on Hwy 50 east of Montrose, the reservoir serves as an emergency backup water supply for the City of Montrose. Originally built in the 1920s under a land grant from the federal government, the reservoir was recently upgraded to replace aging infrastructure and to meet modern dam-safety standards.

Work included reconstruction of the dam's western embankment, replacement of the dam's outlet works, construction of several curtain drains on the dam's embankments, and installation of dam-monitoring infrastructure. Construction of the project was completed in the spring of 2020 and refilling operations were completed in June 2021.

"It is great to bring this critical piece of our water infrastructure back online after being out of commission for several years due to the construction project," said City Engineer Scott Murphy. "This reservoir is key to the overall resiliency and reliability of our water system."

Cerro was opened as a State Wildlife Area in 2016 through a cooperative agreement between the city and Colorado Parks and Wildlife (CPW). As a State Wildlife Area,



Cerro Reservoir, located at Cerro Summit on Highway 50 east of Montrose. Courtesy photo.

the reservoir is open to catch-and-release fishing with artificial flies and lures only. Fishing access is from March through November of each year.

Hunting is allowed from mid-August through November.

The reservoir was stocked with cutthroat trout in the fall of 2020 and CPW will continue to manage the fishery at the reser-

voir. All fishing and hunting regulations apply at the wildlife area and all users must possess appropriate hunting and/or fishing licensure.

Access through the State Wildlife Area and to the reservoir is walk-in from the designated parking area at the western end of the site and access is for fishing and hunting only.



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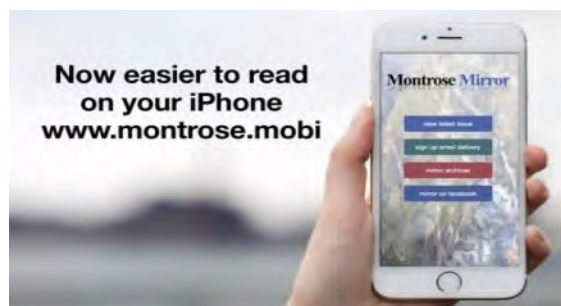
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REGIONAL NEWS BRIEFS

COBBLE CREEK GOLFER GETS A HOLE IN ONE



The Cobble Creek Women's Golf Association would like to congratulate Sherrill Rose for her Hole-in-One on June 24, #7. Courtesy photo.



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2021 Early Blood Draws

APPOINTMENTS

Registration now at www.MontroseHospital.com

If you are unable to register online or need assistance with registration, please call 1-800-217-5866 Monday-Friday between 9:00 a.m. and 4:00 p.m.

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.*

SCREENINGS

HealthScreen (Chemistry) & Lipid Panel \$50

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• Next year's events will take place August 2022

Advanced Lipid & Heart Health Panel \$85

hsCardioCRP \$40

MONTROSE
MEMORIAL HOSPITAL



CITY COUNCIL TO CONSIDER MOBILE HOME PARK PERMIT APPLICATIONS AND PROPOSED CITY FINANCIAL CONTRIBUTION



Mirror staff report

MONTROSE-Montrose City Council will gather in chambers for a [work session](#) on Monday, July 19 and for a [regularly scheduled meeting](#) on Tuesday, July 20.

WORK SESSION

The work session agenda states that the public may attend in person or via Zoom via Zoom at the

following link: <https://us02web.zoom.us/j/84562891234>

Five new employees will be introduced at the work session:

- Municipal Court Judge Chuck Greenacre;
- Customer Service Technician Bryna Kent;
- Pre Academy Police Officer Recruit Bridget Clarkson;
- Street Division Worker Tyler Mahan; and
- Street Division Worker Ryan Webb.

Discussion items will include:

-Mobile Home Park Permit Applications and Proposed City Financial Contribution (Applicant Rich Dana is proposing to rebuild, repair, replace and reconfigure the Cottonwood, San Juan and Green Acres mobile home parks).

The overall investment in the parks will be \$4,187,397, and the applicant will request a \$250,000 contribution from the City for a portion of the work);

- Riverbend RV Park Addition II Annexation;
- Riverbend RV Park Right of Way Exchange;
- Lease and Sublease Agreement for 3325 North Townsend Avenue (Brown Center);
- Allocating Private Activity Bonds to CHFA; and
- Victim Assistance Law Enforcement



Among the structures to be removed in a proposed mobile home park rehabilitation are the condemned remnants of the former White Motel, above left and above, a travel court created by late Montrose businesswoman Ada White. A scholarship in White's name continues to be offered through the Montrose Community Foundation (MCF). According to MCF information, "Ada Madeline Moore White was born in 1906 in Delta County. After high school, she graduated from Ross Business College in Grand Junction. White was the Montrose city clerk from 1934 to 1950, later she opened White Realty and purchased and operated the White Motel. After attending the University of Colorado, she earned a license in real estate appraisals and was one of the first qualified MAI real estate appraisers in western Colorado. She remained active as a real estate broker and appraiser until her retirement in 1987."

(VALE) Grant Application.

Items to be considered at upcoming City Council meetings and work sessions include:

- Aug. 3-Waterfall Canyon Filing #5 Final Plat; Riverside Park Addition II Annexation; Riverside Park Addition III Annexation;
- Aug. 16-Planning Commission Alternate Applicant Interviews;
- Sept. 7-Planning Commission Alternate Appointment.

REGULAR MEETING

The public may attend the Council meeting in chambers or via Zoom link at <https://us02web.zoom.us/j/84562891234>. Council will consider approving Resolution 2021-11, approving the filing of a grant application with the History Colorado State Historical Fund in order to fund rehabilitation of the Montrose Potato Growers Association building and directing the City Manager and City staff to perform all steps necessary to execute the grant

agreement with History Colorado State Historical Fund and enter into an agreement with High Oasis, LLC upon a grant award.

Council will consider approving proposed updates to the manual for the City of Montrose Youth Council.

Council will consider approving Ordinance 2546 on second reading, repealing Title 6 Chapter 1 Section 19 (6-1-19) only, regarding false identification. Council will consider approving Ordinance 2547 on second reading, designating the Denver & Rio Grande Depot, 21 N Rio Grande Avenue, as a City of Montrose Historic Property. Also to be considered are Ordinance 2548 on first reading, vacating a portion of Orchard Road within the City of Montrose, and the award of a contract to Ridgway Valley Enterprises in the amount of \$211,200 for construction of the Cerise Park Waterline River Bore Project.

Following staff reports Council will adjourn.

IN THE AREA: 7.19.21-REGIONAL ROUNDUP



Dylan Redwine's murderer has been convicted after nine years. Courtesy image.

Durango

Mark Redwine was convicted of second-degree murder and child abuse in the

death of his 13-year-old son in 2012. Dylan's body was found in June of 2013 roughly 10 miles from Mark's property in Vallecito. His skull was found two years later.

Silverton

The Hard Rock 100 mile run/race was this weekend. There were 146 entries. A Frenchman by the name of Francois D'Haene set a new course record with a first place finish of 21 hours, 45 minutes and 50 seconds. The female winner was Sabrina Stanley of Silverton with a finish

time of 27:21:49.

Telluride

Telluride Blues and Brews Festival is looking for volunteers for their festival in September.

A volunteer will be assigned to two shifts at 6-7 hours each and in return be provided a three-day pass to the festival and a festival volunteer t-shirt.

There is a \$15 volunteer application fee. The online application is located at <https://tellurideblues.festivalpro.com/form/5075/>



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REGIONAL NEWS BRIEFS

DELTA HEALTH SERVICES ARE NOT GONE, JUST RELOCATED



Delta Hospital, Delta Health courtesy photo.

Special to the Mirror

DELTA-Delta Health will be revamping the structure of its clinics and services to increase efficiency and to continue serving the community's healthcare needs.

Over the past few weeks, Delta Health has announced Delta Health Urgent Care and Delta Health West Elk Paonia walk-in clinics will be closing on July 22, 2021.

Starting July 22, 2021, providers will be ready to serve all urgent and walk-in care needs in its primary care clinics: Delta Health Family Medicine, Delta Health Pediatrics in Delta and Delta Health West Elk Hotchkiss. Delta Health Internal Medicine Clinic will have same-day appointments available, but will not have walk-in capacity.

Delta Health Family Medicine and Delta Health West Elk Hotchkiss will have extended hours, Saturday hours and same-day appointments available. Community members do not have to be current patients of the clinics to utilize the walk-in providers at the Family Medicine and West Elk Hotchkiss Clinics.

• **Delta Health Family Medicine** 555 Meeker Street, Delta, CO 81416; 970-874-5777:

A walk-in provider will be available during all open hours which will be extended to Monday and Tuesday 8 am to 5 pm, Wednesday thru Saturday 8 am to 5 pm.

• **Delta Health West Elk Hotchkiss** 230 E. Hotchkiss Ave, Hotchkiss, CO 81419; 970-872-1400: A walk-in provider will be available during all open hours which will be extended to M-TH 7 am to 6 pm, Friday 8 am to 5 pm, and every other Saturday.

• **Delta Health Pediatrics** 296 Stafford Lane, Delta, CO 81416; 970-546-4000. Walk-in services will be Monday thru Friday from 8:30 am to 4 pm.

• **Delta Health Internal Medicine** 1450 Burgess Street, Delta, CO 81416: will have acute same-day appointments available 5 days a week, but will not have extended hours or Saturday hours. Call Delta Health Internal Medicine to schedule a same-day appointment.

Other clinic changes include moving the location of Delta Health Outpatient Therapies and Sports Performance (Rehabilitation) from Hotchkiss to Paonia in fall 2021 to utilize the building that Delta Health already owns.

Physical Medicine (not physical therapy),

located at the Grand Mesa Medical Building, will close on August 7, 2021. Pain management services are being reestablished through Delta Health Pain Center Clinic starting fall 2021. The Pain Center Clinic, currently working out of the cardiopulmonary outpatient area, will be located at 236 Cottonwood Street (current Women's Center location) to utilize space Delta Health owns. Those clinic hours will be announced soon.

The Colorado West Otolaryngology (ear, nose and throat) services will no longer be available at Delta Health Family Medicine and will instead be referred out to other providers in the community.

"The decision to close these clinics was based on either low patient volumes or that we had to rent the building that the clinic was housed in," said Vickie Schauster, Executive Director of Clinics. "Our number one priority in this process was to preserve needed services and utilize buildings we already own to save money and improve the financial integrity of the organization. We are confident that these changes will help to stabilize and strengthen our long-term position as the main healthcare provider in Delta County."

Delta Health will also be closing the Delta Health Women's Center Clinic, formerly Premier Women's Clinic, on Aug. 30, 2021, and women's healthcare services will be consolidated into the family practice clinics at Delta Health Family Medicine and Delta Health West Elk Hotchkiss. Doctors Amber Angles, Matthew Lebsack and Jonathan Richman will continue providing excellent obstetric (OB) care to Delta County communities.

"We are not eliminating obstetrics or women's health; we are simply moving from an OB/GYN model to a Family Practice Obstetrics model, which is a recognized model in other healthcare systems nationwide," said Schauster. "Women's healthcare services will always be a priority for Delta Health."

"Not only are our three family practice providers well known in our community

DELTA HEALTH SERVICES NOT GONE From previous pg

for excellent OB care, but they are also highly qualified," said Schauster.

The providers at Family Medicine and West Elk Hotchkiss have been participating in the baby-friendly education and delivering babies at Stork's Landing, the Delta Health Birthing Center, for a while now. "That is not going to change," said Schauster. Birth control options will also still be offered and available through Delta Health primary care physicians.

In 2017 Delta Health was designated as a baby-friendly hospital and is one of only four baby-friendly designated hospitals on the Western Slope of Colorado. Stork's Landing will continue to provide the best maternity care for mothers and babies while also supporting breastfeeding.

Kimberly Walker, a board-certified Women's Health Nurse Practitioner (WHNP-BC),

will also be located at Family Medicine to serve women's healthcare needs alongside the family medicine providers in the primary care clinics. She is a nurse practitioner whose education and experience focus on providing comprehensive primary care services to women of all ages. Walker also does infertility evaluations and treatment. Patients do not have to have Walker as their primary care provider to utilize her services.

Christi Anderson is also a board-certified Women's Health Nurse Practitioner and will be located at the Delta Health West Elk Hotchkiss Clinic.

"We know these changes affect our patients, staff and community but we want to assure everyone that we will continue

to provide the same quality, compassionate, trusted healthcare services – but in a more efficient way," said Schauster.

Patients that are within the Delta Health system do not need to call the clinic to transfer their records to a Delta Health family practice clinic. If patients are transferring from care outside of the Delta Health system, please call Delta Health Women's Center at 970.874.7930 before August 30.

To request transfer of records after August 30, call Delta Family Medicine at 970.874.5777 or Delta Health West Elk Hotchkiss at 970.872.1400.

For more information regarding these changes, follow Delta Health on social media @DeltaHealthCo or visit deltahealthco.org.

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The kitchen boasts hidden gems beloved by any foodie, and the master suite has a lovely soaking tub with enormous surrounding windows and lush pebble draining floor. To top off the experience, if the luxurious bath surrounded by mountains didn't get you close enough to nature, the outdoor shower surely will. A huge over-sized 3-car garage complete with a CrossFit-style gym is ready for the fitness buff, or it can easily be outfitted for the car aficionado or tinkerer. There's an alcove dedicated to fine whiskeys and cigars, while a great room boasts a through-and-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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REGIONAL NEWS BRIEFS

PEAK FLOW OF UNCOMPAHGRE ABOVE RIDGWAY RESERVOIR RECORDED JUNE 5 *Winners of Inaugural Uncompahgre River Classic announced July 11*

Special to the Mirror

RIDGWAY-Diedra Silbert of Ridgway, Colo. is the grand prize winner of the Uncompahgre River Classic, with the closest prediction of when the Uncompahgre River above Ridgway Reservoir reached its peak flow from 2021 snowmelt. The actual peak flow date was June 5 at 11 p.m., which followed the average trend for the past 10 years, and Silbert guessed June 5 at 11:45 p.m. The Classic is a new fundraiser organized by the Uncompahgre Watershed Partnership (UWP) to help fund its non-profit operations aimed at protecting and improving the natural, scenic and economic resources of the Upper Uncompahgre River Watershed. From March 15 to May 10, classic entries were purchased for \$5 each or a discounted rate for multiple entries. Each entry was a prediction of the date and time that the river would reach its peak flow from runoff from snowmelt at the U.S. Geological Survey gauge #09146200.

As grand prize winner, Silbert will receive a Ouray Via Ferrata guided trip for up to four people from Basecamp Ouray, a two-

night stay at Ridgway Lodge & Suites, and a \$150 gift certificate for dinner at Four Corners Restaurant & Sky Bar in Chipeta Solar Springs Resort. The second closest peak flow prediction of June 5 at 10 p.m. was made by Jamie Gomez who wins the second prize, a Patagonia 40L duffel bag from RIGS Fly Shop & Guide Service. The third closest peak flow prediction of June 5 at 9:15 p.m. was made by Raleigh Couburn who wins the third prize, four soaking passes to Orvis Hot Springs.

If two people had predicted the same date and time, the tie breaker would have been a prediction of the flow rate of the peak flow this year. A tie breaker was not necessary, but the actual rate of the peak flow as recorded by the selected gauge was 1,260 cubic feet per second.

In addition to financial support of UWP's programs, the fundraiser was an opportunity to educate the public about river science such as flow rates, spring runoff, drought, and conservation. The Uncompahgre River starts in the San Juan Mountains north of Silverton, runs north through the Ouray Hydrodam and the city

of Ouray, then passes through Ridgway before settling in the reservoir at Ridgway State Park. The gauge station upstream of the reservoir was selected for the Classic, because flows below the reservoir's dam are highly controlled and don't represent flows from actual runoff. Flows below the dam also have much more fluctuation from irrigation diversions and canals.

The Uncompahgre Watershed Partnership was established as a nonprofit in Ouray County in 2013, and is funded through a combination of grants, donations and fundraising events. Its programs are focused on five goals: monitoring and improving water quality; improve and maintain riverine ecosystem function; improving seasonal low flows and water supply; promoting awareness of watershed science and conditions to diverse stakeholders and the general public; and providing scientific guidance for and support sustainable recreation opportunities. The next fundraiser is the Ridgway River-Fest, a community celebration and watershed education event planned for Aug. 28, 2021.

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COMMUNITY OBITUARIES

PAUL NICHOLAS MCELREA

February 4, 1969 - July 7, 2021

PAUL NICHOLAS MCELREA was born on February 4, 1969 in Christchurch, New Zealand. He was the eldest of three sons of Richard and Rosemary McElrea. Tragically he was found deceased on July 7, 2021, at age 52, near his home in Ridgway, Colorado as the result of a motorcycle accident.

As a youth, Paul's family spent winter holidays in Queenstown, New Zealand where he learned to ski from a young age at nearby Coronet Peak. His passion for the sport was enhanced as a member of Craigieburn Valley Ski Club. He also enjoyed surfing at the local beaches with his high school friends and took up windsurfing at the estuary and harbor near Christchurch. He spent many summer weeks with good friends at Lake Aviemore, New Zealand.

At age 19 Paul set off for foreign shores. Over the following two decades, Paul spent numerous back-to-back ski seasons traveling from Southern to Northern Hemispheres working in the ski industry and as a professional Ski Patrolter at Mt. Hutt (New Zealand), Courchevel (France), Loveland, Keystone, Copper Mountain and Telluride (United States). In the Winter of 2004/2005, while patrolling at Copper Mountain Ski Resort in Colorado, Paul met Raleigh Coburn who was working at the Copper Mountain Medical Center. Paul and Raleigh's shared passion for skiing, adventure and travel brought them together. They married on September 15, 2006, exchanging vows in Yankee Boy Basin, during a snowstorm, in the mountains high above their home in Ouray, Colorado. Paul and Raleigh have two amazing children, born at home in Ouray; James, now aged 12 and Scarlett, now aged 9. They built their dream home, surround-

ed by mountains, near dear friends and family, in Ridgway, Colorado in 2019.

Paul's sense of design and his great attention to details are reflected in every aspect of their home.

Paul and Raleigh created a life that revolved around family, entertaining and spending time with friends, projects big and small and their shared passion for skiing, adventure and recreation. Family skiing was a central part of their lives. Paul taught both James and Scarlett how to ski at Copper Mountain; James starting at age 18 months and Scarlett starting at age 20 months.

Paul transitioned from seasonal work in the ski and building industries to full time work in local construction that ranged from carpentry to home renovations and remodels to his most recent career as an electrician.

He was accomplished and skilled at whatever job, task, hobby or sport to which he set his mind and yet very humble. His recent passions included working on his KTM dirt bikes and a vintage Moto Guzzi motorcycle that he completely rebuilt. He loved to ride with friends on the spectacular roads and trails in the mountains and deserts near his home. Paul loved the life he created in Colorado with his family and often commented how lucky he felt. Although he made his home in the mountains, Paul still loved the water and would surf at any opportunity. He shared that enthusiasm with James and Scarlett on his most recent family trip to a favorite spot in Costa Rica.

He was a kind, generous and thoughtful husband, father, son, brother, uncle, friend. He was capable, organized, detail oriented, particular, playful, honest, a mentor, a true friend and the consum-



mate host.

Paul will be deeply missed by his wife, Raleigh Coburn; son, James; and daughter, Scarlett.

His parents, Richard and Rosemary (Christchurch, New Zealand); brothers, Edward (Wellington, New Zealand) and Jeremy (Darien, Connecticut) and sisters-in-law Petra and Lauren deeply grieve the loss of their dearly loved Paul.

Paul was a much loved son-in-law of Linda Coburn Kornitzer and her husband Bill Kornitzer (Kansas City, MO); brother-in-law of Jared Coburn and Agnieszka Przeszlowska (Ridgway, CO).

He was a very special uncle of Cameron, Cara, Alana (Darien), Aiden, Alexander, Max (Wellington), and Julia and Michael (Ridgway).

In lieu of flowers, contributions in memory of Paul may be made to the George Gardner Scholarship Fund to support Ouray County youth (georgefund.org) or to the Ouray Mountain Rescue Team (www.ouraymountainrescue.com/donate).

A Memorial Service was held Sunday, July 18, 2021 at Top of the Pines.

COMMUNITY OBITUARIES

JOHN ROLAND OWENS

July 27, 1965- June 12, 2021



JOHN ROLAND OWENS, loving husband, father and grandfather, of Montrose, Co, passed away on June 12, 2021. John was born July 27, 1965, in Delta, Co, to Roy and Betty Owens, both of whom preceded him in death.

He is survived by his wife of 30 years, Cindy Owens; his children Brandon (Deirdra) Owens, Jacob (Makayla) Owens, Tylor Owens; grandchildren Colton, Kelsey, and Alyssa Owens; sisters, brothers, nieces, nephews, and many extended family members. John loved most spending time with his family as an avid outdoorsman. He loved fishing, hunting, boating, and camping. He cherished his grandbabies. John will be missed by many people. Services will be held at Circle 3 Cowboy Fellowship, 62885 LaSalle Rd., Montrose, Co on July 24, 2021, at 1 pm. A meal will be provided after the service.

HELGA BURGHOFF

May 5, 1931-July 9, 2021

HELGA BURGHOFF, age 90 passed away peacefully on July 9, 2021 with her "Honey" Werner, daughter Linda and son-in-law Drew by her side. Helga was born in Hückeswagen, Germany on May 5, 1931 to Fritz and Anna Lindenberg. Helga is survived by her husband Werner, sister Ellen Mann and her three daughters Coni Janzen (Dale), Linda Granzow (Drew) and Dorothy Ramus (Kevin), 10 grandchildren and 20 great grandchildren and many other loving relatives.

Helga loved life as a youngster with her sister Ellen. She enjoyed the outdoors, loved snow skiing, ice skating and was active with gymnastics. Helga loved music and always wondered why people didn't sing more here in the USA. The Lindenberg's lived through World War II while God provided for their every need through those tough years.

Helga married her sweetheart, Werner Burghoff, on May 9, 1953. In February of 1954, the young couple said goodbye to their German family boarded a ship named MS Stockholm landing at Ellis Island 11 days later. They made their way to a new life in Forest Park, IL, where they had their three daughters. She willingly sacrificed much to follow her husband and raise her family here in the USA.

Helga loved the Lord, Jesus Christ. Was a devoted wife and mother, loving and caring for her family well. She was sweet and tough, a hard worker, great cook and kept a very inviting house. She loved to be surrounded by her family, friends, and people in general, they were all precious to her! We love you, miss you and will see you again in Heaven!

A Memorial Service was held Sunday, July 18 at Celebration Church.



CELEBRATING LOCAL BEAUTY.



ISSUE 325 July 19

ART & SOL

VSA ANNOUNCES NEW CHORUS CONDUCTOR

Special to Art & Sol

MONTROSE— The Valley Symphony Association (VSA) is an all-volunteer regional performing arts organization founded in 1970. The group's board recently announced the appointment of Katy Kristoffersen as the new chorus conductor.

"We are thrilled to have Katy as the new chorus conductor," VSA board president Hartland Clubb, Jr., said, "Katy's passion for music is infectious, and we believe her leadership will be well received by our musicians, audience and patrons."

Kristoffersen is a passionate educator with more than 20 years' experience in coaching and teaching. She strives to create unique personal experiences for her students through her intuitive approach. Music has been a lifelong passion of Kristoffersen's. She is a choral singer, pianist, and composer. Kristoffersen has an undergraduate and master's degree in music education. She has taught music in elementary and secondary schools, including general music, choir, and musicals. She has a passion for composing and arranging

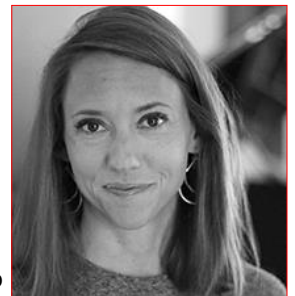
music for ensembles and making music accessible and fun for all. "Music is fundamentally about joy," says Kristoffersen, "and I look forward to being a part of the joy the VSA brings to our communities."

The VSA is delighted to be celebrating their 50th season of bringing symphonic music to the community via two types of symphony orchestra concerts: masterworks and pops. Masterworks performances preserve the works of the old masters and introduce new masters (like Beethoven). Pops shows feature popular music, often Broadway musicals, films, arias from operas, or familiar light classical pieces. Together, the orchestra and chorus kick off each season in early September with two free outdoor pops concerts in Cedaredge and Montrose parks. These concerts are a gift to the regional community that supports our all-volunteer organization.

About the Valley Symphony Association Bringing classical music to life since 1970, the Valley Symphony Association orchestra and chorus has culturally enriched the

community and its members by bringing together some of the best volunteer musicians from the North Fork and Uncompahgre Valleys to discover and present works of great composers, past and present. Performances range from classical orchestral to upbeat pop, from purely instrumental to purely choral, to a combination of both.

For information, upcoming concerts, the audition process, and tickets, visit the VSA on Facebook @valleysymphonyassociation or ValleySymphony.org. Tickets are also available in Delta at Clubb's (502 Main St) and in Montrose at Our Town Matters Business Center (1245 E Main St). Other inquiries may be directed to 970-275-8676 or info@ValleySymphony.org.



Katy Kristoffersen.
Courtesy photo.



montrosemirror.com

COMMUNITY NEWS BRIEFS

OPENING RECEPTION FOR MIKE SIMPSON EXHIBIT IN OURAY WILL BE JULY 31



Special to Art & Sol

OURAY-Artist Mike Simpson will exhibit at the Wright Opera House, 472 Main Street, Ouray, CO from July 31-August 27. Mike, a longtime resident of Montrose, travels the backroads and by-ways of the West, often on his motorcycle, seeking out the character of his subjects. Come along with Mike as he paints his way with tales of the people he meets and places he goes. Opening reception at the Wright Opera House, July 31, 5-7pm.



History of Hardrock Mining, NG Railroads, Red Mountain Mining District Wed., July 21, noon. MCA

Guests invited to share their related family stories after presentation.



11:45 am Doors
Noon Program
Brown Bag lunch
Coffee, cold drinks
cookies available
Donations please!

With Gail Saunders, Ouray County Museum & Kate Burke, regional history book publisher.



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MONTROSE CENTER FOR THE ARTS – HISTORY, COMEDY, AND MORE



Karl Schaeffer, Ridgway Railroad Museum, speaking at Montrose Center for the Arts, July 14, 2021. Image, ©K.R. Burke

By Kathryn R. Burke

MONTROSE-Montrose Center for the Arts plans a very active event and program schedule for the rest of this year. For our popular new series, History Wednesdays at MCA, we partner with other local organizations, historical societies, museums, and venues to share information about the region's fascinating and colorful history. History programs are FREE, but donations gratefully appreciated.

Last week's program featured Karl Schaeffer, President of the Ridgway Railroad Museum, talking about *Railroading in the Uncompahgre Valley Then and Now*. Over 48 people attended—with a line gathering outside the building! Most of them signed up for this week's program as well.

San Juan Mountain Mining and Narrow Gauge Railroads

This Wednesday, July 21 at noon, Gail Saunders, archivist of the Ouray County Historical Society teams up with Kate Burke, publisher of regional history books and magazines, to relate the story of, *San Juan Mountain Mining and Narrow Gauge Railroad History*. They share first-hand stories (some as remembered by descendants of the early townspeople and miners), along with video and vintage photographs. The presentation covers the old mining towns and districts of the San Juan Mountains, including Ouray, Silver-

ton, Lake City, and by connecting mine tunnels, Telluride. Known as the Red Mountain Mining District, the area is named after the iron ore (pyrite, or "fool's gold") that gives the mountains their distinctive color. But it was silver, not gold, that fueled the boomtown frenzy. Doors open at 11:45. Bring a brown bag lunch. Coffee, cold drinks and cookies are provided. View the current show, about Red Mountain hardrock mining and narrow gauge railroading, featuring guest artist, Jeff Ellingson, of the Durango Roundhouse Museum.

Up next in the history series are programs about Colorado's legendary Opera Houses and Old Tyme Recreation. And yes, another about the *soiled doves*, *shady ladys*, and brothels.

Comedy Night at MCA – Aug. 13

Friday, August 13, MCA presents "No Matter What, Keep on Laughing," hilarious performances by award-winning comedians Nancy Norton and Stephanie McHugh at the Montrose Center for the Arts. Doors open at 5:30. Show starts at 6 p.m. Two 40-minute sessions open with music by singer-songwriter Cheryl Gaudet. Popcorn, candy, soft drinks, and comedy snacks are for sale all evening at the Concession Stand. Wine and beer are available in the bar by donation.

Together, these *Three on the 13th* will entertain, inspire, and definitely make you



Comedian, Nancy Norton will perform July 21st at MCA. Courtesy photo.



Corkscrew Turntable in Red Mountain Mining District, SW Colorado. Image, Courtesy San Juan Historical Society.

feel good with a little love and a lot of laughter. Get your tickets now! The event is selling out quickly. Everybody loves a good laugh! Reserve Online (or stop by the Art Center to get your ticket).

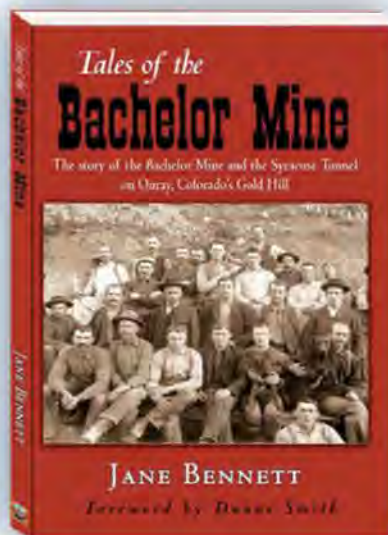
Art Show at the Montrose County Fair-Entries July 25 & 26.

I'm helping out with the art show at the fair this year. Bring your work to the Event Center Sunday, July 25th, between 9 am and 2 pm or Monday, between 9 am and 4 pm. Amateur, Advanced, Student Levels 1-4. Categories: Drawing, painting, photography, mixed media, sculpture, ceramics. Our judge this year is Arleta Pech.

I also need volunteers to help me sort and hang the show, especially on Monday the 26th. If you can help, or have questions about the show, please pm me here on FB Call For Artists.



Multi-media Communication & Presentation

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Tales of the Bachelor Mine

\$16.00

By Jane Bennett. 2nd Edition. Bennett's book explores Ouray mining history, area geology, and how the miners lived and worked. Illustrated, indexed, with Foreword by Fort Lewis College historian, Duane Smith. Well researched, with maps, plats, topographical representations, and over 200 historical photographs. 6"x9" Soft cover, color. 122 pgs. Illustrated with Index and List of Illustrations. ISBN: 978-0-9771376-0-2. [More information](#)

This book is available at the following locations.

Maggie's Books, 345 E. Main, Montrose

CO. <http://maggiesbooksmontrose.com/>

Fetch's Mining and Mercantile, 1231 Greene St., Silverton

CO. <http://fetchsilverton.com/>

When ordered from us, shipped in padded envelope, U.S.P.S. Priority Mail. If ordering more than two books, please contact us for shipping costs. 970-729-1188.

50 in stock

1

Add to cart

SKU: B003SC-JB06 Category: Book 6x9 Tags:

978-0-9771376-0-2, Caitlin Switzer, Colorado mining, Duane Smith, gold mine, Jane Bennett, Ouray

Description

Additional information

Description

The gold mine that save a town! Story of the Bachelor Mine and Syracuse Tunnel in Ouray, Colorado. For more than a century, the Bachelor Mine was one of the most reliable producers in the Ouray area. Bennett's book is the only history of Ouray's famous Gold Hill. Well researched, with maps, plats, topographical representations, and over 200 historical photographs, Bennett's book explores Ouray mining history, area geology, and how the miners lived and worked. The author notes: "After 100 years, the workings of the Bachelor mine group are so extensive, that no one knows just how extensive they are. The veil that separates the present from the past is very thin at Bachelor/Syracuse. It's the next best thing to a time machine!"

Review: "Tales of the Bachelor Mine is the story of a place, but more than that, it is the story of a people—the miners who braved the darkness and risked death each day, working sometimes in cracks just wide enough to move their elbows. After seven years of interviews, research, and sheer stamina, Bennett compelled her project, an accounting of the mine she grew to love while working in Ouray's tourism industry and as a summer guide at the mine itself."

—Caitlin Switzer

COMMUNITY NEWS BRIEFS: ARTS & CULTURE

LIVE MUSIC ROUNDUP, WEEK OF JULY 19

By Paul Arbogast, Mirror Publisher

REGIONAL-Cobble Creek:- Friday, July 23,
4 PM – Crazy Like a Fox
Cruiser's Bar, Grand Junction (Horizon

Drive):

-Friday, July 23, 9 PM – Union of None
-Grand Mesa Arts & Events Center, Ce-
daredge:- Wednesday, July 21, 5:30 PM –

Open Mic Night with Donny Morales

Mesa Theater, Grand Junction:- Wednes-
day, July 21, 7 PM – Carnifex

- Saturday, July 24, 8 PM – Pop Evil

- Sunday, July 25, 8 PM – Hed PE

Monumental Beer Works, Grand Junction:

- Tuesday, July 20, 6:30 PM – Rizzo

- Friday, July 23, 6:30 PM – Still House
String Band

- Saturday, July 24, 6:30 PM – Tim & Rich-
ard

Ridgway Concert Series (Hartwell Park,
Ridgway):

- Thursday, July 22, 6 PM – The Travelin'
McCourys /w The Wildmans

Sherbino, Ridgway:- Tuesday, July 20, 5:30
PM – The Ordinary Two

- Friday, July 23, 5:30 PM – James Kirk

- Saturday, July 24, 5:30 PM – Joe Dill-
strom

Upstairs at Precedence:

- Friday, July 23, 7 PM – Take 5

- Saturday, July 24, 7 PM – Tiny Barge

Warehouse 25sixty-five, Grand Junction:

- Wednesday, July 21, 7 PM – Charley
Crockett

- Friday, July 23, 7 PM – Reckless Kelly

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TYLLER GUMMERSALL

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LOVINGLY PREPARED BY SERVING GRACE CATERING
LOCAL BEVERAGE TASTINGS
PAIRED TO COMPLIMENT THE FOOD & ATMOSPHERE

KEY NOTE
ENTREPRENEURS
THE WHISKEY SISTERS



COCKTAILS, MUSIC & HORS D'OEUVRES
AT 6PM FOLLOWED BY
KEY NOTE & DINNER

\$65 PER PERSON
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MONTROSECOUNTYFAIRANDRODEO.COM



PRESENTED BY:
MEGAN WILSON



COMMUNITY NEWS BRIEFS

FPC LEADS MISSION TO SERVE COMMUNITY AT CHINLE

Special to Art & Sol

MONTROSE-First Presbyterian Church of Montrose serves Chinle, a Navajo reserva-

tion in Chinle, Ariz., and have taken on this mission for about nine years. According to FPC Montrose member

Butch Longmore, members of the church and others from Montrose travel to Chinle to serve the community there for various reasons including bringing loads of food and sending labor crews in order to do improvements and church renovations on the Grace Community Church campus there.

Last year a local resident of Chinle set up a food bank to serve the community during the COVID crisis. Although the food bank may have been difficult to provide for, she made it work, and members of First Presbyterian Church Montrose were ready to help! The church took many trips with loads of food over the year and continue to do so! Members of the church recently took another trip to Chinle to provide food to this food bank and provide labor to complete a portion of a thrift store that they are working on opening to serve the needy in their community.

First Presbyterian Church of Montrose has many opportunities if you would like to serve within a mission or as a staff member! Learn more about opportunities today at www.fpcm Montrose.com/job-opportunities or call 970-249-4732.

Spend More Quality Time Together!



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Feeling anxious about moving your loved one to senior living? The health and safety of our residents is our top priority, so you can feel at ease knowing your loved one is getting that care needed to thrive and allows you to focus on spending quality time together.

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editor@montroseMirror.com

970-275-0646

MIRROR CHURCH DIRECTORY

FIRST PRESBYTERIAN CHURCH MONTROSE

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

www.fpcmontrose.com

Pastor-
 In Transition-Currently:
 Howard Davidson (ordained)
 Paul Parsons (retired)
 Merle Bierma (retired)
Worship Service times: 9:30AM, Student
 Worship at 6PM.

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

MONTROSE UNITED METHODIST CHURCH

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

office@montroseumc.org, montroseumc.org

Current Senior Pastor: Rev. Lisa Petty
Worship service times: 9:30 a.m. Casual Contemporary Worship & 11:15 a.m. Traditional Worship
 10:30 - Social/Devotional Time
Montrose UMC is a leader in being fully

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

ROSEMONT BAPTIST CHURCH

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

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

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

SPIRITUAL AWARENESS CENTER

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

arlyn@spiritaware.org,
www.spiritaware.org

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

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

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: summitchurchmontrose@gmail.com
 website:

www.summitchurchmontrose.org

Name of current Senior Pastor: John DeSario
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 peo-

ple, (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 Kindergarten during the Sunday Service.

MIRROR CHURCH DIRECTORY From previous pg

VICTORY BAPTIST CHURCH OF MONTROSE

Denomination Affiliation: Independent Baptist

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

Office Hours: Monday-Friday 8am-12pm

Contact Information: Phone (970) 249-

6874; email at info@vbcmontrose.org;

website: vbcmontrose.org

Current Pastor: Roland Kassales

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

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

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

Church Directory

Mirror Editorial Staff

MONTROSE-As a way of serving the faith community in Montrose, the Montrose Mirror is in the process of establishing a Church Directory.

If your congregation or fellowship would like to be included in the directory, please supply the following information to the

Montrose Mirror:

Name of church

Denomination affiliation

Address

Office hours

Contact information (phone number, email address, website)

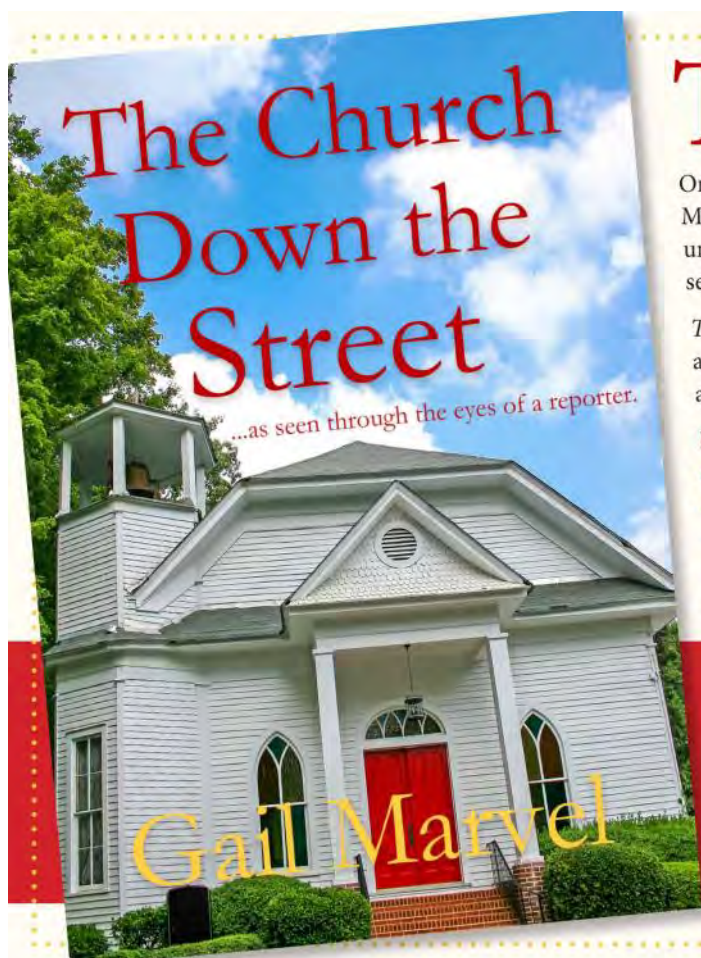
Name of current Senior Pastor

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?



The 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](https://www.amazon.com) and [wingedpublications.com](https://www.wingedpublications.com).

GAIL MARVEL
Montrose Author & Reporter



No Matter What, Keep Lauging

An evening of comedy & music

Friday, August 13th

6-8:30 pm

Doors and

Concession stand

opens at 5:45



Nancy Norton

Must be over 21
Tickets \$20. Free if over 60

SAVE THE DATE



TICKETS

Sign up online



Stephanie McHugh



Cheryl Gaudet

Montrose Cenrer for the Arts mc4arts.com



WELCOME TO THE MONTROSE COUNTY FAIR & RODEO:

- Keep an eye on social media for updates
- Do not bring your pets
- Grab a snack at one of the food vendors
- See detailed descriptions of events

SATURDAY, JULY 24

8am Jr. Working Ranch Horse Show & Gymkhana (Event Center Arena)
2pm My Little Pony (Event Center Indoor Arena)

BROWN BAG LUNCH & LEARN SERIES

Now at the Event Center!

TOPICS INCLUDE:
WEED CONTROL
SOIL HEALTH
FREEZER JAMS
SMALL ACREAGE & FARMS

pick up lunch from a food vendor prior to attending!

SUNDAY, JULY 25

8am Jr. Horse Show (Event Center Arena)
8am Vendor Setup (Friendship Hall)
9am Wild Mustang Burro Show (Outdoor Arena)
9am - 2pm Open Show Entries & Mutton Bustin Entries (Event Center Lobby)
6pm Wild Mustang Burro Show (Outdoor Arena)

MONDAY, JULY 26

9am - 6pm Open Show Entries & Mutton Bustin Entries (Event Center Lobby)
3pm Chicken Little Show (Show Ring)
3pm Jr. Poultry Show (Show Ring)
6pm Parade (Main Street)

MONTROSE COUNTY FAIR PARADE

"THIS IS OUR COUNTRY"

Monday, July 26 - 6pm

BEST OVERALL - \$100
BEST YOUTH - \$100

Entries taken from 4:45pm to 5:45pm on Monday, July 26 at the Cattlewomen's Pavilion.

PRESENTED BY MEGAN WILSON

TUESDAY, JULY 27

7am-10am Open Show Flower & Food Entry Drop Off (Event Center Lobby)
8am Royalty Horsemanship (Outdoor Arena)
8:30am Peter Rabbit Show (Show Ring)
9am Jr. Rabbit Show (Show Ring)
11:30am Puppy Pals (Event Center Arena)
12pm Kids Reading & Craft (Friendship Hall Stage)
12pm Brown Bag Lunch & Learn - Invasive Weed Control at Home with Justin Musser and Montrose County Ecological Services (Event Center Room 1)
1:30pm Jr. Dog Show (Event Center Arena)
6pm US Tractor Kiddie Tractor Pull (Show Ring)

SCHEDULE

MONTROSECOUNTYFAIRANDRODEO.COM

KIDDIE TRACTOR PULL

TUESDAY, JULY 27 AT 6PM
SHOW RING

AGES:
3-6 YEARS OLD
7-8 YEARS OLD
9-11 YEARS OLD

Entries taken at 5:45pm in the Show Ring on July 27

WEDNESDAY, JULY 28

8:30am Kids with Kids (Show Ring)
9am Jr. Goat Show (Show Ring)
12pm Brown Bag Lunch & Learn - Soil Health with Shavano Conservation District (Event Center Room 1)
1pm Royalty Modeling (Friendship Hall Stage)
3pm Fashion Revue (Friendship Hall Stage)
4:30pm This Little Pig (Show Ring)
5pm Jr. Swine Show (Show Ring)
7pm Antique Tractor Pull (Outdoor Arena)

MUTTON BUSTIN

FRIDAY, JULY 30 & SATURDAY, JULY 31 AT 6:30PM

Enter at the Event Center

SUNDAY, JULY 25 9AM TO 2PM
MONDAY, JULY 26 9AM TO 6PM

Limited to the first 10 entries for each night

THURSDAY, JULY 29

8:30am Merry Little Lamb (Show Ring)
9am Jr. Sheep Show (Show Ring)
9am Wild Mustang Show (Event Center Arena)
12pm Brown Bag Lunch & Learn - Freezer Jams (Event Center Room 1)
1pm Barn Tours (Friendship Hall Stage)
3:30pm Ferdinand & Friends Show (Show Ring)
4pm Jr. Beef & Dairy Show (Show Ring)
5pm - 8pm Carriage Rides (Front of the Event Center)
6pm Wild Mustang Main Performance (Event Center Arena)

OPEN SHOW

ENTRIES:
SUNDAY, JULY 25 - 9AM TO 2PM
MONDAY, JULY 26 - 9AM TO 6PM

Now at the Event Center! **\$1 PER ENTRY**

TURNER AUTOMOTIVE

MONTROSE COUNTY

ROOT TO TIP

FRIDAY, JULY 30 AT 6PM
MONTROSE COUNTY EVENT CENTER

3 Course Meal - Live Music
Local Beverage Tasting - Keynote Speaker

TICKETS AVAILABLE AT
MONTROSECOUNTYFAIRANDRODEO.COM

FRIDAY, JULY 30

9am Small Animal Round Robin (Show Ring)
10:30am Large Animal Round Robin (Show Ring)
12pm Kids Reading & Craft (Friendship Hall Stage)
12pm Brown Bag Lunch and Learn - Small Farm, Small Acreage Meet & Greet (Event Center Room 1)
12:30pm No Limits Swine Show (Show Ring)
1pm Barn Tour (Friendship Hall Stage)
4pm Black Canyon 4H Pig Scramble (Show Ring)
6pm Root To Tip Dinner (Event Center Arena)
\$65 per ticket. Tickets available to purchase at montrosecountyfairandrodeo.com
6:30pm Mutton Bustin (Outdoor Arena)
7pm Royalty Presentation (Outdoor Arena)
7:30pm Buck It Bull Riding (Outdoor Arena)
\$12 for Adults, \$7 for Kids 12 and under.
Available at the gate

BULL RIDING

FRIDAY, JULY 30 AT 7:30PM

*\$12 Adults
\$7 Kids*

BUCK IT

Sold at the Gate

SATURDAY, JULY 31

8am Rodeo Slack (Outdoor Arena)
11am Jr. Livestock Auction Buyers Lunch (Event Center Indoor Arena)
1pm Jr. Livestock Auction (Event Center Arena)
6:30pm Mutton Bustin (Outdoor Arena)
7pm San Juan Sparkles & Spurs Performance (Outdoor Arena)
7:15pm Crowning of Royalty (Outdoor Arena)
7:30pm CPRA Rodeo (Outdoor Arena)
\$12 for Adults - \$7 for Kids 12 and under
tickets available for purchase at the gate.
9pm 4H & FFA Participant Dance (Friendship Hall)



This is very good news: **MAIN & VINE NOW** **OPEN ON MAIN ST.**

MAIN & VINE

By Carole Ann McKelvey

MONTROSE – Main & Vine has opened on Main Street in Montrose. The owner of Double-Barrel Taco Company, right next door to the restaurant knocked out by COVID-19, has reopened the iconic space with many of your favorites and some new offerings. Now, Montrose, this is very good news. Thank heaven for entrepreneur restaurateurs.

Main & Vine has a classic menu, including some fantastic brunch offerings. Plan your earliest date for a spectacular brunch as I did recently. I was invited by some dear friends to join them and an out-of-town guest for brunch at the newly reopened eatery. I was told not to miss the eggs Benedict on crab cakes and didn't. A friend and I shared two orders of eggs Benedict (one traditional with ham, poached egg and Hollandaise sauce on an English muffin and the other an order of eggs Benedict over crab cakes. Perfect! Now this morning I didn't imbibe even though the a.m. cocktails are very tempting, as I had to drive down to Delta

to see my friend, Michael. And, alas, the restaurant's coffee maker was acting up. So even though you can get coffee and not alcohol with your brunch, my friend opted to run out this morning to get what we needed. Still, if I was sticking around town, or walking, I could be tempted by the mimosas, bloody Mary's or margaritas on the menu. I'll bet you will be too. I'm telling you, don't skip this one. Too fine!

Our beautiful eggs Benedict arrived soon after order and the Crab Benedict is not to be missed! The Benedicts run from \$12-14. Other alluring menu items include:

Brunchy:

Brisket and waffles for \$12; Deconstructed Monte Christo (\$14); Senora Zapata's Chilaquiles' (\$12); Biscuit and gravy (\$10).

Benedicts:

Classic (\$12), Carnitas (\$12) and Crab Cake Benedict (\$14).

Salads:

Summer Shrimp (\$15); Barbecue chopped (\$14); Classic Caesar (\$9).

Main & Vine is also open during the week for dinner. You can choose:

Starters:

Charcutier Board (\$20); Hummus & veggies (\$15); Double Barrel Taco Company (DBTC) eggrolls (\$10).

Protein:

Chef's meatloaf (\$11); Chicken fried (\$12); M & V porkchops (\$17); Seared scallops (\$18); daily fish (market price); steak special (market price); and daily specials (ask your server).

Starches:

Sugared sweet potato fries; scallion mashed potatoes; Parmesan truffle chips; rice pilaf (all \$5); or order sea salt fries with house dipping sauce (\$8) or truffle mac (\$7).

Veggies:

Choice of Brussels (\$5); Spinach and kale (\$4); garlic French green beans (\$5); brown butter cauliflower (\$5); (DBTC) grilled sweet corn (\$5); sesame soy cucumbers and tomatoes (\$6).

Salads: Same selection as brunch above.

Sourdough Sliders: Sliders are North Carolina pork; Texas chopped; buffalo chicken; or Marylander crab; from \$10-14). Main & Vine is located at 347 E. Main Street, Montrose, Colorado 81401 @Corner of Main & Cascade, NW Corner; Phone: (970) 901-7367. The restaurant is open on Sunday 10 to 3, closed Monday, Tue to Thu 11 to 9 and Fri & Sat 11 to 10.

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YOUR BRAIN ON NATURE: STRESS REDUCTION THEORY



By Lauren Hall Ruddell, Ph.D.

Greetings Mirrorites,

As I write this latest contribution to the newspaper, I am taking frequent breaks to gaze the windows of my home and take in the welcome sight of very badly needed rainfall. After 48 hours of extreme stress and bad sleep prior to this morning, the sight of raindrops on lawn and garden cause me to take huge sighs and relax within moments. I don't even have to go out into it to respond to the sights, sounds, and smells that are so restorative (and overdo!)

We've all heard of a fight or flight response. And we all know that sometimes neither response is socially appropriate. So we stuff those feelings down, and our sympathetic nervous systems, the part of brain and body that evolved to handle emergencies, take a hit. The hormone cortisol is released in response to stimuli that might be an actual physical threat, but might be a distressing psychosocial threat (a child throwing a screaming tantrum at Walmart and attracting the frowns of other shoppers, a co-worker doing the same thing at the office, unreasonable deadlines for a demanding boss or client, etc.) The body will keep releasing and circulating this chemical throughout the body as long as a perceived threat exists in real time, or even during contemplation and rumination about that threat occurs. Now, to be clear, a little stress now and then is a good thing. It keeps us on our toes. But chronic stress is a whole nuther matter.

The purpose of cortisol is to supercharge



A cave-man's stress reduction scene. Photo courtesy of fauconeduc.biz

the body temporarily to cope with a threat to survival. It also curbs nonessential functions. It alters immune system responses and suppresses the digestive system, the reproductive system and growth processes. This complex hormonal response also communicates with the brain regions that control mood, motivation, and fear. Again, short term threats or startlement, while unpleasant, have no lasting impacts on us. But constant, unrelieved stress can cause persistent and unreasonable anxiety, depression, digestive problems (my personal and annoying response to chronic stress), headaches and attending muscle tension and pain, heart disease, heart attack, high blood pressure, strokes, sleep problems, weight gain, and memory and concentration impairment. These effects can be manifest within as little as three months of continuous threat in some sensitive people, and six months in pretty much everybody.

When the body, via the sympathetic nervous system, is charged up and stressed out, it needs some space, even for a surprisingly short time, to decompress once the event is over. This allows the parasympathetic system, often called "relax and renew system," to kick in and restore those nonessential systems, placing them back online. When allowed to be distracted from a perceived threat, the parasympathetic system returns the body to a state of equilibrium by slowing down

heart rate, dilating blood vessels, activating digestion, and storing energy.

Now gentle reader, you know by now that I'm going to work nature into this discussion, so here I go.

Stress Reduction Theory (SRT) holds that because humans evolved in natural environments, as opposed to urban settings, that engagement with such environments is the quickest path to calmness after threat. A stressed-out hominid back in the day did not have a television to turn to, but rather skylines, lakes and streams, sunsets, forests, butterflies, flowers...you get the picture.

In the early 1990s a researcher delved into the emerging anecdotal data that seemed to note that patients' recovering from surgeries in rooms with a view to nature recovered more swiftly and with fewer complications than patients with only four walls and a television. This guy, Roger Ulrich, now considered the father of Stress Reduction Theory, postulated that stimulating urban environments with high levels of visual complexity, noise, intensity and movement, can affect people negatively by producing stressful and fatiguing levels of psychological and physiological arousal. Nature tends to be lower in intensity and less perceptually jumbled than many urban environments, and therefore has comparatively positive, stress-reducing effects on people. He incorporated many of the constructs involved in

Continued next pg

YOUR BRAIN ON NATURE: STRESS REDUCTION THEORY

From previous pg



An ideal neuroception scene that signals that all is well and relaxation can begin, for you and for them! Photo Courtesy of Juan J. Negro, Donana National Park, Spain, 2020.

arousal state theories concerning human wellness. These underpinnings support the concept that recuperation from fight or flight stress should occur more rapidly in settings having low levels of arousal. Since pleasing natural settings tend to have lower levels of arousal properties than urban settings, they should then have an ideally restorative influence on stress levels. Consequent research has shown over and over that this seems to be true, and even just views of natural scenes, much less time spent immersed in nature, reduce physiological stress chemicals, reduce cognitive overload, and more swiftly and effectively induce a relaxation response than most other interventions.

The explanation for this, not surprisingly, is grounded in psycho-evolutionary theory, you know, like when that stressed out cave man, who just escaped from a charging mammoth, recovers his bowel control by watching a hawk in the sky, cruising in lazy circles. The previously panicked hunter returns to a less aroused, less vigilant state, and different parts of the brain are able to step up to the plate. Even to this very day, with this very species, that is still true.

Unlike ART (see previous article in The Mirror), SRT assumes that natural environments do not require attention to elicit stress recovery; in fact, recovery would best occur in presence of natural environments that trigger mild-to-moderate interest, even when these are in the back-

ground (e.g., as a view from a window). *Neuroception*, the unconscious perception of safety, probably plays a strong role in this. For instance, there is research that demonstrates that people prefer savannah or pastoral scenes with animals grazing with their bodies aligned in a northerly direction. Ruminants at rest tend to orient their heads toward magnetic north unless they are disturbed or frightened for some reason (and isn't that a fun factoid!). Humans viewing

herds of animals in repose in the correct orientation are able to decompress and relax more quickly than stressed folks who see a grouping of cows or buffalo that are clumped together side by side closely, heads oriented toward a particular point on the horizon. This ruminant behavior sends a subconscious cue to the watching humanoid that as yet unperceived danger may be just over the horizon. The environment is not deemed to be sufficiently safe for the parasympathetic system to be engaged and therefore arousal and vigilance are maintained, as is the stress level. Some humans may react with more arousal to potential threats than others depending upon their *perceptual fluency*. Perceptual fluency suggests that the natural environment is just naturally (pun intended) processed more swiftly and completely than urban environments, and this difference would explain the greater restorative potential of the former. Fluency, like feelings of connectedness to nature, improves with dosage.

While very true for visual stimuli, the same principles hold for sounds as well. Except in cases of natural disasters, the sounds of nature are efficacious in prompting relaxation. For instance, humans seem to be weirded out by too little sound in a wildland setting, which may signal bird silencing because of a looming predator. Human babies are not only stressed by too much noise, but also by too little sound as well! Pleasing wildland

or park environments should be replete with a little easily translated complexity, pleasant smells, and just the right amount of low to moderate sound. I know, it sounds like Goldie Locks trying to figure out which porridge is just right, but once a person finds that sweet place that offers those features, returning again and again can reduce stress consistently and promote present and future wellness.

Physiological stress reduction takes about the same time as attention restoration. Gazing at gently swaying treetops, strolling through a flower garden, feeding squirrels and pigeons on a park bench all begin to stifle cortisol production in under 20 minutes, but the greatest benefits in banishing the substance is when the "nature pill" is between 20 and 30 minutes in duration. There are indications that even though a modicum of exercise undertaken during the nature break yields additional health benefits, stress reduction can be achieved just as well while by sitting (like with your sack lunch) as can be had by walking or hiking.

And here is another fun factoid, the City of Montrose has more than 200 acres of parklands and more than 12 miles of hiking trails. More are on the way.

With this article, the professor concludes the theoretical foundations of the benefits of time spent in nature on a weekly basis (daily is better!).

Future articles will cover a broader range of topics such as green exercise and your brain, personal management skills to carve out time slots for those all-important nature pill gigs, the role of time in nature in preventing and managing Alzheimer's and loads of other stuff.

And naturally, some of you out there may desire further information, so don't be shy about emailing me at

agescapesnow@gmail.com.

Also, if there are folks interested in forming a restorative weekly walking group to explore some of the awesome opportunities available in these here parts, also indicate interest at the email address above.

Be well and get outside!

INDEPENDENT RECORD LABEL FINDS A HOME IN MONTROSE

By Paul Arbogast, Mirror Publisher

MONTROSE-If you have driven by the little shopping area next to the McDonalds on Main Street, you may have seen a sign in a window for La Familia Music Group (LFMG). LFMG is a local record label founded in 2016 in Telluride and has recently opened a studio in Montrose. I sat down with the owner, Edgar Quiroz, and talked with him about the label.

There are a lot of places they could have gone, but where he decided to set up has good memories for Edgar.

When his family would come to Montrose they used to stop for food at that location. That restaurant is no longer there, and the little shopping center has gone through a lot of businesses and has mostly been forgotten as Montrose has grown. Edgar wanted to help bring some positivity to a forgotten spot in Montrose.

As an artist (he goes by EQ), he did not have a spot or place with equipment for himself and other new artists to record, get experience, and support each other. LFMG is working to change that for local artists, as well as provide a positive outlet for young musicians.

While they currently are focused on hip hop, they are open to all types of music,



Photo credit: Scott Grimes/La Familia Music Group, LLC

and hope to bring in a variety of bands and artists. One of their artists is Enshiloh who just released an EP entitled Fictional Scenery.

LFMG has been out and about performing at various car shows, most recently this last weekend at Las Colonias Amphitheater in Grand Junction for the Sixth Annual Cesar Chavez Celebration. They will be at a car show at Lincoln Park in Grand Junction in early September as well. You can follow them on Facebook

(@lafamiliamusicgroupllc) for more information on that show as well as future shows.

Their store and studio are located at 1017 E Main Street; the store is open 10am to 6pm Friday to Sunday and the studio is open by appointment and available for booking.

You can reach them on Facebook, on their website (<https://www.lafamiliamusicgroup.com/>), or stop into the store.

CALL FOR ARTISTS



Bring your artwork to the
Event Center at the Fairgrounds.
Sunday, July 25, 9am-2pm.
Monday, July 26. 9am-4 pm

Art show Division MM

ART SHOW at the **FAIR**
Amateur, Advanced,
Student Levels 1-4



Questions - To Volunteer
PM Kate, on FB Page

FEATURED LISTING



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COMMUNITY NEWS BRIEFS

WEEKEND EVENTS @ RIDGWAY STATE PARK

Special to Art & Sol

RIDGWAY-FULL "BUCK" MOON HIKE - Ridgway State Park. Interpretive program. Join us for a hike during the full moon with some fun moon facts shared along the way. Please wear sturdy shoes and bring a flashlight/head lamp. (Friday, July 23, 8:30pm Visitor Center)

NATURE DETECTIVES: BEARS! - Ridgway State Park. Join us for some learning about bears! Included are some bear skins and other specimens. Play a bear hibernation game and other activities. Plus, make a bear book to take home. (Saturday, July 24, 9:30 - 11:00am Visitor Center)

My apologies for this being late but our internet was down at the park all day so sending from home....

PROGRAM: GEOLOGY OF RIDGWAY - Ridgway State Park. Kid's activity. Stop by and make some crafts to celebrate the holiday! Materials and assistance provided. (Saturday, July 24, 7:30PM Visitor Center)

NATURE DETECTIVES: WILDFLOWERS - Ridgway State Park. Learn about different wildflowers of the area, look at some samples then make your own flowers to take home! (Sunday, July 25, 9:30 - 11:00am, Elk Ridge Camper Services Building, Dutch Charlie entrance).

INTERPRETIVE PROGRAM: TOUCH TABLES - Ridgway State Park. Join us at the swim beach area for some "touch tables" with various animal skins and skulls! (Sunday, July 25, 1:30 - 4:30. Swim beach, Dutch Charlie entrance)



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SAVE THE DATE! LOCAL EVENTS CALENDAR

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 Uncompahgre 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 non-denominational Bible study. Studying Revelation Sep 2021-Jan 2022 and Christian Living (1,2,3 John, Jude & Philemon) Feb-Apr 2022. In person for women and children of all ages on Wednesday mornings 9-11. Virtual/Zoom for women Thursday evenings 6-7:15. Contact 720-635-0091 to register 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

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 www.artcenterguild.org. At the gate, tickets are \$20. All proceeds go to the Art Center of Western Colorado.

July 21-Wednesday, July 21, noon-2 p.m. at Montrose Center for the Arts. *San Juan Mountains Mining and Railroad History AND History of Ouray*. Brown Bag Lunch. Free. Register online at mc4arts.com (under events) or call 970-787-9428.

July 21-Artist Reception-Western Color, Mountain Light, 5:30 - 7:30pm. Cheri Isgreen Solo Show@ 610 Arts Collective, 610 Clinton in Ridgway. (970) 318-0150.

July 30-Friday, July 30, 6-8 p.m. at Montrose Center for the Arts, Gems and Minerals Painting. Tuition \$30. Register online at mc4arts.com (under events) or call 970-787-9428.

July 31-Saturday, July 31. 9 am-2 pm. Plein Air Painting with Terri Ouimet. Free. Register online at mc4arts.com (under events) or call 970-787-9428.

Aug. 4-The third annual Black Canyon Boys & Girls Club (BCBGC) STEM fair is Wednesday Aug. 4 from 4-6 p.m. This year's fair is back in person (with a virtual fair last year due to the COVID-19 pandemic) and open to the public. Please join us at the Club, located at 2900 Sunnyside Rd. (inside Celebration Church) to see what the Club kids have been working on all summer and vote for your favorite project! For more information on the BCBGC, visit www.bcbgc.org.

Aug. 9-For the month of August, the Women's Giving Club will be having their meeting on the SECOND Monday (always held on the first Monday). August 9, 5:30 Remingtons at the Bridges.

Aug. 10- Mindfulness Matters, in the Montrose Library meeting room, 7 p.m. Erin Easton, the Founder of New Leaf Coaching and a Mindfulness Based Health and Life Coach, will present a two-hour class introducing what mindfulness is and some basic techniques. Learn how habitual reactions are created within the mind and how mindful awareness can help us break negative habits bringing more peace, purpose, happiness, and intention into our lives. We will also learn some basic mindfulness techniques to get us started on a personal practice.

Join us, in the library's Meeting Room, on Tuesday, Aug. 10 at 7pm.

Aug. 13-Friday, Aug. 13. 6-8 pm. Comedy and Music program. At Montrose Center for the Arts, 11 S. Park Ave., Montrose CO mc4arts.com. 970-787-9428.

Aug. 17-Country Rocker FC Westcott and his band the Aficionados bring his unique traditional, yet hard driving country sound to Music in the Grapevines on Tuesday, Aug. 17. Arrive early with lawn chairs and perhaps a picnic dinner or appetizers for an evening in the shadow of Colorado National Monument. Wine is available for purchase. Gates open at 6 pm, music at 7 pm. Tickets are \$15 in advance at the Winery, The Art Center (7th & Orchard) and online at artcenterguild.org. All proceeds benefit the Art Center of Western Colorado.

Aug. 26-Saturday, Aug. 26. 9 am-2 pm. Plein Air Painting with Barbara Kendrick. Free. Register online at mc4arts.com (under events) or call 970-787-9428.

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 faculty 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.

Contact the Montrose Mirror:
970-275-0646

Editor@montrosemirror.com

www.montrosemirror.com

READER PHOTO SPOTLIGHT: DEB REIMANN



Deb snapped these wildflowers recently on the Uncompahgre Plateau. Clockwise from bottom left, a Salsify Blowball; Showy Fleabane; Seago lily in Cinquefoil; and Columbine.



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