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the Montrose Mirror

Fresh news for busy people!

Issue No. 447 Sept. 20, 2021

'RUGGED INDIVIDUALISM HAS A PLACE, BUT NOT IN PUBLIC EDUCATION' Citizens address RE-1J Board of Education at Sept. 16 meeting



Citizen Kelly Fox spoke to the RE-1J Board of Education about the importance of taking COVID-19 precautions at the school board meeting of Thursday, Sept. 16.

By Caitlin Switzer

MONTROSE-The Montrose County Board of Education meeting of Sept. 16 had been moved to Thursday to achieve a quorum; all directors were in attendance, including Board of Education President Gayle Johnson, Vice President Sarah Fishing, District B Director Jacob Suppes, District A Director Jeff Bachman, District F Director Eric Kelley, and Director G Director Stephen Bush. The seat formerly held by District D Director Shawn Carroll has not yet been filled.

For the second time in a row, turnout was strong for the meeting, and two citizens took time to address the Board of Education.

Board President Gayle Johnson called the meeting to order, and all joined in reciting

[Continued pg 20](#)

UVA UNVEILS RESULTS OF CHILDCARE NEEDS ASSESSMENT

By Caitlin Switzer

MONTROSE-In a Sept. 15 zoom meeting attended by more than 60 participants, the Uncompahgre Valley Association (UVA) and partners presented the results of a Childcare Needs Assessment recently conducted with the help of consultant Root Policy Research.

Mollie Fitzpatrick, Manager of Root Policy Research, briefed participants on findings from the survey's Executive Summary and offered possible solutions to the challenges of obtaining quality child care in Montrose. Among the entities contributing to the needs assessment were Montrose County, which gave \$15K, and the City of Montrose, which gave \$18,950. Sarah Fishing contributed \$5K secured from the Colorado Trust, and Kathleen Merritt and the Bright Futures Early Childcare Council, one of 34 early childhood councils in Colorado, contributed as well. More than 600 responses to the survey were returned, Fitzpatrick said.

The three core components of the needs assessment included a survey, demographic information, and a demand forecast, Fitzpatrick said. Montrose County is considered a "childcare desert" because the need for childcare is more than three times the available child-



Consultant Mollie Fitzpatrick of Root Policy Research shared the results of the Childcare Needs Assessment.

[Continued pg 4](#)

in this
issue

[2021 Tribute to Aviation
photos by Paul Arbogast!](#)

[County officials announce
intent to seek re-election!](#)

[BOCC approves \\$33M in
airport upgrades!](#)

[Ridgway Ranch History
Museum Exhibits!](#)

REGIONAL NEWS BRIEFS

MONTROSE COUNTY HISTORICAL MUSEUM OFFERS TWO UPCOMING TOURS

Special to the Mirror

MONTROSE-The Madams, Murder, and Mayhem historic walking tour will examine the seedier side of our local history. The historic walking tour will visit the sites of the notorious saloons, jails, and historical buildings. The tales will mingle history and legends on the famous and scandalous local characters of the area. This tour is on Sept. 24 starting at 6pm with limited spaces available.

Please RSVP at 970-249-2085. Admission is \$10/person and will be starting at the Montrose County Historical Museum.

Also, the Montrose County Historical Museum will be hosting a one-time guided Historical Cemetery Tour on Sept. 25, starting at 4 pm. You will learn about the history and legends of Montrose pioneers through their final stories. Learn how traditions have evolved over the century with the cemetery. We will meet at the Grandview Cemetery on Sunset Mesa. Please call 249-2085 for RSVP and the cost is \$10 per person, space is limited.

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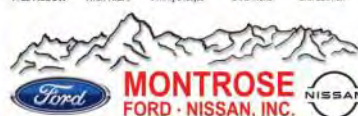
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IN THE AREA: 9.20.21 REGIONAL ROUNDUP



Durango residents protested removal of a Cottonwood tree last week; the 45-year-old tree was removed to make room for the future Animas River Trail underpass.

Crested Butte

The Gunnison Watershed School District school board approved a mask mandate

for inside all GWSD buildings. All staff, students, visitors, and spectators will be required to wear a mask at all times indoors.

Durango

A 45-year-old cottonwood tree near the intersection of 32nd Street and East Third Avenue was removed on Wednesday morning to make room for the future Animas River Trail underpass. Roughly 20 Durango residents showed up with signs in protest of the tree removal.

The City of Durango said that to keep the tree and build the trail around it could cost up to \$1 million and the tree root

system could still be compromised. The underpass project will include the planting of 40 new trees.

Grand Junction

Community Hospital broke ground on Wednesday morning for the 130,000 square-foot expansion that will house the Grand Valley Oncology program and offices. The construction will take roughly two years and provide a permanent home for the oncology unit that has been moved around to various temporary places.

Silverton

Highway 550 will continue to have closures this week for electrical utility work between Ironton Park and Crystal Lake. The road will be closed between 8:30a to noon, open from noon to 1p, closed between 1p to 5:30p and then be open after 5:30p.



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UVA UNVEILS RESULTS OF CHILDCARE NEEDS ASSESSMENT

From pg 1

considered a "childcare desert" because the need for childcare is more than three times the available childcare spots. There are 15 licensed childcare homes in Montrose County. There are ten preschools or childcare centers in the County, four of which serve infants.

There are presently 9,241 children under age 18 in Montrose County, of whom 2,641 are under the age of six. Information from the State demographer's office indicates that the number of children will increase over the next 30 years.

Existing childcare providers have the capacity to serve 741 children each day. Still, there are 933 children in need of care.

Every dollar invested in local childcare has the potential to return \$10, Fitzpatrick said.

Survey results indicate that in 69 percent of families, both parents are in the workforce. Two-thirds of those who responded said that they use regular childcare. Thirty percent said that they desire childcare that is closer to home, 29 percent said that they desire childcare that is closer to

work, and 25 percent would like to find a care provider whose hours more closely align with their own working hours.

Parents with non-traditional work schedules are really feeling the pinch, Fitzpatrick said.

Childcare is often expensive; 22 percent of respondents said that covering the cost presents a major challenge to their household, while 21 percent said that they can pay because they receive some form of financial assistance. Though childcare is an essential job, it does not pay well, Fitzpatrick said, and the problem is likely to grow worse in future.

"A lot of folks struggle to cover that cost," she said.

Major challenges include finding a reliable provider whom parents trust, finding affordable care, and finding care for an infant.

Suggested actions include:

- Continue to proactively track the key metrics for childcare demand.
- Evaluate the potential for publicly funded childcare resources.
- Develop and fund a scholarship program for income constrained households (exceeding state support through CCCAP) to increase affordability of childcare services for parents/guardians.
- Develop a pipeline of childcare professionals and support current professionals in the childcare industry.
- Consider options for expanding licensed childcare in the region, with a focus on infant/toddler care.
- Encourage large employers to provide on-site childcare facilities.
- Identify and offer support to non-licensed childcare providers in Montrose County.
- Provide more easily accessible information about CCCAP and available care options.



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REGIONAL NEWS BRIEFS

RIVER VALLEY FAMILY HEALTH CENTERS OPENS NEW CONVENIENT CARE CLINIC

Special to the Mirror

DELTA – River Valley Family Health Centers (RVFHC) has announced the opening of its newest facility, the Convenient Care Clinic.

The grand opening will be September 20th with no appointments necessary.

“A great deal of thought and planning went into making this clinic suitable for the people who need it,” said River Valley Family Health Centers CEO, Jeremy Carroll. “The Convenient Care Clinic will be an excellent choice for individuals who can’t get in to see their regular doctor.”

The Convenient Care Clinic will be open Monday through Thursday from 8 AM to 6PM starting September 20th and will treat anyone in the community regardless of whether they are patients of RVFHC or not. The new clinic will treat minor health issues including colds, sore throats, minor injuries, sprains, flu, simple cuts and more.

There will be no appointments necessary, however, the new facility will not take anyone with life-threatening injuries that may need the services of an Emergency Room.

Although the new clinic has identical service to that of an Urgent Care, the RVFHC team wants the community to know that it is not an Urgent Care and to contact RVFHC with any questions. This clinic was opened to fill this need for the Delta Community. When Urgent Care was closed in July, River Valley saw that the Delta Community still had a tremendous need for this service. River valley wanted to support and fill this gap in services.

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The course is free of charge.

The course will consist of video lectures by Hillsdale College faculty with discussion led by local hosts, including:

- Marc Catlin, CO State Representative
- Sue Hansen, Montrose County Commissioner
- The Rev. Joe Fockler, Convention of States
- Doug Kiesewetter, CEO, Cogency Power
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REGIONAL NEWS BRIEFS

AGREEMENT REACHED FOR KANNAH CREEK TIMBER SALE

Special to the Mirror

REGIONAL-The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests in partnership with Montrose Forest Products (MFP) and the Grand Mesa Nordic Council (GMNC) reached a new agreement concerning the Kannah Creek timber sale.

The Kannah Creek Timber Sale was purchased by MFP in the spring of 2021. In an attempt to minimize impacts to winter recreation, terms of the contract limited harvest operations to end by Dec. 23 annually. Although the harvest area would not directly impact winter recreation, the haul route for the sale would utilize National Forest System Road (NFSR) #118—Scales Lake Road. Constructed as a main timber haul road in the 1950s, NFSR #118—Scales Lake road has been used as an arterial cross-country trail in the winter, intersecting with numerous other cross-country trails. The harvest area consists of 345 acres in seven cutting units. All units require winter harvest due to rocky terrain.

NFSR #118—Scales Lake road is groomed yearly for cross-country ski opportunities and is important in the early season due to its smooth road surface and grooming capabilities. As a result, the planned hauling dates were in conflict with the early season Nordic use of NFSR #118—Scales Lake road.

To address these challenges and working together to meet the needs of the timber harvester and winter recreationalists, the GMUG, MFP and GMNC recently discussed several possible options. In this collaborative approach, all parties agreed to move the harvest period to February—March 2023. Additionally, during the winter of 2021 and 2022, GMNC will test a new groomed route that will replace NFSR #118—Scales Lake road as a cross-country ski route during future timber hauling operations. This plan will provide winter harvest options for MFP, while minimizing the impacts to winter recreationalists.

“The GMNC supports the science-based management of our forests, and we are

pleased that we could find a solution that enables this logging project and our operations to coexist. We are grateful to Forest Service District Ranger Bill Edwards and Recreation Staff Officer Mike Jones for coming back to the table to work with us on this issue. And we are especially grateful to Montrose Forest Products for their willingness to work together to ensure an outcome that’s agreeable to all. We hope the collaborative spirit shown here will

continue and serve as an example of how communities can work together for the common good, said Christie Aschwanden,” Executive Director, Grand Mesa Nordic Council.

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

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REGIONAL NEWS BRIEFS

SEPTEMBER IS SUICIDE PREVENTION MONTH

Special to the Mirror

REGIONAL-September is Suicide Prevention Month and The Center for Mental Health (The Center) is working to bring awareness to the incidence of suicide in our communities. Suicide is one of the leading causes of death in the United States and it does not discriminate—people of all backgrounds, income levels and ages are affected. In rural Colorado the rate of suicide is even higher than it is in our urban areas.

Whether you know someone who has died by suicide or if you have experienced

suicidal ideation yourself, it is hard to find someone who hasn't been affected by this condition. However widespread, suicide is preventable, and The Center is committed to helping stop suicide in our rural communities.

As your community mental health center, The Center is proud to provide a variety of resources and educational opportunities to support those that may be suffering, as well as those that are ready to help.

Stopping suicide takes the work of the whole community, which is why this Sep-

tember we are asking you to get involved and learn how to help. The Center offers free training opportunities to encourage our community members to learn how to help someone who is dealing with a mental health crisis. Much like CPR for the brain, Mental Health First Aid teaches its participants how to help someone in crisis and connect them to the qualified support they need. Mental Health First Aid enables its graduates to be a lifeline and give them the tools that could help save a life. Mental Health First Aid is FREE and available to individuals as well as businesses and organizations who want to learn this life saving resource or provide it for their staff.

In addition, The Center offers Question, Persuade, Refer (QPR) a free, 1 ½ hour course that shows you the three steps you can take to help someone who is experiencing suicidal thoughts or a mental health crisis. Virtual and in-person training opportunities for Mental Health First Aid and QPR are available every month. Visit centermh.org/classes to register today.

The Center is also hosting a suicide prevention forum-- Save a Life: Preventing Suicide in Our Community in Montrose on Tuesday, Sept. 21st, 5:30 PM at the Montrose County Events Center. The forum seeks to have a conversation about what leads to suicide and what we can do to prevent it in our community.

Suicide is preventable. Research shows that talking about it can help. This September, break the stigma, talk about suicide and learn how to be a resource for your community. The Center for Mental Health provides counseling and therapy services, as well as community-based programs working with schools, law enforcement and other providers in an effort to be there, when people need the support.

If you, or someone you know, is living with suicidal ideation, waiting is not an option—your prompt response could save a life. Call The Center Support Line at 970.252.6220 or visit our Crisis Walk-in Center in Montrose, both open 24/7 365 days a year. The Colorado Crisis Services Line can also be reached at 1-844-493-TALK(8255) or text "Talk" to 38255.

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- 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.
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OPINION/EDITORIAL: LETTERS

LINGERING DOUBTS ABOUT BIDEN HAVE BEEN DISPELLED

Editor:

In just less than eight months in office, the Biden Administration has done more damage to the United States than any President in the 65 years I have been voting! Supported by a corrupt and biased media, along with a radicalized Democratic party, they have shown total disdain for The Constitution, The Bill of Rights, and the freedoms we all have grown to cherish. In short order Biden policies destroyed our energy independence, causing energy costs to skyrocket.

The cost of all consumer goods and services followed suit. Creeping inflation along with deficit spending and increasing debt bodes ill for American taxpayers and future generations.

The failure to secure our southern border from thousands of illegals, who will contribute little, but drain hard-earned tax dollars for support, certainly began to highlight the incompetence of the Biden Administration. Any lingering doubts about Biden being a bumbling fool, should have been dispelled by the disastrous Af-

ghanistan debacle with the needless loss of thirteen service members and scores of civilians, not to mention the billions in arms and equipment left for the Taliban!

The blood of those lost will forever stain the hands of "Our fool in Chief," Biden, and his entire Administration! That shameless stain and the future consequences we are sure to face is also to be borne by the millions who foolishly saw this man as competent to serve as President of this great country.

Dee Laird, Montrose



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Join us for a community forum

Save a Life: Preventing Suicide in Our Community

Suicide is preventable. Learn more about suicide in our community and the resources available to help individuals in crisis, and how you can do your part to save a life.



Tuesday, September 21, 5:30 p.m.

Montrose Event Center, 1036 N. 7th Street, Montrose

Agenda:

- Meet the presenters: 5:30 to 6 p.m.
- Interactive discussion: 6 to 7 p.m.

Our panel:

A panel discussion with experts from The Center for Mental Health including **Ed Hagins, M. Ed., LPC, Nic Taylor, Ph.D., and Laura Byard, MA, LPC.**

Questions to answer:

- What leads to suicide?
- How can I stop suicides in my community?

For more information about the forum or The Center's services, please call 970.252.3200 or visit centermh.org.



COLORADO NEWS BRIEFS

ONLINE RENEWALS FOR COLORADANS AGES 66+ NOW OPEN FOR GOOD

Special to the Mirror

COLORADO-With the implementation of the Driver's License Electronic Renewal By Seniors Act (HB21-1139), Colorado seniors now have the permanent ability to renew their driver license or identification card online. Coloradans ages 66 and older can renew their driver license or ID online at myDMV.Colorado.gov or via the myColorado™ app.

The new law also adjusts the process for renewing driver licenses online. Now Coloradans who are older than 21, but younger than 80, must attest that they have had an eye examination within one year before renewing their driver license online. Previously, Coloradans had to attest to having had an eye examination by an optometrist or ophthalmologist within the last three years.

Additionally, Coloradans who are older than 80 and renewing their driver license electronically will need to obtain a [signed statement \(DR 2402\)](#) from an optometrist or ophthalmologist attesting that the per-

son renewing their license has had an eye examination within six months and the results of the examination. This statement

will need to be uploaded as part of the online renewal application process. Prior to the public office closures and under emergency guidance from Gov. Jared Polis, the DMV opened up online renewals to Coloradans 65 and older on March 10, 2020. From March 2020 to August 2021, about 136,000 Colorado seniors renewed their license or ID online.

Coloradans who are concerned

about an elder family member's ability to drive should email dmvhelpdesk@state.co.us.



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COLORADO STATE PATROL TROOPER TIPS

IS IT WINTER DRIVING SEASON ALREADY?

By Master Trooper Gary Cutler

COLORADO-I guess it's that time of year to make sure everyone is ready for the impending snow season. This is mostly a list of making sure you haven't taken anything out of your vehicles that you may need when you are traveling this winter.

Let's go over the basics. Are your tires in good condition and do they have at least 3/16th inch of tread as required? I know you don't take these out of your vehicle, but do you usually run snow tires during the winter? It's a good time to get ready and make sure the tires are in good condition, and there are no cracks or rubber missing from them.

Now to make sure that if we unfortunate-

ly get stuck, do we have what it takes not be in really dangerous trouble. If you have read my articles before you know that I'm a fan of your trusty shovel. I've gotten out of a lot of predicaments using mine. If you have to use the shovel, then you will be wanting water after having shoveled the heavy snow. Have some of it with you along with snacks. You have to keep that strength going.

If it looks like the shovel may not be the answer this time, be prepared to stay the night. Blankets and a flashlight will keep you company through the night. If you plan on using the vehicles heater, make sure the exhaust pipe is clear and you have a window cracked to allow air flow in

the vehicle.

Try to stay with your vehicle. This is the safest place since rescuers will be looking for it because you were thinking ahead and told someone your travel plans and route in case something like this happened.

Some other items that should be staples in your vehicle are matches, toilet paper, a coat that is warm enough for a stay in the mountains, and a change of clothes in case you get wet.

And finally, sometimes it just safer to stay home if it looks like there might be bad weather in the forecast. The ride might be safer next week.

As always, safe travels!

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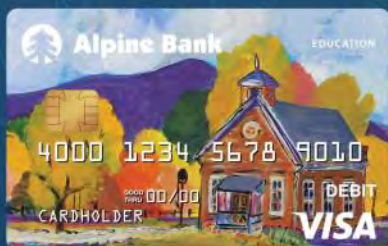
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COUNTY OFFICIALS ANNOUNCE INTENT TO SEEK RE-ELECTION

By Paul Arbogast, Mirror Publisher

MONTROSE-Several county elected officials gathered on the steps of the old courthouse on Wednesday, Sept. 15 to announce their candidacies for 2022.

County Commissioner Sue Hansen was the first to speak, "It has been my distinct honor and pleasure to serve as Commissioner for District Two for the last three and a half years. I have a strong sense of commitment and a strong passion for public service, and I am not done yet. There is still more to do and so I am hereby formally announcing I am going to run again for office in 2022."

County Assessor Brad Hughes has served for 15 years as the county assessor, "I really do like working for the taxpayers of Montrose County. So, I please ask for your support while I run again next year as your assessor for 2022."

Sheriff Gene Lillard said, "I am proud to be asking for your support running for Sheriff of Montrose County."

County Treasurer, Rosemary Murphy said, "It has been my, definitely, privilege and honor to serve the citizens of Montrose County... I too will be asking for your sup-

port so I can continue the privilege of continuing to be the treasurer of Montrose County."

County Clerk & Recorder Tressa Guynes said, "It is my intent to continue as clerk and recorder through another term, and I am asking for your support in the 2022 election."

County Coroner Thomas Canfield will not be running again, so the Chief Medical Investigator, Rick Fellabaum will be running for the open spot. "Dr Canfield has been my mentor and friend and boss for 15 years

now... I am looking for your support and vote next year."

Hansen closed the announcements with, "We just thought if we came to you, this team is strong, we have all worked well together over the last years, and we just

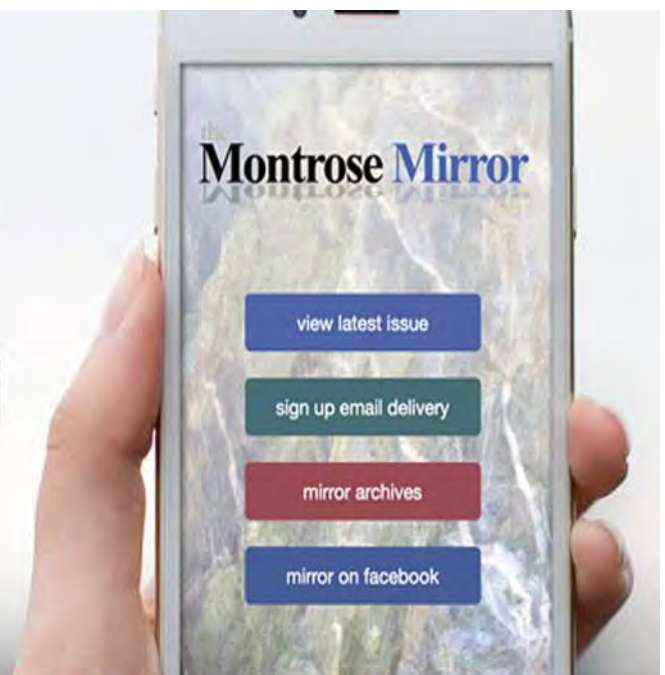


Pictured are Montrose County officials from left to right: Assessor Brad Hughes, Treasurer Rosemary Murphy, Chief Medical Investigator Rick Fellabaum, Clerk & Recorder Tressa Guynes, BOCC Chair Sue Hansen, Sheriff Gene Lillard. Photo by Paul Arbogast.

wanted to do something a little bit different and announce together. I hope we can all have your support.

"We love our community and we are doing what we can to serve you, so thank you very much."

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CITIZENS ADDRESS RE-1J BOARD OF EDUCATION AT SEPT. 16 MEETING

From pg 1

the Pledge of Allegiance. The meeting agenda was unanimously approved.

STUDENT SPOTLIGHT

Public Information Officer Matt Jenkins introduced Montrose High School Volleyball Coaches Heidi Voehringer and Shane Forrest. Forrest asked the girls varsity volleyball players to stand. "We're eight-two so far in our season, but more important than our winning record is what we did last night for some special people and for our community and for our state."

For at least 15 years, the team has played a benefit match, Forrest said. This year students chose to bring awareness to pediatric cancer by donating to the Center for Cancer and Blood Disorders of Children's Hospital of Colorado.

Player Jaedyn Key spoke. "...Two of our fellow senior classmates, Dariann Bushee and Aiden Hutto, were diagnosed with cancer this past year...we wanted to do something that would honor them and help donate money that would help them and any other child in Colorado who has cancer."

Donations had not yet been tallied, but Forrest estimated that about \$2,000 had been raised.

The students received a round of applause.

BOARD ADVISORY COMMITTEE UPDATES

District D Director Eric Kelley said that the Planning Assistance Team met recently. "We're still in the process of trying to prioritize the needs of the district...I think all that work is starting to come to an end now, where the community will be able to really see what's happening and what we need."

COMMUNITY INPUT

Citizen Linda Gann addressed the board. "...Our school district in my opinion does an excellent job of meeting the needs of diverse students...our public schools look a lot like our community. We are diverse, with varying levels of participation and success. I was honored to work at RE-1J for many years before retiring in 2010. During my tenure there were contentious issues. The School Board serves as that elected body that affirms their oath to

faithfully perform the duties of the constitution of the United States, the constitution of the State of Colorado, and the laws made pursuant thereto."

The community is diverse and opinionated, Gann said, and many hold to a notion of rugged individualism. In the past the community has come together in times of shared tragedy and joy. Rugged individualism has a place, but not in public education, she said.

Several years ago, the district made proactive investments in safety to make schools as safe as they could possibly be, Gann said. "...I know that you made those investments based on the recommendations of experts in school safety. I respectfully offer to you that now is a time to be proactive and not reactive. COVID-19 is a public health emergency. It is a global pandemic. It does not discriminate. Please be proactive."

Citizen Kelly Fox spoke as well. She read an excerpt from the RE-1J Health Services' Commitment and Mission Statement. "...We strive to build healthier lives for our students, promote wellness, prevent disease, and increase academic achievement and success."

Fox said the district is falling short when it comes to the health and safety of students and staff and is not doing enough to promote wellness and prevent disease. "...Montrose County currently qualifies as having a high rate of transmission, with over 80 positive cases in the last seven days," she said. Current recommendations are for universal indoor masking. "...This is evidenced-based practice to reduce transmission."

Montrose County has one of the lowest vaccination rates in the state, Fox said, and students continue to be quarantined from local schools. "More needs to be done to keep our students and school staff safe...at what point is there a threshold for positive cases... is there a magic number where you decide to reinstate masks? "...What are we doing to promote masks to students and staff in schools...our masks are to protect others, not ourselves. I'm not protecting myself right

now, I'm protecting you guys."

FINANCE DEPARTMENT UPDATES

Chief Financial Officer Emily Imus presented the enrollment report and quarterly financial update. RE-1J had 6051 students as of Sept. 9, 207 students more than last year at this time.

Financial information included investments and the quarterly report.

DISTRICT ASSESSMENT UPDATE

Standards and District Assessment Coordinator Crystal Sabatke Smith presented spring state assessment results. "...These results serve as a temperature check for our students, and a guide for educators to target individual student interventions needed or extensions that are needed for our kids' learning gaps. Participation rates this year are critical to interpreting data, and Montrose County had higher than average participation rates."

Sabatke-Smith presented slides and outlined three main goals, including SAT and Pre SAT scores being at or above state average, the district's level and standardized assessments being used to determine learning gaps due to COVID, and an intervention plan created to mitigate learning gaps. She discussed the first and third goals and the second goal was discussed at a previous board meeting.

Standardized tests are the only common measurement for all students across Colorado, she said.

"We really owe it to our students to use every type of data available to help them succeed."

BOARD GOALS

Superintendent Carrie Stephenson presented the updated Board of Education Goals for 2021-2022.

"Based on our conversation at the last board meeting, we took that feedback and compiled it into the following five goals," Stephenson said.

- Have a balanced budget;
- Prioritize a safe, healthy, and engaging school environment by supporting our schools, students, teachers, and support staff;
- District level and standardized assessments will be used to determine learning

CITIZENS ADDRESS RE-1J BOARD OF EDUCATION AT SEPT. 16 MEETING

From previous pg

gaps due to COVID and MCSD will create an updated intervention plan to mitigate learning gaps;

-As MCSD strives to exceed the state average on all assessments we will increase all assessments by five percentage points per year;

-Reducing the number of students with a significant reading deficiency by five percent.

OLD BUSINESS

Board Vice President Sarah Fishing presented three board policies for approval; all were approved.

-GBGJ, Staff Bereavement Leave - New policy for district as it is represented in Master Contract. Updated due to recent legislative changes

-GBGL, Staff Victim Leave - New policy for district as it is represented in Master Contract. Updated due to recent legislative changes

-IC/ICA, School Year/School Calendar/ Instruction Time - Updated per CASB recommendations

CONSENT AGENDA

Prior to approval of Consent Agenda items, District A Director Jeff Bachmann asked that items four and five be pulled

for discussion. Consent Agenda items were approved and Items Four and Five were pulled and discussed.

Bachman asked whether Item Four (Accept The Cares Act through the Colorado Department of Education - Elementary and Secondary School Emergency Relief (ESSER II) in the amount of \$4,163,158.00 and approve related expenditures) and Item Five (Accept the Cares Act through the Colorado Department of Education - American Rescue Plan - Elementary and Secondary School Emergency Relief (ARP ESSER III) in the amount of \$9,213,675.00 and approve related expenditures) stipulated any behaviors on the part of the district.

Bachman said he was concerned about COVID mandates.

"...Some districts have signed stuff saying they're going to do stuff until 2026 with COVID masks and all that type of thing...I just want to make sure we're not signing ourselves away saying we're going to do something that's five years down the road."

There are no mandates or stipulations attached, Stephenson said.

Items Four and Five were approved as

well.

NEW BUSINESS

Fishing presented revised board policies on First reading:

-DKC, Expense Authorization/

Reimbursement - updated to bring mileage reimbursement up to IRS guidelines;

-GDBC, Support Staff Supplementary Pay/Overtime - minor language changes per CASB recommendation and updates to Colorado Constitution;

-JLCB, Immunization of Students - updated per legal requirements;

-JLCB-R, Immunization of Students - updated per legal requirements;

-JLCD-R, Administering Medications to Students - updated per CASB recommendation;

-JLCD-E, Permission for Medication Administration in School - minor update per CASB recommendation;

-JLCDB-E2, Administration of Medical Marijuana to Qualified Students - new exhibit due to changes in law;

-KF - Community Use of School Facilities - update to remove requirements for special groups.

With no further business, the meeting was adjourned.



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BOCC APPROVES \$33M CONTRACT FOR AIRPORT UPGRADES, HEARS MONTROSE COUNTY HEALTH DEPT. UPDATE



Citizens attend the BOCC meeting of Wednesday, Aug. 15.

By Caitlin Switzer

MONTROSE-All three commissioners were in attendance when the Montrose Board of County Commissioners (BOCC) gathered for a regular meeting on Wednesday, Sept. 15. BOCC Chair Sue Hansen welcomed the sizeable crowd in attendance. "You must have all heard we were giving away free doughnuts...no doughnuts."

Pastor Curt Mudget of Cedar Creek Church delivered the invocation. "...Lord we just pray for your wisdom and direction for activities and initiatives moving forward...that all would be a blessing to our community as we think of what a privilege it is to live on the Western Slope here in such a beautiful place, a place that you have made..."

BOCC Vice Chair Keith Caddy led all in saying the Pledge of Allegiance.

Hansen advised that the meeting was being filmed for a promotional video in addition to the regular livestream video. "...Don't do anything weird." She thanked all for attending. "It's always good to see people who are interested in what we have on the agenda, so thank you for being here."

PUBLIC COMMENT PERIOD

Citizen Bradley Switzer addressed the BOCC. "I spoke with you folks a couple, three or four months ago about the culvert needing to be enlarged on Dave Wood Road at the intersection with Popular," Switzer said.

"...There continue to be obstructions in the form of farm gates, five at least, on Spring Canyon Road as it goes up towards the public lands...that's been going on for quite some time now."

He also mentioned the need for additional bicycle safety signs on certain county roadways, to remind motorists to maintain the legally required three-foot distance between vehicle and bike. "...I would like to suggest that you put some more of those signs out and around, particularly out on Spring Creek Mesa where there's a lot of bicyclists, heading to and from Buzzard Gulch and just riding out on Spring Creek Mesa, particularly Dave Wood Road," Switzer said. "I happen to ride quite a bit out in that area so I've seen the bicycle traffic, and most motorists are very courteous. Some don't seem to realize that there should be a space,

and a reminder in the form of a sign or two out there I think would be a great idea, because it's a public safety issue."

COUNTY MANAGER

County Manager Jon Waschbusch had no changes to the meeting agenda.

CONSENT AGENDA

Consent Agenda items were approved, with the addition of Resolution No. 40-2021 assigned to Item 7 (regarding the Declaration of Surplus Property Disposal of light fleet vehicles and heavy fleet equipment through advertisement, trade, auction, online auction, or scrap.) The Consent Agenda also included the Federal Aviation Administration (FAA) Airport Improvement Program (AIP) Grant Agreement #3-08-0043-056-2021 in the amount of \$12,265,724 for the project known as Expand Terminal Building (Phase 3) and Rehabilitate Terminal Building (Phase 1) at Montrose Regional Airport; as reviewed by Counsel. This grant is 100-percent federally funded.

GENERAL BUSINESS & ADMINISTRATIVE ITEMS

Media Relations Manager Katie Yergensen presented for consideration a joint proclamation with the City of Montrose, acknowledging the ceremony held in remembrance of lives lost in the Sept. 11, 2001 terrorist attacks and proclaiming Sept. 11, 2021 as 911 Remembrance Day in Montrose County.

Yergensen also honored and acknowledged Mrs. Kerri Catlin for her role in coordinating the Remembrance event.

Said Hansen, "...to see 3,000 flags on the lawn of the courthouse makes us remember why we love this country and the community here...it was a really wonderful event."

Commissioners voted unanimously to ratify the proclamation.

Airport Manager Lloyd Arnold presented for consideration and possible approval the Terminal Construction Agreement with FCI Constructors Inc., in the amount of \$33,131,241.45, for 30,000 square feet of new terminal construction, 8,000 square feet of terminal renovation, parking lot reconstruction, Ground Service

BOCC APPROVES \$33M CONTRACT FOR AIRPORT UPGRADES, *From previous pg*

Equipment parking and associated utilities.

"As many people know we have been one of the fastest growing airports in the State of Colorado for many years," Arnold said. FCI Constructors Inc. was sole bidder on the Request for Proposals issued May 28. "...We are happy that they bid and that we have them on Board," Arnold said. "...We are receiving a significant amount of grant money in the way of both discretionary grants and entitlement funding."

Staff recommended approval.

"I think this is outstanding. It's great to see our airport expanding," Commissioner Roger Rash said. "Anybody that's been in there knows that this thing is absolutely packed most of the time, the parking lots are packed, so this is a great addition to our community and to the folks that use that facility."

County Manager Jon Waschbusch said, "...We're very busy--2019 was the biggest year in terms of passengers in the history of the airport; we are on track to exceed that in 2021. Just last year we were wondering...how many years it would take to recover and get back to those pre-pandemic levels, and we did not have to wait long for an answer in Montrose. The parking lots have been at or over 100-percent capacity for the majority of the summer, which is not typically the case for this time of the year.

"Thanks to the work of the airport staff, director, Colorado Flights Alliance, we've continued to add flights and schedules, we've got additional airlines with others interested in coming to town, restaurants, rental cars, ground transportation all doing very well.

"It's an extremely busy place and it's not ski season yet," Waschbusch said.

The airport is the single biggest economic driver in the region, he said, and the expansion has been in the works for some time...it is a great time to move forward with this project."

Waschbusch thanked Arnold and Finance Department staff Cindy Dunlap and Lanny Paulson for their work, as well as County

Attorney Marti Whitmore.

As an enterprise facility, the Airport is self-sustaining, he noted.

Arnold said that the airport is on pace to have 340K passengers through the terminal in 2021.

Rash reminded all of the upcoming Tribute to Aviation on Sept. 18-19.

Commissioners voted unanimously to approve the Terminal Construction Agreement with FCI Constructors Inc; those attending the meeting gave a round of applause.

PLANNING & DEVELOPMENT

Planner Tallmadge Richmond presented a special use application for Evan and Madison Tate to create a farming and ranching retreat with RV and tent camping sites at parcel 376534101002, Spring Creek Road and 6000 Road. Because of the possibility that the proposed special use could generate an additional 3.5 cars per day, the planning commission had recommended denial.

The campground facility would include four RV sites and three tent sites, a restroom building and an outdoor kitchen, and would be part of a working ranch intended to build a sense of community and teach sustainable agriculture, the owners said. "We have thought every improvement through with agriculture in mind," Madison Tate told commissioners.

There are no plans to expand the number of camping sites or to permit UTVs or ATVs. The property includes nearly 100 acres, and trails and roads will be added on site. Campers will be encouraged to ride their bikes on those on-site trails and roads.

"...I believe that as we get to know the community of Spring Creek more, they will be pleasantly surprised to see us keeping as much ag ground as we can and doing our best to not to adversely affect the community," Madison Tate said.

A number of community members spoke in support of the special use proposal; none expressed opposition. Realtor Leslie Gore said, "If these two kids hadn't come up with this vision, I think we'd have 80

houses up there...I love this vision, I love the plan."

After a lengthy discussion, commissioners voted to approve the special use application subject to conditions, including a review in two years. Hansen said, "It is unusual for us to go against the planning commission. We trust the planning commission. We value their time that they spend looking at these issues and then bringing these forth...we respect their time and energy for this."

To the young applicants, she said, "Good luck."

For the second time during the meeting, the room erupted with applause.

In other Planning & Development business, Commissioners also voted to approve:

-A proposal to rezone from General Agricultural (A) to General Commercial (C) in Norwood at Parcel 429507300003;

-A proposal by Taylor Minor Subdivision to allow access for the three new lots from Niagara Road at Parcel 376535100034, Niagara Road and 6100 Road;

-The Skiles Minor Subdivision [MI21-012] proposal to divide one lot from a 54-acre parcel at 17950 6650 Road;

-The Cimarron Minor Subdivision proposal to divide a 9.824 acre lot into three lots at Orange Road & 6400 Road;

-The Trout Creek III Minor Subdivision [MI21-031] proposal to divide a 4.92 acre lot into 3 lots at Parcel 399326107003, 6720 Road & Trout Road; and

-The Bunny Minor Subdivision [MI21-034] proposal to divide a 14.180 acre lot into 3 lots at 12870 6820 Road.

MONTROSE COUNTY LOCAL LIQUOR LICENSING AUTHORITY

The BOCC left regular session to reconvene as the Montrose County Local Liquor Licensing Authority, approving renewal of the license for the Pleasant Valley Store, 84100 E. US Hwy 50, Cimarron.

MONTROSE COUNTY BOARD OF HEALTH

The BOCC returned to regular session, then left to reconvene as the Montrose County Board of Health. County Public Health Director Jim Austin gave an update.

BOCC APPROVES \$33M CONTRACT FOR AIRPORT UPGRADES, *From previous pg*

He thanked County Attorney Marti Whitmore for her advice as to record retention, and thanked Digital Communications Project Manager Erica Story for her assistance with web site updates and improvements. Austin expressed thanks that the County Safety Committee has been revived and represented by RN and WIC Supervisor Laura Lenihan. He discussed the state requirement for case coordination, noting that role is now filled by Pediatric Associates.

Austin shared information on the Tri County Health Dept. The resources span both public health programs and human services programs. The annual drive through flu clinic has been moved to Nov.

9, from 3 to 7 p.m.

The current public health order expires Oct.1 unless amended or extended. The State Board of Health has adopted an order requiring vaccines or medical or religious exemption for health care workers employed in certain facilities regulated by Colorado Department of Public Health and Environment (CDPHE).

"Contentious would be an understatement on this," Austin said.

All employees, direct contractors, and support staff must receive the first dose of the COVID-19 vaccine by Sept. 30 and second dose no later than Oct. 31, 2021.

Information on entities that report to the CDPHE will be made publicly available on

the CDPHE web site.

As of Sept. 14, county wide there have been 4,442 cases and 79 deaths due to COVID.

The incidence rate per 100,000 is dropping, two-week incidence is 365 and one week is 161.

People can log onto the state web site to retrieve immunization records. COVID testing is offered at the Montrose Field House on Tuesdays and Thursdays, from 9am to 2pm or 9am to 4pm.

Following the County Health Department Update, the BOCC reconvened to regular session.

With no further business the meeting was adjourned.



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Should the Curriculum include Critical Race Theory (CRT) and Comprehensive Sex Education?

Do we need more tax dollars for Montrose County Schools?

Doors Open at 6 PM. Program starts at 6:30 and ends at 8 pm. Q & A will follow the formal presentations and comments by the candidates. Pizza & Beverage provided – 2 slices and 1 beverage maximum per guest.

***Pizza & Politics is a program of the Montrose County Republican Party a.k.a. Montrose County GOP, and is not affiliated, associated, or a member of the “Circle 3 Cowboy Fellowship” church. **All guests, visitors, and attendees accept full and complete responsibility for their attendance. Attendance is by free will and choice with a full and complete acceptance of the potential Covid risks in attending such a public event. Thank you!**

REGIONAL NEWS BRIEFS

10-DIGIT DIALING COMING TO 970 AREA CODE IN COLORADO *Requirement effective Oct. 24, 2021*

Special to the Mirror

REGIONAL-Residents in the 970 area code in western and northern Colorado will be required to dial 10 digits (area code + phone number) for all local calls starting Oct. 24, 2021. On and after this date, local calls dialed with only seven digits may not be completed, and a recording may inform customers that your call cannot be completed as dialed. The recording will ask customers to please hang up and redial with 10 digits.

TDS Telecom (TDS®) is alerting its customers in western and northern Colorado about the upcoming changes.

Before Oct. 24, customers should reprogram automatic dialing equipment and other devices now programmed with seven digits. Residents and businesses should check with security or alarm companies to make sure their systems are programmed to handle the new 10-digit dialing pattern.

Products that will need to be changed to 10-digits could include: life safety systems, VoIP and Private Branch Exchange (PBX) systems, electronic telephone sets, auto-dial systems, multi-line key systems, fax machines, internet dial-up numbers, alarm and security systems, gates, speed dialers, call forwarding settings, and voicemail services. All such devices will need to be reprogrammed with 10-digits by Oct. 24, 2021.

Residents and businesses should also check their business stationery or advertising materials to ensure the area code is included.

This new change to 10-digit dialing will prevent people from calling the new 9-8-8 emergency phone line by mistake.

Beginning July 16, 2022, dialing 9-8-8 will connect people to the National Suicide Prevention and Mental Health Crisis Lifeline, as proposed by the Federal Communications Commission (FCC). The FCC hopes that a shorter, easy-to-remember number will more efficiently provide people with help when they need it most. However, until July 16, 2022, people should continue to call 1-800-273-TALK to reach the Lifeline.

In an emergency that requires immediate assistance from the police, fire department, or ambulance, dialing 911 is still the number customers should use.

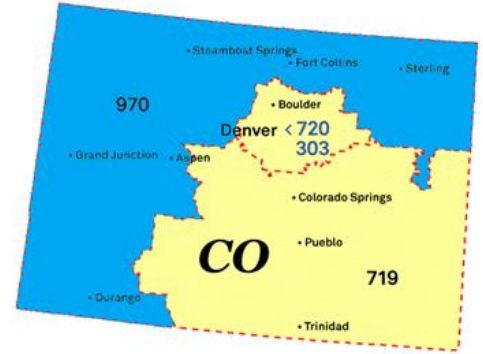
Important things to note

- Your phone number and area code will remain the same.
- The price for both local and long-distance calling will not change for TDS customers.
- Long-distance calls will still be made by dialing 1 + area code + phone number.
- Make sure anything that uses or displays your phone number, or the phone numbers of others is updated to include the area code. This could include any of the following: business stationery and marketing materials, home security systems, contact lists, voicemail services, fax machines, and life safety systems.

If you have any questions regarding any information provided in this notice, call 1-888-CALL-TDS or visit

it www.tdstelecom.com. You can also visit the FCC website at <https://www.fcc.gov/suicide-prevention-hotline>.

MEDIA CONTACT: Cheryl McCollum | Associate Manager - Communications | TDS | 608-664-2388 or 608-658-8158 (cell) | cheryl.mccollum@tdstelecom.com



Local calls will require 10-digit dialing after Oct. 24, 2021. Courtesy image TDA Telecom.

TDS is one of the fastest growing technology companies in the United States. The company is building and deploying future-forward, fiber optic networks to deliver up to 2 Gigabit internet speeds to homes and up to 10 Gigabit internet speeds to businesses. The technology also powers innovative TV entertainment, feature-rich phone plans, and VoIP solutions. Visit <https://tdsfiber.com> to learn more.

TDS employs nearly 2,900 people nationwide and is a subsidiary of Telephone and Data Systems, Inc. (TDS Inc.), a Fortune 1000® company [NYSE: TDS]. Founded in 1969, TDS Inc. companies collectively employ 9,100 people and have approximately six million connections nationwide through business units: U.S. Cellular, TDS Telecom, TDS Metrocom, OneNeck IT Solutions LLC, and TDS Broadband Service. TDS Inc. has been named to several Forbes lists, including America's Best Employers for Diversity, Best Large Employers, and Best Employers for Women. Visit tdsinc.com or tdstelecom.com for more information.

THANK YOU FOR READING.



#montrosemirror

MONTROSE REGIONAL AIRPORT: 2021 TRIBUTE TO AVIATION



Photos by Paul Arbogast, Mirror Publisher



OPINION/EDITORIAL: LETTERS

JUST WHY WOULD OUR CITY COUNCIL DISLIKE PUBLIC ACCOUNTABILITY?

Editor:

I have been in businesses all of my adult life where I had to answer to higher authority for what I had or had not done. Why not?

Hopefully everyone in a position of public responsibility will make his/her decision in the best interest of the person or persons he is responsible to. But they had best be able to justify it.

Members of the Armed Forces must at all times be able to articulate the 'WHY' of what he just did or did not do.

Police officers had better be able to articulate why he hit or shot someone, and it better be good. Cops go to jail for their more egregious mistakes.

Doctors in most decent hospitals must be able to tell their superiors and the survivors what they did to make or let the patient die.

Chief Executive Officers are expected to be able to explain why their company is not doing so well. We expect our kids to be able to explain an accident with daddy's car or an arrival home after 'curfew'. In short, accountability is a way of life in a responsible society.

So why not our City Council members? To start with it is because they have a culture that says that they owe their accountability to no one. Unsatisfactory! They owe it to me and to 20,000 other citizens of Montrose and upon reasonable request, to explain their actions, promptly and politely, not just when they friggin well please. Of course there is apparently no way to make them fess up. In Montrose, the open records laws are treated as a farce.

One could legitimately opine, but I will not, that when people will not explain their actions it is because they know that their actions are not correct or are inexcusable or that they have no idea what they did, are doing or have done. Of course they are supposed to know what they are doing but there is no penalty for an elected government official being stupid, ignorant or just plain lazy. It could be perceived that they are up to something improper. I believe that is what most citizens of Montrose sincerely believe. I could believe that but I don't. I think they don't know what to say to those who ask questions because they don't have the faintest

what they are doing, their responsibilities as elected public servants and because of that, the city attorney has told them to keep their mouths shut in order that they might stay out of trouble both individually and collectively.

Need an example? Have you noticed that when anyone disagrees with the Montrose City Council, that they either deny the question, push back on the citizen with a compendium of canned excuses or provide a story about completely unrelated?

Council refuses to hold an open forum at the Event Center so that all may ask questions without the mayor's gavel shutting them up or their 'time' running out.

It is obvious that the only thing that the Council uses the public for is to pay the bills, to pay more taxes and to be gaveled down by the mayor.

The family cabal, also known as the City Council and its associates must be right at all costs and to hell with the public. The list is long; pick your own issues but....Whatever it is, it needs fixing. When is that fixing gonna begin?

Bill Bennett, Montrose

SEE SOMETHING - SAY SOMETHING



970-249-8500

ANONYMOUS CALL


MONTROSE REGIONAL CRIME STOPPERS

REGIONAL NEWS BRIEFS

SAVE A LIFE: PREVENTING SUICIDE IN OUR COMMUNITY

Special to the Mirror

MONTROSE-On Sept. 21, attend Save A Life: Preventing Suicide in our Community-Montrose Event Center, Rooms 1 and 2, 1036 N. 7th Street, Montrose, from 5:30 to 7pm. Meet the presenters 5:30 p.m. to 6 p.m. Interactive discussion from 6p.m. to 7 p.m. Suicide is preventable. Learn more about suicide in our community and the resources available to help individuals in crisis, and how you can do your part to save a life. A panel discussion with Ed Hagins, M. Ed., LPC, Dr. Nic Taylor, Ph.D., and Laura Byard, MA, LPC, from The Center for Mental Health. Questions to answer-What leads to suicide? How can I stop suicides in my community?



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MONDAY - FRIDAY
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REGIONAL NEWS BRIEFS

SEWER LINE REPLACEMENT WORK SCHEDULED

Special to the Mirror

MONTROSE — City of Montrose utility crews have identified a downtown sewer

main and manhole that need to be replaced as a result of the age and condition of the line, and the number of service calls

from residents in the area.

The line is located in the alley in the 700 block between South 6th and South 7th Streets and between South Mesa and South Nevada Avenues. This project is scheduled to begin on Tuesday, Sept. 21, and last for up to three weeks.

Utility crews will be trenching and replacing the old pipe in the alley as they install the new pipe. Interruptions in services are not expected during the project.

In order to allow enough safe working space, access will be limited to either side of the excavation area as crews move through the alley during construction. If you have any questions please call Public Works at 970.240.1480 or Dustin Fisher at 970.240.1447, or email at dfisher@ci.montrose.co.us.

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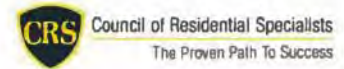
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REGIONAL NEWS BRIEFS

AIRPLANE CRASH NORTHEAST OF DELTA

Special to the Mirror

MONTROSE-On Friday, Sept. 17, 2021, at approximately 8 am, the Delta County Communication Center received a call of a possible plane crash. The reporting party stated he last saw the plane near Doctor Mesa approximately 10 miles northeast of Delta.

The Delta County Sheriff's Office along with the Cedaredge Fire Department responded to the remote rugged area between Delta and Cedaredge and located the wreckage of a single engine red bi-plane. The plane appeared to have substantial damage and was resting on the side of a steep embankment. First responders upon arrival, found the sole occupant and pilot of the plane was deceased. The Delta County Coroner's Office responded and will make the official identification of the pilot after notification of next of kin.

The Sheriff's Office has notified the Federal Aviation Administration (FAA) of the crash and Investigators with the FAA/NTSB



Airplane wreckage as found in steep terrain northeast of Delta, CO on September 17, 2021 .Photo Credit - DCSO Undersheriff Q. Archibeque.

will be conducting a thorough investigation as to the cause of the crash. No additional details are available at this time. Our thoughts and prayers go out to the

family of the pilot.

Respectfully,

Sheriff Mark Taylor

Delta County Sheriff's Office

An advertisement for The Montrose Mirror. It features a large black bear sitting on a wooden deck, holding a tablet computer. The background is a scenic view of a mountain range with snow-capped peaks and green forests. The text "Save a tree - Read the Mirror!" is written in a large, white, cursive font. Below this, the logo for "THE MONTROSE MIRROR" is displayed, followed by the tagline "Your Source for Local Business News and Information". At the bottom, the text "Call For Ad Rates: 970-275-0646" is written in a white, cursive font.

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REGIONAL NEWS BRIEFS

MONTROSE REGIONAL AIRPORT SET TO GROW WITH \$33 MILLION TERMINAL EXPANSION

Special to the Mirror

MONTROSE—After seven years of airport master plan meetings, the Montrose Board of County Commissioners signed a \$33 million airport terminal expansion agreement to provide much needed space for growth at the airport. On the same agenda, the board also signed a grant agreement with the Federal Aviation Administration for approximately \$12.2 million.

"This is exciting news for Montrose Regional Airport and the entire region," said Aviation Director Lloyd Arnold. "The addition of Southwest Airlines in 2020 has only added to the growth that we have been experiencing. I am grateful to the Commissioners for their support and visionary approach to this project. This terminal expansion will help serve Montrose County for several years to come. I'd also like to recognize Colorado Flights Alliance for their contribution to our airport and the entire Western Slope of Colorado."

Montrose Regional Airport's growth has been outpacing projections and is on track to set a new record for total travelers this year. Following decreased travelers during

the pandemic, the airport is recovering in a big way—enplanements in April, May, June, July and August have set new highs. From 2015-2018, Montrose Regional Airport was the fastest growing airport for commercial airline passenger activity according to the Colorado Department of Transportation's Division of Aeronautics Annual Report.

"The airport is one of the largest economic contributors in Montrose County," said Commissioner Roger Rash. "I am incredibly proud of the work of both county and airport staff over the past several years to put this project together. This project has been discussed and presented at countless public meetings and done so in a transparent and open process. This expansion will be a great addition to the airport and cements Montrose Regional Airport as a western slope hub."

As part of the master plan process, MTJ produced a schematic design with Jacobs Engineering to obtain construction quantities, this provided a reference for terminal expansion costs, they then moved to a full design to narrow down costs and specifics. The official contract with FCI Constructors

Inc., was awarded in the amount of \$33,131,241.45 for 30,000 square feet of new indoor and outdoor terminal construction, 8,000 square feet of terminal renovation, parking lot reconstruction, Ground Service Equipment parking and associated utilities.

The county had budgeted \$10 million for the airport expansion in this year's budget and is currently working on projections for 2022.

The Federal Aviation Administration is supporting this project with a \$12,265,724 grant from the Airport Improvement Fund. The remainder of the funds will be secured through debt issuance for the airport.

To view renderings from the new terminal design, please visit: flymontrose.com/DocumentCenter/View/392/MTJ-Projects-Layout-and-Terminal-Renderings.

Airport and county staff will meet with FCI Constructors this week to set a construction time line, which is estimated to take two years to complete.

The airport will remain fully operational during the renovation. For more information, please visit flymontrose.com.

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ANONYMOUS CALL

MONTROSE REGIONAL CRIME STOPPERS



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COMMUNITY OBITUARIES

KEN WYRICK

February 9, 1944- September 5, 2021



KENNETH R. WYRICK, was born February 9, 1944 to John-Duke and Lilly Carlene Wyrick in Merced, Texas. Ken passed peacefully at home on September 5, 2021. He faced his death as fearlessly as he led his life. Survived by his wife of 40 years, Toni Wyrick and their five children: Logan Joy, Julie, John (Jack), Kevin, and Tessa Wyrick, brother Darrel Wyrick and sister Carol Anne McDaniel. There are numerous grandchildren, nieces, nephews, cousins and friends who will surely miss his presence in their lives. Ken touched so many lives and cherished every friend.

Everyone would agree that Ken was an inspiration, he would want you to know how much you meant to him as well. Brevity restricts us naming you all, but please know that if Ken counted you as a

friend you were truly loved and protected.

Ken lived life with an amazing vigor and tenacity, seemingly packing several lifetimes of experience into one amazing journey. Though his heart and soul always remained anchored to his family, friends and the wilderness he loved.

Ken's legacy of service and passion for the outdoors has included serving in the Peace Corps in 1965 in Ecuador and Guatemala, becoming a ski patrolman, mountain and rafting guide, as well a kayaking and climbing enthusiast. He loved reading, learning and studying. He shared his love of knowledge and outdoors by writing a guidebook to the natural wonders he encountered. Always the Renaissance man of the wilds, Ken was respected for his depth and breadth of wilderness skills and sensibilities. He had the privilege of rock climbing with some of the greats and worked with Clint Eastwood on the Eiger Sanction. Always challenging himself and seeking new ways to enjoy our world; Ken became an avid pilot. Thus, fulfilling his childhood passion for flying. This opened the door to many new places and adventures. Ultimately Ken would log over 5,000 hours and made numerous trips to Alaska where he and his wife Toni ran a first-class charter business catering to high end clients for 13 years. They treated hundreds of guests to amazing fishing and fabulous food! When visiting Ridgeway they would rediscover their love for Colorado while having lunch at the True Grit and playing in the park with their

children. It is here they would plant their roots for the next 25 years. Ken went on to start a very successful radon mitigation business, Environmental Testing, which he ran before passing to their son Jack. Ken embodied diligence and hard work, showing us the value of being resilient, adaptive, and resourceful. He possessed a quick wit and great sense of humor. Most of all he was kind and considerate. A more loyal and constant husband, father, brother or friend could not be found.

Ken left me a letter saying he would try to write his own obituary, but that was apparently the only thing he left for me to do. Words just don't do justice in capturing the spirit of Ken. He didn't want anyone to go to any trouble or effort for him, but believe me, HE would go to all kinds of effort for everyone else, and he did that his whole life. He even purchased his own simple pine box (American made of course) and asked to be wrapped in an American flag and put to rest in the most beautiful place in the world, Ouray County, Colorado. He liked to say: "never be afraid to wake up dead".

In the end it all comes down to stories. Ken would want to live on in stories told and he would want us to share those stories and laugh and love in the telling of them. If you have stories to share, please send them to me: toniwyrick@outlook.com.

Ken, you are Loved beyond words and missed beyond measure, and remembered forever.

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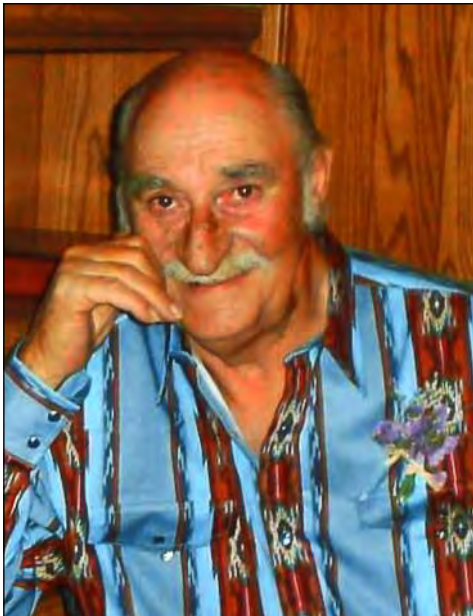


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COMMUNITY OBITUARIES

JOSEPH DELTONTO

January 20, 1936 – August 29, 2021



Montrose lifetime resident, Joseph DelTonto, age 85 passed away peacefully surrounded by his family, early Sunday morning, August 29, 2021

Joseph was born at home January 20, 1936 to Pete and Susie DelTonto in Montrose, Colorado.

He spent his childhood east of Montrose working on the family farm alongside his parents, 6 brothers and 5 sisters. Joseph married Hazel Sutherlin in Montrose and

together they raised seven children. Although their marriage later ended in divorce, they remained good friends and enjoyed holidays and get together with their children and grandchildren until her death on December 9, 2008.

Joseph (Joe) worked for the National Forest Service building many camp sites and trails, a job in which he often commented he enjoyed and made many lifelong friends. He also worked as a Rock Truck Driver on the Morrow Point Dam Project and continued to farm and ranch. His love for farming and ranching ran deep in his heart that continued until his death. Even though he couldn't physically farm this past year due to illness, he passed down his wisdom and legacy of the family farm to his children.

He served three terms on the Montrose Consumers COOP as a Board Member and Officer where his knowledge and business skills in farming and ranching helped lead the company thru some tough times.

Joe is survived by his seven children, Helene Tohill, Joey and Charlene DelTonto, Patty and Mike Bertram, Kathy DelTonto, Danny DelTonto, Roy and Sandy DelTonto, Ben DelTonto and

Heather Abts.

Joseph known as (POP) by his 13 grandchildren will be greatly missed but leaves behind his legacy of a strong will, love for family and a never give up look at life. Grand children: Travis Jackson, Mandy Bertram, Shasta Roberts, Ty and Kelli Roberts, Cameron and Brie Roberts, Mike DelTonto, Jamie and Chris Thompson, Kenneth Tohill, Jesse Tohill, Taylor DelTonto, Nicole and Chris Zahniser, Hunter DelTonto, Roshelle and Jose Suarez, 14 great grandchildren and two great great grand children

He is also survived by four sisters, Lena Whitworth, Florence and Ernie Veo, Anne and Ted Menica all of Montrose, Alice Miller of Lincoln California also survived by one brother John and Gerrie DelTonto of Alamosa. Preceding him in death are his parents, Pete and Susie DelTonto, grandson Johnathon Tohill, three Brothers: Charlie, Bobby, Jimmy and four sisters: Mable, Paulina, Virginia and Betty. A private family service and burial took place on September 1, 2021.

Memorial contributions can be made to Hope West Hospice in Loving memory of Joseph DelTonto. Crippin Funeral Home is assisting Mr. DelTonto's family.

Now more than ever...

Thank you for reading

THE MONTROSE MIRROR

COMMUNITY OBITUARIES

RICHARD DEAN TURNER

July 17, 1939- September 10, 2021

RICHARD DEAN "DICK" TURNER, 82, passed away at his home on Friday, September 10th, surrounded by his family.

The owner of Turner Automotive for 47 years, Dick, as he was known to his many friends, was born on July 17, 1939 in Missoula, Montana to Charles W. and Virginia Jane Turner. He was raised in Bozeman and graduated from Great Falls High School, then attended the University of Idaho with a Naval Scholarship.

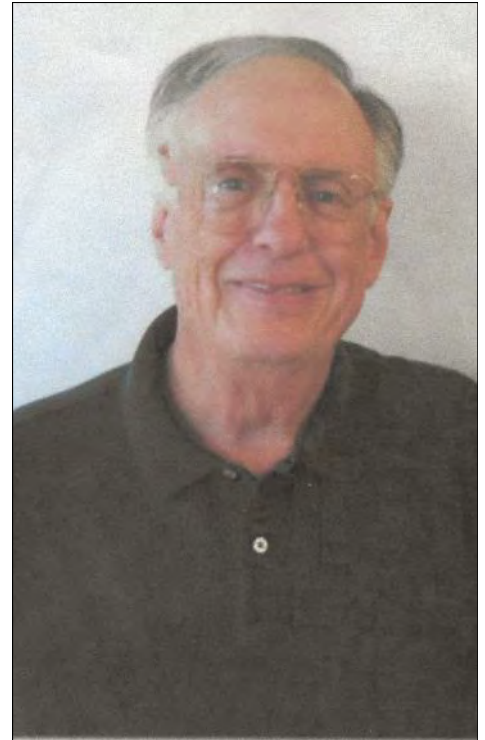
Dick married his wife Rebecca Ross on August 18, 1960. He began work as a rep for Continental Oil Co. after college. He started his career for the Chevrolet Motor Division of General Motors in 1965 beginning in Wichita, KS with moves to Colby, KS, Rapid City, South Dakota and then to Denver. In 1974, Dick and Cliff Davis from Gillette, Wyoming, purchased the Chevrolet dealership in Montrose, Colorado. A new building was constructed in February of 1975 where Turner Automotive is presently located at 2262 East Main Street.

In a quote from Mr. Turner in the Montrose Daily Press at the November 1975 Grand Opening, "I moved here to raise my family in this country. I like this part of Colorado, and Montrose specifically. It is my wife's and my intentions to live here the rest of our lives." Dick's philoso-

phy of the business was very simple: Provide a quality service for the customer in the area and build long-lasting repeat business based on service to the customer. Dick supported many Montrose organizations and schools with financial contributions and loaned vehicles. He also extended a hand to many individuals through the years, not seeking recognition for his generosity. During his automotive career he was a member of the National Automotive Dealership Association, he also belonged to the Rotary Club of Montrose and the Elks Lodge. Dick loved his family and friends, telling fun stories to make them laugh. He enjoyed watching football, flying his plane, making many impromptu trips around the country, the music of the Big Band era, reading, and especially good food in the local restaurants and at home.

Mr. Turner's greatest pride was his family.

He is survived by his wife Becky, son Ross (Mary) and daughter Stephanie (Dwayne) Beshoar; his grandchildren, Emily Turner, Elizabeth (Simon) Hepp, David (Natalia) Turner, Rebecca Beshoar, Helen Beshoar, Laura Turner, Mark (Alissa) Beshoar, Clara Beshoar, Olivia Beshoar, Julia Beshoar and Jack Beshoar; his great grandchildren, Lochlan and



Alistair Hepp and Gabriel and Silas Turner. He was preceded in death by his parents and his sister, Valerie.

In lieu of flowers, donations may be made to Hope West, 725 South 4th, Montrose, 81401; Community Options, P.O. Box 31, Montrose, 81402. Crippin Funeral Home is assisting Mr. Turner's family.

SEE SOMETHING - SAY SOMETHING



970-249-8500

ANONYMOUS CALL

MONTROSE REGIONAL CRIME STOPPERS

COMMUNITY OBITUARIES

WILLIAM (BILL) TRUEBLOOD DUCKWORTH

May 25, 1938-September 9, 2021



William (Bill) Trueblood Duckworth: "Bill is Love," said his friend of 50 years. That is how we remember the man, William (Bill) Trueblood Duckworth, as he left his human form and passed on September 9, 2021, in Paonia, Colorado. Love: his life was full of adventure and traveling, and most of all, connecting with people and actively sharing life and love along the way with whomever crossed his path.

Bill was born in Lafayette, Indiana on May 25, 1938, to John B. Duckworth and Mee-maw (Martha) Trueblood. After the family moved to Valparaiso, Indiana, he and his brother, John, spent the summers of their childhood working and playing at the hills and fields of their grandparent's farm in Paragon, Indiana. After graduating from high school, Bill joined a friend's family on a life-charting trip to Colorado, where Dad climbed his first mountain and experienced rugged and exciting mountain scenery. Indiana no longer held interest for him, and after a single year at Indiana University in Bloomington, he transferred to Denver University in Colorado where he completed a degree in finance. During the summers while in college, he worked for the Forest Service in Oregon and Color-

do, fueling his love of the outdoors.

He married Essie (Forbes) Pettersen in 1962. His solid skills in personnel relations allowed him to move up the ranks in the Forest Service in Colorado, Idaho, and Montana. Two children, Kris and Shane, came from this marriage, which dissolved in 1978.

Bill married again in September 1980, Ruth Dickman, inheriting two kids (Kristine Sødal and Dave Highness) and Zipper the Dachshund. He took on the position of Personnel Director of the Alaska National Parks. The family, extended family, friends, and stragglers visited nearly every forest, mountain, river, and bluegrass festival in Alaska in the early '80s. During this time, Ruth and Bill visited Mexico, the first of many international trips Bill would eventually embark on during his life. In 1982, Ruth was diagnosed with lung cancer. During the last months of Ruth's struggle for life, Bill and Kristine organized a Terry Fox running event for the American Cancer Society in Anchorage. Bill was a doer, and this was his way of grieving and living.

Two years before retiring from federal service, Bill met the love of his life, Nora Vallester Duckworth. They married at Nora's hometown of Balingasa, Philippines in 1991, and then made a home in Denver. After retirement, they moved to Montrose, Colorado in 1996, and built a passive solar home with Shane's and Kris' families. During this time, Nora and Bill made several trips to Nepal and founded an organization "Western Colorado Friends of Tibet" (now "Western Colorado Friends of the Himalaya"). They worked hard to gain political asylum for multiple Nepalese and Tibetan people, and adopted Jigchen (from Tibet), Radhika (from Nepal), and Nima (from Solukhumbu). The organization continues to support communities, children, and families, much as Bill and Nora initiated. Sim-

ultaneously, Dad encouraged Nora to follow her dream of working to finance all her nieces and nephews' college admissions, often making several trips together to the Philippines to visit family and bring the Philippine and American families together.

Bill embodied the "helping hand" to assist people to reach their own potential and understand each other, no matter their culture, race, gender, or creed, both personally and professionally. Life-giving goals were to hike or climb to all high points in every state, to hike or climb to every 14,000-foot peak in Colorado, to visit every National Register of Historic Places and Landmarks and National Parks in the U.S, and to visit every continent on Earth. In the last decades of his life, Nora and Bill did these things together, and he did them with memorable passion. We are thankful for the days we had with him, and we will miss him.

Bill is survived by two children (Kris Richardson and husband Ken in Plains, Montana; and Shane Duckworth and wife Kelly in Montrose, Colorado), two stepchildren (Kristine Sødal and husband Sven in Kristiansand, Norway; and Dave Highness and wife Patty in Helena, Montana), three adopted children (Jigchen Tso and husband Topden Tsering in Montrose, Colorado; Nima Sherpa and husband Danu Sherpa in Montrose, Colorado; and Radhika Phatak, Kansas City, Missouri), 10 grandchildren, one great grandchild (Oslo Richardson), two nephews (Paul Duckworth, Chicago, Illinois; and Jared Duckworth, Stuttgart, Germany), two nieces (Tracy Duckworth, Ormond Beach, Florida; and Ruthie Cacek, Odell, Nebraska), and all their families, his wife Nora Vallester Duckworth, and many beloved friends along the way.

Instead of flowers or gift, please donate in memory of Bill: Colorado Friends of Himalaya, PO Box 2022, Montrose, CO 81401.

COMMUNITY OBITUARIES

SKYLER DAVID KETCHAM

September 5, 2000-September 8, 2021



SKYLER DAVID KETCHAM passed away on September 8th, 2021.

Born September 5th, 2000, to Jennifer Borders at Montrose Memorial Hospital, he was raised by his wonderful grandparents David and Kay Ketcham whom he called mom and pops.

He graduated Montrose High School in 2019 among many friends.

He loved fishing, camping, playing basketball, throwing the football, and kicking the soccer ball around the back yard. He also loved visiting Arizona as often as he could.

He always was asking for a job so we set up several family and friend that collected cans so he could crush them and take them to the recycle center for pocket change.

He always had a smile on his face no matter what he was going through. He was the type of person that always wanted to make people laugh. He never knew a stranger especially if they had a cowboy hat on. His infectious smile and laugh will be deeply missed.

He was welcomed by his great grandparent in heaven.

He is survived by his grandparents David and Kay Ketcham, Grandpa Cecil C Borders, Mother Jennifer Borders, Sister Kayla Borders, Brother Micah Borders, Uncle Jonathan Borders, Aunt Pamela and Uncle Raymond Moore, numerous great aunts, uncles and cousins and close friend from all over.

TOBY BENITO VIALPANDO

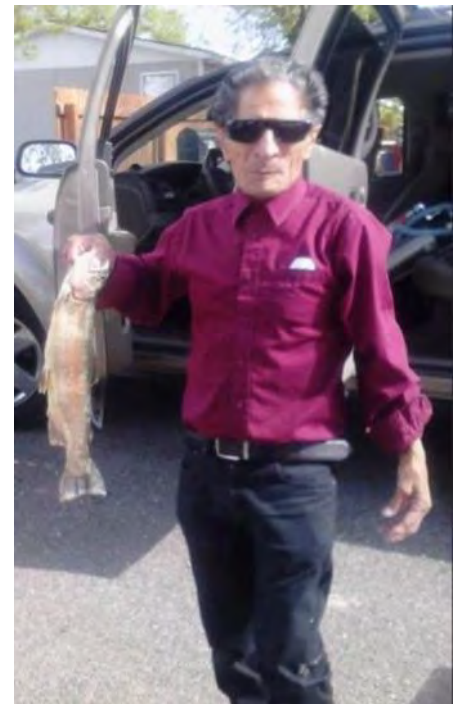
October 19, 1945-September 8, 2021

TOBY BENITO VIALPANDO, JR., age 76, passed away unexpectedly in his home in Delta, Colorado, on September 8, 2021. Toby, the son of Joe and Sadie Vialpando, was born on October 19, 1945, in Pueblo, Colorado. He is survived by his wife Linda; his mother Sadie; his daughter Crystal Lee Vialpando; and two sons Adonis Joe Vialpando and Gregory Roy (Little Toby) Vialpando.

He is also survived by his five sisters Dorothy Thout, Rose Tripp, Alice Gonzales, Geraldine Poland, and Rosella Cadena; and one brother Margarito Vialpando, as well as numerous nephews and nieces. Toby will be truly missed by 13 grandchildren and 24 great-grandchildren. Toby enjoyed spending time with children, but he especially loved being with his grandchildren. He loved fishing, playing cards, classic cars, and dancing to good music. Toby instantly lit up a room with laughter. He also liked to dress to impress.

He never had a hair out of place and wouldn't leave his house without an ACE comb in his pocket and a shine on his shoes. He is loved and will be missed dearly by all who knew him.

Toby was preceded in death by his father Joe Toby Vialpando; his son Cisco Edward Vialpando; his daughter Tammy Lee Vialpando; his granddaughter Tanya Gueverra; great grandson Adrian Lara; great granddaughter Elicianna Deanette Rose Vialpando; brother Daniel Ray Vialpando; and his sister Lorraine Vialpando. In lieu of flowers, a donation to assist with funeral expenses can be made to daughter Crystal Vialpando.



COMMUNITY OBITUARIES

FRANCES HOPE FORBES

August 8, 1955-September 10, 2021



FRANCES HOPE FORBES (Vasquez) of Delta, CO., died on Sept. 10, at St. Mary's Regional Medical Center of West Nile Virus. Fran was born on August 8, 1955, in Greeley CO., to Carlos and Luciana

Vasquez.

Fran was raised and graduated high school as well as beauty school and later went on to marry Joe Beck. They had two children together, Jared and Alaina. After following the drilling rigs around for years, they settled down in Hotchkiss, CO. Fran worked in local hair salons and convenience stores where her bubbly personality made her well liked in the community. Fran loved her family and could often be found camping, fishing, and enjoying time with her family.

Later in life Fran married Orin (September 15, 2011) and they built a loving and cheerful home in Delta, CO. Their home was always filled with laughter and love. Orin loved Fran fiercely and made sure everyone knew it.

Fran leaves behind her husband Orin,

two children Jared (Becky) and Alaina.

She also had four stepchildren Delores, Jody, Ryan (Aryn), and Leroy (Desiree). She is preceded in death by her parents Carlos and Luciana as well as her brother Ernie. She also leaves two sisters, Jean Echeverria (Max) and Sara Walker, as well as a brother Louis Vasquez. Fran had twelve grandchildren Joseph and Maria, Bridgette, Kayla, and Kyla, C.J., Emily, J.J., Calvin, James, Chrystal, and Kevin. Fran also leaves behind too many nieces and nephews to count.

Services will be held Wednesday September 22, at 4:30 p.m. Services will be held at the Salvation Army (1235 N 4th St) in Grand Junction, CO.

Memorial contributions may also be sent to the Salvation Army at the above address.

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

Montrose Elks Lodge #1053
801 So. Hillcrest, Montrose CO 81401

Elks Bingo

Tuesday Sept 21, 2021

Progressive Game #4

\$706

*Win by reaching Bingo in 37
numbers or less*

Progressive Game #6

\$7,070

*Win by reaching Bingo in 53
numbers or fewer*

...Live Life Better at...

...Montrose Elks Bingo...

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

ISSUE 334 Sept. 20

ART & SOL

NEW EXHIBITS AT RIDGWAY RANCHING HISTORY MUSEUM

Mirror staff report

RIDGWAY-In coordination with the second annual Ridgway Old West Fest, the Ouray County Ranch History Museum (321 Sherman Street) offers new opportunities to observe and learn this month, with two exhibits that will run from Sept. 24-Oct. 13. Beginning on Sept. 24, the Regional Craftsman Leather Show will highlight the work of local artisans. Another exhibit will showcase Polio, Survivors and the End of an Epidemic—including the fascinating

story of a 1938 Drinker-Collin's iron lung. The iron lung will be on display, along with videos, history, and the experiences of three local polio survivors and guests from 2-4pm. The iron lung has been restored, and has a personal connection to Ridgway, as it once belonged to the mother of museum volunteer Joan Chismire. Joan's mother had contracted polio as a young woman, after attending a rodeo with family members. According to [the CDC](#), polio was once one of the most feared diseases

in the United States, causing more than 15,000 cases of paralysis annually in the early 1950s. Also at the Museum, on Saturday, Sept. 25 from 10am to 4:30pm, there will be a demonstration on packing mules, with rides from 10 a.m. to Noon. The Museum will offer a lunch of beef brisket sandwiches from 11am to 2pm. On Sunday, Sept. 26, the museum and grounds will be open from 10am to 4pm. For more information, call 970-316-1085, or visit [ocrhm.org](#).

Memorable History and Activities to Experience at the Ouray County Ranch History Museum*

Ranching began in our Uncompahgre region around 1877, with more homesteads proved-up after 1881. Many individuals migrated to this land by wagon, foot, and later by rail to carve out their lives, their livelihoods, and their family legacies. Visit an outstanding collection of Historical Ranch Equipment, Artifacts, and Local Memorabilia in our 11-room ranch museum.

OCRHM is participating in the 2nd Annual Ridgway Old West Fest by offering:

Friday, Sept 24: (10-4:30pm)

- Two exhibits begin (Sept. 24-Oct. 13):



– Regional Craftsman Leather Show
Highlighting the talents of local Artisans.

– How an Iron Lung Found its Home in Ridgway: Polio, Survivors, and the End of an Epidemic



Displaying a 1938 Drinker-Collin's Iron Lung, videos, history of this era, and visiting with local polio survivors.

- Polio survivors and guests (2-4pm)

Saturday, Sept 25 (10-4:30pm):

- Demonstration on packing mules and rides on from 10-12noon.
- Lunch: local beef brisket sandwiches and meal from 11-2pm at the museum.

Sunday, Sept 26 (10-4pm):

- Exhibits, museum & grounds open

*OCRHM is a 501c3, all-volunteer, non-profit museum and a Region 10 tax-credit project. [ocrhm.org](#)



321 Sherman St. (PO Box 190), Ridgway, CO 81432 • 970-316-1085

COMMUNITY NEWS BRIEFS

TEMPORARY CLOSURE OF RICHMOND PASS TRAILHEAD

Special to Art & Sol

DELTA— The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests issued a Closure Order for the Richmond Pass Trailhead and the lower portion of the National Forest System Trail (NFST) #250—Richmond Pass Trail, north of Highway 550 beginning Sept. 17, 2021 through Dec. 31, 2021 or until the Closure Order is rescinded. The upper portion of the Richmond Pass Trail will still be accessible via alternative trailheads.

The Richmond Pass Trailhead is located at an area where mining has historically occurred. The Irene Mine site was abandoned over 100 years ago and three piles of hazardous mine waste and a collapsed, draining adit remain in the vicinity of the trailhead. The purpose of the closure is for public health and safety during a Comprehensive Environmental Response, Compensation and Liability Act (CERCLA) Time-Critical Removal Action (TCRA) at the Site. The objective of the TCRA is to reduce the potential for exposure to heavy metals and to reduce the potential for contaminants to migrate or be released.

This project includes removing and consolidating hazardous waste materials into an on-site repository. The repository will be lined and capped and all affected areas will be revegetated. Hydrologic controls will also be constructed to divert water runoff around the repository. This action will also include trailhead and parking area improvements.

A Preliminary Assessment/Site Investigation Report was completed in 2020 to assess the potential risk. Comparison of the metal concentrations in the sediment samples indicated that several metals

posed a potential risk. Lead was the most prevalent metal reported at levels that exceeded the human and ecological benchmarks. Lead can be harmful to humans, especially children. Lead is a common heavy metal found in mine waste. For more information about lead, please visit: www.epa.gov/lead. The Centers for Disease Control and Prevention's Agency

for toxic substances and Disease Registry (ATSDR) also has a series of summaries about contaminants, called ToxFAQs. You can find ToxFAQs on lead at www.atsdr.cdc.gov/toxfaqs.

For additional information, project updates, or questions please contact Bryan Barrett at bryan.barrett2@usda.gov or the Ouray District Office at 970-240-5300.



49 Years of Ceramics on the Western Slope of Colorado

Bill Wilson and 7 Apprentices

BILL WILSON

**NOEL BAILEY • LEVI CASIAS • JULIE SIROTEK
DEREK REDDING • MARIAH WEIGEL • PAM ZOOK
MOLLY FLEINER-ETHERIDGE**

October 1 - 29, 2021

Opening Oct. 1 at 6:30pm - 9pm

At the ART CENTER 1803 N 7th St. Grand Junction, CO

INFO: Bill Wilson 970 - 209 - 5046 Art Center info@gjartcenter.org



COMMUNITY NEWS BRIEFS

EIGHTEENTH ANNUAL OURAY COUNTY RAILROAD DAYS SEPT. 25 & 26

Special to the Mirror

RIDGWAY-The weekend of Sept. 25 and 26 will provide plenty of opportunities to experience the railroad heritage of the San Juan Mountains as the Ridgway Railroad Museum presents the eighteenth annual Ouray County Railroad Days. Held in conjunction with Ridgway's Old West Fest, which celebrates the area's ranching, mining and railroad heritage, people will be able to enjoy unlimited free rides from 9 am to 4 pm Saturday and Sunday on Galloping Goose 4, Rio Grande Southern Motor 1, and the RGS Model T track inspection car No. 1. The Railroad Museum will also host a model train layout open house at Don Paulson's home at 17 Whitehouse Lane between Ridgway and Ouray from 9 am – noon on Saturday, and railfans can attend a lecture on Motors and Galloping Geese at 7 pm Saturday evening at the Ridgway Town Hall community room. The Railroad Museum is also unveiling a significant new exhibit, an unusual silver filigree RGS pass commissioned by Otto Mears in 1892, which is now on display in the Museum's railroad room in the Ouray County Ranch History Museum. All Railroad Museum events are free; the Ranch History Museum charges a modest admission fee.

RIDGWAY OLD WEST FEATURES COLORADO'S CARIN MARI IN CONCERT

Special to the Mirror

RIDGWAY-Ridgway's Old West Fest closes out the summer Sept. 24-26 with a weekend jam-packed with fun and educational events for all ages.

Singer-songwriter Carin Mari will perform at 7 pm Saturday Sept 25.

Her concert has been recently moved to the Ouray County 4-H Events Center barn for an outdoor atmosphere.

Carin has toured for nine years with her brothers' band as well as played lead guitar for Michael Martin Murphey's Rio Grande Band.

She has released five albums and has won eight Colorado country music awards.

Admittance to her concert is included in the cost of the Festival Pass to the Ridgway Old West Fest.

A complete listing of all West Fest events can be found on the festival website, www.ridgwayoldwestfest.org.

Tickets are available on line at a discount when ordered in advance. You can preview Carin at her website, carinmarimusic.com.

At right, Carin Mari, courtesy photo.

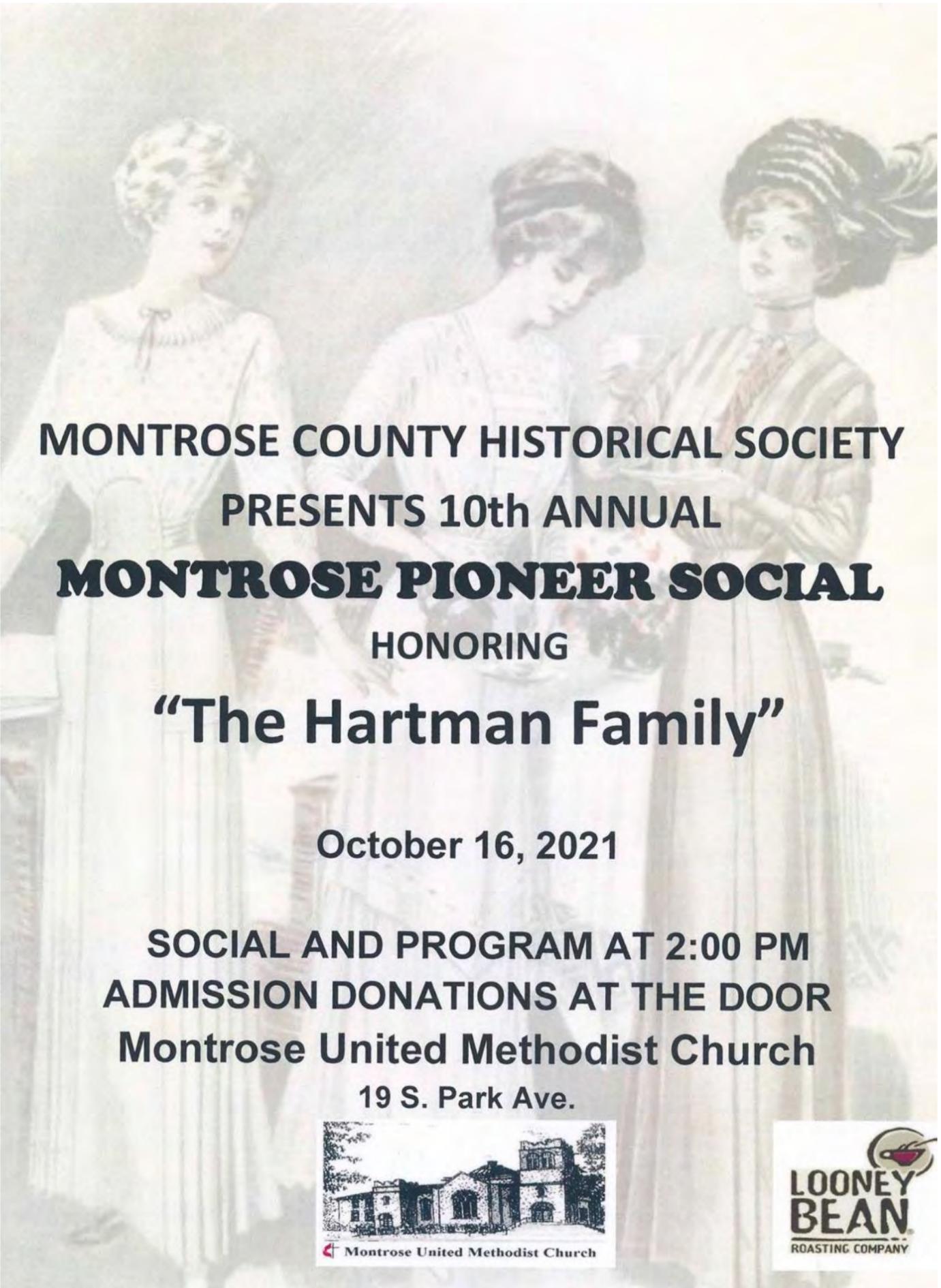


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A faded, sepia-toned illustration of three women in early 20th-century attire. The woman on the left wears a light-colored dress with a high collar and a small bow. The woman in the center is looking down at a small object in her hands. The woman on the right wears a dark, patterned dress and a large, ornate hat.

**MONTROSE COUNTY HISTORICAL SOCIETY
PRESENTS 10th ANNUAL
MONTROSE PIONEER SOCIAL
HONORING
“The Hartman Family”**

October 16, 2021

**SOCIAL AND PROGRAM AT 2:00 PM
ADMISSION DONATIONS AT THE DOOR
Montrose United Methodist Church
19 S. Park Ave.**



MODERATE EXERCISE OFFERS PATH TO HEALTH POST COVID



By Lauren Hall Ruddell, Ph.D.

Greetings Mirrorites,

After getting a mild case of Covid *again* last month, despite being fully vaccinated, I have made it my autumn mandate to get as much moderate exercise time in nature as I can possibly squeeze in. My hope is to get in touch with my Neandertal chromosome 12 and reduce the activation of microglial immunity soldiers that cause brain inflammation. No, I haven't been spending too much time watching Game of Thrones or similar fantasy concoctions, I have merely been examining the research on why Covid 19 has such varying effects on so many kinds of people, effects that seem pretty random sometimes, but may not be.

I may be one of those folks whose Neandertal genes make me paradoxically extremely susceptible to COVID, while also mounting an immune response that is swift and effective. Ancient Neandertal genetic remnants that are ensconced on Chromosome 3 make me more susceptible, while Chromosome 12 mounts an appropriate yet incomplete response. In theory, this may explain why I may be experiencing recurring or long covid type relapses. Brain fog and fatigue on one day that is gone the next. Something is definitely going on, and I need to take countermeasures. Hence the green-exercise commitment.

Current research indicates that long COVID appears to linger for weeks or even months after the initial illness (as in my

case). While most people who contract coronavirus recover within a few weeks, others experience long-term symptoms fatigue among many other symptoms. No one fully understands all of this yet, so for now the Neandertal gene theory is as good as any other.

To further muddy the waters, different studies have varied wildly in their results, estimating that anywhere from 10 percent to 60 percent or more of COVID-19 patients may be affected by lingering symptoms such as fatigue, sleep problems, and mood changes. That's a pretty big spread that makes any firm conclusions meaningless right now.

My case seems to be pretty common, in that fatigue is one of the most frequently reported symptoms. Mine happens to be periodic, possibly in response to stress. Many people, even those not hospitalized, experience something akin to chronic fatigue syndrome and are exhausted all the time.

It may sound counterintuitive, but being active during long COVID recovery can boost, rather than drain, your energy. However, it's important not to try to do too much or push yourself past a certain wall. I generally encourage people to push themselves regularly from moderate to high intensity exercise to foster neuroplasticity through the maximum production of BDNF (see previous article in *The Mirror*). However, the need to respect long COVID symptoms and ease into full recovery trumps the need for brain cell regeneration, at least in the short term.

For folks who feel that they struggle just to put one foot in front of the other after COVID, beginning to recoup your old self may need to be nothing more strenuous than yoga or tai chi. Many sufferers have reported anecdotally (studies are lacking) that more time spent stretching than exercising was a very effective first step, followed soon by casual walking, resting, walking, resting, etc. Eventually most people with fatigue report that they are nearly back to normal after six months of dedicated stretching and exercise therapy. Even then, at least based on my personal

experience, I would not recommend high intensity exercise for up to a year.

The reason for this is somewhat simple. Many of the nastier aspects of COVID are produced by a 'cytokine storm' some people's immune systems respond to infection with. Think of microglial cells as superheroes, working undercover as janitors who sweep away that old, dead cellular debris, who CAN swiftly and ferociously mobilize into a strike force when called upon. If they are the assault team, cytokines are the ammo. Sometimes the team misunderstands when surrender has been achieved and it's time to stop firing. Inflammation is the result.

Moderate exercise produces a type of cytokine that reduces inflammation, a critical factor in COVID illness expression and post-Covid recovery. High intensity exertion, such as intervals, causes the wrong type of cytokine to manifest, one that increases inflammation. This can result in a setback for the brain and other systems. Headaches and brain fog may return to a recovering patient who overdoes it. Further, inflammation alters the glucose cycle in a rather complicated way that I won't explain here. When that happens, fatigue results because the cells simply don't get the fuel they need to function at maximum capacity. Depleted cells make for body and brain fatigue. This is why I recommend, and practice, moderate exercise until such time I know I am well and truly over this persistent and pernicious beastie. So although high intensity training is best for a normal brain that needs plenty of BDNF on a regular basis, COVID recovery dictates a different routine. And of course, you can count on me to recommend that such mild to moderate exercise take place outdoors.

Fortunately, there is plenty of research to support my thesis on the benefits of this. Remember 'forest bathing' from earlier articles? Well, several studies on inflammatory response and time in nature have been performed. Seven forest bathing studies analyzed inflammatory cytokine expression and unanimously reported either a decrease in pro-inflammatory

Continued next pg

MODERATE EXERCISE PATH TO HEALTH From previous pg



Yeah, more and more of us feel just like this at times. Photo courtesy of Daniel Kim.

and/or an increase in anti-inflammatory cytokine levels after a nature session. As stated, this is critical in the management of fatigue and full COVID recovery.

That said, once some progress has been made, and a person feels a bit stronger and clearer headed, some consistent, monthly increase in speed of walking or

other activity is recommended. Getting stuck in a comfortable slo-mo for a really long time is very counterproductive. Not just in terms of the brain, but other systems as well. For instance, health researchers in Britain found that slow walkers of a healthy, normal weight were 3.75 times more likely to die from COVID than brisk walkers. Oh Yikes! The data gathered from over 400,000 middle-aged people lead researchers to conclude that self-reported walking pace could be used to predict whether someone was at higher risk from the virus. For reference, slow walking was considered to be at a speed of less than three miles per hour, steady/average speed was three to four miles per hour, and brisk at more than four miles per hour. So yes, easy does it, but not forever.

Some physical therapists are now offering guidance on post COVID recovery strategies. Some recommend 7-10 days of "extremely light intensity activity" along with flexibility and breathing exercises. Activities might include light gardening, walking, light strengthening, stretching, and gentle balance routines or yoga. This should be followed by two weeks of light intensity activities such as walking and light yoga, maintaining the level of exertion but increasing the time an extra 15 minutes per day. When this is comforta-

ble, the patient can advance to intervals of two five-minute blocks of brisk walking, going up and down stairs, jogging, swimming, or cycling — separated by a day of recovery. When a person is able to hold a conversation easily during the activities, they can add an extra interval per day as tolerance allows. Of course, I recommend brisk walking in nature, eventually. One recovering health care worker stated that at first, stretching helped the most: "This helped to expand my chest and lungs, so the more intense exercises got easier...I found walking to also be most beneficial as it was an exercise I could control." Ten weeks since the first symptoms, this person reported being up to 70 percent of pre-COVID-19 fitness.

Although I have not been able to identify any formal outdoor yoga or tai chi classes in the Montrose area, there are some offered indoors in a few studios. To get started with stretching, there is a really nice free offering at the Montrose Senior Center M-W-F from 9 AM to 9:30 AM. You can go online or call the Montrose Recreation District for more details.

That's it for this week. Stay safe and get outside, as soon and as often as possible in the upcoming beautiful fall weather. And as always, questions or comments can be submitted to

agescapesnow@gmail.com.

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COMMUNITY NEWS BRIEFS

HIKING GEMS OF THE GRAND MESA



Students from Paonia Elementary are enjoying a fall hike on the national forest. (Photo Credit: U.S. Forest Service).

By Lynea Schultz-Ela, *Friends of Youth and Nature*

REGIONAL—It can be a bit daunting to choose an area to explore with kids in our nearby national forests, to say nothing of deciphering maps and determining appropriate trails for youngsters. Between the White River, and the Grand Mesa, Uncompahgre and Gunnison National Forests, there are over five million acres of U.S. Forest Service lands here in Western Colorado; so vast that one may become overwhelmed with the plethora of opportunities. To narrow that down a bit I want to share with you my favorite “Hiking Gems” for kids here in our beautiful backyard on the Grand Mesa National Forest. As there are two counties splitting the Grand Mesa, I’ll give you a peek at hikes by county.

At the top of Delta County is the *Land o Lakes Trail* on the south side of Highway 65. This is a very short hike but gives the best view of Island Lake and the topography all around. Kids like it because it’s SHORT, handicapped-accessible, and it

boasts not just a view but lots of trees and flowers to identify—don’t forget to bring The Rocky Mountains Field Guide reference book or tri-fold, both of which are available at the Grand Mesa Visitor Center.

Also at the top of the Grand Mesa is the cross country ski area called appropriately *County Line*, which sits on the Delta and Mesa County Line. It’s advisable to do some planning by visiting the Grand Mesa Nordic Council website (gmnc.org/trails/skitrails) where you can print the map for all three ski areas. For the kiddos, I recommend the easy hike around the dog loop trail for a wonderful woodland experience, or the *Overlook Trail* for those able to cover more distance. The San Juan and Raggeds Mountain vistas are gorgeous from the overlook viewpoint. Mountain biking on the County Line Ski Trail system is also great fun for those of you who love the sport. I recommend reaching out to COPMOBA for recommendations based on the age and skill of your kids (www.copmoba.org).

The most famous of the Grand Mesa trails is the iconic *Crag Crest Trail* found just up the hill from the visitor center—there is a Crag Crest parking lot sign on Highway 65, so you can’t miss it. Crag Crest is renowned for the views, the wildflowers, trees, and the varied landscape. In fall, the golden, fiery orange leaf colors can be simply gorgeous. The almost 11 mile loop may be too much for most youngsters, and even the six mile one way trek can be a lot. But, no one says you can’t hike out of the parking lot and up the trail as far as you want to go—you might just get close enough to the rocky top to really take in the beautiful vistas. It’s truly an exhilarating hike for everyone!

Also on that side of the Grand Mesa is Island Lake. There you find a well-marked shoreline trail, taking off directly across from Island Lake Campground and going along the south side of the lake. Due to some higher-than-normal winds in past years, there are still downed trees, but they’re easy enough to climb over or hike around. Watch for informational signs that tell fish stories that are indeed true AND remarkable. Access the trailhead via Forest Service Road #110, and park just past the trail entrance in the boat ramp parking area.

In addition to the lake trail, you can walk into the Island Lake Campground and over the hill to the east where you’ll find Little Gem Lake with beautiful wild grasses, wildflowers, and peaceful waters just perfect for skipping stones and picnicking. Or, take a walk all the way through the campground heading south. There you’ll find an improved off-road vehicle lane to the Granby Reservoirs with many lakes on this eight-mile one-way hike. Consider it an all-day affair; go the distance or just a little ways, and toss in your fishing line when you stop for lunch. It’s easy walking!

The visitor center boasts the super kid-friendly *Grand Mesa Discovery Trail*. It departs from the visitor center and travels

Continued next pg

HIKING GEMS OF THE GRAND MESA *From previous pg*

through woods and meadows, providing views of two lakes, seasonal wildflowers galore, and a few panels with nature information along the way (be sure to pick up the Discovery Trail pamphlet before you head out). The trail is only a third of a mile, so even the littlest can participate. While you are there, make a stop at the visitor center to learn the facts, history, and some of the excitement that Grand Mesa has to offer.

The turn-off to the visitor center continues on to the Ward Way picnic area just past the campground. There you can pick up the *Baron Lake Trail* which passes Alexander Lake and takes you to Baron Lake. Its 1.3 miles one way but there are two places to stop and throw in a line. Or just rest a spell and examine the bug and fish life in the two lakes. Shore access is unhindered, and an easy spot for kids to play and explore.

Now let's go hiking on the Mesa County side, starting at the top and working our way down.

As previously mentioned there are some great hikes following the ski trails, and while the *Sky Way Ski Trail* system of the Grand Mesa Nordic Council has more ups and downs and rocky business, it has a completely different view. Again, print out the map online and follow the trail to the Sunset Overlook. It's just so gorgeous on a blue sky day in the fall—you'll be looking down off the Mesa towards all the geologic outposts of the Bookcliffs on the Grand Junction side of the mountain. So worth the view, and it will be a new view to those who are not skiers in this area.

Down the hill a bit is the Mesa Lakes and Jumbo Lakes area. There are multiple hikes in the area, all of which are kid-

friendly.

Turn into the Mesa Lakes area to access the 1.5 mile *Mesa Lakes Shore Loop Trail*. Stop for a toe dip in the cold water. This trail intersects with *Lost Lake Trail* for an additional 1.5 mile hike. This is one of my very favorite hikes to take with kids. It's a bit more challenging than the Shore Trail. You can cut off the beginning hike by driving to the Glacier Springs picnic area at the same turn off as Mesa Lakes. Here the fun begins over basalt fields and through forests, and finally to the hidden gem of Lost Lake. While you are here, call out for an echo, cast out for a fish, or just get out your pen and paper and write a few Lost Lake inspired haikus. It's a truly lovely place.

Further south is the turn off for Jumbo Lakes Campground with two big pools of water: Jumbo Reservoir and Sunset Lake. The campground is between them and has parking. It's a super fun outdoor playground for kids with creeks, bridges, lakes and varied terrain to explore. There are lots of stone skipping possibilities as well.

If you are interested in a longer moderate level hike with lots of different terrain you can take off from the Mesa Lakes area on the Glacier Springs Cut-Off trail and head out to the *Rim View Trail*, or you can start at Sunset Lake in the Jumbo Lake Campground area and hit the *Rim View Trail*. It's an out and back hike with wildflowers and rocks, and the ultimate view as you get past the connector trails. Bring your lunch and plan a picnic on a viewpoint of your choosing—you will not be disappointed.

For the ultimate adventure with your kids, I'd like to recommend a one day backpacking trip. In actuality you can go

for a couple of days on this trail if you wanted. Just off of Lands' End Road you'll find Carson Lake area and by taking the footpath across the dam you'll find the *Kannah Creek Trailhead*. Hike downstream on the trail until you are tired and have gone far enough (considering it's an uphill climb out in the morning). Find a flattish spot near the creek and set up camp. My grandson still considers this his most "wild" adventure and can't wait to show this quick overnight out of doors adventure to his younger sister. The *Kannah Creek Trail* goes all the way down the mountain, but I don't recommend it for the kids. The sounds of the wind in the tall trees, the water rushing down the mountain, the birds, and the crackling fire (when safely constructed and extinguished) make for a perfect, easy, fun introduction to backpacking.

Most of this trail information and maps can be found on line at https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/stelprd3812898.pdf with a printable brochure and map. Included on the map are road and route numbers. I've hiked all of these trails and I know you and your young folks will enjoy getting outdoors to discover the hiking gems of the Grand Mesa. Don't be daunted by the vastness of our forest service lands—you got this, so get out there, and bring the kids!

Friends of Youth and Nature is a non-profit that promotes opportunities for youth and families to get outside, experience outdoor activities, and explore nature. Follow our outdoor news blog and receive monthly tips on connecting your children to nature. Learn more, visit:

www.friendsofyouthandnature.org



COMMUNITY NEWS BRIEFS

'BACK TO THE OLD SPANISH TRAIL' FIELD TRIP IS FREE TO THE PUBLIC

Special to Art & Sol

DELTA- The public is invited to attend the Back to the Old Spanish Trail field trip, Saturday, Oct. 2nd, 9-12 noon. Join Chris Miller, Executive Director, Fort Uncompahgre and the Interpretive Association of Western Colorado along with Jon Horn, Alpine Archaeological Consultants, Montrose, CO and Richard Waller, National Old Spanish Trail Assoc. Colorado Director on a field trip to explore the Old Spanish Trail location in Delta County.

Horn will share with you the points of interest along the North Branch of the Old Spanish Trail (OST) and future plans to interpret the history of the trail and why Antoine Robidoux picked the strategic location for his Fort Uncompahgre. Jon Horn will share the location of segments of the Old Spanish Trail and the history.

The general location of the Fort is what has been referred to by author Steve Baker (Baker 2008) as the Great Delta topographic gate on the Gunnison River. The topography at this location allows easy passage north to the Colorado River and southward into the Uncompahgre Valley until the railroad arrived in the area in the latter nineteenth century, the area known as Robidoux Bottoms had remained the primary fording place on the Gunnison River along the old path which later became the North Branch of the Old Spanish Trail and then the Salt Lake Wagon Road.

History tells us that before the Spanish exploration of Western Colorado, the native inhabitants had a variety of routes for traveling on the Western Slope.

With Spanish exploration those routes were utilized along with native guides, bringing explorers up from such colonial outposts as Santa Fe into our region. Rivera, exploring in the summer and fall of 1765 being the first in Western Colorado to travel along the western San Juan Mountains north into the Delta area.



Old Spanish Trail ride. Courtesy photo Interpretive Association of Western Colorado.

Rivera's travels with the assistance of native guides would expose the Spanish to the many trails and topography of our region. These explorations would lay the foundation for individuals like Antoine Robidoux to trap furs, host trappers, trade with the Utes prior to the Mexican War in 1846.

While seeking the Colorado River, Juan Rivera and his company arrived at these bottoms and forded the Gunnison River in the fall of 1765 (Baker 2008, Hendricks, and Sargent 2011). During their trips of 1776 Father's Dominguez and Escalante also arrived at the great Delta travel gate though they struck the river a few miles above the Robidoux Bottoms.

Even to the present day this travel gateway has been used by nearly all travelers who wished to pass north and south up the western slope of Colorado. "Nearly all that we know about Robidoux's old trading post comes from accounts left by such travelers. Robidoux clearly sited his enterprise at the most strategic travel gateway

in the region." Steven G. Baker, Uncompahgre Valley Ute project, Centuries Research, Inc. Montrose, CO.

The movement of trade goods and livestock over the Northern Branch during the Spanish, as well as the Mexican period provided the foundation for later American exploration starting with the Gunnison Expedition in 1853.

The Fort was officially certified as the first non-Federal Interpretive Center on the OST by the Bureau of Land Management and just recently NPS designated the Fort an official Certified Site on the OST.

Transportation will be provided by the Interpretive Association of Western Colorado.

Please plan to meet at the Fort no later than 9 am and returning no later than 12noon.

We will be using a School Bus, seating is limited to the first 46 folks that sign up. Wear comfortable shoes and bring water. RSVP is required please call 970 874-8349.

Grand Valley History Players
present
**The Darling, the Daring,
and the Decadent**

Saturday, October 2nd, 6-8 pm
Doors, bar, concessions open 5:30 pm



May West



**Anette Kellerman,
The Mermaid Queen**



Harry Houdini

Tickets, \$20. mc4arts.com/melodrama
Free if over 60, but donations appreciated

Interactive performance. Ask questions, learn
about the characters and why they were chosen.

Montrose Center for the Arts

11 S. Park Ave, Montrose. mc4arts.com



LIVE MUSIC ROUNDUP-WEEK OF SEPT. 20

By Paul Arbogast, Mirror Publisher

Healthy Rhythm Art Gallery:

- Thursday, Sept. 23, 7:30 PM – Birds of Play

Mesa Theater, Grand Junction:

- Saturday, Sept. 25, 7 PM – Ward Davis
- Sunday, Sept. 26, 8 PM – Esme Patterson
Monumental Beer Works, Grand Junction:

tion:

- Friday, Sept. 24, 6:30 PM – Still House String Band

Sherbino, Ridgeway:

- Saturday, Sept. 25, 7 PM – Solohawk

Storm King Distillery:

- Thursday, Sept. 23, 6 PM – Cousin Curtiss

Two Rivers Tavern, Grand Junction:

- Saturday, Sept. 25, 8:30 PM – Pumped up Egos

Upstairs at Precedence:

- Friday, Sept. 24, 7 PM – Solohawk

Warehouse 25sixty-five, Grand Junction:

- Friday, Sept. 24, 7 PM – Uncle Kracker

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Assisted Living Apartment Homes

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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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

COMMUNITY NEWS BRIEFS

JIRON NAMED TO SNHU PRESIDENT'S LIST

Special to Art & Art

MANCHESTER, NH-- Erica Jiron of Montrose (81403) has been named to Southern New Hampshire University's summer 2021 President's List. Eligibility for the President's List requires that a student accumulate an academic grade point average (GPA) of 3.7-4.0 and earn 12 credits for the term.

Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 89-year history of educating traditional-aged students and working adults. Now serving more than 150,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the "Most Innovative" regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.



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

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
In Transition-Currently:
 Howard Davidson
 Paul Parsons
 Merle Bierma
 Worship Service times:
 9:30AM,

Student Worship at 6PM
We strive to encourage, challenge and support one another through spiritual growth, worship, and service in our community, country, and world.
We also encourage children and youth to grow their relationship with Christ through our children and student ministries

MONTROSE UNITED METHODIST CHURCH

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

office@montroseumc.org, 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)

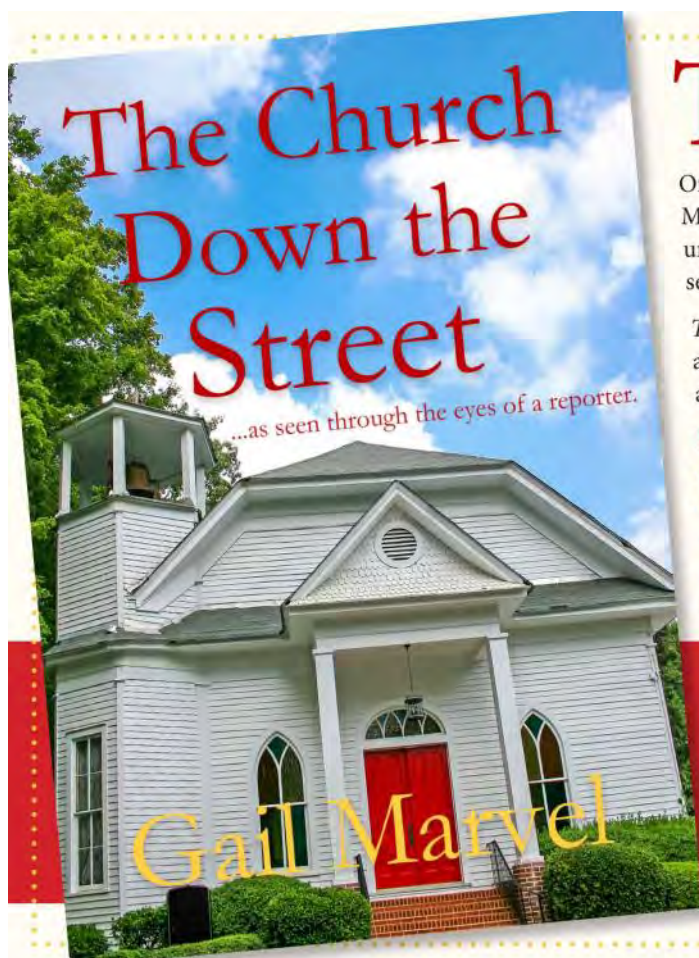
Name of current Senior Pastor

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





Golden Circle Senior's "Pay It Forward" Fund sprang from the realization that some seniors don't have the income to "go out to lunch." As a meal-site provider for seniors in our community, one of our goals as a non-profit service organization is to provide meals that are nourishing and affordable. This fund was established to help offset meal costs for seniors so they could afford to go out to lunch, have an opportunity to meet and make new friends, and not have to eat alone.

The Golden Circle Seniors are volunteers ranging in ages from 50 to 90 with a collective array of talents, skills, and experiences. Many seniors have experienced isolation, hunger, and understand the pressures of life. We have all eaten our share of peanut butter and jelly sandwiches and know that in some countries that would be a feast. "Food is the ingredient that binds us TOGETHER" as we weren't meant to feast alone. ***Our doors are open to welcome you in!***

The "Pay It Forward" concept of kindness has a rippling effect because most of us share a sense of commitment to be of service. Don Vincent and Evan Dodge are the owners of The Stone House Restaurant who understand the meaning of paying it forward. This past year was a tough year for many business owners in our community and they are keenly aware that without the support of their loyal customers, staying in business and keeping their staff employed would have been even tougher.

Starting **Tuesday, September 7th**, the **Stone House Restaurant** will be catering meals at the Senior Center located in the Montrose Pavilion. Don and Evan have thoughtfully planned out meals for seniors that are tasteful and nourishing. They are also aware that many seniors are unable to go out to dinner at fine food restaurant because most are on a fixed income. This is an opportunity for many to try their delicious food, some perhaps for the first time. They believe that "Food is the ingredient that binds us TOGETHER".



We cordially invite ALL seniors to come and "Break Bread with Us" Monday through Friday. "Come On In and See For Yourself" at **1800 Pavilion Dr in Montrose.**



MONTROSE SENIOR CENTER LUNCH and FRIENDSHIP Lunch for Two \$14.00

Catered by

THE STONE HOUSE RESTAURANT

at THE SENIOR CENTER. Call the Golden Circle Seniors at the Montrose Pavilion for September's menu and to make a reservation

970-252-4888

1800 Pavilion Dr, Montrose, CO

FOOD is the
ingredient
that binds us
TOGETHER

Offer expires 9/30/2021



COMMUNITY NEWS BRIEFS

NEW EXHIBIT ON DISPLAY @ RIDGWAY RAILROAD MUSEUM

Special to Art & Sol

RIDGWAY-The Ridgway Railroad Museum has just placed a significant new exhibit on display – an 1892 Otto Mears silver filigree pass issued for free travel on Mears' Rio Grande Southern and Silverton Railroads. Fewer than 600 of these passes were made by S. Spitz, a skilled jeweler on the south side of the Plaza in Santa Fe, New Mexico who specialized in top quality Mexican filigree work. In addition to the silver passes, Mears also had Spitz make three from solid gold.

Given by Mears to his friends, supporters, business partners, political associates and other prominent railroad businessmen, these passes are highly prized today. Each pass is highly ornate, with finely braided silver wires overlain with lettering for the Rio Grande Southern and Silverton Railroads, Otto Mears' signature, the year,

and the number of the pass and name of the person to whom it was issued. The pass on display, No. 483, was issued to Kate L. Benton, the daughter of William Henry Benton, owner of the narrow gauge Benton Bellefontaine Railway Company of St. Louis, Missouri.

"We are so fortunate to be able to display this significant piece of Ouray County's unique narrow gauge railroad history," said museum president Karl Schaeffer.

"These passes are well known among narrow gauge railroaders throughout the world, and we have wanted to be able to show one for many years. This pass was donated to the Ouray County Historical Society by Susette Warynick of Ouray with the provision that we display it in our museum here in Ridgway.

Now area residents and visitors alike will be able to actually see one of these leg-



Courtesy photo.

endary passes."

The pass is now on display in the railroad museum's special room in the historic Ridgway depot building, which is currently the home of the Ouray County Ranch History Museum.

The Ranch History Museum charges a modest fee to enter the building.

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SKI SWAP

Saturday

Sept 25, 2021

9:00 am to 4:00 PM

Montrose Elks Lodge

801 So Hillcrest Dr, Montrose CO 81401

**REQUESTING DONATIONS OF
PRE OWNED WINTER SPORTS
GEAR FOR SNOW BOARDING
AND SKIING.**

**Please bring your gear to the Elks Lodge
or call 970-901-7232
and we will pick it up.**

100% of proceeds support local youth

By participating in the Montrose Elks Winter Ski Swap, you are financially supporting those that cannot afford new ski equipment.

COMMUNITY NEWS BRIEFS

REVAMPED DELTA HEALTH VOLUNTEER GIFT SHOP IS NOW OPEN

Special to the Mirror

DELTA—The Delta Health Volunteers are excited to announce the opening of the newly revamped volunteer gift shop, located in the main lobby of the hospital. From coffee mugs and notebooks to jewelry and candles – there's a unique gift for everyone. "We are thrilled to share the new and improved gift shop with our patients, employees and the community," said Foundation Executive Director and Volunteer Liaison Kaitlyn Jones. "We know how important it is for patients to have a gift shop where they can find something meaningful to celebrate the birth of a new baby or to wish someone a speedy recovery after surgery."

The volunteer program at Delta Health is quickly embarking on its 50th anniversary

serving the hospital and community and has gone through many changes over the past year due to the pandemic. Despite all of the challenges, the group is hopeful about the future and is looking forward to growing by recruiting new members.

To join their organization. To apply, please contact Kaitlyn Jones by calling 970.399.2610 or email ke-jones@deltahospital.org. You can also learn more online at deltahealthco.org/volunteers/.

In addition to the gift shop revamp, the volunteers have transitioned from the pink smocks of the "Pink Ladies," to a blue smock with the new Delta Health logo imprint. In 2020 alone, volunteer hours were 3,626.25 and saved the hospital over \$72,000. From greeting patients at the



Jo is a Delta Health volunteer, and often donates her time in the gift shop and other hospital departments. Courtesy photo.

concierge desk to delivering supplies to hospital departments, the volunteers are integral to Delta Health.

To learn more about the volunteers or to apply, visit deltahealthco.org/volunteers/.

DELTA HEALTH'S ANNUAL EMPLOYEE BBQ CELEBRATES HEALTHCARE WORKERS



Delta Health employees help pass out food for annual employee BBQ. Courtesy photo.

Special to the Mirror

DELTA—Last week Delta Health hosted its annual employee BBQ to celebrate its healthcare workers and to close out the summer season. This year's hamburger meat was donated to hospital employees by Homestead Meats and the Roeber Family Ranch – Mt. Lamborn Ranches in Paonia, Colorado.

"The employee BBQ is something that our staff looks forward to every year," said Jody Roeber, Senior Vice President/Chief Clinical Officer. "My family and I were



Larry Vincent, Chief Financial Officer cooking burgers with meat donated from Homestead Meats and the Roeber Family Ranch. Courtesy photo.

happy to split the donation so that hamburgers could be enjoyed by everyone. We appreciate each and every one of our

employees at Delta Health and look forward to opportunities where we can show them that we care."

Per tradition, Larry Vincent, Vice President/Chief Financial Officer, was this year's expert griller – serving up hundreds of hamburgers for staff.

Members of the Administration team and other employees also volunteered their time to hand out food. Levi Bernadac, Director of Revenue Cycle, Facility, and Gwen Conrad, Medical Staff Coordinator, helped hand out hamburgers and ice cream sandwiches to the evening/night shift staff at the hospital so that everyone could enjoy the BBQ.

"We also want to give a huge thank you to the entire Food Services Department for everything they do to make the employee BBQ a great success," said Matt Heyn, President/Chief Executive Officer. "Gretchen Pulver, the Director of Food Services, always does a fantastic job and we are grateful to everyone for making this year a success."

To learn more about Delta Health, visit deltahealthco.org.

MONTROSE FORTUNATE TO HAVE PAVILION SENIOR CENTER



Golden Circle Seniors the Lunch Bunch. Courtesy photo.

*By Sieglinde Carpenter
Editor of The Senior Scene,
Golden Circle Seniors*

MONTROSE-Who knew that September is National Senior Center month? As a board member of the Golden Circle Seniors, it would be very remiss of me not to pass on this information.

Here in Montrose, we are extremely lucky to have such a fabulous facility as the Montrose Pavilion located at 1800 Pavilion Dr. that offers 9,000 sq ft of space dedicated to the Senior Center for a variety of activities thanks to a group of volunteers who called themselves the "Golden Circle." In 1973, they proved that with dedication and perseverance, they could make their dream of having a permanent senior center a reality instead of depending on the generosity of other organizations like the Lions Club to hold their meetings. It took 4 attempts and 17 years to raise \$276,000 through contributions, fundraisers, and grants to make that happen. In 1990, their tireless efforts were realized

and are still a testament to the spirit of what older citizens can accomplish. Their legacy lives on.

Today, the center is staffed by a group of dedicated volunteers known as the "Golden Circle Seniors" and supported by the City of Montrose. The Senior Center is opened Monday through Friday 8:30am-4:30pm. In an agreement with the City of Montrose, we became a meal-site provider for seniors. At one point, we served over 100 meals a day and today, due to a variety of reasons, that number is about 30. To rejuvenate interest, during the months of September and October, we have partnered with the Stone House Restaurant to cater meals Monday through Thursday at a very affordable suggested donation.

Please call the Senior Center at 252-4888 for menu information and to make a reservation. We all thrive when we share a meal together. So, bring a container to take home leftovers as the portions are very generous.

Besides lunch meals, there are a variety of activities from billiards, crafts, card games and Bingo. One of our popular activities is live music at the community dances on the 2nd and 4th Saturdays of the month. The San Juan Dance Club refers to the dances as "the best dance floor in town". The cost is \$5 per person. Doors open at 6:30 and the band plays from 7:30 -11pm.

Cindy Marino, a dedicated staff member of the Montrose Recreational District, coordinates our 50+ Adventures to nearby areas that include touring and hiking. She shared a letter from one of her travelers who recently passed away. "I want you to know how very much your work and planning filled my life with joy as a senior. The years I spent in Montrose were made so much better because of my involvement in the Senior Center. Please keep planning trips... and let everyone know that because we are old doesn't mean we are boring. With much appreciation, MF"

Perhaps Mark Twain said it best: "Denial ain't just a river in Egypt!" Denial is extraordinarily common, after you reach 40, who wants to admit they're getting older? But the truth is, we are, and seniors make up 25 percent of our community.

This population is extremely active and makes up a volunteer force from the library to the hospital, the Center for the Arts and the Senior Center that makes other Colorado cities quit enviousness. Some of us are still working, some of us are trying to date again, we're planning more adventures, and experiencing new things for the first time. If you haven't been to the Montrose Senior Center lately, come see for yourself... there's a lot of life within these walls. The Senior Center IS NOT where the old folks go because they have nothing to do, it's where they go to share friendship and have fun!!

CELEBRATING LOCAL BEAUTY.



#montrosenmirror

HEALTHY RHYTHM CREATIVE GROUP PRESENTS

Stand Up Comedy Show

Alex Hooper

As Seen on America's Got Talent & Comedy Central

Special Guest, L.A./Denver Emcee & Feature Comic

SEPTEMBER 25TH 2021

Doors Open 7 p.m. | Show Starts 7:30 p.m.

\$28 in Advance • \$33 Day of Show

WWW.HEALTHYRHYTHM.NET

HEALTHY RHYTHM ART GALLERY

232 EAST MAIN STREET, MONTROSE, CO, 81401

SAVE THE DATE! LOCAL EVENTS CALENDAR

ONGOING-

NEWCOMERS AND NEIGHBORS welcomes adults who are new to Montrose or have been here awhile, who would enjoy learning more about the area and participate in social activities. [2021-22 meeting info](#). We will hold our first monthly meeting on Wednesday September 8 in our [new location](#). All other meetings will be on the 1st Wednesday of each month (October, November, and January – May). 10am-11:30am in the downstairs meeting hall of Cedar Creek Church, 222 S. Townsend and S. 3rd. enter through the side door on S. 3rd St. Hope to meet you there! Contact Patti 951-544-6289 if you have questions.

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

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

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

MONTROSE FARMERS' MARKET -Saturdays from 9 am-1 pm.. **Location:** Montrose Centennial Plaza . 81401 **Cost:** Free to attend.

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 or for more information. Or come to our first meeting Wed., Sep. 8, at the First Presbyterian Church, 1840 E. Niagara St., Montrose, at 9AM.

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

MONTHLY

Sept. 21-1-4 pm. Alcohol Ink Painting. \$40. [Register here](#). Montrose Center for the Arts

Sept 21-Save A Life: Preventing Suicide in our Community-Montrose Event Center, Rooms 1 and 2, 1036 N. 7th Street, Montrose, from 5:30 to 7pm. Meet the presenters 5:30 p.m. to 6 p.m. Interactive discussion from 6p.m. to 7 p.m. Suicide is preventable. Learn more about suicide in our community and the resources available to help individuals in crisis, and how you can do your part to save a life. A panel discussion with Ed Hagins, M. Ed., LPC, Dr. Nic Taylor, Ph.D., and Laura Byard, MA, LPC, from The Center for Mental Health. Questions to answer-What leads to suicide? How can I stop suicides in my community?

Sept. 23 & 24-Pat Jeffers abstract art workshop. At Montrose Center for the Arts. 9:30 am-4 pm. \$100 (\$90 members). [Register here](#).

Sept. 23-Pizza & Politics presents Montrose County Board of Education Candidate Forum. Circle 3 Cowboy Fellowship, 62885 LaSalle Road. Doors Open at 6 PM. Program starts at 6:30 and ends at 8 pm. Q & A will follow the formal presentations and comments by the candidates. Pizza & Beverage provided – two slices and one beverage maximum per guest. Pizza & Politics is a program of the Montrose County Republican Party a.k.a. Montrose County GOP, and is not affiliated, associated, or a member of the Circle 3 Cowboy Fellowship church. Attendance is by free will and choice with a full and complete acceptance of the potential Covid risks in attending such a public event.

Sept.24-26-Gun Show, Friendship Hall Montrose, 1001 North 2nd St. Friday 4 to 8 pm, Saturday 9am to 5 pm, and Sunday 9am to 2 pm. Admission \$5, three-day pass \$10. Children 12 and under free with adult.

Sept. 24-26 -The Ridgway Old West Fest returns to Ridgway Sept. 24-26 for a fun-filled weekend jam-packed with rides, tours, a music concert, lectures, movies and even a wild west show. Go to the festival website <http://www.ridgwayoldwestfest.org> to purchase tickets or see the complete schedule of events.

Sept-24-Madams, Murder, and Mayhem historic walking tour will examine the seedier side of our local history. The historic walking tour will visit the sites of the notorious saloons, jails, and historical buildings. The tales will mingle history and legends on the famous and scandalous local characters of the area. This tour is on Sept. 24 starting at 6 pm with limited spaces available. Please RSVP at 970-249-2085. Admission is \$10/person and will be starting at the Montrose County Historical Museum.

Sept. 25 and 26- Ridgway Railroad Museum presents the eighteenth annual Ouray County Railroad Days. Held in conjunction with Ridgway's Old West Fest, which celebrates the area's ranching, mining and railroad heritage, people will be able to enjoy unlimited free rides from 9 am to 4 pm Saturday and Sunday on Galloping Goose 4, Rio Grande Southern Motor 1, and the RGS Model T track inspection car No. 1. The Railroad Museum will also host a model train layout open house at Don Paulson's home at 17 Whitehouse Lane between Ridgway and Ouray from 9 am – noon on Saturday, and railfans can attend a lecture on Motors and Galloping Geese at 7 pm Saturday evening at the Ridgway Town Hall community room. The Railroad Museum is also unveiling a significant new exhibit, an unusual silver filigree RGS pass commissioned by Otto Mears in 1892, which is now on display in the Museum's railroad room in the Ouray County Ranch History Museum. All Railroad Museum events are free; the Ranch History Museum charges a modest admission fee.

Sept. 25-The Montrose County Historical Museum will be hosting a one-time guided Historical Cemetery Tour on Sept. 25, starting at 4 pm. You will learn about the history and legends of Montrose pioneers through their final stories. Also, learn how traditions have evolved over the century with the cemetery. We will meet at the Grandview Cemetery on Sunset Mesa. Please call 249-2085 for RSVP and the cost is \$10 per person, space is limited.

Sept. 25- The 2021 MOD Colorado Walk to End Alzheimer's will start with registration at 8 a.m. Saturday, Sept. 25, at Riverbottom Park. Opening ceremonies will start at 9 a.m. For more information, call the free 24/7 Alzheimer's Association Helpline at 800-272-3900. To register, volunteer or make a donation to the MOD Colorado Walk to End Alzheimer's, go to www.alz.org/walk or click [here](#).

Sept. 25-Stand Up Comedy at Healthy Rhythm Gallery, Special Guest Alex Hooper. Advance tickets \$28, Day of the show \$33. www.healthyrhythm.net

Sept. 26-On Sunday, Sept. 26, 3 pm. It's Elemental: Montrose Community Band Free Concert, Montrose Pavilion. Explore the elements of our world through music. It's exciting.

Sept. 30-Renee Fisher. Clay Pendants. 1-3 pm. Center for the Arts. \$40. [Register here](#).

Oct. 1-First Friday with Dave Kaufmann and Montrose Visual Arts Guild. Jazz piano with Keaton Greenfield. 5-7 pm. [Montrose Center for the Arts](#).

Contact the Montrose Mirror:
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ABOVE THE CROWD...

*A sky diver drops above Montrose
Regional Airport during the 2021
Tribute to Aviation.
Photo by Paul Arbogast.*



EVERY HERO'S JOURNEY
REQUIRES CROSSING A
THRESHOLD. READY TO
MAKE THAT BOLD MOVE
BUT NEED A GUIDING
HAND? I'VE BEEN
THERE, AND I CAN
HELP.

LAUREN HALL RUDDELL, PHD

Coaching and Consulting
Services offered. Free initial
1/2 hour consultation.

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