

Like us on Facebook!

Visit us online at [montrosemirror.com!](http://montrosemirror.com!)

Please Support our Advertisers!



[www.montrosecounty.net](http://www.montrosecounty.net)



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



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



**Alpine Bank**

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



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



<https://the-res.com/>



<http://www.aclepiusgardens.com/>



# the Montrose Mirror

Fresh news for busy people!

Issue No. 451 Oct. 18 2021

## RE-1J MOVES FORWARD WITH MASCOT REPLACEMENT; NOTES LACK OF STATE FUNDING DESPITE MANDATE

By Caitlin Switzer

MONTROSE-Most seats were filled as the Montrose County School District RE-1J Board of Education gathered for a regular meeting on Tuesday, Oct. 12. Board members present in person included Board of Education President Gayle Johnson, Vice President Sarah Fishing, District B Director Jacob Suppes, District D Director Tom West, District F Director Eric Kelley, and Director G Director Stephen Bush.

District A Director Jeff Bachman of Olathe had arranged to attend the session online, but there appeared to be technical difficulties.

Johnson called the meeting to order; the Board of Education approved the meeting agenda as presented. All joined in saying the Pledge of Allegiance.

### STUDENT SPOTLIGHT

RE-1J Public Information Officer Matt Jenkins presented the Student Spotlight and introduced Columbine Middle School Technology Coach David Perfors. Perfors welcomed two students,



Montrose County School District RE-1J Public Information Officer Matt Jenkins presented a mascot replacement update to the Board of Education on Oct. 12.

[Continued pg 33](#)

## COUNTY MANAGER PRESENTS RECOMMENDED BUDGET FOR 2022



*"When we make a decision here at Montrose County we want to know that we can afford it now and into the future," Montrose County Manager Jon Waschbusch said as he presented the County Manager's Recommended Budget for 2022 to the Board of County Commissioners (BOCC) Oct. 11. Also pictured are Finance Department Director Cindy Dunlap and Assistant Director Lanny Paulson.*

By Caitlin Switzer

MONTROSE-The Montrose Board of County Commissioners (BOCC) heard the County's Manager's annual budget presentation on Monday, Oct. 11. All three commissioners were present. BOCC Chair Sue Hansen opened the meeting and County Manager Jon Waschbusch led all in saying the Pledge of Allegiance.

With no public comment, Hansen welcomed Waschbusch to the podium.

### COUNTY MANAGER'S RECOMMENDED BUDGET FOR 2022

"It's budget time," Waschbusch said, "...I am excited to present the budget today and honored to have the opportunity to do so."

The recommended budget gives a clear picture of the county's current financial condition and shows priorities, he said. "And it's also a pretty good indicator of where we are headed both as an organization and a community."

Waschbusch thanked the

[Continued pg 27](#)



# REGIONAL NEWS BRIEFS

## DONATE TO WARM SOCK, HAT, SCARF, AND MITTEN DRIVE

Special to the Mirror

MONTROSE-The community is invited to donate gently used and new socks, hats, scarves, mittens, and gloves between now and the end of November to help the homeless. Items may be dropped off on Sunday mornings at Lions Park Community Building, 602 N. Nevada, or during the week in the lobby of the Coronado Building, 700 E. Main Street (across the street from Crash Burger) during regular business hours.

The winter items will be given to Shepherd's Hand to distribute to the homeless. The drive is sponsored by the Spiritual Awareness Center as one of its community outreach programs. For more information, call 970-252-0908.



## Not Just a Better Deal. A Better Dealership!

### Montrose Ford-Nissan SINCE 1986!

# Make Your Service Appointments Online

# ANY Make, ANY Model!

Click <https://www.montrosefordnissan.com/xtime-schedule-service.htm>  
Tap or click on any device to schedule your next service appointment live online.

Or, if you'd like to discuss any service-related issue, please call 970-252-3673

**The choice is yours - click or call!**

We will not be undersold on tires! Backed by Ford's National Network of Dealers

**LOW PRICE  
TIRE GUARANTEE**

**Why buy tires anywhere else when Montrose Ford offers all of this:**

- ☺ 16 major name brand tires
- ☺ 30-day price guarantee
- ☺ All makes and models
- ☺ FREE Alignment Check (with the purchase of your next set of tires)

Valid on dealer-installed retail purchases only. Requires presentation of competitor's current price ad/offer on exact tire sold by dealership within 30 days after purchase. For online quotes, guarantee applies only to new tires sold on retailer websites. Excludes tires sold by third parties on marketplace sites and any resellers. See participating U.S. dealership for details through 12/31/21.

## Voted BEST in SIX different categories!

- BEST New Auto Dealer
- BEST Oil Change Shop
- BEST Tire Store



- BEST Auto Repair
- BEST Mechanic (Greg Ellis)
- BEST Auto Salesperson (Manny Vargas)



**MONTROSE**  
FORD · NISSAN, INC.

**970-252-3673**  
**MontroseFordNissan.com**

# THE MONTROSE MIRROR

Published every Monday since 2010 in Montrose, Colorado, to a readership of over 15,000 residents of Western Colorado.

Founder and Editor: Caitlin Switzer

Publisher: Paul Arbogast

For additional information and advertising opportunities, please contact:

Editor@MontroseMirror.com

970-275-0646

www.MontroseMirror.com

www.Facebook.com/MontroseMirror

www.Instagram.com/MontroseMirror

We encourage contributions and commentary. Submitted content may not necessarily reflect the opinion of the publisher. Copyright © 2010-2021. All rights reserved. Content may not be reprinted, distributed, or re-used without the permission of the publisher.



MEMBER OF THE  
ONLINE NEWS  
ASSOCIATION



# PROPOSITION 120 BALLOT LANGUAGE CONFUSING, ASSESSOR WARNS



Montrose County Assessor Brad Hughes cautions voters about the ballot language of State Proposition 120. Courtesy photo.

By Gail Marvel  
MONTROSE-Colorado voters recently received their ballots in the mail for the Nov. 2, 2021 Statewide Election. Here in Montrose County, Assessor Brad Hughes has fielded so many questions about Proposition 120

that he has produced his own one-page unofficial summary to try to explain the proposition.

Hughes said, "There is great confusion because the [statutory] ballot language and the 2021 State Ballot Information Booklet [Blue Book] are not in agreement. What the ballot says you are voting for is not what you are voting for. Senate Bill [SB] 21-293 was passed by the state legislature *after* the ballot question was written; the original implications in the actual ballot language have been drastically altered." In general, residential property assessments will be temporarily lowered for two years (2022-2023) due to SB

21-293. However, if voters pass Proposition 120 only multi-family housing and lodging properties will have permanently lowered assessment rates.

Hughes said, "This is misleading because SB21-293 already created a temporary residential property assessment rate reduction. Voting to approve Proposition 120 creates an inequity as it permanently benefits only two types of property owners; hotel/motels and apartments, which is not what the ballot language says."

Hughes encourages anyone with questions on Proposition 120 to contact him at 970-249-3753 or email at [assessor@montrosecounty.net](mailto:assessor@montrosecounty.net).



## BEST Of The VALLEY

- Daily Press

# 19 years RUNNING

2002, 2003, 2004, 2005, 2006,  
2007, 2008, 2009, 2010, 2011,  
2012, 2013, 2014, 2015, 2016,  
2017, 2018, 2019, 2020...

**Commercial Offset & Digital Printing »**  
black and white, spot color, and full color printing, plus aqueous and UV coating capabilities

**Trade Bindery & Finishing »**  
collating, stapling, folding, trimming, scoring, embossing, die-cutting, perforating, numbering, hole-punching, laminating, ... to name a few

**Innovative Screenprinting »**  
traditional silk screen capabilities from single to seven-color designs, plus simulated and 4-color process methods

**Custom Digitizing & Embroidery »**  
in-house digitizing with hundreds of thread colors to choose from, with single-head to multi-head capabilities

**Direct-to-Garment Printing »**  
direct digital printing in thousands of colors on multiple blends of garments

**Creative Design & Prepress »**  
in-house graphic design and prepress department utilizing the latest technologies and software

**Promotional Marketing »**  
AST certified distributor with access to thousands of promotional items available to market your brand / idea

**Your project; Our priority. We put *it* in print.**

315 South 12<sup>th</sup> Street  
Montrose, Colorado 81401  
tf 800.211.2038  
tel 970.249.2611 | fax 970.249.7068  
[www.scottsprinting.com](http://www.scottsprinting.com)  
[contact@scottsprinting.com](mailto:contact@scottsprinting.com)

#51

in Printing News' "Top 100" Small Commercial Printers in North America!

TOP  
100

SMALL  
COMMERCIAL  
PRINTERS  
2020

WhatTheyThink PrintingNews

Scott's  
PRINTING

COMMERCIAL OFFSET PRINTING



# A FRESH POINT OF VIEW: NOW I CAN VOTE

By Jack Switzer

MONTROSE-Having turned 18 as of this year, it only makes sense that this year would be the one where I have to vote for the first time, a responsibility that comes with age. I always figured voting would be a confusing mess of flipping through books, reading about already existing laws, and learning how my vote would change their very being. In short, for a very long time I was not looking forward to voting and the pressure and responsibility that came with it. I didn't want to deal with the endless cacophony of noise

that always seems to swarm and surround politics.

But when I received my ballot in the mail, I wasn't sure how to feel. For as long as I had known about voting, and as much as I wanted to throw the ballot in the trash and ignore it, I felt a sense of pride holding the envelope. I had made it far enough to cast my own vote, even if it was just in a small town local election. I decided instead of running away from this responsibility or treating it like a heavy burden that I just want out of the way, that I would do my best to understand what I was voting

for and go out of my way to educate myself if I didn't understand something or someone.

Still, my newly enthusiastic mindset didn't make it any easier to understand the concepts being conveyed in the propositions, as they were full of words and language I couldn't grasp. I didn't know anything about the candidates behind the names being presented. There was no information on the official ballot itself, and before I had even started making marks on my ballot I almost lost my nerve.

A google search and a few questions later, things started to make a bit of sense.

Though I had missed the paper blue book that had come in the mail a week or two earlier, it turns out that the blue book is also [available online](#). In the end, I used my resources to become an educated voter. It was easier than I expected, and it's a weight off my chest. Hopefully next year I can do a better job at staying informed even before I receive my ballot. But there's a first time for everything, right?



**Spencer Hamner**  
PA-C

*Se habla Español*

## Spencer Hamner provides safe, sophisticated care featuring:

- Precancer & Cancer Screenings
- Skin, Nail, & Hair Disease Treatment & Management
- Non-Invasive Repair of Damaged Skin
- MOHs Surgeries
- Cosmetic Procedures
- TeleDerm Appointments
- Parking Lot Check-Ins
- Monthly Specials

*Make Integrated Dermatology of Montrose your skincare destination of choice!*

3480 Wolverine Dr.  
Suite F  
Montrose, CO 81401

**Open M-F 8AM-5PM**

Call today at  
**970-252-7444**  
or visit us at:

**[www.IntegratedDermatologyofMontrose.com](http://www.IntegratedDermatologyofMontrose.com)**



**FRESH NEWS**  
FOR  
*Busy People*

Call FOR AD RATES  
**970-275-0646**

**THE MONTROSE MIRROR**  
*Your Source for Local Business News and Information*



# Annual Holiday Crafts & Bazaar

**NOV. 5TH, 9AM - 5PM**  
**NOV. 6th, 9 AM - 3 PM**  
**FREE ENTRY**



**FRIENDSHIP HALL**  
**1001 N. 2ND Street**

***Over 100  
tables of  
bargains***

To rent a table call  
970-765-0913 or online at  
[events.ourtownmatters.net](http://events.ourtownmatters.net)





# OPINION/EDITORIAL: LETTERS

## CORTNEY LOYD, ANDREW NEAL, AND DAWN SCHIELDT WILL STAND UP FOR OUR KIDS, OUR COUNTRY

*Editor:*

After a careful review of the information available on the Montrose School District Board candidates, I rather easily came to the conclusion that Cortney Loyd, Andrew Neal, and Dawn Schieldt best represent me as a parent, my daughters, and the school district as a whole, including the teachers. For example, one area of concern to me is the possibility of our children being forced to be vaccinated in order to attend public schools. I know each of these three will defend individual constitutional rights and freedoms.

A recent writer (Wayne Quade) accused these three of having an “agenda” and fostering “group think.” That is ironic because after reviewing the incumbent board’s meeting minutes with regards to consent, it shows that over the last 1.5 years this board has a 100% agreement rate with Superintendent Carrie Stephenson’s recommendations. I believe it is imperative to have new board members I can trust to not automatically agree with the superintendent and the dictates of Governor Polis.

Also, why would anyone run for an office without an “agenda”? Here are the agendas I fully support: Cortney: to advocate for students and parents (gasp!) Dawn: to stand for safe and appropriate curriculum, our constitutional rights, and limiting big government overreach (oh my!) Andrew: to champion giving the power back to the parents who should be the ones to decide what is best for their children (radical!). If that is groupthink, I’m all in.

These three candidates have been quite clear where they stand on issues important to me, while I am rather uncertain where the opposing candidates really stand. For example, Sarah Fishing regularly attends conservative women’s meetings, but also spoke about the importance of a well-rounded education at the recent abortion rally here in Montrose. When asked where she stands on abortion, she indicated that her position on abortion has nothing to do with serving on the school board. I disagree. I want to know where our board members stand on relevant issues like abortion, critical race

theory, sex education, and how our nation is portrayed (historically and in the present).

What our children are being taught in these areas is more important than ever before. As a conservative Christian, I want to know how those in charge of our schools actually think about issues important to me.

Another writer (Sue Zanol) suggested that being a parent doesn’t necessarily mean you have the critical thinking skills needed to be on the school board. That may be

true (although I believe being a good parent certainly requires critical thinking skills) however, Cortney and Andrew are successful business people and Dawn was the Vice President and sat on the board of a nonprofit for over ten years.

Cortney Loyd, Andrew Neal, and Dawn Schieldt, not only have the critical thinking skills to help our schools be better, but they each have the heart to stand for what is right for our children and the future of this country.

*Chanda Ouimet, Montrose*

## MULTIPLE JOB OPENINGS, NO FEES HIRING NOW

Express Employment Professionals has a variety of positions and zero fees to applicants.

Call, come in, or go online to learn more.

Positions include:

- General Labor
- Construction
- Welding
- CDL Driver

(970) 249-5202  
525 East Main Street  
Montrose, CO 81401  
ExpressPros.com



# COLORADO NEWS BRIEFS

## CDOT EXTENDS PUBLIC COMMENT PERIOD FOR AIR POLLUTION REDUCTION PLANNING STANDARDS

*Special to the Mirror*

DENVER - Coloradans will have additional time to weigh in on proposed bold new transportation pollution reduction planning standards that will reduce pollution and greenhouse gas emissions from the transportation sector, improve air quality, reduce smog and provide more travel options for Coloradans. CDOT is extending the original 60-day comment period an additional 34 days to allow for additional feedback regarding these draft standards. Throughout this period, the department has hosted nine public hearings across the state, with additional opportunities to submit testimony virtually or in written submissions.

This week, CDOT plans to release a revised proposal that incorporates the feedback received so far in the process. The extended comment period will run until November 18, 2021 at 12:00 pm (noon).

The Transportation Commission is now expected to consider the proposed standard at their December meeting, and if adopted at that time, the standard will formally take effect per the Administrative Procedure Act early next year.

For more information, access all of CDOT's information on the pollution reduction standard [at the department's Proposed Rules website](#).

## If you're carrying these cards



Carry this one—for more simplicity and more benefits



A Humana Advantage Dual Eligible Special Needs Plan has everything Original Medicare has—and benefits you might not get with Medicare Part A and Part B alone. Your Humana Dual Eligible Special Needs Plan works with your Medicaid benefits, so you can get the benefits you need—and more—like:

- Healthy Foods Card—\$75 each month for approved groceries
- \$4,000 dental coverage annually for select services, plus exams, X-rays, cleanings, fillings and more
- No referral required to see in-network specialists
- Rides to your doctors—36 routine one-way trips\*
- \$0 copay for SilverSneakers® fitness program



Call a licensed independent sales agent

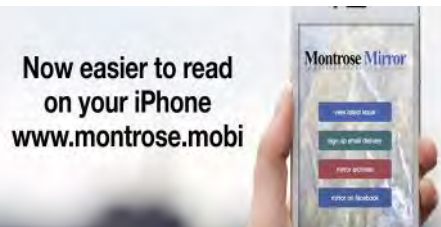
**ROBERT IDSARDI**  
 970-596-6967 (TTY: 711)  
 Monday - Friday, 8 a.m. - 5 p.m.  
 BOB.IDSARDI@GMAIL.COM



**Humana.** A more human way to healthcare™

\*This benefit is not to exceed 125 miles per trip.

Humana is a Coordinated Care plan with a Medicare contract and a contract with the Colorado Medicaid program. Enrollment in this Humana plan depends on contract renewal. Applicable to HumanaChoice SNP-DE H5216-267 (PPO D-SNP). For a complete list of available plans please contact 1-800-MEDICARE (TTY users should call 1-877-486-2048), 24 hours a day/7 days a week or consult [www.medicare.gov](http://www.medicare.gov). **At Humana, it is important you are treated fairly.** Humana Inc. and its subsidiaries comply with applicable Federal Civil Rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, marital status or religion. **English:** ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-877-320-1235** (TTY: 711). **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-320-1235** (TTY: 711). **繁體中文 (Chinese):** 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 **1-877-320-1235** (TTY: 711)。





# COLORADO NEWS BRIEFS

## COLORADO HEALTH CARE PLAN FIRST TO INCLUDE 'GENDER AFFIRMING' CARE

*Special to the Mirror*

COLORADO-The Centers for Medicare & Medicaid Services (CMS) has announced it has approved the Colorado health insurance plan that will set the minimum health care coverage requirements starting in 2023. The plan establishes the essential health benefits (EHBs) within Colorado for individual plans (meaning not from an employer) and small group plans (for small employers with less than 100 employees). CMS Administrator Chiquita Brooks-LaSure and Deputy Administrator Dr. Ellen Montz joined Governor Jared Polis, Lieutenant Governor Diane Primavera, Colorado Insurance Commissioner Michael Conway and Senator Brittany Pettersen to announce the approval at the Governor's Residence at the Boettcher Mansion. Colorado's new 2023 plan will address substance use disorder (SUD) by expanding the number of drugs that insurance companies are required to cover in their prescription drug formularies as alternatives to opioids, as well as adding acupuncture treatments. The new plan adds 15 drugs as alternatives and will cover up to six acupuncture visits per year. The plan also includes an annual mental health wellness exam -- one 45-60-minute visit per plan year, with a qualified mental health care provider. This visit can include services such as behavioral health screening, education and consultation about healthy lifestyle changes, referrals to ongoing mental health treatment, and the discussion of potential medication options.

The Polis-Primavera administration is committed to ensuring all Coloradans have access to mental health services. This past legislative session, Governor Polis was proud to sign several state stimulus measures that direct over \$9 million towards expanding access to mental health services for Colorado's youth and individuals who lost their jobs during the pandemic. Additionally, Governor Polis signed legislation that creates the Behavioral Health Administration, as recommended by the Behavioral Health Taskforce, which will provide leadership and

help to unify and streamline our state's behavioral health system and the bipartisan SB21-137 which appropriated \$95,800,000 for various behavioral health programs and services.

In addition, Colorado is the first state in the country to explicitly include gender-affirming care services in its plan ("Gender-affirming care" is another way of describing the mental and physical health services that help align a transgender person's body into alignment with their gender identity.). These will be comprehensive services that insurance companies

cover for individuals and small group plans starting in 2023. Currently, all insurance companies must cover some form of gender-affirming care. However, coverage varies greatly by insurance company, and is not always comprehensive and may include explicit exclusions for certain services, even if a health care provider determines a service to be medically necessary. Find more information about the process, including the materials and information submitted to CMS, at the Division's website, [ACA - Benchmark Health Insurance Plan Selection](#).

**1,766 Sq. Ft., 3-Bed, 1.75-Bath, Single-Family Ranch Home on 9.4 Acres, built in 1953, with Attached 2-Car Garage, Partially-Finished Basement, Geothermal, Multi-Use Property.**

REDUCED LISTING PRICE  
**\$1,300,000**  
MLS#781092  
1665 E. OAK GROVE RD.  
MONTROSE, CO





**THE BOREN TEAM, DARRELL & JULIA**  
970-768-3399 • 970-380-3783  
1425 Hawk Park, #4 • Montrose, CO





**DAVID KIENHOLZ**  
970-209-1430  
**NORRIS-SNELL.COM**



LISTING PRICE  
**\$1,710,370**



MLS#779668  
3909 CR 864, CIMARRON

**234 ACRES+/- including 1733 Sq. ft. 3-bed 1-bath, off-grid living, with 720 Sq. ft. BunkHouse with kitchenette and bathroom. Room for development, gorgeous views, riverfront property.**



many varieties of  
annuals & perennials,  
vegetables, herbs,  
grasses, fruit trees,  
shrubs, & more.



Follow us on Facebook  
& Messenger for more  
information and promos.

7190 1900 RD. • DELTA, CO 81416 • INFO@ASCLEPIUSGARDENS.COM



- Approx. 55 Acres • 4 commercial teaching-grade greenhouses
- Approx. 22,000 sq. ft. equipped with automation, advanced water wall, and engineered ventilation
- Domestic & pond water irrigation capabilities
- 8 commercial shade structures
- Approx. 26,000 sq. ft. with automated overhead irrigation from our pond
- Approx. 1 million-gallon pond fed from the Gunnison River, saturated with solar aeration, and home to our plants' food source of approx. 3,000 well-fed trout. Our unique approach takes this fish-derived nutrient-rich water and delivers it to our plants.
- 10,000 sq. ft. Commercial Retail building (Interior still under construction)
- 720 sq. ft. veggie cool room and display (under construction)

- Approx. 20 acres of gourmet veggies, fruits, and melons planted in raised beds each year and watered with a direct-root delivery soaker system from our pond at up to 1,000 GPM of filtered nutrient-rich pond water.
- Farmers Market, Commercial Retail, and Restaurant-direct veggie supplies
- Farmers Market options this year grown in the field. The general public may shop at our Farmers Market starting this fall, Tues.–Sat.
- We have a small variety of seedlings for sale, however due to construction delays it will be next year before we will have large inventory of vegetable plants available for retail or sales of 4-pack seedlings and mature vegetable plants for sale to the home gardener.
- There is a large variety of direct sown veggies in our massive garden.

- **COVID-SAFE OUTDOOR SHOPPING EXPERIENCE**
- **LARGE GARDEN & FARMERS MARKET IN THE FALL**
- **EMAIL FOR ADDITIONAL INFORMATION OR TO ESTABLISH A COMMERCIAL ACCOUNT**



WWW.ASCLEPIUSGARDENS.COM (CURRENTLY UNDER CONSTRUCTION)



# REGIONAL NEWS BRIEFS

## MESA COUNTY COURT JUDGE RULES IN FAVOR OF REMOVING PETERS AS DESIGNATED ELECTION OFFICIAL

*Special to the Mirror*

DENVER— A Mesa County Court Judge has ruled in favor of removing Tina Peters as the Designated Election Official (DEO) and has granted the Colorado Secretary of State’s requests that Wayne Williams be appointed as the DEO and Sheila Reiner be appointed as the election supervisor for Mesa County.

A Designated Election Official is a person responsible for running elections for a local government, like a municipality or a county. They make determinations regarding elections issues for their municipality or county.

The Court’s decision legally bars Peters from serving as DEO, after she allowed breaches to election security, disregarded election rules and orders of the Secretary of State, and risked the integrity of Mesa county elections.

Although the Secretary of State’s Office can require supervision of a county clerk’s conduct, this legal action was necessary to ensure the removal of a sitting county clerk from acting as the Designated Election Official.

**HAPPY NEW MERRY THANKS MAS 2021**

# CHRISTMAS Wonderland

**NOV 19-20**  
 FRI 1:00PM - 6PM  
 SAT 9:30AM - 4PM

**A MUST ATTEND EVENT!  
 FREE ENTRY!  
 FUN FOR THE WHOLE FAMILY!**

- VENDORS
- LIVE MUSIC
- FUN ACTIVITIES
- MEET SANTA
- & MORE!

**Call For Vendors & Exhibitors**

**FRIENDSHIP HALL**

FOR MORE INFORMATION CALL 970-765-0913 OR VISIT [EVENTS.OURTOWNMATTERS.NET](http://EVENTS.OURTOWNMATTERS.NET)



From October 19 through November 18, 2021, 100% of the proceeds will help provide assurance to those in the most difficult of conditions that they are not alone, and that our community recognizes that we must all work to lift one another up to form that more perfect union. Requested items include:

- New children’s books (ages 0-teen), with a particular focus on ages 0-7
- New children’s educational card games and decks of playing cards
- New children’s winter gear (all ages) – mittens, gloves, socks, scarves

### Helping our community to do better so we all thrive.

The Montrose County Democratic Party is privileged to partner with two of our community’s organizations that provide essential safety net resources to children and their families who struggle with access to affordable, reliable, and consistent mental health care, as well as primary pediatric and adult medical services.

**Northside Health Center** is an on-campus, school-based facility located at Northside Elementary School that has been serving the community for 14 years. They provide a wide array of services including individual mental health counseling, expanded primary pediatric and adult medical services, expanded pediatric mental health services, immunizations, and additional community support.

**The Center for Mental Health** is a nonprofit organization that provides an extensive range of behavior health care services in six different counties on the Western Slope – Montrose, Gunnison, Hinsdale, Ouray, Delta, and San Miguel. Their *Early Childhood Program* provides access and services to children regardless of their family’s income level or ability to pay.

Donations may be dropped off at the Montrose County Democrats office located at 11 South Townsend, Montrose on Tuesdays, Wednesdays, Thursdays, and Saturdays (11-3) and will be distributed to the organizations at the conclusion of the drive.







# BIGFOOT HAS BEEN SIGHTED IN HISTORIC DOWNTOWN MONTROSE!



**Colorado-ology**



328 E. MAIN • MONTROSE • 970-249-8323



## REGIONAL NEWS BRIEFS

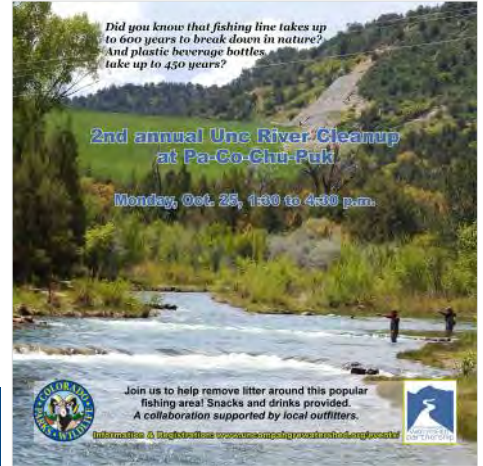
### VOLUNTEERS WELCOME FOR UNC RIVER CLEANUP AT PA-CO-CHU-PUK

*Special to the Mirror*


RIDGWAY-Take part in the Unc River Cleanup at Pa-Co-Chu-Puk On Monday, Oct. 25 from 1:30 to 4:30 p.m. This is a volunteer event at the Pa-Co-Chu-Puk area of Ridgway State Park, organized by the Uncompahgre Watershed Partnership and Colorado Parks & Wildlife staff. Snacks and drinks provided. All ages invited. For information and to sign up, visit <https://www.uncompahgrewatershed.org/event/>

[unc-river-cleanup-at-pa-co-chu-puk-2021/](https://www.uncompahgrewatershed.org/event/unc-river-cleanup-at-pa-co-chu-puk-2021/) or call 970-325-3010 or email [info@uncompahgrewatershed.org](mailto:info@uncompahgrewatershed.org).

Did you know that fishing line takes up to 600 years to break down in nature? Plastic beverage bottles take up to 450 years, aluminum cans up to 200 years, styrofoam cups up to 50 years, nylon fabric up to 40 years, and cigarette filters up to five years. Pa-Co-Chu-Puk is Ouray County's most popular fly fishing location with fantastic



trout habitat in the Uncompahgre River below Ridgway Dam and two ponds stocked with Rainbow trout. Staff from local fishing guide services and outfitters will make up our central volunteer crews and we welcome anyone else interested in helping their efforts. Thank you to Montrose Anglers, RIGS Fly Shop & Guide Service, and Telluride Flyfishers for supporting this event. We will provide bags and buckets for volunteers to use as they pick up fishing line and the various litter left behind by river users. Please join us even if you can't stay for the full three hours. We will also provide snacks and drinks. Please bring a water bottle, sturdy shoes and work clothes. Masks are required when assembled in a group for instructions and other times when you cannot maintain social distancing of at least six feet. We recommend sunglasses, sunscreen and possibly bug spray.



MAGIC CIRCLE PLAYERS  
EST. 1959

*The Magic of Live Theatre*

FOR 62 YEARS

**OCTOBER 29, 30**  
**@ 7:30PM**

**NOVEMBER 5, 6,**  
**12, 13 @ 7:30PM**

**MATINEES**  
**OCTOBER 31 &**  
**NOVEMBER 7**  
**@ 2PM**


A Comedic Melodrama of  
Vampire Mishaps,  
Romance & Fun

Produced by special arrangement with  
Heuer Publishing (www.heuerpub.com)

**Directed by Kevin Innarelli**  
**Assistant Director Scott Baadte**

COME *Play* WITH US




MagicCirclePlayers.com · 420 S. 12th · Montrose, CO · 970-249-7838 · mcp@montrose.net

**OPEN**  
*for Business*

**It's Your Business!**

**Let's Grow Together**  
**Advertise with The Mirror**  
970-275-0646 [editor@montrosemirror.com](mailto:editor@montrosemirror.com)

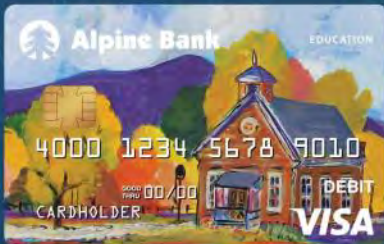


# Teacher Reimbursement Program

Alpine Bank will reimburse teachers for school supplies for their classrooms, up to \$200, before November 1, 2021!\*

I was able to purchase materials to help my students to think critically, be creative, work collaboratively and problem-solve.

*Allie - Math /STEM*



Each time you use your EDUCATION Loyalty Debit Card\*\*, Alpine Bank donates 10 cents to local schools, enrichment programs and education-oriented nonprofits. Use your card and make a difference in your community!

\*\*Alpine Bank Debit Cards are available with no annual fee to individuals with an Alpine Bank Checking Account.

Please contact Jane Marie Amundson for details: [JaneMarieAmundson@alpinebank.com](mailto:JaneMarieAmundson@alpinebank.com) or 970.615.8171

\*In order to be reimbursed you must have an existing account or open a new account with Alpine Bank and currently be employed as a teacher with the Montrose or Delta County School Districts. Reimbursement will be made within two weeks of presentation of valid receipts dated between 8/1/2021 – 11/1/2021.



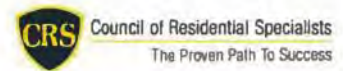




**10261 3100 Road, Hotchkiss**  
 Classic Victorian farm house on Rogers Mesa. This magnificent home has been updated with new plumbing and electric prior to this owner. This included new kitchen with solid cherry cabinets, granite counter tops and tile flooring, updated bathrooms and heating system. Gorgeous entry with original fir floors and fabulous staircase. 5 bedroom with formal dining, and an awesome sunroom. Hot water system for heating can be used 2 ways. Either by wood for an economical way to heat or of that by way of new system that uses propane. A home with character and history that will enhance your lifestyle and enjoyment of the property! \$748,000  
 MLS#786939

**Michelle Klippert | CRS, GRI, SFR, SRES, ABR**  
 Broker/Owner  
 Cell: 970-275-3016  
 MichelleKlippertRealtor@gmail.com

The Real Estate Store  
 500 E. Main St Montrose CO 81401  
 Office: 970-249-7653  
 www.The-Res.com



## Experienced, Educated, Certified, Smart



- The following certifications can be found at The Real Estate Store:
- Certified Residential Specialist (CRS)
  - Graduate Realtor Institute (GRI)
  - Senior Real Estate Specialist (SRES)
  - Resort & Second Home Property Specialist (RSPS)
  - At Home with Diversity Certified (ATWD)
  - Short Sales and Foreclosure Resource Certified (SFR)
  - REO Certified (REO)
  - Certified Pricing Strategy Advisor (PSA)
  - GREEN Certified (GREEN)
  - Military Relocation Professional (MRP)
  - Accredited Buyers Repetitive (ABR)
  - Seller Representative Specialist (SRS)

Wouldn't you feel more comfortable using a broker with both the education and experience for your Real Estate Transaction?

**Personal, Professional, Property Brokers**

500 E. Main St. Montrose, Co 81401  
 (970)249-SOLD (7653) Office  
 www.the-RES.com



# HEALTH & WELLNESS WITH TRACIE BEARDEN

## WHAT DOES SPEECH THERAPY HAVE TO DO WITH TBI'S?

By Tracie Bearden, MS, CCC-SLP, CBIT, CTP  
 MONTROSE-A traumatic brain injury (TBI) is an incredibly complex and complicated impairment. No two brain injuries ever look the same. TBI is defined as an injury that affects how the brain works caused by a bump, blow, or jolt to the head; or a penetrating injury (such as a gunshot wound) to the head. Falls, firearm related injuries, motor vehicle accidents, and assaults are the most common ways to acquire a TBI in the United States in 2021. Speech therapists provide functional, standardized assessment for cognitive, voice, speech, swallowing, and communication skills.

Speech therapists also provide treatment to help improve attention, memory, organization, and cognitive skills for patients who have sustained a TBI. Skilled speech therapy services are specialized to help individuals communicate, return to work, and live at their highest level of independence, while keeping the patient's safety in mind. Therapy services rarely stop for a patient living with a TBI after hospital discharge, speech therapists are often consulted and ordered as part of the patient's hospital discharge plan and team.

Traumatic brain injuries can range from a mild traumatic brain injury (mTBI), also known as a concussion, to a severe traumatic brain injury. Someone with a moderate-severe traumatic brain injury is nine times more likely to acquire an infection than a non-brain injured individual.

Individuals with a moderate-severe TBI are six times more likely to acquire pneumonia and on average their life expectancy is nine years shorter. Every TBI survivor requires a team after discharge. Without proper management, specialists, and therapeutic interventions for the patient's impairments, a TBI survivor does not just sustain what skills they currently have, there is regression. Someone living with a TBI requires not only a supportive and specialized medical team, but they deserve a supportive and well-educated support system at home.

A speech-language pathologist is licensed and certified to do a lot of different things. In our scope of practice, a speech therapist can assess and treat a wide variety of impairments ranging from but not limited to: helping improve how someone articulates their words, helping someone swallow safely again after a stroke, and provid-

ing therapy to improve someone's ability to use their executive functions to properly perform their jobs. A speech therapist is the therapy professional who will provide the neuro cognitive retraining and strategy training creating new neural pathways necessary for improving the patient's ability to communicate, problem solve, eat, produce verbal speech, understand written language, focus on one thing at a time, and re-learn social communication skills. That is not an exhaustive list.

Our ability to communicate is one of the most innate and indispensable skills as human beings. I encourage you to spend thirty minutes in the room with someone in your house and not talk to them, for thirty minutes total.

As a speech therapist who specializes in brain injury rehabilitation, I can assure you that the most important tool in traumatic brain injury care is a collaborative team of providers and therapists who want to see the patient be successful.

Success for a speech therapist looks like the patient being safe and doing what they wanted to the most when we started, working toward their long-term goals. Source: CDC

**249 8500** *ANONYMOUS*

Download The APP. **P3TIPS** 

**MONTROSE REGIONAL  
CRIME STOPPERS**

*see something, say something*



# STURTZ



## HEALTHY RHYTHM

---

Oct. 30th

7:00pm

\$17 COVER

[www.healthyrhythm.net](http://www.healthyrhythm.net)

232 E. Main St.  
Montrose, CO



# OPINION/EDITORIAL: LETTERS

## YOUR VOTE COUNTS IN BOARD OF EDUCATION ELECTION

*Editor:*

As former School Board Directors for the Montrose RE-1J School District (2003-2019), we have watched with great interest the current school board election. Currently there are five seats up for election, two unopposed and three contested. Out of the three contested seats, two are held by incumbents, one is an open seat.

Having attended the two events held to observe and question the candidates, we were pleasantly surprised to hear all of them agree, 100 percent, on the major issues that were presented at these public forums. The issues addressed included teaching critical race theory (CRT) as part of the curriculum. CRT is **not** being taught now nor are there any plans to do so in the future. Another concern was including the Comprehensive Sex Education pro-

gram as presented by the Colorado Department of Education in our local curriculum. Again, this comprehensive program is **not** being taught nor are there plans for it to be included in the future. The third issue was engaging more parental involvement, giving the “power back to the parents.” Parental involvement has always been a priority for the school board, school administration, and in each individual school.

We’re concerned about this election for a myriad of reasons. There are three inexperienced candidates who are running as a “slate” with political partisan support and numerous agendas, none of which even begin to deal with the position of a school board director. This elected position is complex and requires an ability to work together as a unit, in the best interests of

students and staff. We can attest to the fact that the learning curve is long and steep, but also very rewarding.

Please join us in voting for Sarah Fishing (District E), Eric Kelley (District F), both incumbents, and Alice Murphy (District C) a former teacher of 35 years in our district. Their ability as independent, critical thinkers with knowledge and experience can only enhance MCS D students, staff, and parents. We also find it important to note that all three of these candidates are parents of children (past and present) who attended/are attending public school in our district.

This is an important election and your vote counts! November 2<sup>nd</sup>.

*Dr. Michael Benziger  
Phoebe Benziger  
Montrose*

### OUR CURRENT COLORADO BUSINESS LISTINGS!

- Land Survey Business
- Chinese Restaurant
- Kitchen, Bath, & Interior Design Company
- Winery
- Automotive Repair Shops
- Relocatable Sports Equipment Fabrication Company
- Industrial/Commercial Sales & Repair w/Real Estate
- Excavation Business



*Contact Shane today for more information!*

**SHANE COPELAND**  
 Certified/Licensed Business Broker  
**970-417-1516**  
 scopeland@sunbeltnetwork.com

**More Listings Coming Soon!**



[www.sunbeltnetwork.com/grand-jection-co/](http://www.sunbeltnetwork.com/grand-jection-co/)



# REGIONAL NEWS BRIEFS

## MOTORISTS URGED TO USE CAUTION, KEEP AN EYE OUT FOR WILDLIFE

*Special to the Mirror*

MONTROSE— Colorado Parks and Wildlife reminds motorists to keep an eye out for wildlife during their commute.

Deer and other big-game animals are often present throughout southwest Colorado communities. As the seasons change, deer will show up in more places they haven't been seen during the summer months.

"We would like to remind everyone that, as the seasons change, deer and elk will be showing up on roadways again," said CPW Area Wildlife Manager Rachel Sralla. "Keep an eye out for deer moving across roads and follow speed limits to reduce the possibility of colliding with animals."

As the weather begins to turn colder and the sun sets earlier, more animals move to lower elevations. That can lead to increased collisions with deer and elk on Colorado's roads.

U.S. Highway 550 from Ouray to Montrose is one of the high-risk areas in the state, but Sralla reminds motorists to be aware anytime they get behind the wheel.

"Resident deer in the valley will often cross the roadway," Sralla said. "Especially as we travel some of our non-highway roads such as Woodgate, Ogden and Spring Creek, deer will be moving around and across the roadways. We should all keep our eyes on the road and scan the shoulders to watch for animals."

"Deer move across our minor arterial roads all the time, and the best way to protect wildlife on the roads is to keep to the speed limit and keep our eyes up."

According to transportation studies, motor vehicle accidents involving wildlife rank as the third leading cause for crashes behind speeding and inattentive driving.

These statistics include severe property damage, injuries and fatalities.

### Remember These Tips

While some collisions may be unavoidable, motorists can reduce the likelihood of an accident by taking the following precautions:

- **Slow Down!** Driving more slowly increases reaction time and reduces the chance of a collision.
- **Stay Alert** while driving at dusk and dawn. This is when many of Colorado's wildlife are the most active and are likely to be crossing roadways.
- **Scan Ahead** and watch for movement along roadsides. When driving at night, watch for shining eyes in headlights. Always look and be prepared for more than one animal.

- **Obey traffic signs** and watch for **wildlife warning signs**. For more information on how to avoid wildlife collisions, go to: <https://cpw.state.co.us/learn/Pages/AvoidWildlifeCollisions.aspx>.



# REGIONAL NEWS BRIEFS

## GRAND JURY INDICTMENTS RETURNED ON DISTRIBUTION OF METHAMPHETAMINE, CONSPIRACY TO CONTRIBUTE METHAMPHETAMINE, IMPORTATION OF METHAMPHETAMINE

*Special to the Mirror*

REGIONAL- On Sept. 23, 2021 the 7th Judicial District Grand Jury returned indictments on EDWARD SANDOVAL, MICHAEL VO, TODD DAVIES, CESAR GRACIAN and BEN NGUYEN on the above charges.

The indictment was a result of a year-long investigation by the US Drug Enforcement Administration (DEA), the 7th Judicial District Drug Task Force, and the 7th Judicial District Attorney’s Office. The indictment alleges that this drug trafficking organization was importing pound quantities of methamphetamine from California for distribution in our local communities. The most serious charges in these cases carry a possible sentence of a mandatory eight (8) years to thirty-two (32) years in the Department of Corrections. The District Attorney’s Office and the Drug Task Force would like to recognize and thank the DEA Los Angeles Field Division Group 5 and the El Monte Police Department for their assistance with this investigation.



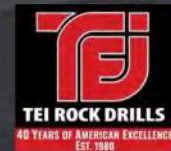
**CLICK HERE TO REGISTER**

# JOIN US FOR POWER PLAYERS LUNCHEON THURSDAY

Presented by:



**12 NOON - Oct. 21  
@ THE BRIDGES**



with  
**KEYNOTE  
ADDRESS**

**featuring POWER NETWORKING PODS**  
All attendees will have the opportunity to present a need and an opportunity.

**by Alyssa Clemens  
Roberts**  
New CEO of DMEA

Sponsored by:





# Montrose Republicans

# *Lincoln Reagan*

Dinner ★ Fundraiser

# *Evening of Unity*

**Saturday, Nov. 6, 2021 - 5:30p**

Montrose Pavilion - 1800 Pavilion Place

- **Social/Cocktail Hour**
- **Visit with Candidates**
- **Buffet Dinner by Serving Grace**
- **Live Auction ★ Silent Auction**

Live Entertainment by

**Carolina  
Americana Country  
Band**



Featuring a  
Keynote Address  
by:  
Congresswoman  
Lauren Boebert at  
**6:30 pm**



(Ticket holders only)

**\$55 Tickets**

**ON-LINE ONLY at**

**www.blackcanyontickets.com**

★ **Together We Can Elect Republicans** ★

For more information Contact Cat @ 970-901-8389



## REGIONAL NEWS BRIEFS

### MONTROSE COUNTY MANAGER DELIVERS PROPOSED BUDGET FOR 2022

*Special to the Mirror*

MONTROSE.—Montrose County Manager Jon Waschbusch presented the 2022 proposed budget during a special meeting of the Board of County Commissioners on Monday, Oct. 11. Presentation of the proposed budget comes after months of reviewing fund models and decision packages. The annual budget is developed in collaboration with the elected officials and staff of the entire county organization.

"Creating the annual budget is one of the most critical actions taken by the county. This document provides a snapshot of our financial condition, it illustrates the county's priorities and it outlines the direction we are headed," said Waschbusch.

"Montrose County remains in strong financial condition across all funds. We continue to model revenues and expenditures five years into the future. This practice assures that our financial decisions are sustainable for 2022 and beyond."

Total revenues (excluding interfund transfers) for 2022 are projected at \$104,947,486. Total expenditures (excluding interfund transfers) are projected at \$101,702,173. The total proposed county budget is \$125 million for total sources and 121.8 million for total uses. Increases in revenues and expenditures are primarily attributed to the construction cost of the terminal expansion at Montrose Regional Airport and the accompanying \$24.8 million in revenue from grants and debt proceeds for this project. The 2022 ending balance for all funds is projected at \$67.3 million, which is an increase in \$3.2 million from the previous year. This change is primarily due to a temporary increase in federal funding through the American Rescue Plan Act (ARPA) as well as transfers into the capital improvement funds for projects in the coming years.

The proposed budget presentation may be found [here](#) and the video from the meeting is available [here](#).

The public is encouraged to comment and ask questions regarding the county's pro-

posed budget. The next step in the annual budget process is further review by the Board of County Commissioners, county manager, and finance staff through meetings with department heads and elected officials. Additional changes to the budget will be incorporated and presented as part of the final budget. On Dec. 8, the Board of County Commissioners is scheduled to host a public budget hearing to

formally consider the budget for adoption and certify the mill levies per state statute. To reach out to the commissioners regarding the budget, please email [commissioners@montrosecounty.net](mailto:commissioners@montrosecounty.net) or call 970-249-7755. To reach County Manager Waschbusch about the proposed budget, please contact [jwaschbusch@montrosecounty.net](mailto:jwaschbusch@montrosecounty.net) or call 970-249-7755.



**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](mailto:info@gjartcenter.org)



## REGIONAL NEWS BRIEFS

### NEW EXECUTIVE DIRECTOR, BOARD PRESIDENT, VICE PRESIDENT AT RIDGWAY CHAMBER



**Ashley Perkins, Adam Dubroff and David Nunn are stepping up into the roles of executive director, board president and board vice president of the Ridgway Area Chamber of Commerce (RACC). Courtesy photo.**

#### Special to the Mirror

RIDGWAY-Ashley Perkins, Adam Dubroff and David Nunn are stepping up into the roles of executive director, board president and board vice president of the Ridgway Area Chamber of Commerce (RACC). Perkins began her director duties on October 1, while Dubroff and Nunn will begin November 8.

Perkins succeeds Hilary Lewkowitz, who was in the chamber's lead role as marketing director for the past three years. Lewkowitz, who has worked closely with the Colorado Tourism Office on several projects benefiting Ridgway, has become the state tourism organization's destination development manager, also supporting the Restart Colorado Tourism programs and the Colorado Regional Tourism Strategy.

"I am both humbled and honored to be offered such an incredible opportunity. I look forward to working with the area's business community in a new capacity," said Perkins, who was previously the RACC board secretary and a customer services agent at Alpine Bank.

Tim Patterson will be stepping down as RACC board president as his two-year term ends at the end of the year, and Dubroff will become board president.

"From my perspective," said Patterson,

"I'm thrilled to have been part of the chamber for many years, and I'm excited about the transition to the new leadership. The chamber board is not a place where people should sit forever. Everyone in the business community should get involved, understand the chamber's role, and participate in overseeing its activities."

Co-owner of RIGS Fly Shop & Guide Service, he has served in various roles with the chamber and different boards in the Ridgway community since 2006. Working with former Board President Colin Lacy and other board members over the past five years, Patterson pointed to the chamber's successes in rebuilding and strengthening its relationship with the Town of Ridgway staff and council.

"Opening dialog and building trust with the Town has been the number one accomplishment that I'm proud of. Creating a strong board that is not afraid to make changes and modernize how we conduct business and communicate has also been an important accomplishment, and all our contractors and staff have played a big role in that," he added. "Reimagining the chamber's operations have gone hand and in hand with lots of new funding, which has helped the chamber for the better."

Other successful projects in recent years

have included establishing new marketing strategies to leverage state resources, more effective digital platforms, shoulder season promotion, and a focus on responsible, sustainable tourism. The Ridgway Visitor Center and Heritage Park have been updated, and more amenities and transformations are planned over the next few years. The chamber also helped create and organize the annual Ridgway Student Volunteer & Career Fair.

Dubroff commented, "We thank Tim, Hilary and Jason Bojar, who is stepping down as chamber vice president, for all of their guidance and dedication in leading the chamber in their various roles. Between Ashley, David and myself, we want to build on their successes, want to represent the business community in the best way that we can. We want to get more people involved in supporting businesses and non-profits in our great community."

Managing partner of the Ridgway Lodge and Star Saloon, Dubroff has been on the RACC board since April 2020. He has also served as president of the Ridgway Booster Club and Ridgway Secondary School basketball coach.

"The chamber will continue to operate the Visitor Center, produce the Ridgway Visitors Guide, and maintain the [ridgwaycolorado.com](http://ridgwaycolorado.com) website and a strong digital presence," he said. "The goal of the chamber board is to represent the business community, and we hope that others will join us to help bring diverse voices to the table."

The new board vice president will be Nunn, a marketing professional and guitarist, has been on the board since April 2021. Kane Scheidegger of Kane Scheidegger Gallery & Studio is also a board member. The board is seeking to fill vacant board seats with business community members from different sectors such as restaurants, stores or professional services.

The new board leadership plans to send out a survey to the business community to find out people's priorities in the next few months. The survey results will help guide the chamber board and staff in future activities.



# REGIONAL NEWS BRIEFS

## MMH CELEBRATES COMMUNITY LEADERSHIP AT FALL CLINICS EVENT



*(From left to right) Gary Martinez and his wife, Aneta. Gary was recognized at the 50<sup>th</sup> annual Fall Clinics as an outstanding individual who has left a lasting impact on the Montrose Community. Courtesy photo.*

*Special to the Mirror*

MONTROSE-At the 50th annual Fall Clinics event, the medical community recognized one community member and one physician for their outstanding contributions to the Hospital, the Community and the Medical Staff.

Representing the Fall Clinics Committee, Dr. Mary Vader recognized Gary Martinez as an outstanding individual whose impact has a lasting effect on the community. Gary started the nonprofit Shepherd's Hand, working out of the back of local churches. This organization recently moved to their current location of 505 South 2<sup>nd</sup> St. where they feed, clothe, and



*Dr. Jimmy Gilbert was chosen as the 2021 Physician of the Year at the 50<sup>th</sup> annual Fall Clinics event. Dr. Gilbert was recognized for his work in providing and expanding pulmonary and sleep services in the Montrose community. Courtesy photo.*

provide showers, safety, counseling, and fellowship seven days a week.

"The community is so much better because of the generosity of Gary, Aneta and this organization," added Dr. Vader.

The "Physician of the Year" is chosen based on the on-going contribution to quality medical care, medical staff and hospital activities, community service activities and years of service. Dr. Mary Vader highlighted the many accomplishments of this year's recipient, Dr. Jimmy Gilbert, who arrived in Montrose in 2008 at a time when the community had a great need for a pulmonary specialist and has since expanded sleep medicine services in the area.

Dr. Gilbert has served as the Chair of the Credentials Committee as well as a member of the Medical Executive Committee at Montrose Memorial Hospital. Additionally, Dr. Gilbert has brought much needed specialty care to the local miner's population.

Dr. Gilbert and his wife Lynette have four children, Melanie Claassen and Allison Gilbert (pictured here), Dr. Nadia Thyberg, and son, Adam Gilbert.

The Fall Clinics is an annual educational conference for medical professionals, attracting providers both local and out of state. Topics for this year's event included presentations on trust in healthcare, everyday leadership, update in medical literature, the past/present/future of pandemics, and various other clinical topics. The Fall Clinics event strives to improve physician competence and performance, patient outcomes, and personal and population health in the community.

**About Montrose Memorial Hospital**  
([www.MontroseHospital.com](http://www.MontroseHospital.com))

Montrose Memorial Hospital is a 501(c)3 nonprofit healthcare system serving Montrose, San Miguel, Ouray, Gunnison, Delta, Hinsdale and San Juan counties. The health system offers a 75-bed hospital and an extensive range of inpatient & outpatient health care services, including cardiology, oncology, minimally invasive surgery, laboratory, medical imaging/radiology, Mountain View Therapy, Level III Trauma Center, Acute Rehabilitation Unit and the family birthing center. The health system partners with regional providers on joint ventures to meet local healthcare needs, including CareFlight air ambulance service and Black Canyon Surgical Center.

Montrose Memorial Hospital is the second-largest employer in Montrose County, with more than 700 employees and 100 physicians who represent 23 medical specialties.



# OPINION/EDITORIAL:LETTERS

## A PRESIDENT'S FIRST RESPONSIBILITY IS DEFENDING OUR COUNTRY

Letter to the Editor:

If whoever is running this country (supposedly Joe Biden) has any care for humanity, he would simply put a stop to illegal immigration at the Southern Border. People are dying with the false hope of a life here in America. I understand Haitians and South Americans are taking a near impossible trek through a lawless, Panamanian swamp controlled by drug lords. I do not see how Biden can allow people to make that trek. A President's first responsibility is defending our country. How can a President think allowing illegal immigrants to take a dangerous journey and jump to the front of the line of immigra-

tion is ethical and lawful? Now in places along the border where materials for the wall are paid for and delivered, this Administration is canceling contracts to put that material to use. All these unknown and possibly disease plagued individuals have the opportunity to infect all of us with Covid19. When these individuals are not known, how do we know terrorists are not setting up attacks on our home soil. US Citizens have to provide a clear Covid19 test or proof of vaccination before the US Citizen can board a flight back to the US. The US Government has been allowing migrants from all sorts of countries to walk in without requiring shots.

Traveling US citizens have less rights than the immigrants  
The only people benefiting from Biden's breach of US law are criminals and drug cartels. The cartels are bringing in a constant flow of illegal drugs. Overdoses are surging and we are all under attack from unknown threats. The cartels make money as human coyotes and also from the drugs. This kind is like saying prostitution is a victimless crime. There is no such thing. This is certainly not humane.  
Biden did say he would do this. Don't be surprised. Weren't you listening. He wanted to be the Anti-Trump.  
*Ed Moreland, Montrose*

**MONTROSE Economic Development Corporation COLORADO, USA**

**Montrose Economic Development Corporation**  
**Save the Date! Be a Sponsor!**

**2021 4th Annual Manufacturers Expo!**  
**OCTOBER 28, 2021 (THURSDAY) - MONTROSE PAVILION**

**FENNIAL ROBOTICS FENNIAL**

- ★ **Manufacturers**
- ★ **Workforce**
- ★ **MCSO STEM Programs/Students**  
Robotics and Drones and more
- ★ **Higher Education**
- ★ **Associated Organizations**

**11:30 a.m. - 1:00 p.m.**  
*An introduction hour with Exhibitors & STEM professionals will be held in the auditorium and the public is welcome to attend as the audience. Food trucks will be on site.*

**1:00 p.m. - 5:00 p.m. Exhibits are Open to the Public**

**Thank you to our Event Sponsors!**



## MIRROR CLASSIFIEDS

# “PIZZA & POLITICS”

## SPECIAL COMMUNITY EVENT

### FOREST & WATER MANAGEMENT AFFECT ON OUR DRINKING WATER SUPPLY

**Thursday, October 21, 2021**

**\*\*\*\*EVENT LOCATION\*\*\*\***

**“CIRCLE 3 COWBOY FELLOWSHIP” CHURCH  
ADDRESS: 62885 LaSalle Road, Montrose CO**

- Comprehensive Presentation on Forest and Water Management
- Special program for All Water Users: Rural, Urban, Agriculture, and Non-Agriculture
- Does Forest Management Benefit Loggers Only or Does It Benefit the Landscape and Other Users
- Learn How Forest Management Affects Downstream Drinking Water Supplies and Agriculture
- Learn How Improper Forest Management Affects the Environment and Downstream Communities
- Are the recent number of Forest Fires Due to Climate Change or Poor Forest Management
- Do We Need More “Wilderness Areas: Pros and Cons
- Learn what the Citizen Can Do to Protect Our Forests and Drinking Water Supplies

**Doors Open at 6:00 PM. Program starts at 6:30 and ends at 8:00 pm. Q & A will follow the formal presentation by guest speaker Nancy Fishering - a specialist in Natural Resources and Agriculture Consulting with 25 years of professional experience, and an active member of the Colorado Forest and Water Alliance.**

**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



## MHS MONTHLY DIVISION AWARDS RESUME

*Special to the Mirror*  
**MONTROSE**-This month's Division Award Winners are (L to R)-Raymond Spradling, Isabela Serrano, Collin Huffer, Mario Suarez, Grace Brinjac, Izabella Romero, Natasha Duncan, Noel Huchel-Sullender, Mark Trujillo-Guevara, Yesenia Gonzalez and not pictured Sincero Grajeda.  
*Background*-Once a month a teacher from each department selects a deserving student to honor with this award.

Get your news feed on.  
**The Mirror**  
 Our stories have bite.

**Rib City**  
970-249-7427

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

**Stone House**  
970-240-8899

**Heidi's Brooklyn Deli**  
970-240-1605

**Coffee Trader**  
970-249-6295  
970-787-9021

**Tacos & Beer**  
970-964-4448

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

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

*DineOutMontrose.com*

**El Jimador**  
970-249-8990

**Horsefly Brewing**  
970-249-6889

**Remington's at the Bridges**  
970-252-1119

**Lighthouse Eatery**  
970-964-4424

**Rio Bravo**  
970-964-4477

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

**Jimmer's Steak & BBQ**  
970-252-1227

**Fiesta Guadalajara**  
970-249-2460

**Tacos El Gordo**  
970-964-4022

**Home Delivery**  
Emilee Express  
970-615-1726



**Cold Stone Creamery**  
970-252-8014

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

**Pahgre's**  
970-249-6442

**Main & Vine**  
970-787-2176

**My Favorite Muffin**  
970-765-0076

**San Juan Brews**  
970-901-8594

**Camp Robber**  
970-240-1590

**Crash Burger**  
970-249-0825





**COUNTY MANAGER PRESENTS RECOMMENDED BUDGET FOR 2022 From pg 1**

county’s directors and elected officials, and commended Finance Director Cindy Dunlap and Assistant Finance Director Lanny Paulson for their work on the budget.

Though the budget is adopted on an annual basis, Montrose County continually uses five-year modeling, Waschbusch said. “...When we make a decision here at Montrose County we want to know that we can afford it now and into the future...this practice keeps us very financially stable, and I am pleased to report that we continue to be extremely financially stable in no small part due to our five-year modeling.”

Waschbusch walked Commissioners through a [Power Point](#) presentation. “Our approach to spending has been and remains extremely conservative,” he said. “I would rather personally be criticized for being cautious or too cautious than for overspending our resources.”

Following the presentation, Waschbusch and Finance Department staff took specific questions from commissioners and from the public.

Read the full [recommended budget packet here](#).

**Recommended Budget for 2022 Revenue Highlights include:**

-Total revenue of \$104.9M for 2022 is \$28.7M, or 38 percent, more than the revised projections for 2021. The increase is primarily attributed to \$11.3M in Grant Funding and \$13.5M in Debt Proceeds for the Terminal Expansion project at the Airport. Additional one-time/capital revenues include a \$952 CDOT Grant for bridge replacement, and \$600K cost share with the

City for a new traffic signal. Adjusting for the extraordinary one-time revenues the comparative change = 5 percent.

-Operating revenues are projected to increase \$6.1M or 8.6 percent, from \$70.6M in 2021 to \$76.7M in 2022. We are projecting an additional \$3M in ARPA Sec.605 Local Assistance funding, a \$2.1M increase in Property Tax, a \$766K (4 percent) increase in Sales & Use tax revenue, and \$468K in supplemental HUTF receipts.

-Property Tax collections are estimated to increase from \$13.1M to \$15.2M in 2022. 2021 was a reassessment year, the preliminary change in assessed value is 11.9 percent.

-The growth rate from 2021 –to- 2022 for Sales & Use Tax collections is currently projected at 4.0 percent. Year-to-Date collection thru July-2021 are up approximately 16.5 percent.

-HUTF & FASTER revenue in the Road & Bridge Fund is expected to increase \$558K, primarily due to a one-time ARPA related supplement of \$468K.

Airport generated operating revenue is projected to grow from \$4.6M in 2021 to \$5.2M in 2022, an increase of approximately \$600K, or 13 percent.

**Recommended Budget for 2022 Expenditure Highlights include:**

-Total expenditures of \$101.7M are \$29.6M (41 percent) greater than the revised budget for 2021. The increase is primarily attributed to the Terminal Expansion project at the Airport, and a \$2M increase in the PSST Fund. Netting out the impact of the Terminal Expansion, the comparative change = 5 percent.

-Operating expenditures for 2022 of \$57.7M are \$5.7M (11 percent) more than the \$52M revised budget for 2021.

The 2022 budget includes the addition of 11 FTE’s, 5 percent for market & merit adjustments, \$1.2M

for annual debt service in the Airport Fund, \$435K for Aerial Pictometry, and a \$500K placeholder for

ARPA related expenditures.

-Personnel costs totaling \$30.5M are budgeted to increase \$1.9M or 6.6 percent.

The 2022 budget currently includes; a net increase of 11.05 FTE’s, 5 percent to fund market and merit adjustments, and a 1 percent increase in the benefit allowance for health insurance.

-Non-Personnel expenditures of \$27.3M represents an increase of \$3.8M, or 16.3 percent. This is primarily attributed to two years of pent-up demand and cost increases relative to inflation, Airport debt

service, the Aerial Pictometry project, the ARPA placeholder, and recommended Decision Packages.

-Capital expenditures totaling \$44M are included in the recommended budget for 2022. The Airport Fund includes \$31.7M for capital improvements, \$26.7M for the Terminal Expansion. Road & Bridge improvement projects total \$7.2M, heavy equipment purchases are budgeted at \$1.1M, and the budget for light fleet replacements is \$888K.

The PSST Fund includes \$1.4M for capital expenditures.

**SEE SOMETHING - SAY SOMETHING**

**970-249-8500**  
ANONYMOUS CALL

**MONTROSE REGIONAL  
CRIME STOPPERS**



# REGIONAL NEWS BRIEFS

## ALTRUSA OF DELTA HOSTS COMMUNITY-WIDE 'FIRST APARTMENT' SHOWER

Special to the Mirror

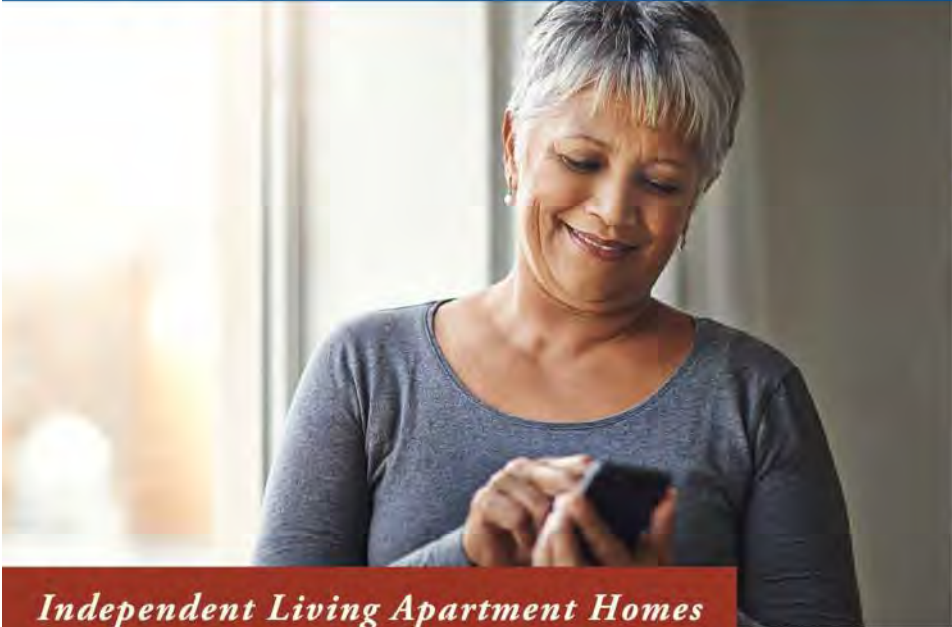
DELTA-Altrusa International of Delta and

area businesses are joining together to host a community-wide "First Apartment"



*CASA's 1st Place on Palmer Street, scheduled for completion in December of 2021, will provide permanence for youth emancipating from foster care. Courtesy photo.*

### Enjoy Independent Living with Us!



#### Independent Living Apartment Homes

Discover a variety of large, private living spaces in a comfortable, home-like community where you can be as independent as you like. And there's the added benefit of neighbors nearby and conveniences like cooked meals and housekeeping services, if desired.

We have it all! Call today to arrange a visit.

**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

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

shower for residents of CASA's 1st Place on Palmer Street, which will provide permanence for youth emancipating from foster care.

The \$675,000 two-story home located at 1026 Palmer Street features four studio apartments, with a shared living space and kitchen on the lower level, and a two-bedroom apartment on the second floor. The transitional housing project is expected to be completed in December of this year, and already has several tenants applying for selection.

Delta Altrusa is partnering with CASA of the 7th Judicial District to provide household furnishings for 1st Place on Palmer Street, and invites all of Delta County to be a guest at the club's First Apartment shower, as their members work to appoint the home's living spaces and kitchens. Participating in the community-wide shower is easy.

Just visit one of the designated locations, select a gift tag from the First Place Giving Tree, and leave your purchase at the site. Cash donations will also be accepted.

1st Place on Palmer Street Giving Trees will be located at Delta Ace Hardware, Big John's Ace Hardware in Cedaredge, Hotchkiss Ace Gambles, Paonia Farm & Home Supply, Paonia Dependable Lumber, Delta Area Chamber of Commerce, Clubb's Variety Store, and the Delta branches of Alpine Bank and Bank of Colorado. The event will run from Oct. 18 through Nov. 15.



# Montrose Elks Lodge #1053

801 S. Hillcrest, Montrose CO 81401

## Winter Collection for Veterans

Montrose Elks Lodge is collecting Winter items for Veterans in need until Veterans Day; distribution day.

Items being collected include:

- \* Cold weather apparel (**coats, hats, gloves**)
- \* Blankets and Sleeping Bags
- \* Hand Warmers (in packets)
- \*\*\* Wool Socks (most asked for item)
- \* Dry snacks (like crackers in packets)
- \* Beef Jerky (in pkg)
- \* Cat food, dog food (a lot of Veterans have an animal for protection or a helper animal issued for a disabled Veteran)



38 homeless USA Veterans will die from exposure every day this Winter.

*Some wonder, will I survive the night?*

**Make a difference,  
reach out and help!**



*Please check your closets and if you have an extra Winter coat, or Wool Socks, deliver them to the Montrose Elks Lodge for distribution to Veterans.*



## OPINION/EDITORIAL: LETTERS

# PLEASE VOTE NO ON OURAY COUNTY 1A

*Editor:*

Well here we are again... it's officially "TAX INCREASE HUNTING SEASON" in Ouray County as it's been every November for as long as I can remember.

The Ouray County BOCC just couldn't let an election go by without demanding more from Ouray County property owners, so they came up with a poorly written, vague and deceptive Ballot Measure 1A to permanently increase property taxes for the undefined and nebulous reason of "Public-Health" without a sunset clause and bypassing TABOR.

The COVID pandemic is real. The Ouray County BOCC is using the pandemic for political purposes... demanding a never ending tax increase for a temporary pandemic. You know... "never let a good crisis go to waste".

Let me read you part 1 of the ballot measure... pay attention now, there will be a quiz later.

Shall Ouray County's taxes be increased by \$411,000 beginning January 1, 2022 and annually thereafter in such amounts as are received each year from the imposition of an additional two (2) mills levied upon the taxable real and personal property within the county the revenues from which shall be deposited in the public-health fund and used solely for the operation, maintenance, and capital expenses of Ouray County Public-Health services.

This tax increase demand is classic bait and switch... the ballot measure says the tax increase is needed for Public-Health, but then a WHERE-AS statement in the tax increase resolution, which is not legally binding, and you don't get to see on the ballot states:

WHEREAS, Upon the approval of the majority of the qualified registered electors of the County, a dedicated 2 mill levy for Public-Health Services deposited into the Public-Health Fund would also cause about 1 mill to remain in the General-Fund and be available for re-prioritization for essential services, such as public safety; The BOCC is demanding \$411,000 proper-

ty tax increase for "Public-Health" but will do the shell game with funding and "Public-Health" will only get about half of that \$411,000 in increased funding.

As the old timers in Ouray County will tell you... budget bait and switch.

This means the \$200,000 pulled from Public-Health back into the General-Fund becomes a "slush" fund.

And the rest? We have no idea and the BOCC is not saying.

The September 23<sup>rd</sup> edition of the Plaindealer states that Ouray County sales tax revenue is up 44% or \$450,000 and property tax revenue is up 15% or \$350,000, a whopping \$800,000 in increased tax revenue and another \$961,868 from the federal government 2021 American-Rescue Plan, but it's not enough and they are now demanding another \$411,000 in new taxes for Public-Health? Another 1.8 million to the county budget, but it's not enough... Really?

Am I the only one that remembers back in January 2021 when the BOCC had so much Public-Health C.A.R.E.S grant money they held meetings on how to spend it before they lost it?

Remember when they bought a truckload of PPE supplies and couldn't give it all away to the local businesses?

Am I the only one who remembers back in November 2020 when Ridgway Mountain Medical claimed that not only did they need the expiring property tax subsidy to be continued, but they needed more?

Well that was passed and then in May, Ridgway Mountain Medical started offering Botox injections. That ladies and gentleman is what you got for your tax increase vote. Botox.

So what exactly is "Public-Health"? The tax increase resolution has many "WHERE-AS" clauses, but remember a tax increase WHERE-AS is just text... there is no legal requirement for any of the tax increase dollars be spent on any of the WHERE-AS list of so called "needs".

One of the WHERE-AS statements is

claiming the C.A.R.E.S public-health grant money from the state is not "secure"...

Basically this is a "pre-emptive" tax increase... the BOCC wants a tax increase "just in case" the Public-Health grants are reduced. But we all know that's not how it works...

The BOCC will take the existing grants AND any new tax revenue and spend every *single penny* of it... and when or if the grants are reduced, they will be back demanding another tax increase calling it a "budget shortfall".

Now I'm going to read Part 2 of the 1A Ballot Language, this part is even more obscure.

And shall the levy and the full amount of any earnings thereon be collected, retained, and expended as a voter approved revenue change without limitation or condition under Article X, Section 20 of the Colorado Constitution and Colorado Revised Statutes Section 29-1-301 ET SEQ or any other law, all in conformance with Ouray County resolution 2021-030?

Does anyone know what Article X is in the Colorado Constitution? Well, it's TABOR, the Taxpayers Bill of Rights and the ballot language is a demand to bypass TABOR without ever mentioning TABOR by name.

In 1992 the Colorado Voters voted to implement TABOR (Taxpayers Bill of Rights) an amendment to the Colorado Constitution to limit the ability of state and local governments to impose tax increases without voter approval and to require tax refunds if more is collected than approved by the voters.

Since 1992 the Colorado Democrats and Republicans have joined together attempting to eliminate and bypass TABOR protections so they have full control of taxation instead of the voters.

TABOR requires taxpayer refunds for excess tax revenue over the requested \$411,000. Hidden in the ballot language is wording that will remove any restriction on tax revenue actually collected and spent.

To bypass TABOR, the ballot language



# PLEASE VOTE NO ON OURAY COUNTY 1A From previous pg

must include the words Article X, Section 20, but notice they chose to NOT mention that it is the Taxpayers Bill of Rights.

I believe it is done on purpose to prevent the busy voting citizens from knowing they are voting to give up their TABOR rights.

Back in 2019 during the road tax planning sessions, I requested the BOCC tax increase ballot language include that Article X is the "Taxpayer Bill of Rights" - during that attempt to take away your rights under TABOR. They refused.

The BOCC not only demands a tax increase, it demands to bypass TABOR without using the word TABOR so that if more is collected than approved by the voters... they keep and spend it all.

This is an unlimited and unbounded tax increase.

The Library District 6A ballot measure is another attempt to bypass TABOR for library funding, again not using the word TABOR in the ballot language.

The BOCC claimed increased population

creates the need... shouldn't increased population and tourism lead to increased tax revenue?

But it does, another \$800,000 in 2021 over 2020, but it's not enough, it's never enough for those in power.

There is even more money coming from the 1.9 trillion dollar American Rescue-Plan-Act passed by Congress in March 2021.

Ouray County is scheduled to receive or may have already received \$961,000, but it's not enough, it's never enough for those in power.

Non-Property owners will be hit too... business will pass on those tax increases to their customers and rental prices.

This tax increase will only make it worse which will then create the "need" for even more tax increases.... and so on.

So to sum it all up, please vote NO on 1A because:

Ouray County tax revenue is up \$800,000 plus another \$961,000 in Federal money over last year and the BOCC has not

shown any valid reason for demanding even more taxation.

The BOCC has indicated they may be moving existing money from the existing Public-Health fund back to the General Fund, meaning Public-Health will only get about half of what they are demanding in Ballot Measure 1A and the BOCC is not telling us what that extra 200k in the General Fund will be spent on.

The BOCC is again trying to get voters to give up their Colorado Constitutional TABOR rights with purposely obscure ballot language for 1A which also applies to 6A. Property tax increases ARE passed on to others in higher consumer and rental prices.

While the COVID pandemic is real, the BOCC is demanding a forever never ending unlimited tax increase for a temporary pandemic.

I invite you to visit the Facebook page "Ouray County Politics" for more detailed information.

*George Kerber, Ouray County*

## Don't let an untrained "professional" top your shade trees



PROFESSIONAL ARBORIST • TRIMMING & PRUNING • TREE & STUMP REMOVAL • FULL-SERVICE TREE COMPANY



**When you want the BEST  
Call Greg at 970-209-8560**



# REGIONAL NEWS BRIEFS

## AUTUMN AFFAIR @ BLACK DOG EQUIPMENT OCT. 23

*Special to the Mirror*  
 MONTROSE-Don't miss the Autumn Affair on Oct. 23 from 10 am to 2pm at Black Dog Equipment in Montrose. The Montrose animal shelter will be on-site with dogs available for adoption. They are tak-

ing donations in exchange for a 2022 calendar.  
 The Colorado Pinup Club will be on-site signing calendars and the Black Canyon Classics Car Club will be there with cars. All classic cars welcome. Double Barrel

Tacos will be there providing tacos for purchase.  
 Free pumpkins while supplies last!  
 Black Dog Equipment is located at 300 Denny Ct. Montrose, CO 81401 970-252-1512

### HEALTH FAIR REGISTRATION

NOW OPEN

REGISTER AT  
[DELTAHEALTHCO.ORG](http://DELTAHEALTHCO.ORG)

OR CALL

1.800.217.5866

DELTA HEALTH

# REBOUNDED OF RESILIENCE

BLOOD DRAW  
 AND FLU CLINIC

### BLOOD DRAW PRICES:

- |                             |         |                              |         |
|-----------------------------|---------|------------------------------|---------|
| • Health Screen Panel ..... | \$49.00 | • Arthritis Panel .....      | \$99.00 |
| • CBC w/ diff .....         | \$25.00 | • Gluten Sensitivity .....   | \$45.00 |
| • hsCardio CRP .....        | \$40.00 | • Testosterone, Female ..... | \$45.00 |
| • PSA, Total .....          | \$35.00 | • Vitamin B12/Folate .....   | \$45.00 |
| • T4, FREE .....            | \$20.00 | • Colon Cancer Screen .....  | \$39.00 |
| • Testosterone .....        | \$45.00 | • Hemoglobin A1C & EAG ..... | \$40.00 |
| • T3, Total .....           | \$30.00 |                              |         |
| • Vitamin D .....           | \$45.00 |                              |         |

cash, card and checks accepted

GET YOUR FLU SHOT AFTER YOUR BLOOD DRAW

**FREE** OR **\$20** **\$60**

WITH MOST INSURANCES CASH AND CHECK ACCEPTED

REGULAR FLU SHOT (AGES 18 & OLDER)

HIGH DOSE FLU SHOT (AGES 65 & OLDER)

*no appointment needed for the flu vaccine*

**OCTOBER 13TH - 16TH**

DELTA MIDDLE SCHOOL  
 401 E 10TH ST • DELTA, CO



## **RE-1J MOVES FORWARD WITH MASCOT REPLACEMENT *From pg 1***

Eighth Grader Hannah Sulzen and Sixth Grader Fayt Kretschman, who spoke about their experiences on the Columbine Tech Squad.

Sulzen said that the Tech Squad performs a variety of tasks that help the school. "...During Tech Squad you get to learn and...gain a lot of knowledge in technology. You get to help other students with finding lost IPADS, you get to help teachers with their projectors if they're not working, and you get to just really help out the school a lot, which I think is really cool."

Tech Squad students have a special Independent Study to focus on technology, she said.

"I think Tech Squad is really cool because you don't get to do any of this stuff in fifth grade," Kretschman said. "As a former fifth grader I feel like Tech Squad really gives freedom in the stuff we get to take...I am really excited to work on my blog and teach the teachers on Wednesday."

Kretschman said she appreciates the chance to help others.

### **ALTRUSA APPLE AWARDS**

Allison Nadel of Montrose Altrusa was present to give Altrusa Apple Awards to local educators. Receiving awards were Media Paraprofessional Rinda Whitcomb of Johnson Elementary School and Teacher Cara Godbe of Cottonwood Elementary School.

### **MASCOT REPLACEMENT UPDATE**

Jenkins gave an update on RE-1J's efforts to replace Native American mascots at Montrose High School and Centennial Middle School. The replacement has been mandated by the State of Colorado with passage of SB21-116, which prohibits the use of American Indian mascots by public schools, including charter and institute charter schools, and public institutions of higher education as of June 1, 2022, and imposes a fine of \$25,000 per month for each month that a school continues to use a mascot after such date.

For those who wish to serve on a Mascot subcommittee, applications are now available through the school district's web site and social media accounts. Hard copies are also available. Applications are due Monday, Oct. 25. The Executive Com-

mittee will select subcommittee members that week.

"We want every single stakeholder we can get in this process," Jenkins said. To date no financial assistance has been forthcoming from the State of Colorado, he noted. Among the documents Jenkins presented were the mascot transition plan; Montrose High School facilities needs/cost assessment, Montrose High School athletics and activities department needs/cost assessment; Montrose High School other needs/costs assessment; needs/cost assessment for Centennial Middle School facilities; a needs/cost assessment for Centennial Middle School athletics and activities; and other needs/cost assessment for Centennial Middle School.

Those who have questions can email Jenkins at [Thomas.Jenkins@mcsd.org](mailto:Thomas.Jenkins@mcsd.org).

Board President Gayle Johnson discussed Resolution 18-2021, a new business item declining board member compensation in response to Colorado HB21-1055.

District F Director Eric Kelley presented an update on the facilities assessment committee, which was to hold its seventh meeting the next day. The committee remains focused on priorities based on the data that has been collected.

No community input was heard.

### **SUPERINTENDENT'S REPORT-WEST CENTRAL THREAT ASSESSMENT TEAM**

The Board of Education heard a presentation from the West Central Student Threat Assessment Team. Presenters included RE-1J Executive Director of Operations James Pavlich; Center for Mental Health Clinical Director Laura Byard; and Montrose Police Department Commander Matt Smith. Pavlich presented an overview of the team's prevention-based threat assessment model, called the Salem-Keizer model after the community in Oregon where the model originated.

Goals of the West Central Student Threat Assessment Team include increasing the psychological safety of school staff, students, and their families; reducing suicides and violent acts in students and young adults; and to safely return students to school as quickly as possible following a suspension, expulsion, or psychological crisis.

Byard reviewed risk factors for youth suicide. Suicide is a leading cause of death for Colorado's youth and young adults, she noted, and Colorado ranks fifth among U.S. states when it comes to deaths from suicide.

Commander Smith discussed the protocols for risk assessment.

Following the presentation Pavlich responded to board comments and questions.

RE-1J Superintendent Carrie Stephenson said, "Thank you all very much for this work, my perspective from being in other districts, I've never seen anything like this. This is so impressive...the magic sauce really is the collaboration among multiple agencies," she said. "A lot of places say that they collaborate and really they're more collegial. This is true collaboration with these agencies...this truly is the definition of wraparound support in every way."

### **ENROLLMENT REPORT**

RE-1J Director of Finance Emily Imus presented an Enrollment Report. RE-1J schools presently serve 6,056 students, a five-student increase over last month. The official October count will be finalized by Nov. 24, Imus said.

### **EARLY CHILDHOOD CENTER (ECC) REPORT**

ECC Director Penny Harris gave an update with attached reports. Enrollment is up, with nearly 300 children. "We should be nearing capacity for what our facilities can hold."

### **OLD BUSINESS**

Board of Education Vice President Sarah Fishing presented revised Board Policies DKC, GDBC, JLCB, JLCB-R, JLCD-R, JLCD-E, JLCDB-E2 and KF for approval on Second Reading. The Board voted to approve the revised board policies on Second reading.

### **CONSENT AGENDA**

Consent Agenda items including Personnel Report were approved as presented.

### **RESOLUTION 18-2021**

The Board of Education voted to approve Resolution 18-2021, declining board member compensation.

With no further business, the board voted to adjourn.

The Board of Education will meet for a regular meeting/work session at 6:30pm on Tuesday, Oct. 26.



## REGIONAL NEWS BRIEFS

### CANDIDATE FORUM FOR RE-1J SCHOOLS BOARD OF EDUCATION

*Special to the Mirror*

MONTROSE-The League of Women Voters of the Uncompahgre Valley and the Uncompahgre Valley Education Association (UVEA) are co-sponsoring a candidate forum for the Montrose County Board of Education. The forum will be held Monday, Oct. 18, 2021, from 6 to 8 p.m., at the

Ute Indian Museum, 17253 Chipeta Road, Montrose, CO. Doors open at 5:30 p.m. Masks are recommended.

Linda Gann (League member) will moderate the forum. Questions will be taken from the audience.

Candidates include: District A – Jeff Bachman, District C – Andrew Neal and Alice

Murphy, District E – Cortney Loyd and Sarah Fishering, District F – Dawn Schieldt and Eric Kelley, and District G – Stephen Bush.

For more information about the candidates see the Montrose County School District Board of Education Elections website: <https://www.mcsd.org/>

**TUES  
9-2**

**FREE  
COVID  
TEST**

**Tuesday 9am - 2pm  
Thursday 9am - 4pm**

**MONTROSE REC DISTRICT  
FIELD HOUSE PARKING LOT  
REGISTER FOR AN APPOINTMENT:  
AFFINITYECARECOLORADO.COM/CO/**

**Affinity Empowering  
1-844-631-0469**



# COVID-19 Vaccination Sites in Montrose County



## CITY MARKET PHARMACY

128 South Townsend Ave. Montrose  
970-249-2064

16400 South Townsend Ave. Montrose  
970-240-1994  
[www.citymarket.com/covidcare](http://www.citymarket.com/covidcare)

## GENOA PHARMACY

605 E. Miami Road, Ste 100, Montrose  
970-497-1945  
[www.genoahealthcare.com](http://www.genoahealthcare.com)

## SAFeway PHARMACY

1329 S Townsend Ave, Montrose  
970-249-1160  
[www.safeway.com](http://www.safeway.com)

## WALMART PHARMACY

16750 S Townsend Ave, Montrose  
970-249-7742  
[www.walmart.com/covid](http://www.walmart.com/covid)

## CVS PHARMACY

3530 Wolverine Drive (Target)  
Montrose  
970-497-8981  
[www.cvs.com](http://www.cvs.com)

## PEAK FAMILY MEDICINE

1550 East Niagara Road , Montrose  
970-497-4921  
[www.peakpros.org](http://www.peakpros.org)

## PEDIATRIC ASSOCIATES

947 South 5th Street Montrose  
970-249-2421  
\*Pfizer Only  
[www.thepediatricassociates.com](http://www.thepediatricassociates.com)

## PIC PLACE

87 Merchant Dr, Montrose  
970-252-8896  
[www.pic.place](http://www.pic.place)

## RIVER VALLEY FAMILY HEALTHCARE CENTER

1010 S Rio Grande Ave, Montrose  
970-497-3333

308 Main St, Olathe  
970-323-6141  
[www.rivervalleyfhc.com](http://www.rivervalleyfhc.com)

## WALGREENS PHARMACY

2351 South Townsend Ave, Montrose  
970-252-1743  
[www.walgreens.com/pharmacy](http://www.walgreens.com/pharmacy)

## (WEST END) BASIN CLINIC

421 Adams St, Naturita  
970-865-2665  
[www.basinclinic.org](http://www.basinclinic.org)

**Please reach out to one of the providers listed to schedule a COVID-19 vaccine.**



## COLORADO NEWS BRIEFS

### NATIONAL CITIZENSHIP AWARD PRESENTED TO DR. JAN MCCORMACK

*Special to the Mirror*

LITTLETON – Chaplain Jan McCormack, associate professor and chair of Chaplaincy and Pastoral Counseling Programs at Denver Seminary, was awarded the 2021 National Citizenship Award by the Military Chaplains Association of the United States of America, on Oct. 5, in Columbia, SC.

This prestigious award is presented annually to recognize an individual or individuals who make a significant contribution in public service and who support the values and needs of US military members and their families.

Past recipients include Chairman of the Joint Chiefs of Staff Mike Mullins, Senator Sam Nunn, and the Regimental Sergeant Major of Army Religious Affairs Specialists, Stephen Stott.

Chaplain McCormack was a founding

member of Women United in Ministry, a non-profit organization that supported women seeking to serve and serving as military chaplains. Their work included helping with training, providing mentoring, and advocating where and when needed to ensure military chaplaincy was fully available for all qualified candidates. The work of Women United in Ministry continues today as part of the Military Chaplains Association.

In addition, McCormack produced *The Work of the Chaplain*, which has served as a foundational overview and introduction of chaplaincy through the last 100 years. The publication provides history, training, and guidance, which today serves as the basis for chaplaincy programs across the country. She was also instrumental in developing and implementing one of the first

Master of Divinity programs with an emphasis in chaplaincy. McCormack remains a minister of the American Baptist Churches-USA and serves as chair of their Endorsement Committee for chaplains. She serves as an advisory board member of the Chaplaincy Innovation Lab and the Marsh Center for Chaplaincy Studies. McCormack is a National Faculty Certified Educator with the Association for Clinical Pastoral Education, Inc. She continues to teach on a regular basis and speaks often at national and denominational gatherings to encourage and support chaplains from all faith communities. The Military Chaplains Association is an organization chartered by Congress with the mission of looking after the professional interest of both military and government agency chaplaincies.

MONTROSE ROTARY CLUB PRESENTS

# THE Centenary Jubilee!

THE MONTROSE ROTARY CLUB IS CELEBRATING 100 YEARS OF SERVICE IN MONTROSE AND THE WORLD! WE INVITE YOU TO JOIN THE CELEBRATION. THERE WILL BE DINNER, SPEAKERS, HISTORIC TIMELINE DISPLAY, DANCING, CLASSIC CARS, LIVE/SILENT AUCTIONS AND MORE!

Special keynote address by Hilaree Nelson: Extreme ski-mountaineer

NOVEMBER

6

2021

Montrose County Event Center

1036 N 7TH STREET,  
MONTROSE, CO 81401

5:00 PM

Individual Tickets: \$100  
Table of 8: \$1,200

RSVP online at [events.ourtownmatters.net](http://events.ourtownmatters.net) or call (970) 765-0913



## REGIONAL NEWS BRIEFS

# MONTROSE COUNTY ROAD AND BRIDGE OPERATOR SHAN STRATTON WINS NATIONAL CHAMPIONSHIP



*Shan Stratton. Courtesy photo.*

*Special to the Mirror*

MONTROSE-Montrose County Road and Bridge Department is now home to a national championship motor grader operator. Shan Stratton took home top honors in the motor grader competition and placed third in the skid steer the American Public Works Association’s National Snow Rodeo in Loveland, Colo. Road and bridge operator John Scharnhorst also delivered an impressive performance with a fourth place finish in the motor grader and was sixth overall in the loader.

The rodeo competitions are specific to each piece of equipment (loader, skid steer, and motor grader) and include a diagnostic, course, and written examination.

Competitors are then ranked by their cumulative scores. Stratton placed first overall in motor grader with a cumulative score of 1440 points (880 course, 200 diagnostic, 360 written) and led the field by over 50 points. He beat out five-time champion Spencer Esch of the Bureau of Reclamation.

Scharnhorst was close behind in fourth with 1225 total points (765 course, 100 diagnostic, and 360 written) in the motor grader. Stratton scored 1640 in the skid steer (1050 course, 150 diagnostic, and 340 written) for a third place finish and Scharnhorst finished with 1400 in the load-



*Montrose County Road and Bridge Attendees. Courtesy photo.*

er (750 course, 250 diagnostic, and 360 written) for sixth overall.

“I am incredibly proud of not only Shan and John, but the entire team,” said Road and Bridge Superintendent Brandon Wallace. “Shan and John are the best at what they do and it shows. We are incredibly fortunate to have that level of talent here at Montrose County. These are the operators that are taking care of our high country roads and roads countywide. Their skills and abilities are not only saving time and money, but helping to create safe roads for our entire county.”

“I am honored to win this award,” said Stratton. “The entire staff works hard year round and I think that the additional time required on the motor grader this year helped me prepare for this competition. I am proud to be able to represent the county at this level. Thank you to my mentors and the great road and bridge team

that has helped me learn over the years.”

The 40th annual American Public Works Association Western Snow & Ice Conference and National Snow Rodeo serves as a catalyst for growth and opportunity for all attendees. The conference offers certification, resources, and engagement and fuel attendees’ collective mission of advancing the development of operators, supervisors, and managers in snow operations.

County staffers have been attending the conference for the past few years to receive additional training and visit with vendors regarding new technologies and products.

This year was the first time operators competed in the rodeo. For more information about Montrose County Road and Bridge, please visit <https://www.montrosecounty.net/918/Road-and-Bridge-Montrose>.



## OPINION/EDITORIAL: LETTERS

### WITH BIDEN, WE BOUGHT THE PROVERBIAL 'PIG IN A POKE'

*Editor:*

In the 65 years I have voted, the vast majority of Presidential candidates had only "experience in public service" to offer voters, with one claiming his "community organizing" skills qualified him for our highest office. In 2016 Donald Trump brought a vast wealth of business and managerial knowledge, along with fealty only to the American people, to that office. He chose to decline the Presidential salary, donating it all to charity. In his four years of service he accomplished more for the good of the American people than any President since Reagan.

Those accomplishments were highlighted by a booming economy, the highest employment levels and lowest unemployment levels in decades, reduced taxes for all Americans, energy independence, increased respect for America on the world stage, and for the first time in decades, greater control of our porous southern border. And, in light of the pandemic, unprecedented approval of Covid vaccines inside a year! All in spite of the continuous efforts of the corrupt media and the radicalized Democratic party to derail his presidency!

In 2020, some 70+ million misguided voters, swayed more by Trump's abrasive New York personality than actual accomplishments for the country, chose Biden, a

man of almost six decades of less than stellar "public service" as President. Now after, nine months in office, we are seeing the disastrous effects of that questionable decision! It becomes increasingly clear each day, that we bought the proverbial "pig in a poke" that is taking this country down the path to self destruction and socialistic oblivion!

Thanks to destroying our energy independence, Biden brought us skyrocketing gas prices along with across the board energy increases. His open to the world borders policy has dumped hundreds of thousands of illegals into the country, all at the expense of the American taxpayer. Unconscionable reckless spending has fueled increasing inflation and the greatly increasing cost of all goods and services. With massive problems in our supply chain those costs we all bear will continue to increase and we will all be faced with an increased shortage of food and commodities. With parents across the country concerned with what their children are being taught and boldly speaking up, Biden has weaponized the DOJ against parents for exercising their Constitutional rights! The debacle in Afghanistan has highlighted the gross incompetence of the Biden administration. With blunder upon blunder, our enemies have become emboldened. Considering massive tax in-

creases at this time is the height of stupidity and indicative of an administration totally devoid of economic intelligence!

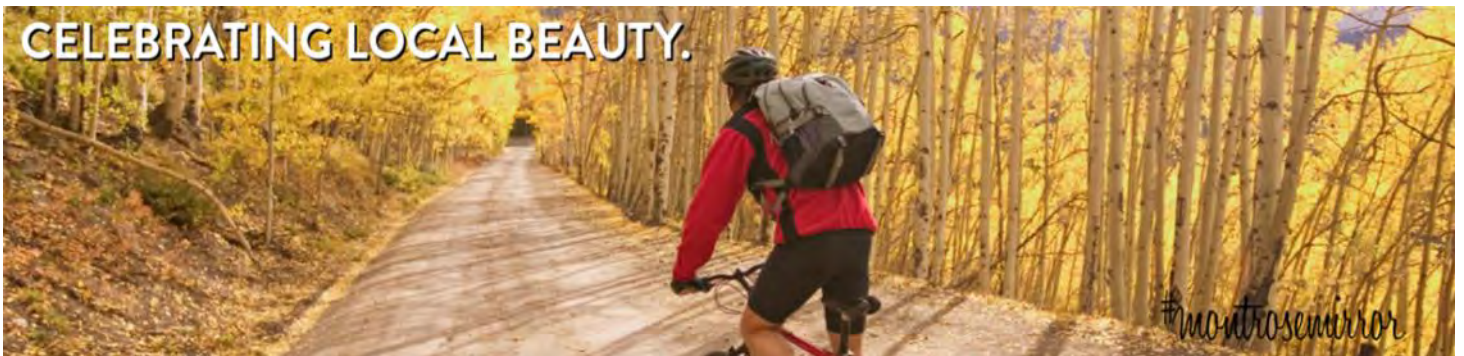
Widespread mask and vaccine "mandates" are being proven to have an adverse affect on first responders as police and hospital workers push back. Businesses and federal employees are beginning to push back also against those "mandates". And as the fictional works of George Orwell and Ayn Rand materialize before our very eyes, the public has begun to voice their opposition loudly. In Pro and college sports venues across the country, audiences are making their displeasure know in resounding chants that are anything but "Lets go Brandon"! Massive civil disobedience seems to be growing and the only course left to deter radical "progressive" policies detrimental to a strong America!

In the immortal words of Lee Greenwood " I'm proud to be an American, where at least I know I'm free...", but sadly we're seeing those cherished freedoms being rapidly eroded.

Considering the enormous damage inflicted on our country by the Democratic party, anyone choosing to run for any office on the local, state, or national level as a Democrat, should be considered highly suspect!

*Dee Laird, Montrose*

CELEBRATING LOCAL BEAUTY.



# OPINION/EDITORIAL: LETTERS

## VOTE FOR WHO IS BEST FOR OUR CHILDREN

*Editor:*

Montrose elections for County Commissioner, City Council and the school board are ALL partisan exercises. Why? Because everyone that runs for any elected office is put forward, sponsored and supported by their friends who are largely people with whom they are politically aligned. But in Montrose, we actually have simpletons who believe and hope to have you believe that there can be a non-partisan election. In Montrose, non-partisan election, in truth, only means that the candidates are not listed by party.

These very people who squawk and scream bloody murder about the school board election not being non-partisan are the same ones who work quietly behind the scenes, in the dark, to get their party's candidates nominated and elected. All the while crowing about the other side that is honest enough to claim exactly what they are doing--trying to get a school board comprised of good stewards of the public trust, folks who will endeavor to do what is right no matter what party suggested it. Voting for the BEST board members IS what is BEST for our children and for our taxpayers. While school board members are what we are choosing in

November we should apply this to all elected officials. While we are at it, the officials should strive for the same BEST results when hiring public employees. Those of us who have been around Montrose for a while and paying even a modicum of attention recognize that choosing the best, elective or appointed, has not always been the electorate's or the elected's strong suit. School board members all over America have been wrongly selected based on their party affiliation (who their friends are) and not for their ability as rational thinkers with stewardship ability and conviction. See what we got? Boards all over the country refuse to listen to their constituents or the taxpayers insofar as what they establish as policies; for the governance of the establishment over which they have been elected as stewards. Instead anyone that questions their behavior, their very liberal agendas, policies or decisions is being labeled a "terrorist".

'Terrorist, terrorism' my heinie! These parents simply want what is best for their most precious 'possession' their offspring. They do not appreciate a 'holier than thou' board of questionable education, experience and motivation endeavoring to shut them up as ignorant terror-

ists. They want conscientious 'peers' concerned with the wellbeing of their children and the system. They should be able to have just that! Parents do not want their children indoctrinated in politics or libertine sex while in school. Or spun yarns in biology class about what the teacher did in the war, or when he was a cop or.....Parents need to do that teaching. High Schools are to prepare students for 'the work force' or 'higher education', not everything under the sun. The school board should have the persons on it that can and will guide the institution down that road and accept no deviation from those purposes. So in this upcoming election let's get Montrose just such a board. A board that will establish policy and curriculum and insist on its implementation by everyone in the system. I encourage voters to evaluate each one of the candidates based on what the can and will do for our schools and NOT BY WHO THEY ARE or WHAT PARTY THEY BELONG TO but what your evaluation of them tells you that they will do for the education of our children or grandchildren (as the case may be).

VOTE FOR WHO IS BEST FOR OUR CHILDREN

*Bill Bennett, Montrose*



**249 8500**

**ANONYMOUS**

Download The APP. **P3TIPS** 

**MONTROSE REGIONAL  
CRIME STOPPERS**

*see something, say something*



# COMMUNITY OBITUARIES

## JUDY LYNN WILLSON

*November 19, 1959-October 6, 2021*

Montrose resident Judy Lynn Willson passed away on Wednesday October 6, 2021, with her family by her side. She was 61 years old.

Judy was born on November 19, 1959, at Montrose, Colorado to Donald and Elsie (Abrahamson) Hopping. She spent her childhood in Olathe and graduated from Foothills Christian Heritage. She furthered her education at Technical College of the Rockies and obtained her license as an LPN.

On June 23, 1979, Judy married the love of her life, Daniel Willson. They made Montrose their home and raised their two daughters here. Judy enjoyed spoiling her grandchildren and her dogs. She liked to sew and crochet as well as spend time being outdoors and camping. She was a member of the Montrose Christian Church.

Judy is survived by her husband, Daniel Willson, daughters, Staci Schulz of Cimarron, Colorado, and Sandra Christensen of Commerce City, Colorado. She is further survived by her five grandchildren, Daniel Christensen, Aisley Christensen, Paige Schulz, Levi Schulz, and Ayden Schulz.

Those preceding her in death are her father, Donald Hopping and most recently her mother Elsie Hopping, just five days after her.

Memorial contributions may be sent to her husband Daniel.

## ELSIE FAYE (ABRAHAMSON) HOPPING

*October 16, 1938- October 11, 2021*

Montrose resident Elsie Faye (Abrahamson) Hopping passed away on Monday, October 11, 2021, with her daughter Barbara and granddaughter Staci by her side.

Elsie was born on October 16, 1938, in Montrose, Colorado to Rudolph (Bud) and Alma (Andrews) Abrahamson. She spent her childhood in Montrose and graduated from Montrose High School in 1956.

Elsie met her lifelong love Donald W. Hopping and were married on December 19, 1958. They bought a farm in Olathe and started their lives together. They had three daughters, Judy, Barbara, and

Charlene. Charlene passed away as an infant and Judy just five days before her mom.

In 2014 Donald and Elsie sold their farm of fifty-six years and moved to Montrose, Colorado. Elsie enjoyed spending time with her family and grandchildren.

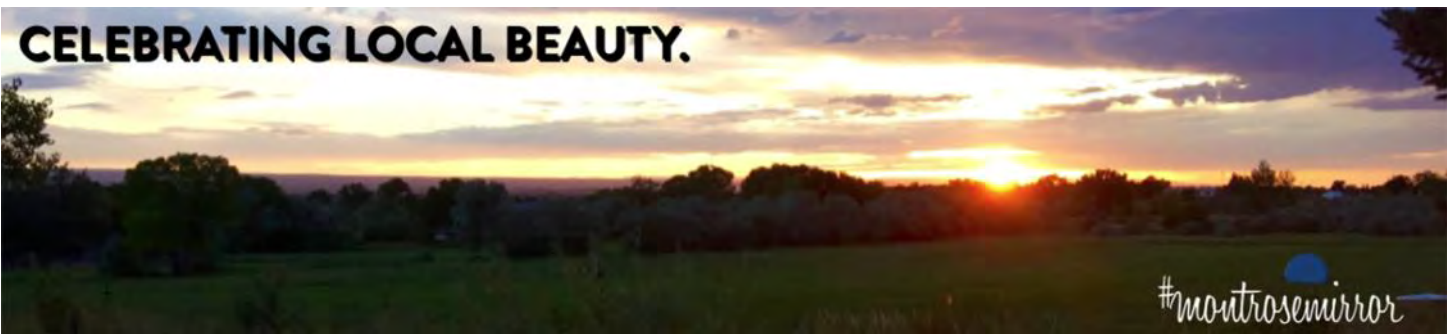
Elsie is survived by her daughter, Barbara Bradley of Montrose, Colorado, her son in law, Daniel (Judy's husband) of Montrose, Colorado, granddaughters, Staci (Nathan) Schulz, Sandra (Ivel) Christensen, and grandson Cody Bradley, great grandchildren, Daniel Christensen, Aisley Christensen, Paige Schulz, Levi Schulz, Ayden Schulz.

She is further survived by her sisters, Janet Irvine, Carol (Ron) Fisher, Dorothy (Harry) DeJulio, and a brother, Richard (Anita) Abrahamson.

Those preceding her in death are her parents Rudolph (Bud) and Alma Abrahamson, her husband Donald Hopping, her infant daughter, Charlene Kaye, and most recently her oldest daughter Judy Lynn Willson.

Funeral services are scheduled for 10 am on Tuesday, October 19, 2021, at Crippin Funeral Home Chapel. A visitation for family and friends will be from 5 to 7 pm on Monday, October 18, 2021, at Crippin Funeral Home Chapel.

**CELEBRATING LOCAL BEAUTY.**



#montrosemirror

## COMMUNITY OBITUARIES

### FRANK VICTOR VIGIL

*October 25, 1957-October 2, 2021*



FRANK VICTOR VIGIL 10/25/1957 - 10/2/2021 died at the age of 63 with family around him.

Frank was born in Leadville, Colorado, he grew up in and around the Leadville and Montrose area. He graduated from Olathe High School in 1975 going on to graduate from a trade school for auto

body technician. He spent 30 years in the auto body industry. Later he went to become a correctional officer for the department of corrections for the next 15 years. In 1985 Frank married Mary E. Keys. They were married for 21 years and had four children together. Frank lost his first two children (his twins) due to premature birth. Later on, Frank lost Mary in her battle with cancer in 2007. In 2011 he married Lisa E. Mahan who increased their family with two more children. Frank was an avid outdoorsman. He enjoyed fishing, hunting, and camping with family and friends. He also had a love for music and enjoyed playing his guitar. Frank was a loving father, husband, and brother with a huge heart for giving back to others. Family was the center of his world aside from God whom he loved and always put first.

Frank is preceded in death by his parents; Alex & Ernestine/Manuel & Virginia Vigil. His brothers; James and Jimmy Vigil and Matthew Martinez. His wife Mary Vigil and twin daughters. He is survived by his loving wife Lisa Vigil. His children; Samantha & Allen Copeland, Ajay Vigil, Justin & Anisha Mahan, and Tyler & Lindsey Mahan. His cherished grandchildren; Aurora, Montgomery, Journey, and Eliott. His brothers and sisters; Mary Ann & Augustin Villa, Roger & Cindy Vigil, Alex Jr & Doris Vigil, Luella & Baldo Ramirez, Tim Vigil, Delmer Vigil, Marilyn & Rick Ross, and Amy & Tony Womack. As well as several nieces and nephews.

A Celebration of life will take place on October 24, 2021, at 3 PM at the Gun-nison Valley Church of the Nazarene 1721 H Road Delta, CO 81416. Reception to follow.

### LOUIS R. VIGIL

*April 12, 1932 -October 5, 2021*

LOUIS R. VIGIL was born on April 12, 1932 in Trujillo Creek, Colorado to Luis and Bersdabe Vigil the youngest of 11 children. He passed from his bonds on earth on October 5, 2021 at 11:30 pm.

He attended grade school in Trujillo Creek and High School in Aguilar, Co. After graduating High School he enlisted in the U.S. Army and was stationed in Japan. He was Honorably Discharged in 1952, returned home and attended Adam State College in Alamosa, Co on a VA scholarship where he earned a Bachelor Degree in Education. While in college he met and married the love of his life Bernice Lopez on August 18, 1956, they had 65 wonderful years together. They had 5 children, Leroy, Vernon, Frank, Laurie and Alan. After graduating college he went to work for the Colorado State Board of Education and was sent to Egnar, Co to teach at the grade school there. Later becoming the Principal.

Every summer he would take his family and return to Alamosa to further his education, finally earning a Masters Degree in Education. In the summer of 1972 he moved his family to Montrose, Co where he began working for the Reij school district as Principal at both Northside and Johnson Elementary schools. Educating young minds was one of his greatest pleasures in life and he took great price in knowing that his students were getting the best education he could give them. He was instrumental in developing and implementing a Bi-Lingual education program for both Native American and Hispanic children in the school he ran.

After retiring in 1988 he took up photography and was quite an accomplished photographer. Traveling and spending time with his family especially his grandchildren always making them pose for his camera. There was never a family gathering where he wasn't without his

camera hanging around his neck.

Louis was preceded in death by his youngest son Alan, his parents and all his siblings, Felicita, Delfino, Francisco, Clotilde, Edith, Lupita, Antonio, Tomasita, Orlando and baby Luis.

He is survived by his wife of 65 years Bernice, sons Leroy, Vernon(Elain), Frank (Frances) Daughter Laurie(Brett)Gowen. 6 Grandchildren, 8 Great-grandchildren and 1 great-great grandson. A Rosary will be held at 5 pm on Tuesday October 19, 2021 at St. Mary's Catholic Church and a Funeral Mass at 10 am Wednesday October 20, 2021. In lieu of flowers memorial contributions can be made to Hope West Hospice, 725 S. 4th Street, Montrose, Co 81401





# ART & SOL

## GIVING CLUB AWARDS THIRD QUARTER DONATION TO HOUSING RESOURCES OF WESTERN COLORADO

*Special to Art & Sol*

MONTROSE-Another Women’s Giving Club of Montrose goes down in the books as a success.

The third quarter meeting held in early August proved both fun and productive. After time visiting with friends and enjoying appetizers and wine, the meeting commenced, and three worthy non-profit candidates were randomly chosen out of the nomination basket.

The three nominations comprised of Second Chance Animal Shelter (nominated by LuAnne Tyrrell), Partners Mentoring Program (nominated by Lissette Riviere), and Housing Resources (nominated by Sue Hansen). The lucky winner, Housing Resources of Western Colorado (HRWC), was chosen and recently received our collective \$10,700 donation.

Housing Resources of Western Colorado (HRWC) is a 501(c)(3) not-for-profit organization with a mission to provide housing and housing services that create stable, sustainable Western Colorado homes. HRWC builds stronger communities by providing attainable housing, energy efficiency, education, and renovation programs to the residents of Western Colorado. HRWC’s primary business lines are Property Management, Weatherization, Self-Help Build Housing, Housing Rehabilitation, Housing Counseling and Education, and Community Building and Engagement. HRWC has been a vital part of



***Pictured left to right: Miriam Cardenas (HRWC), Sue Hansen (Giving Club and County Commissioner), Kristy Barrett (Giving Club Treasurer), Abbie Brewer (HRWC), Emily Powell (HRWC Executive Director), and Phoebe Benziger (Giving Club Organizer and "Master of Ceremonies")***  
***Photo courtesy Montrose Womens' Giving Club.***

Western Colorado for 44 years. By volunteering, donating, or supporting HRWC you are helping the families and individuals in your community. We all need a little help now and then. All donations funnel into HRWC’s programs in the areas that it is needed most. Our donation will go to-

ward assisting families and individuals as they continue to navigate their way out of COVID-19 into more stable lives.

For more information contact Housing Resources Marketing, Communications, and Fundraising Director, Marisa Felix-Campbell at (970) 986-9024.



*Wine &*  
**WEALTH**  
 SEMINAR  
**WEDNESDAY, OCTOBER 20, 6PM**  
 LOCATION: HAMPTON INN -  
 1980 N. TOWNSEND AVE. MONTROSE

**Wine | Snacks | Drawing**

TOPIC OF DISCUSSION

**How to create WEALTH**  
*Live*

- LIFE INSURANCE
- RETIREMENT PLANNING
- OTHER SOLUTIONS

**EVERYONE WELCOME TO ATTEND!**

BROUGHT TO YOU BY:  
 We are a financial services marketing organization that focuses on serving the financial interests of families in all walks of life. Since PHP was founded in 2009, we have established ourselves as one of the fastest growing financial services organizations in America, and we've committed to offering strength in addition through partnerships with some of the most reputable companies in the financial services industry.



FOR MORE INFORMATION: 970-209-5148



# COMMUNITY NEWS BRIEFS

## LIBRARY PRESENTS MINDFULNESS SERIES

*Special to Art & Sol*

MONTROSE-Erin Easton, the Founder of New Leaf Coaching and a Mindfulness Based Health and Life Coach, will present a six-part series introducing the basics of mindfulness. This series is designed to bring more PEACE, PURPOSE, and HAPPINESS into your life by increasing your awareness of what's going on inside and around you and engaging with it in healthier ways letting go of what no longer serves you. The first event will be a one hour class over the foundation of mindfulness - breathing and settling. Join us, in the library's Meeting Room, on Tuesday, October 26 at 7pm for this event. Email Taylor, at [tevans@montroselibrary.org](mailto:tevans@montroselibrary.org), to register for this event or learn about other events in this series.

FREE ONE-TIME  
 15 MINUTES PHONE  
 CONSULTATION



*Meet Tracie*

**Open for Appointments Only!**

Monday & Wednesday: 8 AM -5 PM  
 Tuesday: 9 AM - 6 PM  
 Thursday: 8 AM - 12 PM  
 Friday: 8 AM - 3 PM

Contact Us

121 N. Park Ave, Montrose, Colorado 81401  
 970.615.7065  
[tracie@neurobasedspeechsolutions.com](mailto:tracie@neurobasedspeechsolutions.com)  
[www.neurobasedspeechsolutions.com](http://www.neurobasedspeechsolutions.com)

**We accept insurance!**



**Neuro-based**  
 SPEECH SOLUTIONS, PC.

**We specialize in:**

- Post Concussive Syndrome
- Brain Injury Rehabilitation
- Stroke Rehabilitation
- COVID-19 Long Hauler Impairments
- Parkinson's Disease, ALS
- And a variety of other complex, Cognitive Communication Disorders

neurobasedspeechsolutions

Tracie Bearden | wanderlustslp



# LIVE MUSIC ROUNDUP-WEEK OF OCT. 18

By Paul Arbogast, Mirror Publisher

**Elks Lodge:**

- Saturday, Oct. 23, 6 PM – Halloween dance party with Crazy Like a Fox.

**Mesa Theater, Grand Junction:**

- Thursday, Oct. 21, 6 PM – Combichrist w/ Davey Suicide & Modern Mimes

- Friday, Oct. 22, 7 PM – Tech N9ne w/ Rittz

- Saturday, Oct. 23, 8 PM – The Rocky Horror Picture Show

ror Picture Show

**Monumental Beer Works, Grand Junction:**

- Saturday, Oct. 23, 5 PM – Funkmaster Matt G

**Ramblebine Brewing Company, Grand Junction:**

- Saturday, Oct. 23, 6 PM – Union of None

**Sherbino, Ridgway:**

- Friday, Oct. 22, 9 PM – Stillhouse Junkies

**Sidelines Sports Bar:**

- Saturday, Oct. 23, 8 PM – Southside Highway

**Two Rivers Tavern, Grand Junction:**

- Saturday, Oct. 23, 9 PM – The Wrong Impressions & Just as Well

**Upstairs at Precedence:**

- Friday, Oct. 22, 4 PM – Wild Flight

**Warehouse 25sixty-five, Grand Junction:**

- Saturday, Oct. 23, 8 PM – FC Wescott

## Spend More Quality Time Together!



### 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.

**Call today to arrange a visit.  
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

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



# MIRROR CHURCH DIRECTORY

## FIRST CHURCH OF THE NAZARENE

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

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

*disciples in Montrose Colorado and around the world.*

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

## FIRST PRESBYTERIAN CHURCH MONTROSE

**Affiliation:** Presbyterian  
**Address:** 1840 E Niagara Rd. Montrose CO. 81401  
**Office Hours:** M-Thu 9AM - 12PM  
**Contact Information:** 970-249-4732, [\[form@fpcmontrose.com\]\(mailto:form@fpcmontrose.com\), \[www.fpcmontrose.com\]\(http://www.fpcmontrose.com\)  
\*\*In Transition-Currently:\*\* Howard Davidson  
 Merle Bierma  
\*\*Worship Service times:\*\* 9:30AM, Student Worship at 6PM](mailto:in-</a></p>
</div>
<div data-bbox=)

*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](mailto:office@montroseumc.org), [montroseumc.org](http://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](http://www.RosemontBaptist.org)  
 email: [office@rosemontbaptist.org](mailto:office@rosemontbaptist.org)  
**Senior Pastor:** Rolland Kenneson  
**Worship Service Times:** Our engaging and relevant Sunday Worship Service is at

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

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

## SPIRITUAL AWARENESS CENTER

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

[arlyn@spiritaware.org](mailto:arlyn@spiritaware.org), [www.spiritaware.org](http://www.spiritaware.org)  
**Name of current pastor:** Rev. Dr. Arlyn Macdonald, Senior Minister; Rev. 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.*



# MIRROR CHURCH DIRECTORY From previous pg

## SUMMIT CHURCH OF MONTROSE:

### Denomination affiliation:

Southern Baptist

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

**Office hours:** Varies

### Contact information:

phone number: 970-275-7026

email ad-

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

website:

[www.summitchurchmontrose.org](http://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.*

## VICTORY BAPTIST CHURCH OF MONTROSE

**Denomination Affiliation:** Independent Baptist

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

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

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

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

**Current Pastor:** Roland Kassales

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

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

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

### Church Directory

#### Mirror Editorial Staff

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

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

### Montrose Mirror:

Name of church

Denomination affiliation

Address

Office hours

Contact information (phone number, email address, website)

Name of current Senior Pastor

Worship service times

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

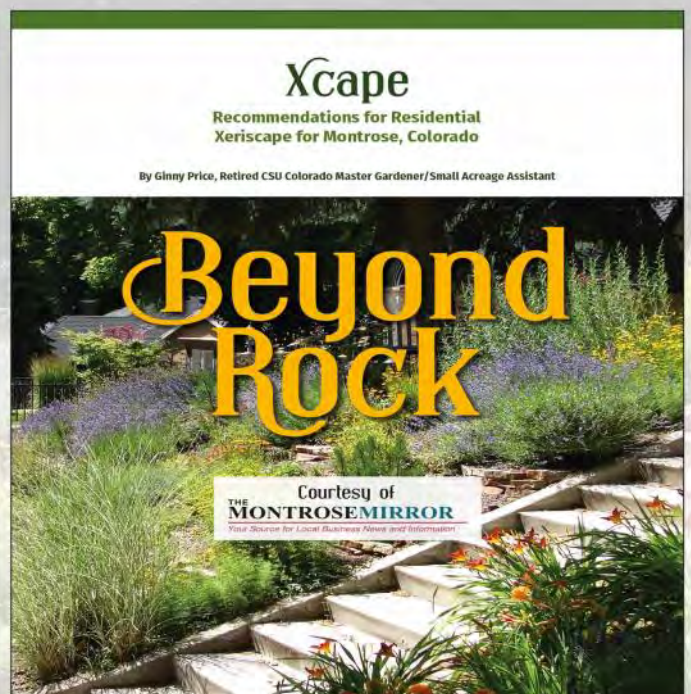
Please give a one or two sentence description of your current church demographics (predominately family, youth, seniors, singles).

Do your church services include Sunday School and childcare?

Click on this ad to  
 Download your FREE copy  
 of *Beyond Rock* today!

This Xeriscape Guide is  
 made just for Montrose,  
 put together by Ginny Price,  
 Retired CSU Colorado  
 Master Gardener/Small  
 Acreage Assistant.

Courtesy of  
**THE MONTROSE MIRROR**  
 Your Source for Local Business News and Information



## KINDNESS CAN MAKE A DIFFERENCE



Rev. Arlyn MacDonald. Courtesy photo.

By Rev. Arlyn Macdonald

MONTROSE-Imagine what the world would be like if kindness was practiced by everyone? The importance of kindness is being neglected and dismissed in our world today. We have rioting, oppression, rudeness, war, and hate. Kindness could and will change all of that.

Kindness is the basis of the Golden Rule and the spiritual directive of all religions. It is also the basis of good mental health and well-being. If we want to be treated with respect and kindness, we must treat others with respect and kindness, not just saying the words, but acting with the concept of kindness.

What if we taught our children to be kind? Children don't learn from the words we say, but how we act. For example, if we tell our children to treat everyone "nice" and then we have an argument with our neighbor and plan hurtful revenge, or shout and make unkind gestures at another driver, what have we taught our children? When we help our neighbors, support our Elders, feed the hungry, or give to the homeless, and include our children in these activities, we are teaching them to be kind.

Do we treat our own children with kindness? Do we speak lovingly and gently and shower them with love and kindness? Do

we teach them lessons with kindness or with anger? Kindness not only builds self-esteem, but it creates a foundation for a successful adult life.

What if we showered all our family members with kindness, no exceptions? Family is our first school. It's where we learn about love and how to live with other people. When family members treat each other with kindness and compassion instead of with jealousy and rudeness, they help each other grow and learn to live in peace and harmony, which they then can take out into the world. Always treating your partner with kindness can make all the difference in your relationship. Showing kindness and love to the Elders in our families shows our children how we would like to be treated when our time comes.

What if we made a commitment to be kind to others? It's amazing how other people react to kindness. If you bring kindness into a disagreement, the energy changes and resolution appears. Saying a kind "hello" to someone you meet can change the day for that person, and certainly changes yours. A kind gesture of opening the door for others, picking up something that has dropped, buying someone a cup of coffee, or smiling at a child are other acts of kindness. If you have a commitment to be kind and practice kindness, that kindness radiates out into the world and changes it.

What if we were kind to Mother Earth? We have such beautiful mountains surrounding us. Being thankful for the privilege of living here is showing kindness to Mother Earth. So is not polluting her rivers, picking up trash, preserving the natural landscape, and nurturing the wildlife. Kindness to Mother Earth also includes being kind to our own home environment

and our neighborhood. It's wonderful to have so many parks in our area. Being kind to Mother Earth creates peace and harmony for everyone.

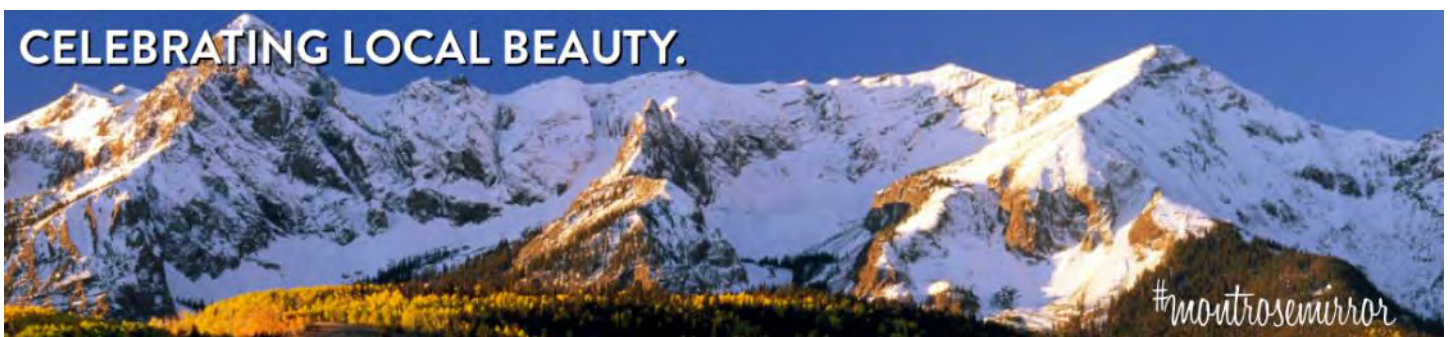
We can take this idea of being kind to Mother Earth a step further and be kind to our food. Do you say a blessing of gratitude before your meals? Do you thank the farmers and ranchers? Do you thank the animals that live around us in the fields? Do you bless your own garden and the gardens of others? Do you prepare your food in a loving and kind manner? All of life responds to kindness. A simple act of kindness through gratitude enriches all of our lives and gives us a different perspective about our food.

What if we were kind to ourselves? If we learned how to be kind to ourselves, we would increase our well-being and avoid many mental health issues. Low self-esteem stems from not being kind to ourselves and not loving ourselves. "God didn't make no junk," is a great phrase. We are made in the likeness of God to be wonderful and magnificent. Release all the old beliefs we were taught as children and claim and embrace the Truth – we are wonderful human beings, and we can feel wonderful by being kind to ourselves.

Being kind to others, our children, our elders, our neighbors, people we meet on the street, to Mother Earth, and especially ourselves has an impact on our world.

When we can look on other cultures and other religious beliefs with acceptance, and show our kindness, the world will change. This change comes step by step, one kindness and then another, and it begins with each of us. If we all practiced kindness in every minute of every day, what a wonderful world it would be!

CELEBRATING LOCAL BEAUTY.





## NATURE AND YOUR BRAIN – PREVENTING AND MANAGING ANXIETY



*Lauren Hall Ruddell, Ph.D.. Courtesy photo.*

### *Greetings Mirrorites,*

In the last article I spoke about the benefits of nature on coping with depression. As I began to research this week's offering, I was surprised by how little is really known about an associated ailment, anxiety. I say associated, because they are so often lumped together in science and medicine that people think you can't have one without the other. And although this is true for 50 percent of folks who suffer from one always experience the other, in reality there are just as many people who consistently experience anxiety without depression. They are, in fact, quite distinct conditions.

Anxiety, like anger and fear, can be adaptive, when kept within bounds. I have very little natural anxiety, and I have had to train myself to double-check things and not assume that everything is OK. I have a friend who takes two weeks to pack for a trip, checking and rechecking everything she might need to include. Until mid-life and a great deal of international travel taught me otherwise, I blissfully assumed that one pass through my luggage the day before departure was enough, and lists were for silly people with bad memories. The result of this was that in my youth, I left for a weeklong camping trip in the Sierras without my down parka! There was a lot of clothing layering done on that trip, and I permitted a certain amount of anxiety to enter my travel packing routine thereafter.

Many psychiatrists think of depression and anxiety as two sides of the same coin,



*Photo by Jay Torres.*

although that is slowly changing. They have some warrant for this since inadequate amounts of serotonin seem to be involved in both. But much overgeneralization has been done, especially in popular media. An anxious person may not be sad, but still have persistent nagging fears that things are not OK and something is about to go wrong, but they have no idea what. Depressed folks may not have these recurring fears, but suffer from chronic blues.

That said, because there is a serotonin link, many interventions that work for reducing depression also work for reducing anxiety. Sunlight, exercise, and Vitamin D seem to be integral parts of the neurotransmitter regulation that affects both conditions. And guess where you can find all three...with green exercise on a sunny day.

Serotonin is a fascinating substance and has mood swings of its own. Too little can instill a depressive state, too much seems to promote anxiety, especially social anxiety. Furthermore, there is evidence that serotonin affects mood and that simultaneously, mood affects serotonin, a feedback loop that is making many researchers crazy at this point. And yes, seasonal affective disorder is all in your head, literally.

Both depression and anxiety increase during winter for many, many people. Less sunlight equals less serotonin production.

Serotonin is stimulated by bright sunlight on the skin and through a retinal pathway. Too little messes up regulatory mechanisms in the limbic system. Troubles seem worse than they really are when this happens. Creative, out-of-the-box problem solving is hampered. Cabin fever is a real thing, and suicide rates are highest in late spring when people have had enough and the days are still not much more than 12 hours in length. Early spring days can be cold and dreary in many parts of the Northern Hemisphere, including Montrose. Mud-season....AAAAAAGHHH!! Stale indoor air, cold winds, crabby family members, difficult travel and more all add up to one giant and very ugly allostatic load.

An allostatic load is a compilation of biomarkers that let physicians and psychiatrists know just how much toxic stuff is rampaging around in your system, shortening your life, and affecting your mental health. All sorts of factors are examined, from self-reported anxiety levels to how much air pollution someone is consistently exposed to. Indoor air pollution and low light in winter are also factors, as is social stress. Incidentally, urban dwellers tend to have much higher base loads than country folk year-round. A nice compensation for coping with Montrose in mud season. Situations that may lead to the development of allostatic load/overload are: (a) exposure to frequent stressors or chronic stress and repeated physiological arousal; (b) lack of adaptation to repeated stressors; (c) inability to shut off the stress response after a stressor is terminated; (d) allostatic response not sufficient to deal with the stressor. That is the official definition. I think of it as Jenga. The body and mind are a complete and well-balanced structure. Then life pulls out a piece. A job loss, there goes a block. A sick child, there goes another. A diagnosis of cancer, there go several, and so forth. Eventually, the structure tumbles and the game is lost. Our battle, our entire lives, is to keep as many blocks in place as possible, and when impossible, replace those blocks in a strategic manner.

## NATURE AND YOUR BRAIN – PREVENTING AND MANAGING ANXIETY

### From previous pg

Anxiety is a state of mind that makes it very hard to replace blocks correctly. We view the structure as always in a state of imminent destruction, even when that isn't true, at least not yet. Time in nature helps to replace those blocks. The sunlight releases serotonin in the correct amounts as needed. This may be why a study out of Finland (now there's a place where they know all about cabin fever), showed that measures of physical health were no different between groups of participants that performed the same exercises indoors vs. outdoors, but measures of mental health were far superior in the group that exercised outdoors.

I have spoken in this column a lot about stress in response to danger. Fear is a response to an immediate threat, but anxiety is a response to a potential future threat. That threat may be quite real and the anxiety justified, but certain folks with trait anxiety (that is, they were born that

way) very much need to be in nature, exercising and relaxing, much more so than folks with state anxiety. Trait anxiety leads to way too many health problems to list here, while state anxiety is unpleasant, but usually temporary. Yet either trait or state anxiety conditions can result in mental health problems, from panic attacks to phobias. And nobody wants those blocks constantly removed from their sturdy Jenga wellness structure.

The cure and prevention for excessive and unrealistic anxiety is 150 minutes a week of moderate aerobic exercise in nature. That should be pretty easy for you worry-warts out there in the Montrose area until Thanksgiving, when it becomes a little trickier.

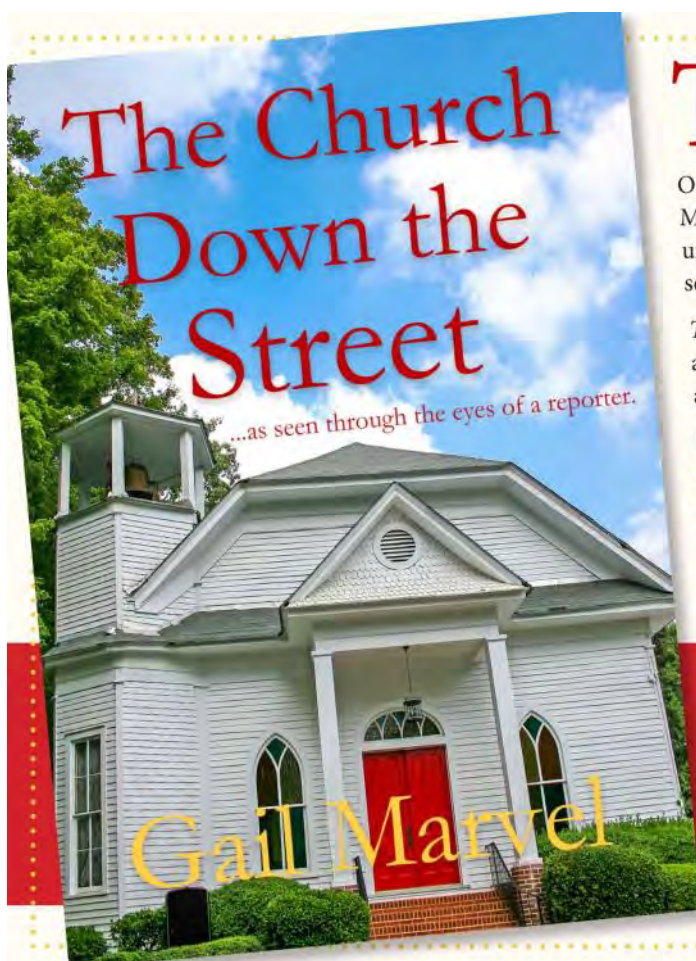
I try to compensate for winter blues by making sure that I get 20 minutes of direct sunlight on exposed, non-sunscreened skin four days a week in winter. Sometimes that's all I can take before a body

part threatens to freeze and fall off, but I do what I can. Sometimes I hike in pac-boots or set-out with snowshoes. It's definitely more complicated in winter to get that 150 minutes religiously, but I do what I can and I know it has made a difference in my long-term wellbeing. The exercise and the sunlight release serotonin, the Vitamin D gained helps in serotonin regulation, and a sense of being away (see earlier articles in The Mirror) helps to release ruminative thoughts. Cortisol levels are lowered. Exercise in nature does all of that for anxious folks.

So, since WINTER IS COMING and cabin fever season looms, I thought a discussion of winter anxiety was worth a few timely words to the wise.

Be Well, Get Outside Now and in the Future.

As always, I can be contacted with questions and comments at [agescapesnow@gmail.com](mailto:agescapesnow@gmail.com).



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

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

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

#### Readers will:

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

Gail Marvel's book, *The Church Down the Street*, is available online at [Amazon.com](https://www.amazon.com) and [wingedpublications.com](https://www.wingedpublications.com).

**GAIL MARVEL**  
Montrose Author & Reporter





# I AM YOUR SFR

AS A SHORT SALES AND FORECLOSURE RESOURCE SPECIALIST (SFR), I AM DEDICATED TO EDUCATING MY CLIENTS, AND WILL ADVOCATE FOR YOU IF YOU HAVE A SHORT SALE OR FORECLOSURE.



**Leslie Gore**  
Associate Broker  
Cell: 970-275-3195  
LeslieGoreRealtor@gmail.com



www.the-res.com  
Office: 970-249-7653  
500 E. Main St.  
Montrose, Co 81401

## Featured Listing – Lot 2 TBD E 7th., Delta CO



This great lot is within Delta city limits and has 3 shares of irrigation water! It is in a great location, zoned R-3 and has great potential for future development. \$87,650 MLS#782112



**Kenzie VanArsdale**  
PSA, ABR  
Associate Broker  
(720)361-7305  
Kenzievanarsdalerealtor@gmail.com



**Christine Kersen**  
GRI, RSPS, GREEN  
Associate Broker  
(970)318-1389  
christinekersen5@gmail.com

## COMMUNITY NEWS BRIEFS

### SAN JUAN WEAVERS GUILD ANNUAL SHOW & SALE

#### *Special to Art & Sol*

MONTROSE-Moving to a new venue this year, the San Juan Weavers Guild 43rd Annual Show and Sale is scheduled for Saturday, Nov. 20, 9 a.m. to 4 p.m., at the Ute Indian Museum, 17253 Chipeta Rd., Montrose.

One of the area's oldest holiday traditions, the event is free, and the public is welcome. As part of the Museum's monthlong celebration of Native American Heritage Month, there may also be free admission to museum exhibits the day of the sale.

The museum has ample parking and excellent access for wheelchairs. The guild is excited to use the beautiful museum facilities for this year's event.

As usual, a wealth of handmade items will be offered for sale. These range from practical (and beautiful) items for kitchen and home décor to one-of-a-kind scarves and other wearables in richly textured and colorful yarns. Baskets, ornaments, and fiber jewelry are popular items at our sales. Toys, handspun yarn, and fiber ready for felting and spinning are often available. The guild maintains high stand-

ards for items submitted to the sale, and customers can be assured of finding wonderful gifts for themselves and others.

"We don't know until inventory is checked in the day before what will actually be included in our sale," says Nancy deCastro, this year's Show & Sale coordinator. "It is always exciting to see what our fellow members have been creating, and since we were unable to host this event last year, we've had even more time to build our inventory." Nancy also notes that guild members are among our own best customers. Regular visitors to our sales often arrive early but also know that there will still be a good selection of items throughout the day for those who can't be there when the doors open.

Handweaving (interlacing yarn to create fabric), handspinning (twisting fiber to form yarn) and other fiber arts are not just quaint "old-time" skills suitable for historic reenactments. Our members use modern equipment and yarns that were not available to our parents and grandparents, and some use computers to aid the designing and weaving process.

Educational outreach has always been an

important part of our annual Show & Sale. Ongoing demonstrations and hands-on opportunities to explore our passions are again expected to be part of the guild's event.

There will also be exhibits about guild design challenge projects and the participation of several members in the Violet Protest, an international effort to encourage unity through cooperation and collaboration in Congress and throughout our society.

The museum expects to be hosting its own events during the day, possibly including sales by Native American vendors, fry bread, and perhaps a demonstration of Navajo weaving. Updated information will be available from the museum as well as the guild's website, [www.sanjuanweavers.org](http://www.sanjuanweavers.org).

In keeping with state and local museum policy, as well as for the protection of our members and customers, masks and social distancing are strongly recommended for all in attendance and required for those not vaccinated. This event may be cancelled on short notice due to community health concerns.

### LIFE CHOICES FRC PRESENTS BALLET MAGNIFICAT

#### *Special to Art & Sol*

MONTROSE-Ballet Magnificat is performing in Montrose!

The show is Friday, Oct 29 at the Montrose Pavilion.

Doors open @ 5:30 p.m., Ballet @ 6:30 p.m.

About Ballet Magnificat

Founder and Artistic Director, Kathy Thibodeaux, stepped into the spotlight of the international ballet community in 1982 when she won the Silver Medal at the II USA International Ballet Competition. Inspired by a desire to see the arts restored to the church, and to present the Gospel of Jesus Christ to the largest possible audience through the medium of dance, Kathy founded Ballet Magnificat! in 1986, and Ballet Magnificat! School of the Arts in 1989. Today both feature an ensemble of professional dancers and teachers from around the world who share Kathy's vision.

To purchase tickets click link below :

<https://secure.ministrysync.com/ministrysync/event/?e=21993>

Call Life Choices if you have any questions 970-249-4302



# Upstairs

A T P R E C E D E N C E

OCTOBER 22

WILD FLIGHT

WITH ERIC GROSS & EMILY JURICK

OCTOBER 29

TAKE FIVE

WITH TOBY KING & ROBIN NICHOLOFF

OCTOBER 31

FAMILY HALLOWEEN PARTY

WITH DJ ERIK VALDEZ

NOVEMBER 12

SWING CITY EXPRESS

WITH CLARK GAULT

MUSIC STARTS AT 7PM \$10 COVER

– VENUE SPACE FOR RENT –

WESTERN COLORADO'S MOST BEAUTIFUL AND HISTORIC CONCERT HALL AND EVENT CENTER. AN ICON OF MONTROSE MAIN STREET FOR MORE THAN 100 YEARS AND WITHIN WALKING DISTANCE OF HOTELS AND RESTAURANTS.

– PRECEDENCEPRODUCTIONS.COM –

511 EAST MAIN STREET MONTROSE (970)209-0298

# SAVE THE DATE! LOCAL EVENTS CALENDAR

## ONGOING-

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

**NEWCOMERS AND NEIGHBORS** welcomes adults who are new to Montrose or have been here awhile, who would enjoy learning more about the area and participate in social activities. [2021-22 meeting info](#). We will hold our first monthly meeting on Wednesday September 8 in our [new location](#). All other meetings will be on the 1<sup>st</sup> 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. 3<sup>rd</sup>. enter through the side door on S. 3<sup>rd</sup> 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 non-denominational Bible study. Studying Revelation Sep 2021-Jan 2022 and Christian Living (1,2,3 John, Jude & Philemon) Feb-Apr 2022. In person for women and children of all ages on Wednesday mornings 9-11. Virtual/Zoom for women Thursday evenings 6-7:15. Contact 720-635-0091 to register of for more information. Or come to our first meeting Wed., Sep. 8, at the First Presbyterian Church, 1840 E. Niagara St., Montrose, at 9AM.

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

## MONTHLY

All Month. Montrose Center for the Arts. Montrose Visual Arts Guild, main gallery. Dave Kaufmann, wood-turning, Columbine room. [Details here.](#)

**Oct. 18**-The League of Women Voters of the Uncompahgre Valley and the Uncompahgre Valley Education Association (UVEA) are co-sponsoring a candidate forum for the Montrose County Board of Education. The forum will be held Monday, Oct. 18, 2021, from 6 to 8 p.m., at the Ute Indian Museum, 17253 Chipeta Road, Montrose, CO. Doors open at 5:30 p.m. Masks are recommended.

**Oct. 19**- Let it Flow, Alcohol Ink Painting. Jana Adams. Montrose Center for the Arts. [Register here.](#)

**Oct. 21**-“Pizza & politics” Special community event-Forest & water management effect on our drinking water supply. Thursday, Oct. 21, 202 Circle 3 Cowboy Fellowship Church 62885 Lasalle road, Montrose.

**Oct.23**-CONCERT: The Ouray County Performing Arts Guild presents Jarabe Mexicano on Saturday, Oct. 23 at 7:30 p.m. at the Wright Opera House in Ouray. The group features Mexican Folk, Rock & Roll, Tex-Mex, Latin Rock, and Reggae-Cumbia. Stringed folk instruments accompanied by lively percussion, Jarabe’s dramatic, harmonized vocals are in Spanish and English. [ocpag.org](#) for tickets and information.

**Oct. 26-27** Abstraction 102: Design and Composition. Pat Jeffers. Montrose Center for the Arts. [Register here.](#)

**Oct. 26**-Erin Easton, the Founder of New Leaf Coaching and a Mindfulness Based Health and Life Coach, will present a six-part series introducing the basics of mindfulness. The first event will be a one hour class over the foundation of mindfulness - breathing and settling. Join us, in the library’s Meeting Room, on Tuesday, Oct. 26 at 7pm for this event.

Email Taylor, at [tevans@montroselibrary.org](mailto:tevans@montroselibrary.org), to register for this event or learn about other events in this series.

**Nov. 20**-San Juan Weavers Guild 43rd Annual Show and Sale is scheduled for Saturday, Nov. 20, 9 a.m. to 4 p.m., at the Ute Indian Museum, 17253 Chipeta Rd

**The Mirror:**  
Coverage with vision for the future.





Contact the Montrose Mirror:  
970-275-0646

[Editor@montrosemirror.com](mailto:Editor@montrosemirror.com)  
[www.montrosemirror.com](http://www.montrosemirror.com)

## MIRROR IMAGES: PUMPKIN SPICE...



*Photos from the Annual Scarecrow Festival at the Montrose Botanic Gardens by B. Switzer.*



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.

For inquiries:

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

For info:

[laurenhallruddell.com](http://laurenhallruddell.com)