

the Montrose Mirror

Fresh news for busy people!

Issue No. 486 June 20, 2022

RE-1J BOARD OF EDUCATION ASKED TO INTERVENE, REINSTATE ACCOUNTABILITY COMMITTEE AS REQUIRED BY STATE LAW



Kay Alexander, above, of the advocacy group Children-First, spoke to the Montrose County School District RE-1J Board of Education during the regular meeting on June 14. The Board of Education meets again this week, on June 21.

By Caitlin Switzer

MONTROSE- There was an empty seat at the dais as Board President Sarah Fishing opened the regular meeting of the Montrose County School District RE-1J Board of Education on Tuesday, June 14. Board Vice President and District A Director Jeff Bachman has resigned his seat as he and his family are moving from the district.

Directors present included Fishing, District B Director Jacob Suppes, District C Director Alice Murphy, District D Director Tom West, District F Director Eric Kelley, and District G Director Stephen Bush.

Fishing led all in saying the Pledge of Allegiance.

Directors voted to approve the meeting agenda. As school is not in session, there was no Student Spotlight.

The Golden Apple Award for

Continued pg 23

BOCC OK'S JAIL RENOVATION CONTRACT, ADOPTS NEW ZONING REGS

By Caitlin Switzer

MONTROSE-All commissioners were present for the regular Board of County Commissioners (BOCC) meeting of Wednesday, June 15.

"Welcome everybody, we've got a full house today," BOCC Chair Keith Caddy said. "Thank you for coming out."

Pastor Karl Leuthauser of Grace Community Church delivered the invocation.

"John Wilkes Booth...he had a brother named Edwin," Leuthauser said, and then told a story of Edwin Booth saving a boy who was about to fall from a train platform in front of an oncoming train. The boy turned out to be Robert Todd Lincoln, Leuthauser said.

"It's interesting to me that two men who grew up in the same family, had a lot of the same experiences, were both famous actors, became such different people," he said. "...Every grudge we hold, every idea we grab onto, every little act we do has a profound impact on who we become..."

Leuthauser thanked God for the wonderful leaders of Montrose County.

"...I'm so thankful for them... Lord I pray that you would help us to be mindful



Road & Bridge workers honored for helping fight Simms fire.

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REGIONAL NEWS BRIEFS

VEHICLE REGISTRATION RENEWAL REMINDERS TO RESUME JULY 6

Special to the Mirror

LAKEWOOD-Due to end of fiscal year programming updates, motor vehicle registration renewal reminders for Coloradans' whose vehicle registrations expire in July 2022 will not be mailed in June.

These registration renewal reminders will start being sent on July 6. Due to this, August renewal reminders could also be delayed.

The Colorado Division of Motor Vehicles (DMV) encourages Coloradans to check when their vehicle registration expires and plan accordingly.

The DMV offers many online tools to help Coloradans with vehicle registration, including registration renewals, first-time vehicle registration, registration fees estimator and much more.

Additionally, Coloradans who reside in participating counties can access DMV motor vehicle services at one of the state's 52 MV Express Kiosks.

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REGIONAL NEWS BRIEFS

SMPA ELECTION: COKES, ALEXANDER REELECTED

Special to the Mirror

OURAY COUNTY-On Thursday, June 9, San Miguel Power Association (SMPA) held its Board of Directors election. The seats for Board Districts 3 & 6 were up for election. Concluding the June 9 Annual Meeting, SMPA's independent Election Monitor reported the following results:

In District 6, which covers part of Ouray County, including Ridgway and much of Log Hill Mesa, incumbent Director Debbie Cokes ran unopposed and was deemed reelected per SMPA Bylaws.

In the election for District 3, covering parts of Montrose, San Miguel, Ouray, Dolores and San Juan Counties including Dunton, Norwood, Placerville, Trout Lake, Rico and Sawpit, 289 validated ballots were received. 143 votes were for challenger, Allyn Svoboda and 146 votes were for incumbent, Dave Alexander. Director Dave Alexander was declared the winner and will resume his directorship for another four-year term.



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REGIONAL NEWS BRIEFS

MUSEUM OF THE MOUNTAIN WEST NEEDS VOLUNTEERS

Special to the Mirror

MONTROSE-Museum of the Mountain West needs volunteers to help with gift shop & gallery, restoration and repairs. Help is also needed for the Farm & Ranch Heritage Days, Friday and Saturday, July 15 & 16. The museum is asking for help at the admission gate, strolling musicians, people to help with parking and spelling vendors when they need a break. Please contact Kate - kateburke.mmw@gmail.com 970-729-1188, or Darcie - info@mw-museum.org, 970-240-3400.



Nathan Hale: June 22

Tuesday, June 22

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OPINION/EDITORIAL: LETTERS

WITHOUT FOSSIL FUELS, HOW WILL WE PRODUCE ASPHALTIC BITUMEN?

Dear Editor:

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Rick Bleier, Montrose

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MONTROSE COUNTY
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CDPHE RELEASES LATEST 'HEALTHY KIDS' COLORADO SURVEY DATA

Special to the Mirror

DENVER— The Colorado Department of Public Health and Environment HAS released the latest statewide and regional results from the Healthy Kids Colorado Survey, the state's only comprehensive survey on the health and well-being of children. More than 100,000 youth responded to the voluntary survey in the fall of 2021, and the results provide a snapshot of what young people were experiencing at that point in the COVID-19 pandemic.

In 2021, the Colorado School of Public Health Survey Team surveyed 106,799 students in 340 public middle and high schools in 51 Colorado counties. CDPHE and the Colorado Departments of Human Services, Education, and Public Safety support this survey. For more details—including results that are disaggregated by geography, age, grade, race/ethnicity, sexual orientation, and gender identity—visit healthykidscolo.org.

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REGIONAL NEWS BRIEFS

HAM RADIO CLUB PARTICIPATES IN FIELD DAY

Special to the Mirror

MONTROSE-The Montrose Amateur Radio

Club will participate in the nationwide Field Day, sponsored by the American Am-

ateur Relay League, on Saturday and Sunday, June 25 and 26, 2022 on Sunset Mesa. The event which is open to the public is a display of ham radio's ability to provide communications completely independent of infrastructure such as powerlines, cell phones or internet. According to Kathy Joslin, President of the club, "This ability to provide communications can be extremely important during emergencies and disasters. This has been demonstrated in the past when Hams provided essential communications following disastrous storms that made normal communications inoperable. When all else fails, ham radio can get the message through."

The club recently conducted a similar off grid operation as part of Museum Ships Weekend, making 440 radio contacts while operating from the middle of South First Street across from the USS Montrose Memorial. To visit the club's operation during Field Day drive west on West Main Street, turn left on Chipeta Drive and then turn left again onto Sunset Mesa. Climb the hill and look for the antennas on the north end of the Mesa. For hams visiting the site the talk-in frequency is the Cedaredge Repeater of 147.195+, tone: 107.2. "We will be ready to operate by noon on Saturday and will continue to operate until noon on Sunday. Saturday afternoon would be a great time to pay us a visit and see ham radio in action. There will even be an opportunity for non-hams to get on the air", said Joslin. The Montrose Amateur Radio Club was founded in 1956 and is affiliated with the American Radio Relay League, the national organization for amateur radio. For more information contact Lew French at 970-417-6142, visit <http://www.arrl.org/field-day>, or visit the Montrose Amateur Radio Club on Facebook

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REGIONAL NEWS BRIEFS

OURAY MOUNTAIN RESCUE TEAM TALK SET FOR JUNE 24

Special to the Mirror

RIDGWAY STATE PARK—On June 24, hear from the OURAY MOUNTAIN RESCUE TEAM! Sean Hart, member of Ouray Mountain Rescue Team will give a talk about current operations and rescue stories. OMRT is an award winning, all volunteer organization dedicated to saving lives by performing back-country searches and rescues, and providing educational outreach. 7:30p.m. Ridgway State Park, Visitors Center, Dutch Charlie entrance.



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REGIONAL NEWS BRIEFS

MONTROSE COUNTY STARTS STAGE 1 FIRE RESTRICTIONS

Special to the Mirror

MONTROSE-The unincorporated area of Montrose County will be in stage 1 fire restrictions beginning Wednesday, June 15. High temperatures, worsening dry conditions, and high winds were the deciding factors to take this precautionary measure.

"Fire restrictions have become increasingly common for those of us in the western United States; however, they are important and necessary measures to help keep our public lands and community safe," said Sheriff Gene Lillard. "As always, the sheriff's office works closely with federal land management partners and adjoining counties to monitor conditions. In addition to unprecedented winds, hotter than normal temperatures have resulted in

worsening dry conditions. As a community, we must all do our part to prevent wildfires including creating defensible space around your residence, following restrictions when camping, and always making sure to drown out campfires (in an approved fire pit). I appreciate the public's help in taking measures to prevent wildfires in our area." In early June, the Montrose Board of County Commissioners passed Resolution 43-2022 authorizing the sheriff to implement fire restrictions in order to limit wildfire danger in Montrose County. The restrictions apply to the unincorporated county area and do not include the City of Montrose, Town of Olathe, Town of Naturita, and Town of Nucla. The stage 1 fire restrictions do not allow open burning of any kind to include agricultural

burning, open campfires, and fireworks. Smoking cigarettes outdoors is not allowed, unless in an enclosed vehicle or building or in a developed recreation site. Campfires in a pre-approved campground, State Park/KOA, or enclosed fire pits are permitted. As a reminder, fireworks on publicly managed lands are prohibited. Please be advised that penalties for violating the fire ban include: Class-2 petty offense with fines ranging from \$100 to \$500 depending on the number of offenses. If a fire causes damage to another individual's property, additional criminal charges may apply. These fire restrictions will remain in effect until further notice. For more information on fire restrictions, please visit westslopefireinfo.com.

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OPINION/EDITORIAL: LETTERS

DON CORAM'S STANCE ON RURAL HEALTH WINS PHYSICIAN SUPPORT

Editor:

In the 3rd Congressional District Republican primary there is only one candidate with a comprehensive, smart strategy for reversing the dangerous deterioration of rural health conditions in Western Colorado: State Senator Don Coram.

Our district is massive: 27 counties covering one-half of our state's land mass, most defined as either "frontier" (six or fewer residents per square mile) or "rural" (no community population over 50,000).

The challenge to restoring and assuring timely and continuous medical care is daunting.

We face staffing shortages that are severe at almost every level of care, and may soon be approaching collapse in some of these communities. The math is straightforward: Without help, sustaining some health care facilities and the health care teams who work there will not be possible. But when a hospital or rural clinic closes or limits capacity, the care that is subsequently diverted and delayed or even denied will end up miles, even counties away in another Emergency Department, almost always in worse condition. Some will simply not make it there.

Rural health is across the board worse

than urban Colorado; higher rates of teen pregnancy, higher rates of drug dependence and alcoholism, higher rates of untreated or undertreated chronic diseases, higher rates of preventable illnesses and deaths.

Many of our patients tend to be older, sicker, and without everyday resources to get better.

Rural Colorado cannot survive, much less prosper, without reasonable support for their health care communities. Senator Coram's health care plan will direct federal resources to workforce support, starting with loan forgiveness and other incentives to recruit physicians, nurses, and other health care professionals to our underserved communities. His plan supports Medicare and Medicaid reforms that assure quality and continuity of care and economically viable, safe facilities, especially for our elderly and veteran populations.

As our Congressman, Don Coram will take his thoughtful, principled approach to problem solving from his tenure in the Colorado General Assembly to Washington, where they could benefit from a healthy dose of evidence-based, civil debate and professionalism.

We respectfully urge you to be sure to

vote on or before June 28. And if health care matters to you, vote for the only choice that has a rational, workable plan. Don Coram.

Physicians For Coram:

Adam Baker, MD, Facial Plastic Surgery, Grand Junction, CO

Gayle A. Frazzetta, MD, Family Medicine, Montrose

Enno Heuscher, MD, Family Medicine, Cedaredge, CO

Sarah Judkins, MD, General Surgery, Montrose, CO

Timothy R. Judkins, MD, Orthopedic Surgery, Montrose, CO

Katie McKee-Cole, MD, Otolaryngology, Grand Junction, CO

Mindy Miller, MD, Family Medicine, Montrose, CO

Jeffrey Oster, DPM, Alamosa, CO

Ellen Price, DO, Rehabilitative Medicine, Fruita, CO

Collin Sharp, MD, General Surgery, Montrose, CO

Vineet Singh, MD, Orthopedic Surgery, Montrose

Robert Tonsing, MD, Child and Adolescent Psychiatry, Pueblo, CO

Mary Vader, DO, Pediatrics, Montrose, CO

William Weathers, MD, Radiology, Glenwood Springs, CO

SEE SOMETHING - SAY SOMETHING



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ANONYMOUS CALL

MONTROSE REGIONAL CRIME STOPPERS

BOCC OK'S JAIL RENOVATION CONTRACT, ADOPTS NEW ZONING REGS FROM PG 1

with every decision, who it's turning us into, who we are becoming. Lord I pray we become people of honor, people who reach out and help, rather than nurse a grudge and hate..."

Road & Bridge Superintendent Brandon Wallace led all in saying the Pledge of Allegiance.

PUBLIC COMMENT PERIOD

County resident Richard Brunton addressed the BOCC.

"Monday, I took two mattresses to the landfill, and there was a charge of \$10 each per mattress," he said. "But I wasn't allowed in unless I paid a dumping fee, which is \$22.25 on top of that...I feel that's a little bit harsh, a little bit exaggerated in price. I wonder if you can address this...I urge you to use your power to keep it reasonable for people. I would imagine that's why there's so much dumping on public lands, because there's discrepancies, or high costs."

"With the invocation this morning, I hope you use your powers to do something good about this," Brunton said.

County resident Michael Despres asked a question about a specific agenda item; Despres was advised that the issue should be discussed during the time set aside for that item.

COUNTY MANAGER

County Manager Jon Waschbusch had no changes to the meeting agenda but took time to honor county employees who responded with heavy equipment to fight the recent Simms Fire. He recognized Road & Bridge Department staffers Chad Geist, Curtis Milton, Jay Jensen, Jake Lucero, and Brandon Wallace for their service.

Waschbusch read from a letter of commendation that was presented to each of the employees "...As evacuation orders were issued and residents left their homes, road and bridge employees headed toward the fire...their efforts in creating a fire line and refilling water tenders and brush trucks were critical in getting on the fire through the evening and into the early morning hours."

The employees who responded were un-

der no obligation to do so, Waschbusch said. "They quite literally answered the call to contribute their time and skills when it mattered most...certainly driving heavy equipment on an active wildfire goes a little bit beyond other duties as assigned."

County Officials posed for a photo with the honorees.

The fire was actually in Ouray County, BOCC Chair Keith Caddy said. "County lines, they're blurred a lot when peoples' homes and peoples' lives are in danger. We go to the call."

Fairgrounds staff also assisted by providing room for firefighters to work, Caddy said. "The County of Montrose, they rose to the occasion. I think they did a great job."

CONSENT AGENDA

Consent Agenda items were approved unanimously, with Resolution No. 44-2022 assigned to Consent Agenda Item 16.

GENERAL BUSINESS

Communications Director Katie Yergensen and Veterans Service Officer Sheldon Smith presented a proclamation declaring June 2022 to be Posttraumatic Stress Disorder Awareness Month.

Smith said, "...The more we talk it, the more we make it okay for everybody to talk about their feelings, talk about their experience, and talk about what happened, the better we will all be as a society, because we will be healing those in our communities rather than just out-casting them."

Trauma is not only a problem for those who have served in the military, he said. "It could be a traffic accident, it could be a personal assault—there's a lot of things that can cause these traumas."

No two individuals react to trauma the same way, Smith said. "Everybody's different."

He read the proclamation into the record, and introduced April Heard, Executive Director of the Welcome Home Alliance for Veterans' Warrior Resource Center. Commissioners voted unanimously to authorize the Proclamation.

BOCC Vice Chair Sue Hansen said, "We

appreciate your words, and appreciate the support that you do provide for veterans who are experiencing PTSD in our communities."

Motorcycling is very important to veterans and police forces, Commissioner Rash said. "They all have their groups. It's part of that comradery, that getting together and sharing of ideas."

He discussed his own experiences as a veteran, taking part in Run for the Wall in 2019 with 1600 mostly veterans to end up at the Vietnam Memorial. "Thank goodness we have these conversations, these resolutions."

Caddy said, "I'm Just glad modern medicine has finally figured out that there's a problem called PTSD and they're actually doing something about it now."

Commissioners approved a request by [Region 10 League for Economic Assistance & Planning](#) Business Loan Fund Director Dan Scinto for the Board's signature on a [letter of request](#) to increase the contract amount for [contract F18CDB18615](#) between the State of Colorado and Montrose County by \$250,000.

The BOCC also voted to approve a bid award and contract in the amount of \$396,650 to Wold Architects and Engineers, for design and engineering of the Montrose County Jail Booking & Kitchen Renovation Project, as reviewed by Counsel. Wold Architects and Engineers was the lowest responsive, responsible bid. The project is anticipated to start on or after June 15 and be completed by February 28, 2023. This item represents a budgeted expense of \$396,650.

"We've got to get it done," Caddy said. "The jail is important. To me it's very important."

"It's good to see it happening," Rash said. "...We need to protect the county, and the folks that end up in our jails are important too...We need to have the safety precautions in there so we don't have any issues."

PLANNING & DEVELOPMENT-OLD BUSINESS

Commissioners voted to adopt [Resolution 45-2022](#), updating and approving the [new](#)

BOCC OK'S JAIL RENOVATION CONTRACT, ADOPTS NEW ZONING REGS

From previous pg

zoning regulations.

Joe and Kelly Ryan were present for the San Juan Huts Special Use Permit Application, to bring the existing bike hut into conformance. The application was approved.

The BOCC held public hearings concerning the Weimer Ranches 2022 Rezone proposal to rezone from Light Industrial (I-L) to General Agricultural (A) at Parcel 427112300015, as well as the Weimer Ranches 2022 Parcel 2 Rezone proposal to rezone from Light Industrial (I-L) to General Agricultural (A) at Parcel 427113300015.

The BOCC approved the Church Road Ranch Minor Subdivision [MI22-007] proposal to divide a 15.56 acre lot into two lots at Parcel 372316400041, 6859 Church Rd, and addressed the concern raised earlier by Michael Despres.

Also approved were:

The Silva Minor Subdivision proposal to divide a 4.83-acre lot into three lots at Parcel 376716400055, 12580 6450 Rd;

The Summers Minor Subdivision proposal to divide a 26.33 acre lot into three lots at Parcel 376535403001, 60569 Oak Grove Rd; and

The Walter Grumly Minor Subdivision proposal to divide a 3.314-acre lot into two lots at Parcel 376731202001, 62200 Chu Chu Lane.

MONTROSE COUNTY LOCAL LIQUOR LICENSING AUTHORITY

Commissioners left regular session and reconvened as the Montrose County Local Liquor Licensing Authority. After a public hearing, the Liquor Licensing Authority approved a Special Event Permit for the Rocky Mountain Elk Foundation, Inc., held at Lock, Stock & Barrel, 5328 CO-348, on June 24, 2022.

Commissioners returned to regular session, and with no further business the meeting was adjourned.



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OPINION/EDITORIAL: LETTERS

A TRUE CONSERVATIVE, CONGRESSWOMAN LAUREN BOEBERT HAS MY VOTE

Editor:

It's a well known fact that Politics is Dirty. It's become very dirty in Colorado CD-03. The Left leaning newspaper, The Daily Sentinel, published a front page article by Charles Ashby on June 17th. The headline above the article: Boebert: Escort claims 'blatantly false. As a sideline it states, "The political action committee making the accusations, American Muckrackers, has provided no actual evidence of its claims."

Democrats and supporters of Boeberts opponent, Don Coram, in the Republican primary have been playing dirty as well. Here in Montrose and surrounding areas Lauren Boeberts political signs are being stolen or defaced. Supporters of Boebert have not followed in like because we believe in and respect the First Amendment.

Some homes that previously posted Biden signs 2 years ago are now posting Coram signs. Those signs seem to go untouched.

How many Republicans know that Don Coram stated in a Republican meeting that the "R" behind his name does not stand for Republican? How many Republicans know that Coram petitioned onto the primary ballot, choosing not to go through the usual process of attending the Montrose County Assembly and State Caucus?

While in State level office, Don Coram voted in favor of and or sponsored -

HB 19-1032 Comprehensive Human Sexuality Education. This bill creates a survey that is in many schools across the state and asks children as young as the third grade if they are transgender, have raped anyone, or have tried to kill themselves.

SB 20-217 - Enhance Law Enforcement Integrity. This bill has a nice title, but what it does is put overbearing restrictions on how law enforcement must do its job. It also increases the burden on the justice system that is currently overwhelmed by "progressive" policies which puts criminals ahead of victims. There's a reason Colorado suddenly became the #1 state in the nation for vehicle thefts.

HB 19-1263 Voted for the decriminalization of fentanyl. More people 18-45 are dying from fentanyl-related reasons than any other cause today.

This is not the kind of representation anyone should want at the federal level.

Congresswoman Lauren Boebert has my vote. She is a true Conservative working hard to help America and Colorado become the nation our Founders fought for, often at great personal sacrifice.

May God bless America.

Nancy Benitez, Montrose



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CRIME STOPPERS**

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SWORN TESTIMONY

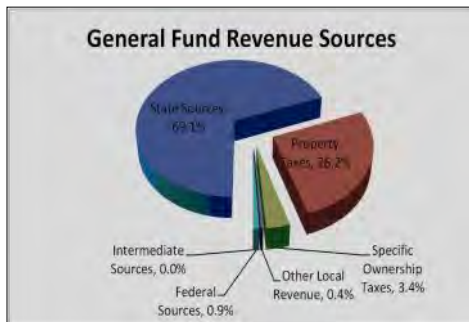
Republican ultra conservative retired judge J. Michael Luttig said that Trump and his supporters are “**a clear and present danger to the US democracy.**”

Mr. Luttig said that Trump and his allies will **attempt to overturn** the election if Trump or another Republican loses in 2024.

What are you doing to **save our Democracy** for your children and grandchildren??

Jerome Waler, concerned Montrose citizen for Democracy

RE-1J BOARD OF EDUCATION ASKED TO INTERVENE From pg 1



Above and at right, graphics courtesy RE-1J Budget Document.

June goes to School Psychologist Jacob Price.

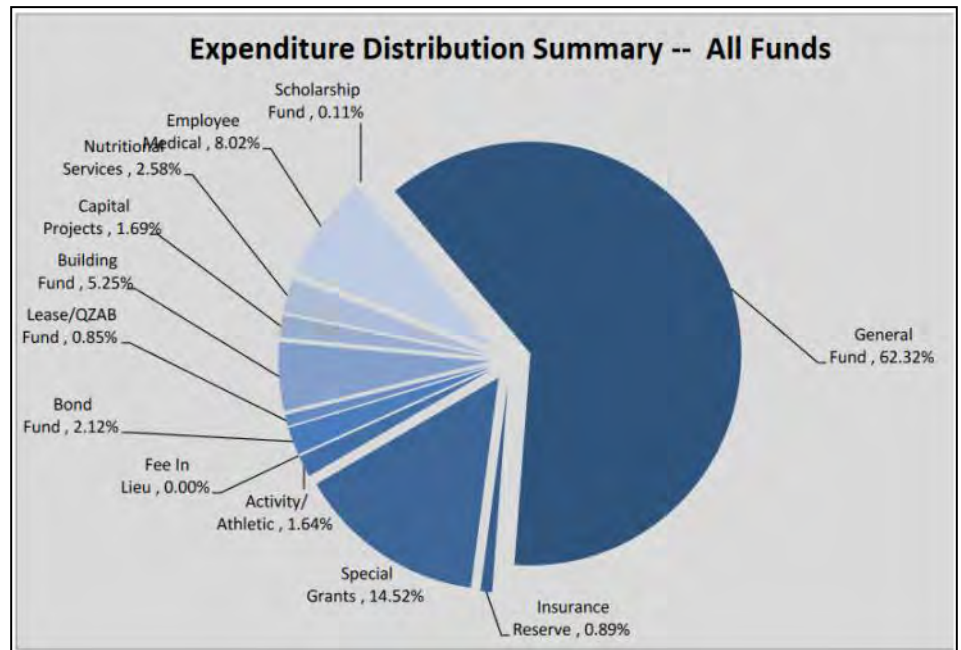
Public Information Officer Matt Jenkins announced recent donations to the school district, and welcomed Grief Counselor Teri Kinkade of HopeWest, who spoke about the work the Hopewest does on behalf of young people struggling with grief.

Donations include:

- The Montrose Community Foundation has donated \$1,500 to Rams Unite at Columbine Middle School to help pay for students to travel to Catalina Island and participate in the Catalina Environmental Leadership Program in October 2022;
- Colorado Outdoors has donated \$4,000 to Rams Unite at Columbine Middle School to help pay for students to travel to Catalina Island and participate in the Catalina Environmental Leadership Program in October 2022;
- Alpine Bank made a donation of \$3,165 to Oak Grove Elementary School for a purchase of a Chicken Coop for the Outdoor STEM classroom;
- Friends of Youth and Nature (FOYAN) awarded the Oak Grove Elementary Third Grade teachers a Grant in the amount of \$800 to cover the cost of transportation to the Eureka Science Museum in Grand Junction.

Fishing announced that Bachman has resigned his seat as he has moved from the district. The Board will be taking applications for appointment to the District A seat. "It has been an honor to serve with him," she said.

The date of the second June board meeting was moved to June 21.



There were no Board Advisory Committee reports.

COMMUNITY INPUT

Kay Alexander of the citizens' group ChildrenFirst addressed the Board of Education. ChildrenFirst is focused on the well-being of children in Montrose, Alexander said. She raised concern over low CMAS scores. "We are asking why there is not a specific plan that can be measured, and a timeline for each school," Alexander said. "...There are great intentions expressed in the strategic plan...but again, no specifics..."

She also asked board members to be more available to constituents who have questions, with phone numbers made available on the web site as well as email addresses. "Thank you for your time and for serving this capacity," Alexander said. Next to address the board was Leah Vandersluis, who is also part of ChildrenFirst.

Vandersluis said that the group recently talked with Executive Director Lindsey Jaekel of the Colorado Department of Education, "...about why Montrose County School District did not have the school district accountability committee for the past school year.

"Ms. Jaekel stated that Colorado law requires that these committees are up and

running each school year," she said. "And our district has not applied this law. Ms. Jaekel also reported that the school board needs to intervene at this time.

"We need to know when these meetings will start again for the 2022-2023 school year..."

She asked about the School Framework information, which outlines school performance during the previous school year, and is received by the district every July. A public meeting, with official notification by letter to parents, must be held, Vandersluis said.

"Public comment is necessary. Information at this meeting is to include improvement plans for schools in general, and those that are priority improvement schools such as Northside Elementary, Pomona, and our three Olathe schools...also we are asking for specific academic strategies that will be used to increase our failing CMAS scores."

Vandersluis asked when the Science of Reading curriculum, preferred by State Board of Education Representative Joyce Rankin, will be in the district.

"Our children are failing in reading, writing and math," she said.

More resources are needed to ensure that students attain proficiency at grade level.

RE-1J BOARD ASKED TO INTERVENE From previous pg

"Our children deserve academic excellence so they can prosper in our community," Vandersluis said. "There's a lot of work to be done..."

OLD BUSINESS

The Board approved revised board policies:

KF, Community Use of School Facilities was updated to reflect how community rental of school facilities are handled.

KF-R, Facility Use - Policy and Standards, was updated to reflect when classrooms are available for community use and removal of recommendations for use by religious organizations.

CONSENT AGENDA

Director Busch asked that Consent Agenda Item 7, approval of a payment to NWEA in the amount of \$56,870 for MAPS as the district assessment, be pulled for further discussion. The Consent Agenda was approved with Item 7 removed.

NEW BUSINESS

Following a brief discussion, Item 7 was also approved.

The Board voted to accept the resignation of the Director of District A Jeff Bachman and Adopt Resolution 06-2022 Declaring a Vacancy on the Board and Establishing Procedures for Filling Such Vacancy.

In keeping with Board policy, Directors voted to fill the position of Vice President, left vacant by Bachman, with District F Director Eric Kelley.

The agenda notes that the following policies were presented to the Board for approval. The Board of Education voted to approve the policies on First Reading:

AC, Nondiscrimination/Equal Opportunity - language update per CASB legal recommendations

DJB, Federal Procurement - language update per CASB legal recommendations

GBA, Open Hiring/Equal Employment Opportunity - updated discrimination identification and definitions as required by law

GBEB, Staff Conduct - updated language requirements per state law

GCE/GCF, Licensed Staff Recruiting/Hiring - updated discrimination identification and definitions as required by law

GDE/GDF, Support Staff Recruiting/Hiring - updated discrimination identification and definitions as required by law

IKF, Graduation Requirements - updated graduation requirements per state law

IKF-E, Graduation Requirements/College and Career Readiness - updated graduation requirements exhibit per state law

JICDE, Bullying Prevention and Education - updated prohibited behavior and legal definitions per CASB legal recommendations

Deleted policies included:

IKF-2, Graduation Requirements - deleted; policy updated by state law to IKF above

IKF-2-E, Graduation Application - deleted; form not used by district high schools

JICDE*-E1, Bullying Report Form - deleted; District inputs more detailed information directly into EdPlan program

JICDE*-E2, Bullying Investigation Form - deleted; District inputs more detailed information directly into EdPlan program

RE-1J Director of Finance Emily Imus presented the 2022-2023 Proposed Budget, which must be formally adopted before the end of the month.

Imus provided a detailed overview of the proposed budget and thanked her Finance Department team for their work.

Though school is not in session, "Summer is our busiest time," Imus said. The auditors will be in town on June 22.

Total General Fund budget appropriation for FY2022-23 is \$66,062,510.

RE-1J Superintendent Carrie Stephenson's budget letter summarizes many of the details. [Click here to view the proposed budget.](#)

The following policies were presented to the Board for first reading:

DJ/DJA, Purchasing/Purchasing Authority - updated single purchase amount that requires Board approval

DJE, Bidding Procedures - updated amount

of emergency purchases or services that may be ratified by the Board

GCE/GCF-R, Licensed Staff Recruiting/Hiring - updated language requirements per state law

GCQC/GCQD -R, Resignation of Instructional Staff/Administrative Staff - updated language requirements per state law

GCQF-R, Discipline, Suspension and Dismissal of Professional Staff - updated language requirements per state law

GDE/GDF-R, Support Staff Recruiting/Hiring - updated language requirements per state law

GDQB, Resignation of Support Staff, updated language requirements per state law

GDQD, Discipline, suspension and Dismissal of Support Staff - updated language requirements per state law

GE, Teleworking - new policy to better define remote working situations

JLCE-R, First Aid and Emergency Medical Care - new regulation to better define the concussion protocols in the district

JLCE-E2, First Aid and Emergency Medical Care - new exhibit to support concussion protocols

JLCE-E3, First Aid and Emergency Medical Care - new exhibit to support concussion protocols

JLCE-E4, First Aid and Emergency Medical Care - new exhibit to support concussion protocols

The Board of Education voted to approve the negotiated settlement between MCSD and UVEA for 2022-2023, as well as contracts for non-represented staff using the same parameters as approved through negotiations with UVEA for the 2022-2023 school year.

EXECUTIVE SESSION

The Board of Education entered Executive Session to discuss the Superintendent Evaluation and contract.

The next regular meeting of the RE-1J Board of Education will be June 21 at 6:30pm at the Central Office board room.



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OPINION/EDITORIAL: COMMENTARY

SETTING THE TABLE FOR RURAL-URBAN COLLABORATION AT SPUR



Tony Frank. Courtesy photo.



Kathay Rennels. Courtesy photo.

*By Tony Frank, Chancellor, CSU System
And Kathay Rennels, Special Adviser to
the Chancellor, CSU System*

COLORADO- Food brings people together – around the dinner table, at picnics, and on restaurant patios. Sometimes, though, food production and its complexities spark a tension between rural and urban communities and drive us apart. But today, no matter where we live, the urgent challenge of feeding our world while grappling with diminishing water and land resources has to bring us all together as never before, to create new opportunities and solutions and protect the planet that sustains us all.

“Feeding the world” is an increasingly onerous prospect. The world population could well reach 10 billion in the mid-2050s, when today’s high-school graduate is in their mid-40s. As demand for food booms alongside our population, the resources needed to grow our food continue to be finite. Farmable land and water availability are waning while drought and warming temperatures worldwide are profoundly impacting food production.

And as the need for increased food production intensifies, the percentage of our population directly involved in creating our food, is declining. These days, an estimated 2% of our U.S. population is directly engaged in farming and ranching. That means knowledge about food production has narrowed, creating a disconnect between urban and rural cultures over a wide range of issues – even as urbanites are increasingly interested in the sources of their food and the manner in which it is grown.

That brings us to Terra.

When we conceived the idea of Colorado State University’s Spur campus in Denver, we envisioned a place that would help people far removed from the food-production system understand where their meals come from – and the hard work involved in getting food from the farm to the table.

Terra, the second CSU Spur building to open on the three-building campus at the National Western Center, is the realization of that vision: a place dedicated to learning, discovery, and exploration of food and agriculture. With its rooftop gardens and greenhouses, kitchen laboratories, agricultural exhibits, and gathering spaces, Terra is a 60,000-square-foot, high-tech mecca for learning about the science, business, and beauty of food production in all its stages. Our hope, as with all our CSU Spur facilities, is that Terra becomes a hub that spurs collaboration and innovation – a place where children and adults alike can engage with the challenge of sustaining our people and our planet.

This state-supported urban campus in the heart of metro Denver is coming to life at the same time the CSU System Board of Governors has committed more than \$8.5 million in new resources to expand service to and support of rural Colorado communities. This commitment includes a nearly 25% expansion in the number of Extension staff directly serving Colorado counties, along with new scholarships for students from rural Colorado.

This commitment came from the realization that Colorado is a microcosm of the

rural-urban issues and challenges in sustainable food production that impact communities around the world. Our agricultural industry is a foundational element of Colorado’s economy, contributing an estimated \$47 billion to the state economy each year and employing more than 195,000 people. At the same time, about 85% of our state population lives along the Front Range corridor -- a booming urban population surrounded by agriculturally oriented rural communities that struggle to improve and maintain socioeconomic vibrancy. This brings into stark relief all the issues related to urban encroachment on longtime agricultural lands and competition between cities and agriculture for waning water supplies.

At times, these and related dynamics induce Colorado’s rural and urban communities to view each other as competing factions rather than as interconnected parts of a diverse Western state. Yet, these defining aspects of our state also make it the perfect place to urge collaboration and to pursue the novel ideas that naturally arise from seams of tension when people are open to seeing them. Just as food draws people together around the table, food is also a fundamental connection point between rural and urban communities.

Whether we’re avowed carnivores (“steak; hold the vegetables”) or dedicated vegans (“vegetables; hold the steak”), our food is raised by farmers and ranchers who populate rural communities that significantly contribute to our nation’s food system, economy, history, and culture. If we eat, which we all do, then we have an interest in our rural communities – just as our rural communities have a vested interest in urban communities, where the majority of consumers (e.g., customers) live.

The one-of-a-kind innovation and education hub emerging at Spur, combined with CSU’s renewed investment in rural Colorado, provides a catalyst, moving our state forward in connection and collaboration. We invite urban and rural constituents alike to visit CSU Spur and join us in exploring how our urban and rural communities can work together as one Colorado, a place where we produce foods, enjoy foods, and understand and appreciate all that goes into a healthy and evolving food system.



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REGIONAL NEWS BRIEFS

STREET SURFACE WORK STARTS JUNE 20

Special to the Mirror

MONTROSE — The city is excited to announce the schedule for this year's surface treatment project. Beginning Monday, June 20 contractors working for the City of Montrose will begin chip sealing and slurry sealing roadways across the city. The entire project will last approximately two weeks, pending any delays. Chip seal is a type of surface treatment that consists of a single application of li-

uid asphalt, which is then covered with aggregate. Traffic can return to the roadway after the cover aggregate has been rolled into the liquid asphalt. Chip seals are used in conjunction with slurry seals on higher traffic roads, or those that show higher levels of wear than what is suitable for a slurry seal. These roads will appear on the schedule on multiple days.

Slurry seal is a type of surface treatment in which small aggregate is suspended in

an oil/water emulsion. As the emulsion cures, it creates a smooth black seal on top of the asphalt pavement. Slurry seals are best used on roads that are still in good condition, prior to any major failures.

The seal helps prevent the roadway from deteriorating, extending the life of the asphalt and preventing more costly repairs in the future. The curing period typically takes 4 to 5 hours. During this period cars will not be permitted to drive on the freshly placed slurry.

Contractors will begin work each day at 7 a.m. Residents who live along a road that is scheduled to be slurry sealed and who observe "No Parking" signs along with it, should be prepared for the road to be closed until the slurry has cured.

Individuals who reside in a project area and who need to leave their home after 7 a.m. should prepare for the closure and relocate their vehicle to a street that does not have "No Parking" signs prior to the start of the slurry seal process.

Trash and recycling collection schedules will remain unchanged throughout the project. However, residents living in areas where trash or recycle collections are scheduled to occur on the same day as the surface treatment project should be sure to have their containers out no later than 6 a.m. as these areas will be collected first for the day.

Any questions regarding the project may be directed to Civil Engineer Ryan Cushenan at 970.240.1485 or rcushenan@ci.montrose.co.us. Visit www.MoveMo.co for routine project updates and information on other large capital projects taking place throughout the city.



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REGIONAL NEWS BRIEFS

MONTROSE COUNTY PAYS TRIBUTE TO THE STARS AND STRIPES ON FLAG DAY



Special to the Mirror

MONTROSE—Up early to place flags on the Montrose County Courthouse lawn, Montrose County officials paid tribute to the Stars and Stripes on Flag Day, June 14. “A symbol of our Nation’s Freedom brought to you by our brave men and women in the military, service positions, government officials, and our Freedom Loving Citizens! USA! USA! USA!”—Rep Marc Catlin, GOP Chair Scott and Linda Riba, Commissioner Sue Hansen, and Keith Caddy, Mac Felsing, Kerri Catlin, Ray Langston, Montrose Clerk Tressa Guynes, and Kay Heinschel.

MONTROSE COUNTY CELEBRATES FLAG DAY WITH NEW FLAG PROGRAM

Special to the Mirror

MONTROSE— Montrose County and the Montrose County Veteran Services Officer are proud to offer a flag replacement program in honor of Flag Day.

Individuals who visit the county administration office (949 North 2nd Street) to retire an old flag through the flag disposal box will be given a new 3’x5’ U.S. flag while supplies last.

“To me the flag is a symbol of freedom—the freedom that we all enjoy because of the men and women who have given their all and those who continue to serve our country and defend our freedoms,” said Commissioner Rash, a U.S. Navy veteran. “Flying a U.S. flag is a way to honor not only our nation, but the men and women who have sacrificed for our country.”

“This program is a great way to encourage individuals to properly dispose of their flag and to continue to see the stars and stripes flying high in Montrose County. It has been exceptionally windy this spring, and I know that has created additional wear and tear for flags,” said Sheldon Smith, Montrose County Veteran Services Officer.

On June 14, 1777, the Continental Congress approved the design of a national flag. In 1916, President Woodrow Wilson issued a presidential proclamation establish a national Flag Day on June 14. Congressional legislation designating that date as the national Flag Day was signed into the law by President Harry Truman in 1949; the legislation also called upon the president to issue a flag day proclamation

every year.

Community members may bring tattered or worn flags to drop off for a proper disposal.

According to the U.S. Flag Code, individuals should look for fraying on the edges of the flag—the flag should be retired prior to fraying beyond 1.25 times the height of a single stripe on the flag; fading colors; holes; or a stain that cannot be cleaned. Flags collected by Montrose County are respectfully retired by volunteers through Veterans Memorial Cemetery of Western Colorado in Grand Junction.

To learn more about the Montrose County Veteran Services Officer, please visit <https://www.montrosecounty.net/359/Veteran-Services-Officer> or call 970-249-2115.

DMEA ANNUAL MEETING: INCUMBENTS SWEEP BOARD SEATS



The Delta Montrose Electric Association (DMEA) Annual meeting took place on Thursday, June 16 at the Montrose Community Recreation Center. The in-person event was the first annual meeting for new Chief Executive Officer [CEO] Alyssa Clemens Roberts (far left). Photo by Gail Marvel.

By Gail Marvel

MONTROSE The Delta Montrose Electric Association (DMEA) Annual meeting took place on Thursday, June 16 at the Montrose Community Recreation Center.

The family-friendly event activities scheduled from 4 – 8 p.m. included registration, voting, a pizza party, and free access to the recreation center facilities.

The business meeting, which was sandwiched between activities, included the co-op's 2021 accomplishments, plans for the future, and election results.

Following the Pledge of Allegiance and Invocation, Director Jock Fleming gave the quorum report and read the official notice. He said, "There are at least 50 members [present] and the quorum reached. The notice requirements are met."

Prior to giving the President's Report, Board President Kyle Martinez introduced the current board members, as well as the three candidates running for seats in District 3, District 4 and the South Region.

In his report Martinez highlighted Elevate expansions, DMEA rate stability, and development of more local energy. He said, "There is not a rate increase planned for 2023."

The Chief Executive Officer [CEO] report was given by CEO Alyssa Clemens Roberts. She said, "This is my first Annual Meeting and the event is in-person." Clemens Roberts' PowerPoint presentation data included that the organization has 29,600 members, 3,382 miles of powerlines and a combined 118 employees for DMEA/Elevate.

Clemens Roberts said, "Operation Round-Up awarded \$55,203 to families and non-profits throughout our territory. Twenty twenty-one [2021] ended in crisis from a cybersecurity attack. Every member [staff] of DMEA, when not doing other things, stepped in to take phone calls." Although she did not identify herself as CEO to customers, Clemens Roberts donned the hat of customer service for two-days as she answered phones.

DMEA Attorney Jeff Hurd reported on the Board Election.

Data on the total number of ballots received and number of invalid ballots was not reported.

District 3 – 2,778 votes cast.

Incumbent Jacob Gray, with 59.3 percent of the votes (1,648), defeated challenger Allen "Mike" Atwood.

District 4 – 2,765 votes cast.

Incumbent Ken Watson, with 62.3 percent of the votes (1,722), defeated challenger Tom Sawyer.

South Region – 2,775 votes cast.

Incumbent Jock Fleming, with 68.3 percent of the votes (1,896), defeated challenger Ross Carder.

Member comments and questions:

With the exception of one person, members of the audience did not identify themselves when making comments, or asking questions.

Comments included: Appreciation to the DMEA linemen for their work and commending Elevate for their affordability, reliability, and good service.

Question:

"I want to know about the solar array north of town."

Answer:

Martinez said, "It is a private project not related to DMEA. Just like if you put solar panels on your home."

Question:

"I want to know about the solar farm on F Road in Delta County. The cost to produce and how long to recoup the expenses from the project?"

Answer:

Martinez said, "We [DMEA] are not building that ourselves. It's a PPA [Power Purchase Agreement], we will purchase power [from them]."

Question: From Dave Roberts, no relation to the CEO.

"With the Elevate program. If someone has IT issues, is there someone real sharp who can help with IT issues?"

Response: Clemens Roberts said that the Elevate IT specialist would make contact with Mr. Roberts following the meeting.

DMEA ANNUAL MEETING: INCUMBENTS WIN SEATS *From previous pg*

Question:

"Are we doing anything, any upgrades, to protect the grid? Do we have anything in place to protect against the grid going down?"

Answer:

Clemsen Roberts said, "Protocols and practices are in place. Yes, we have a plan. There are multiple firms we are working with and they have our back."

Question:

"Did you ever catch the bad actors [cyberattack]?"

Answer:

Clemsen Roberts said, "We know who they are and have turned over the event to the authorities. I hope they get everything that is coming to them!"

The next regular DMEA Board meeting is scheduled for 3 p.m. on June 28.



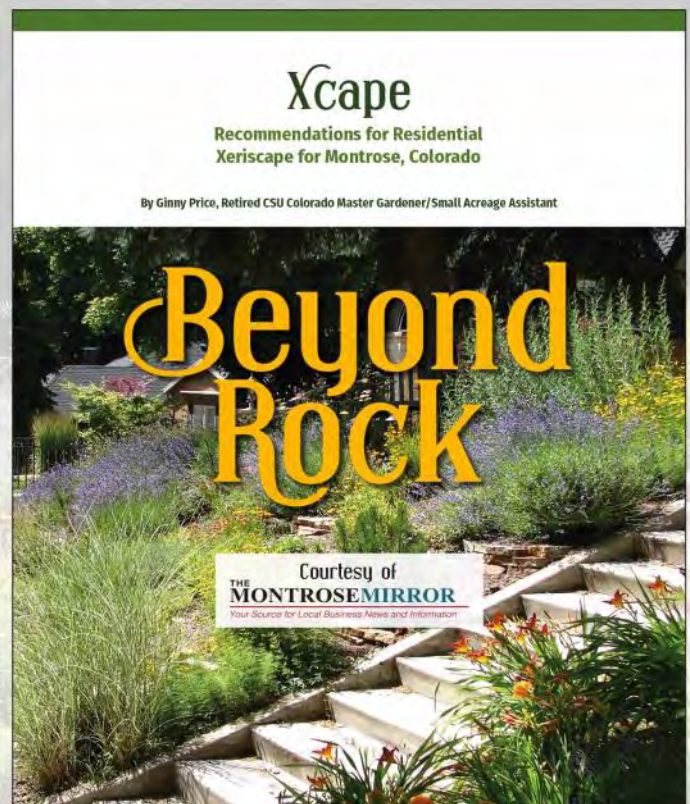
The pizza party prior to the Delta Montrose Electric Association (DMEA) Annual meeting on June 16 was a big draw and helped establish the 50 in-person members needed to establish a quorum. Approximately 40 citizens attended the business meeting. Photo by Gail Marvel.



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REGIONAL NEWS BRIEFS

MONTROSE COUNTY AND SAN JUAN BREWS LAUNCH RIMROCKER TRAIL BEER AND COFFEE

Special to Art & Sol

MONTROSE— Montrose County and San Juan Brews are excited to announce the creation of a limited edition Rimrocker Trail beer and coffee.

"In terms of attention, the Rimrocker has continually outperformed our expectations," said Montrose County Manager Jon Waschbusch. "It has been a lot of fun to work with companies from all over the country on Rimrocker projects. Ultimately, this all started from a local effort. It's awesome to have a local company like San Juan Brews involved. I'm excited about the beer and coffee and very grateful for their partnership."

"Our passions are beer, coffee, and our community, and this partnership was a perfect blend of all three," said Kevin McHugh, co-owner of San Juan Brews.

"The Rimrocker Trail showcases some of the spectacular scenery we have here on the western slope and we are proud to donate 10 percent of profits of the Rimrocker lager and Off the Trail roast coffee to help with trail maintenance."

Off the Trail Roast, expertly roasted by Cimarron Coffee of Montrose, is a perfect blend of dark, rich, and bold, with a slight nuttiness to start your day before hitting the outdoors this summer. The coffee is available for purchase by the cup—or grab

a whole bag for a weekend of adventuring fun. The Rimrocker Lager is a classic American lager, a smooth pale beer for summer trail adventures—crisp and refreshing and perfect whether in front of a campfire, unwinding after a day of riding on the Rimrocker Trail with a visit to Downtown Montrose, or testing a flight of beer from San Juan Brewing's vast array of samples. The lager is available to-go in a growler or may be enjoyed responsibly at the brew house. For more information on the Rimrocker Trail, please visit rimrockertrail.org. To learn more about San Juan Brews, please visit <https://www.sanjuanbrews.com/>.

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REGIONAL NEWS BRIEFS

PARK IRRIGATION SET TO RESUME AFTER REPAIR

Special to the Mirror

MONTROSE — Repair work continues at Altrusa Park due to multiple breaks in the

irrigation system and supply chain issues that have delayed critical repairs. Similar issues are affecting other parks around

the community.

The City of Montrose Public Works Department maintains 36 developed parks on 160 acres within the city limits. Due to supply chain shortages, routine maintenance that occurs each spring was delayed as critical parts were not available.

Public Works Manager Jim Scheid said the irrigation pump at Altrusa Park had failed and needed to be replaced. In the meantime, Altrusa Park was being watered during daytime hours because the system was being controlled manually by city parks staff.

"We have had to make changes to the system based on what materials are available. Many materials are not available off the shelf anymore as they were in the past so we are at the mercy of the supply chain," Scheid said. "We do keep as many replacement parts on hand as we can, but oftentimes the one item that fails is the one that we don't have."

Scheid reported that irrigation systems in other city parks, including Riverbottom Park, are also experiencing problems due to a lack of parts for routine maintenance. Parts to complete repairs to the Altrusa Park system were due to arrive this week, according to Scheid. He added that repairs to irrigation systems in other city parks will be completed as soon as the parts arrive.

"We are doing everything we can to get the problems resolved as quickly as possible," Scheid said. "The grass does look bad but it is not dead and it will return to the green that we are used to seeing."

While material availability is difficult to predict due to supply chain issues, the city is also experiencing staff shortages as the city's Parks Division is currently operating with 50 percent of the full-time staff, and only 10 percent of the annual seasonal staff.

The city has many openings, full-time, part-time and seasonal positions within the Parks Division. For more information about being part of the Parks team visit the city's [employment webpage](#).



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REGIONAL NEWS BRIEFS

DELTA COUNTY ENTERS STAGE 1 FIRE RESTRICTIONS FOR UNINCORPORATED DELTA COUNTY

Special to the Mirror

DELTA— Stage 1 Fire Restrictions have now been implemented on the Uncompahgre and Gunnison National Forests and the Fruita Division of the Grand Mesa National Forest.

Fire managers base decisions about fire restrictions on specific fuel moisture measurements in vegetation and other risk factors such as predicted weather and current fire activity.

Fire danger is increasing and these restrictions will be implemented to protect public health and safety due to the current and anticipated elevated risk of wildfire. Fire restrictions on these lands will be in place until further notice.

Fire managers will continue to monitor conditions and assess the need for further action, including additional restrictions if weather remains hot and dry and lessening restrictions if a wetter weather pattern develops.

Under Stage 1 Fire Restrictions the following are PROHIBITED:

Igniting, building, attending, maintaining or using a fire (includes fires fueled by charcoal or briquettes) outside of a permanent metal or concrete fire pit or grate that the Forest Service has installed and maintained at its developed recreation sites (campgrounds and picnic areas).

EXCEPT: The use of a stove or grill solely fueled by liquid petroleum fuels, or a fully enclosed metal stove, grill or sheep herder type stove with a chimney at least 5 feet in length and a mesh screen spark arrestor with a screen opening of ¼ inch

or less.

Smoking, except within an enclosed vehicle or building, or in a developed recreation site, or while stopping in an area at least 3 feet in diameter that is barren or cleared of all flammable materials.

Operating a chainsaw without an effective and properly installed USDA or Society of Automotive Engineers (SAE) approved spark arrestor, a chemical pressurized fire extinguisher (with a minimum 8 oz. capacity and rating of 2A) kept with the operator and a round point shovel with an overall length of at least 35 inches readily available for use.

Blasting, welding, or operating acetylene or other torch with open flame without being in a cleared area of at least 10 feet in diameter and keeping a chemical pressurized fire extinguisher (with a minimum 8 oz. capacity and rating of 2A) with the operator.

Using an explosive. This includes but is not limited to fuses, blasting caps, fireworks, rockets, exploding targets, tracers and incendiary ammunition.

Personal, portable wood or charcoal burning fire pits/rings, often made of stainless steel, are not allowed under these restrictions. Campfires are only allowed in USDA approved and installed fire pits/grates, or gas-fueled devices with an on/off switch.

Violation of these regulations is punishable as a class B misdemeanor, by a fine of not more than \$5,000 for an individual or \$10,000 for an organization, or imprisonment of not more than six months, or

both. Anyone negligently or willfully starting a wildland fire could also be held responsible for the costs of that fire. Almost 90 percent of all wildfires on public lands are started by humans. It is every forest visitor's responsibility to recreate responsibly and follow best practices. To report a fire call 9-1-1. As we near the Fourth of July holiday, visitors are reminded that fireworks are never allowed on federally-managed lands.

For up-to-date general information on the Grand Mesa, Uncompahgre and Gunnison National Forests please contact the appropriate office listed below:

Forest Supervisor's Office – Delta – (970) 874-6600

Grand Valley Ranger District – Grand Junction – (970) 242-8211

Ouray Ranger District – Montrose – (970) 240-5300

Gunnison Ranger District – Gunnison – (970) 641-0471

Norwood Ranger District – Norwood – (970) 327-4261

Paonia Ranger District – Paonia – (970) 527-4131

For information and updates on current fire restrictions, conditions and recreation opportunities on the GMUG visit the [forest website](#), [GMUG Fire Info](#) page or call the GMUG Fire Information line at 970-874-6602.

Connect with us on social media ([Twitter](#) and [Facebook](#)).

For more fire-related information on Colorado's Western Slope visit [West Slope Fire Info](#).



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REGIONAL NEWS BRIEFS

HOUSING RESOURCES ANNOUNCES NEW COMMUNITY BUILDING AND ENGAGEMENT DIRECTOR IN MONTROSE

Special to the Mirror

GRAND JUNCTION – Housing Resources of Western Colorado is pleased to announce the addition of Sarah Fishering to our Senior Management Team as the new Director of Community Building and Engagement. Sarah will be based in our Montrose office. She will lead our efforts to increase the community's capacity to address critical housing and development issues by building strong coalitions and resident leaders.

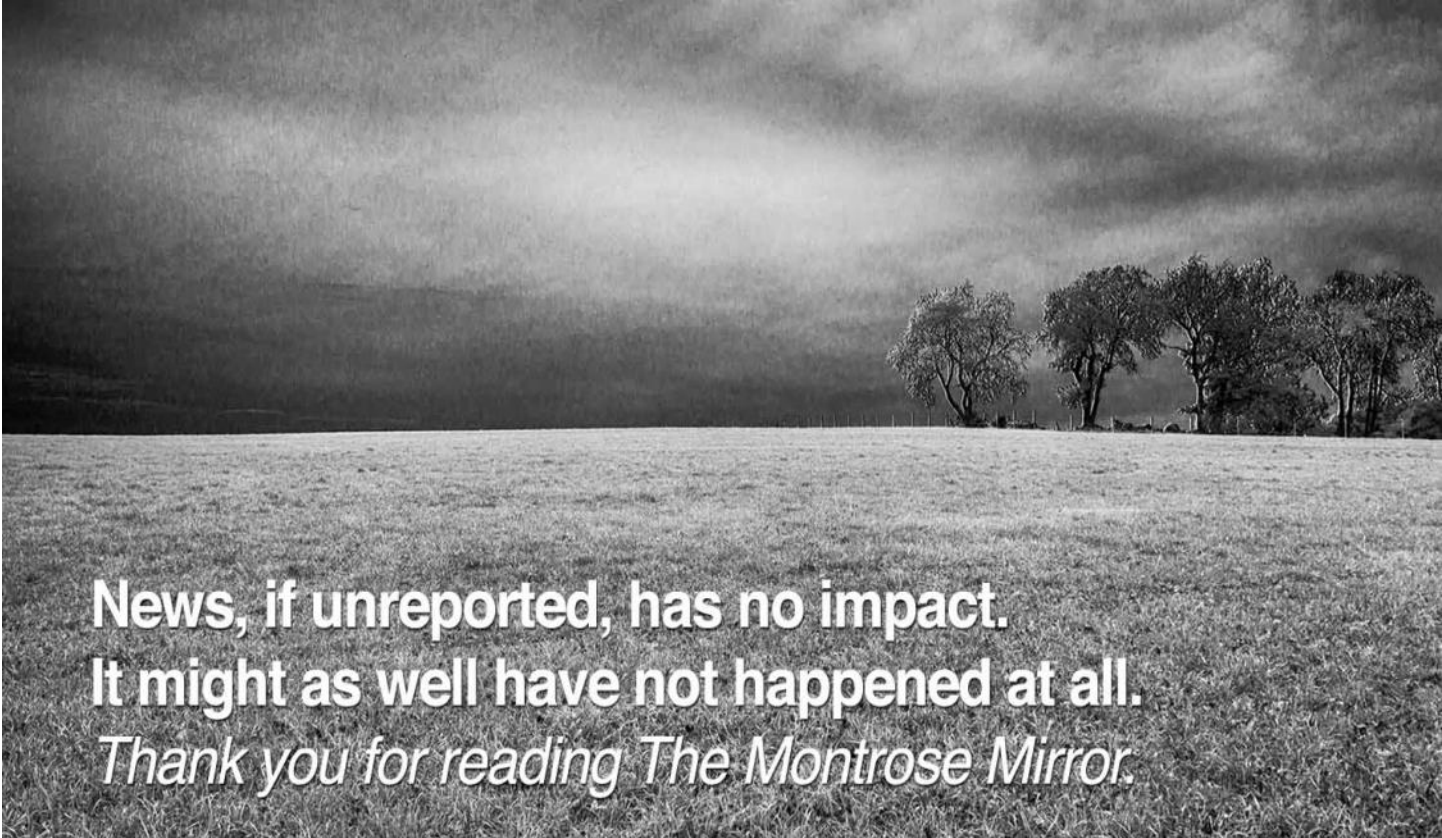
Sarah moved to Montrose in 2014 with her husband David to be closer to family and bring up their children. Since moving to the community Sarah has sought to delve into all that Montrose and the surrounding area has to offer and has found

ways to become involved and give back when possible. Sarah comes to the team from Clearnetwork, and prior to that Montrose County. She serves on the Montrose County School District School Board and is involved in several over community initiatives and organizations. Housing Resources is celebrating their 45th year in service to the community. From offices in Grand Junction, Montrose, and Durango, they serve thousands of Coloradans each year with services for homeowners, homebuyers, and renters. Their programs include low-cost home improvement loans, free energy efficiency home improvements, housing counseling and financial coaching, foreclosure prevention, affordable rental properties, and

Self-Help homeownership. Their Community Building and Engagement work is focused on Montrose.

They recently facilitated the creation of the Montrose Housing Coalition and the development of the Montrose Housing Action Plan. In her new role, Sarah will continue to support that Coalition as its members work toward the goals of the Action Plan. She will work closely with other organizations in the community to help develop networks of effective resident leaders, and to connect those leaders with resources that build strong neighborhoods.

For questions about Housing Resources, please contact Marisa Felix-Campbell at (970) 986-9024



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THE
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OPINION/EDITORIAL: LETTERS

HOW WILL OUR COUNTRY SURVIVE DEMOCRATS TRANSFORMATION?

Editor;

How is our Country ever going to survive the continuous assault on our liberty and Constitution by the vicious Democrat party who are "transforming" America? Democrats should ask themselves why every major city they've run for decades is plagued by violence despite having some of the most draconian gun-control laws in the nation. After all, isn't gun control their recipe for solitude in the lawless society they have created? And of course their favorite rant for consumption by their gullible worshiping cult is that terrible word, "assault" when referring to weapons. But wait, can't any object in the hands of a criminal be used for "assault"? Remember the Antifa and BLM rioters shown on the Leftist news outlets where they were breaking into stores with sledge hammers? And once inside the stores they used those sledge hammers to destroy display cases so they could steal what's inside. Didn't those tools qualify as "assault" weapons? Sure they did! And they picked up every object off the ground they could find during their riots and threw them and injured police officers. Weren't those "assault" weapons? Sure they were! But in the last couple years the hundreds who were arrested were turned loose without charges. And our cacklin' Vice President made sure she got them all released from jail. Unlike the Jan 6 so-called rioters who were let in the Capital

by police officers and were thrown in jail, many without charges and are still in jail rotting away without medical treatment. Everyone knows what would happen if an Antifa rioter was held without charges, without bail and without medical treatment. There would be a throng of left-wing tax-paid lawyers waiting in line to file lawsuits. There is no official description of "assault weapon" in the military description of weapons. But the left-wing Democrats who hate the military so much are all of a sudden experts on military affairs when they can use them against American citizens. So why do Democrats claim there is an epidemic of "gun violence"? Because it sells! And they want to insinuate that it's only coming from law abiding citizens. In fact there has never been a member of the NRA arrested for any of the assaults the Democrats claim to hate. And Democrats hate the idea of private citizens being able to protect themselves from criminals and tyrants. And they know many people will believe their lies. Barack Obama's chief of staff, Rahm Emmanuel famously told Democrats they should never let a good crisis go to waste. The meaning behind that is that gives Democrats the chance to expand the size, scope, and power of the federal government and to restrict individual liberty that they couldn't accomplish through legislation of elected officials. To them, the Constitution is nothing but that pesky piece of paper!

So Democrats and the media sensationalize every mass shooting and every shooting of a black man by a white cop. Never mind mass shootings account for less than 1% of all gun homicides, or that the number of "unarmed" black men killed by police in America in a year is less than the number of black men killed by other black men in Chicago on the average weekend. No, if Democrats were honest they would want a real conversation about "gun violence" by asking why every major U.S. city controlled by Democrats or have the most draconian gun-control laws in the nation are plagued by gun violence. While they're at it, they might also look at the rioting, looting, murder, and mayhem that has plagued their cities this year, with local officials doing little to nothing to stop it and Democrat DAs refusing to even prosecute their crimes! If Democrats were honest they would also draw a correlation between the out-of-control violence and anarchy and the huge jump of gun sales by LAW ABIDING citizens. One thing for certain is that police in most cases cannot stop you from being attacked because they can't be everywhere at once. Now everyone has to defend themselves and the police can only take the report.

If we ever hope to restore peace, safety and security in America, getting rid of guns is not the answer. We need to vote every Democrat out of office!

Jerry Bartholome, Montrose

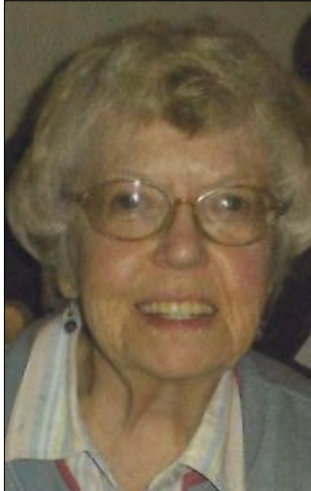
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COMMUNITY OBITUARIES

DIANE MARIE LYNNE PALKA

Sept. 27, 1941 – June 5, 2022



Diane passed away peacefully at Valley Manor Care Center in Montrose, CO surrounded by family and messages of support from scattered loved ones.

She grew up in Detroit MI where she worked as a legal secretary and married Leonard Palka. After his death in 1985, she moved

close to family in Jeffersonville IN and enjoyed volunteering in several area hospitals plus tutoring elementary school children. In 2017, Diane relocated to be with her sister and family in Montrose.

History and reading were life – long hobbies. She always remembered birthdays with an early card. Diane had very strong values and supported the Smithsonian, ACLU, and Southern Poverty Law Center. With amazing strength Diane overcame addictions to alcohol and tobacco which made a wonderful difference in her whole life. She had a special place in her heart for other's experiencing life's struggles.

Diane was preceded in death by her parents George and Clair Lynne, her husband Leonard Palka, and her nephew

Michael Lippman. She was a beloved daughter, sister, wife, aunt, step-grandmother, and friend.

Diane is survived by her siblings Cheryl Gibson (Gordon) of Montrose CO; Judy Lippman (Steven) Louisville KY; Gregory Lynne, Charlottesville VA; nieces Melanie Lippman, Jenny Lippman (Ashok), Katy Gibson Gresh (Greg), Julie Pugliese (Paul), Valerie Meyers (Ron), nephews Jack Gibson and Joe Lynne, and seven great nieces and nephews.

Diane's life celebration was held with family, and the awesome residents and staff at Valley Manor Care Center.

Crippin Funeral Home and Crematory assisted the family. The family can receive messages online at www.crippinfuneralhome.com.

BETTY LOU NEWBERRY

February 3, 1930- June 16, 2022

Our sweet Momma, Sister, Grandma, Aunt, Great Grandma, and friend was welcomed home by the Heavenly Father and her husband Keith Newberry.

Betty was born and raised in Olathe. Betty and her late husband Keith owned and operated Keith's Heating and Air Conditioning most of their lifetime. She was a lifelong member of the Olathe Methodist church. She loved gardening, crocheting, and hosting family functions. She is survived by her sisters, Edna Barnard, Dorothy Weber, & brother Kenneth Stone. Her beloved daughters, Marcia (Jason) Byler, Janet (Randy) Lehman,

Julie (Eric) Giannangelo. Grandchildren, Lindsay (Mike) West, Joel (Juliet) Carr, Darin Carr, Chad Powell, Natalie & Gina Giannangelo. Great-grandchildren, Bryce, Mallory, Braydon, & Bentley Carr, Parker & Jaxson West, Hailee Powell, and Emma Giannangelo Martin. Numerous cousins, nieces, and nephews.

No funeral service is planned at this time. A private celebration will take place at a later date. Memorial contributions can be made in Betty Newberry's name to Hopewest Hospice Montrose, Homestead at Montrose, or Valley Manor Care Center.



COMMUNITY OBITUARIES

PEGGY RAMONA COOPER

PEGGY RAMONA COOPER was born January 19, 1929, the fourth of six children to George and Winona Stutler in Montrose, Colorado. She would grow up through the Great Depression which would have a lasting impact on her all her life. She often recalled how her mother made her school dress out of flour sacks and how some of the students at Oak Grove School would make fun of her. There were many nights when beans and cornbread or cornbread and milk was all that was to be had for supper. It was an austere lifestyle made rich by a house of laughter.

Her father George was storyteller with a Will Rodgers sensibility for a turn of phrase. Her fondest memories were of helping her dad move cattle on horseback and the summers they spent in Hanks Valley where her dad was a wrangler and her mom cooked for the hands. Peggy was always with the cows and never learned to cook until she married Wilbur Cooper in 1945. They lived on Franklin Mesa and in Coal Creek. During this time they quickly proceeded to create a family of their own, Gail (Les) Howerton of Easton, MD, Gail passed in 2020; Frank (Anna Marie) Cooper of Olathe, CO; Janie (John) Browning, of Denver, CO, Janie passed in 1990; George (Tom Gennette) of Northport, MI. Peggy and Coot raised their children on modest

means but there was always lots to eat, and they never went without. Her lessons learned in the Depression inspired her large garden which provided fresh food in the summer and canned vegetables through the winter. It seemed that she was always canning something in every season. One never went hungry at Peggy Cooper's table.

In 1971 they moved to California Mesa west of Olathe where they lived out their remaining years together on the farm. Peggy would often be found on the tractor or out irrigating with 'Coot' as Wilbur was nicknamed. After Wilbur's death in 2011 Peggy remained on the farm she loved and stayed active till her health began to decline in her early 90's. In January of this year she was admitted to Colorow Nursing Home till her passing on June 11. The family wishes to thank the staff of Colorow for the loving and compassionate care given to Peggy, especially Samantha, who gave her so much love and who kept the family always informed.

Peggy was preceded in death by her parents, George and Winona; her husband, Wilbur; two daughters, Janie Browning and Gail Howerton and granddaughter Andrea Browning. She is survived by her son Frank (Anna Marie), son George (Tom); grandchildren- Scott Howerton, Brian Howerton (Kelly), Leslye Howerton



(Darwin), Anthony Cooper (Prudence), Gary Cooper (Mellanie), Julie Hines (Gus), 13 great grandchildren and two great great grandchildren. Numerous cousins, nieces and nephews.

A funeral will be held at the Church on the Hill on Tuesday, June 21 at 10 am. A committal service and internment follow at Valley Lawn cemetery. Crippin Funeral Home is assisting the family with arrangements.

Thank you for reading

THE MONTROSE MIRROR

ISSUE 374 June 20, 2022

ART & SOL

YOUR BRAIN ON NATURE – SENSE OF SMELL

Greeting Mirrorites,

Early summer is here and the temperatures are rising. This is a special time of year for me, when I can step out onto my back patio, take a deep breath, and sigh as I enjoy the redolent, earthy smell of...

MANURE! I'm not kidding, either about the presence of the odor or my reaction to it. I love the smell of herbivore manure. It immediately takes me back to my childhood escapades with horses and zoo animals. My reaction to dog crap sizzling on a hot southern California sidewalk is a very different matter. This odor is a reminder of unpleasant urban experiences, heat waves, over-crowding, and a host of other city nuisances.

Our sense of smell is the one most evocative of past experiences. Molecules enter through the olfactory bulb and from there head directly to the amygdala and hippocampus. Smell intrigues brain scientists because of its super highway mode of connectivity. As one Swedish neuropsychologist put it... It's "unique among the senses" because it bypasses the thalamus—the brain's switchboard. Instead, the smell signal is sent straight to the hypothalamus which issues hormones to the appropriate places, and the olfactory cortex, where odors are processed and perceived. There is some evidence that long term memories from childhood linked to smells may actually be stored there.



Courtesy photo.

A sense of smell is the only fully developed sense a fetus has in the womb, and it's the one that is the most developed in a child until the age of around 10, when sight takes over. A prominent aroma researcher explained that because smell and emotion are stored as one memory, childhood tends to be the period in which you create the basis for smells you will love or hate for the rest of your life. And like so many things in life, this one of the five senses is impacted by aging. Although the

cells that make up the olfactory system can be replaced as they age and die, just like any cell, the rate of replacement slows after 50 years of age. But we don't have to be anosmic, having no sense of smell, just because we are older. Sense of smell needs regular workouts, in terms of exposure and variety. It's a use it or lose it kind of thing.

For instance, a study involving 60 participants age 50 to 84 showed improvement in olfactory function, verbal function, a

Continued next pg

YOUR BRAIN ON NATURE – SENSE OF SMELL From previous pg

decrease in depression and an increase in their perceptions of their own wellbeing. They practiced ‘smeller-cises’ daily for five months, while the control group, who showed no improvement on any of those measures, played Sudoku. So the smellier you are, the smarter you become, these researchers might argue.

Swedes must really be into smells because another team did another experiment concerning olfactory responses to stress. These guys delivered a very mild shock to their participants to raise their stress levels. A rating on pleasantness of smells presented to the participants was highly correlated with perceived stress—with high pleasantness being associated with lower initial physiological stress responses and faster recovery—suggesting that smells might have a much more profound effect on reducing stress compared with sights and sounds. The HOV lane that sense of smell enjoys in the brain could account for that. From the olfactory cortex, the signal is relayed directly to the amygdala, the brain region that detects threats, and to the hippocampus, which is responsible for forming and recalling memories. Not being processed through the brain’s switchboard first allows for a faster response to a threat, such as a bad smell coming from those leftovers you were just about to shove into your mouth.

The point here is that there’s at least some direct stress-reducing effect. For although the visual and auditory stimuli in natural environments got generally higher pleasantness ratings from participants than odor stimuli did, the natural odor stimuli had the greatest impact on physiological stress reduction. Sense of smell for adult humans often operates in the background behind other senses, so it’s super interesting to know that it has such a swift

and direct effect on our parasympathetic system, the processes that allow us to ‘rest and digest’ as the behaviorists like to say.

Green spaces have been shown to influence stress hormone regulation via the immune system, and so could be important to consider when understanding necessary dosages of nature for wellbeing and healing. We’ve known for a couple of decades now that a ‘clean, fresh pine scent’ is not just good for selling household cleaners, but when snorted in through the olfactory system in a forest setting, reduces cortisol, adrenaline and noradrenaline. This allows relaxation and lowered blood pressure to happen. Those lovely phytoncides emitted by pines, cedars and cypress trees are just the ticket. There’s a reason people their cedar chests to keep their fragile fabrics free of moths. The natural repellents these trees emit for protection against insect infestations turn out to be a balm to human noses, brains, and bodies. These trees, like waterfalls also release negative ions.

When the huge irrigation ditch by my house is running full blast in summer, I always make the goats stop for a bit where the water gushes in glorious abandon out of the mountainside conduit. I can literally smell the water. Rushing water, whether from a hillside or a shower head, produces a tremendous amount of negative ions that are beneficial for mood and other health aspects. An Austrian team found that study participants who spent one hour a day in the company of a waterfall reported less aggressive impulses, less depressive feelings, and better lung function after one week than a group who were exposed to pleasant alpine settings without a waterfall. I am not surprised.

Our interior environments are often de-pauperate in type and number of healing scents. In an interesting modern twist, scent branding enterprises that were supposed to link a product for sale to a unique and pleasing scent have all failed. The problem with these attempts was a failure to incorporate coherence into the sensory experience. A smell of roses in a rose garden is coherent, and the mind can make sense of it and is not alarmed. A smell of French roast coffee in a café is coherent. The smell of grapefruit in a tiny, windowless shopping mall is incongruent with the surroundings and shoppers do not like it, as the merchants have sometimes found out to the detriment of their bottom-line. Nature is always congruent. Pleasant scents are much more abundant than indoors. The sights, sounds, and smells presented to our senses are ones we evolved with, and our minds can make sense of them and benefit from them. Dr. Sandeep Robert Datta, a neurobiologist, has written that while many think of scent as “an aesthetic bonus sense,” it is a vital link between people and their environment. Losing that link can be traumatic. He stated that without pleasing aromas in coherent settings, “People’s sense of well-being declines.”

And speaking of nature and olfactory benefits, my next article will drill down on the benefits of specific aromas from plants such as herbs, spices, and flowers and forests. Until then, try to find a green and sappy pine to sit under and practice deep breathing. I will do the same thing under the pine in my backyard that is well nourished by all of those decomposing, aromatic, goat raisins.

Questions and comments that don’t stink can be sent to:

agescapesnow@gmail.com



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- Ribbon cuttings
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The chamber has a lot of opportunities, give us a call or visit greatermontrosecchamber.com



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1245 E. Main St. - 970-765-0914

COMMUNITY NEWS BRIEFS

RIDGWAY STATE PARK-WEEKLY ACTIVITIES

Special to Art & Sol

RIDGWAY STATE PARK-Join us for activities this coming week:

Saturday, June 25,

NATURE DETECTIVES: BEARS! Join Ranger Hannah for a talk about bears, see some bear skins and play some games about bears. 9:30am Ridgway State Park, Visitors Center, Dutch Charlie entrance.

YOUTH VALLEY ORCHESTRA: STRING TRIO!. Three talented high school string musicians from Montrose will play light classical and folk music. The 2 violinists and 1 violist are members of the Chamber Orchestra, an advanced string ensemble that is part of the Valley Youth Orchestra. 7:30pm Ridgway State Park. Visitors Center, Dutch Charlie entrance.

Sunday, June 26th

KIDS' ACTIVITY: Spiders ! Join park educator to learn about spiders, look at specimens, and make your own spider craft to take home! ! 9:30am - 11:00. Ridgway State Park. Elk Ridge Camper Services building.

TOUCH TABLES: Animal Tracks! See some replicas, learn about different types of tracks and make a track booklet to take home! 1:30 - 4:30pm. Ridgway State Park, Swim beach shower/picnic area. Dutch Charlie entrance.

BLM COLORADO'S VOLUNTEER OF THE YEAR AWARD PRESENTED TO LARRY KELLER FOR HIS WORK AT CANYONS OF THE ANCIENTS NATIONAL MONUMENT

Special to Art & Sol

CORTEZ – The Bureau of Land Management (BLM) Tres Rios Field Office is proud to announce Larry Keller as the recipient of BLM Colorado's Volunteer of the Year Award. The award is presented annually to a volunteer in Colorado who goes above and beyond to support the BLM's mission.

"Volunteers are essential for the BLM to achieve our mission of sustaining the health, diversity, and productivity of America's public lands," said acting State Director Stephanie Connolly, "For his dedication, scholarship, enthusiasm, and hard work on our heritage resources in the museum and on the Monument, we're proud to recognize Larry Keller as the 2022 BLM Colorado Volunteer of the Year."

Mr. Keller's work cataloging several important collections is equivalent to one and a half years of a full-time employee, or \$89,216 in value added to the BLM. Mr. Keller's contributions help support both the Department's and the BLM's Museum program goals, ensuring that important artifacts and specimens are properly cared for and preserved in a manner consistent with federal policy. Mr. Keller has volunteered for the BLM since 2010 and has contributed over 3,100 hours of his time to BLM Colorado.

"I knew I wanted to spend my retirement giving back to the community, and I believe in the BLM's mission," said Mr. Keller, surrounded by his friends and colleagues, "I want to thank my wife, who, with some convincing, supported our move to Cortez so we could pursue this dream."

The BLM works with thousands of volunteers who offer their time, skills, and service to help care for the nation's natural and cultural resources. Volunteers contribute to many BLM program areas, including recreation, wild horses and burros, cultural and historical resources, and environmental education. BLM volunteers work to protect the significant resources in the diverse communities we serve.

More information about how you can get involved volunteering for the BLM in Colorado please visit <https://www.blm.gov/get-involved/volunteers>.



WAKE UP...

and smell the ~~coffee~~ NEWS!

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www.montrosemirror.com

CALL FOR VENDORS & PARTICIPANTS

PARTICIPANTS/VENDORS SOUGHT FOR CULTURE FEST 2022

Special to the Mirror

MONTROSE — The Hispanic Affairs Project and the Ute Indian Museum are excited to announce *Culture Fest 2022* on Sept. 24 in Montrose, Colorado. *Culture Fest* is a community celebration that will be attended by diverse segments of the community making it a unique opportunity to share information, art, crafts, dance, music, and foods representing the many cultures present in Montrose.

Registration is open to individuals, community groups, and food vendors representing diverse cultures and ethnic backgrounds who are interested in hosting a display/informational booth, presenting a stage performance, and/or selling food and beverage. Interested entities need to complete a participant form to register for this event. The participant registration form can be downloaded or submitted online at tinyurl.com/CultureFest2022Registration. The registration deadline is Aug. 29, 2022.

WHAT: Culture Fest 2022 (food, art, music, crafts, dance, and more!)

WHEN: Saturday, Sept. 24, 2022, from 10 am – 4 pm

WHERE: Ute Indian Museum, 17253 Chipeta Rd, Montrose, CO 81403

About Culture Fest: *Culture Fest* will celebrate the cultural diversity that makes up the fabric of the Montrose community! Cultural celebrations are part of a growing movement to expose people to different traditions, languages, art, and food in order to foster greater understanding and more welcoming communities. Groups and individuals representing diverse cultural and ethnic backgrounds are invited to host booths to share artwork, photo-

graphs, traditional crafts, and more with the general public. In addition, performances will be scheduled throughout the event featuring music, dance, and storytelling. A variety of ethnic food will also be

available for purchase. There is no registration fee to participate, the event is FREE and all are welcome. More information: <https://tinyurl.com/CultureFest2022Info>

DineOutMontrose.com

Jimmer's Steak & BBQ
970-252-1227

Camp Robber
970-240-1590

Fiesta Guadalajara
970-249-2460

Stone House
970-240-8899

Alpen Confections
970-648-0609

Mimo's
970-249-0616

Remington's at the Bridges
970-252-1119

Pahgre's
970-249-6442



My Favorite Muffin
970-765-0076

Heidi's Brooklyn Deli
970-240-1605

Rib City
970-249-7427

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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, 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, info@fpcmontrose.com

form@fpcmontrose.com, www.fpcmontrose.com
In Transition-Currently: Howard Davidson
 Merle Bierma
Worship Service times: 9:30AM, Student Worship at 6PM

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

MONTROSE UNITED METHODIST CHURCH

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

office@montroseumc.org, montroseumc.org
Current Senior Pastor: Rev. Lisa Petty
Worship service times: 8:15 am - Blended Service - Sanctuary & Virtual. 9:30 am - Contemporary Service - Sanctuary, 11:15 am - Traditional Service - Sanctuary
Montrose UMC is a leader in being fully

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

ROSEMONT BAPTIST CHURCH

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

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

matter what stage of life they are in.
Children's services: We have a fun Sunday School for children from four years old through youth. We provide Children's Church during the Sunday Worship Services where children four years old through 9 years can learn to be 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

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 interfaith spiritual community welcoming spiritual seekers and people of all faiths, providing a safe place to explore and nurture the individual's unique connection to the Divine through Unity services, classes, family and community projects, including the Great Community Giveaway and Wellness Fair.

MIRROR CHURCH DIRECTORY From previous pg

SUMMIT CHURCH OF MONTROSE:

Denomination affiliation:

Southern Baptist

Address: 10977 60.75 Rd. Montrose, CO 81403

Office hours: Varies

Contact information:

phone number: 970-275-7026

email: summitchurchmontrose@gmail.com

website: www.summitchurchmontrose.org

Name of current Senior Pastor: John De-

Sario

Worship service times: Sunday Worship is at 9 am followed by a time of fellowship and snacks. Wednesday evening Prayer and Discipleship (a book study) Prayer 5:45-6:15pm, Discipleship 6:30-7:30pm, childcare provided up to 5th grade. 6th graders on up are welcome and encouraged to attend the book study "Fundamentals of the Faith"

Summit Church Montrose is a new church

plant that preaches the Word of God, reaches the lost with the Gospel of Jesus Christ and equips Christians to serve the Lord. Summit Church has people of all ages! We have families with children (babies, school aged, recent high school and college graduates) There are retired couples and widows. During the Sunday sermon we offer teaching for children ages birth to Kindergarten, in a kid friendly room called Base Camp.

VICTORY BAPTIST CHURCH OF MONTROSE

Denomination Affiliation: Independent Baptist

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

Office Hours: Monday-Friday 8am-12pm

Contact Information: Phone (970) 249-6874;

email at info@vbcmontrose.org; website: vbcmontrose.org

Current Pastor: Roland Kassales

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

Victory Baptist Church exists to exalt God, edify saints, and evangelize the lost. Demographics: Victory Baptist serves everyone with age-appropriate classes, groups, and activities. Families with children make up the majority of VBC with young adults, singles, middle-aged couples, and seniors comprising the rest.

Church Directory

Mirror Editorial Staff

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

formation to the Montrose Mirror:

Name of church

Denomination affiliation

Address Office hours

Contact information (phone number, email address, website)

Name of current Senior Pastor

Worship service times

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

Brief description of your current church demographics (predominately family, youth, seniors, singles).

Do your church services include Sunday School and childcare?

*Save a tree -
Read the Mirror!*

THE MONTROSE MIRROR
Your Source for Local Business News and Information

Call For Ad Rates: 970-275-0646



IF YOU HAVEN'T TRIED CREATIONS IN DELTA, GET ON DOWN THERE!

DELTA -- This place is the real deal. Great American food for great prices. And very good. Delta has had a recent resurgence in great eating spots. A&M Creations is one of them. They recently added live music on specific nights and finding a table those nights is hard.

I recently met a girlfriend for a bite and we both dug into amazing salads. Unusual choices but so good. I ordered a green-bean (fries) salad with crispy green-beans on top of romaine, cucumbers and tomatoes (\$10). Had house prepared citrus vinaigrette. So good! My friend had a crispy chicken salad (\$12), also with the yummy vinaigrette. They have a good choice of local wines and are mixing cocktails. Now, we could have had any number of other choices but the day was hot and salad seemed just right.

Starters:

Everything from Edamame (\$6) to Shrimp Cocktail (\$13); Hot Wings will set you back \$12.

The Greenery:

Choice of seven salads from \$3.50 - \$13.

Trust me you want a salad and it's plenty on a hot day or night.

Entrée Creations:

Now it's getting interesting.

You might try a Purple Kraut for \$10 (local brat with homemade sauerkraut & spicy mustard and mozzarella served on locally made Artisan bread.) Or go for any of the tacos (fish, shrimp \$11-13) or go Mexican for Tostados or a Burrito (\$10). A Colorado Bowl (mashed potatoes, fried chicken, corn and cheese with gravy is \$12.)

Burgers and Handers:

Sandwiches anyone? Creations cooks up a mean burger from \$12-15 or design your own from a long list of add-ons starting at \$10. Now "handlers" sandwiches range from a \$7 ham and mozzarella cheese to \$10 Burger handler! Feel free to add any toppings you wish to any handler.

Finer Fare:

Feeling like going all out?

How about a steak? Sirloin or ribeye \$20-24. Or, go on Friday or Saturday for prime-rib just like you like it from \$22-32. The rest of the finer fare menu runs from an

\$11 pasta to specialty Jager and Weiner Schnitzel at \$16 & \$15. That dill salmon is outstanding for \$17; and may just become your new favorite.

Dessert:

If you've left room for it count yourself lucky. They're always changing but worth leaving room. Cheesecake to die for!

A&M Creations is open at 305 Main in Delta Tuesday through Saturday from 11 am to 8 pm. Call 970-874-6854.



MMW GALLERY GRAND OPENING

Saturday, July 2, 2022, all day

Artists' Reception

6-8 pm. Light apps, Libations, Music

Featuring
Susan
Sanburg
Humphrey



Join us July 2



Museum open Mon. - Sat. 8:30 am - 4:30 pm for tours

Museum of the Mountain West

68169 Miami Rd., Montrose CO 81401 (2 mi. east of town off Hwy 50)

museumofthemountainwest.org

Register here



COMMUNITY NEWS BRIEFS

AARON ABEYTA NAMED CHAMBERLAIN POETRY AWARD WINNER



Courtesy photo by Noland Blunck.

Special to Art & Sol

CRESTED BUTTE--The Crested Butte Center for the Arts and the Telluride Institute's Talking Gourds Poetry Program gave this year's Karen Chamberlain Award for lifetime achievement in Colorado poetry to teacher, poet, and mayor Aaron Abeyta of Antonito at a ceremony during the Mountain Words Literary Festival, May 27.

"Aaron won our hearts with his first book, *Colcha* (Univ. of Colo. Press, 2001), said Talking Gourds co-director Art Goodtimes who introduced Aaron Friday night. "*Colcha* won both an American Book Award and a Colorado Book Award in 2002."

In introducing Abeyta, Goodtimes cited Aaron's work as a teacher of poetry, professor of English, political leader, football coach, and a perennial presence at Western Colorado University's annual Headwaters Conference in Gunnison each fall.

After receiving the award, Aaron performed a letter/poem in praise of books. The piece begins in the San Luis Valley where his family has lived for generations – writing as he was from the banks of the Conejos River.

"Language is water that carries me simultaneously forward and into the past," read Abeyta.

"The river becomes this mirror that is both truth and the shimmer of the half remembered; slow, flat water, which heals and forgives. The river is what I try to save. I believe the river is better than all of us; it knows how we love, and it urges the broken parts of us healed, and that is why I am writing this letter; I believe books, language, and the perfect word hold that same power."

The full text of the piece is available online here: <https://upcolorado.com/about-us/news-features/item/2810-letter-to-pratt>

"We are delighted to name Aaron as this year's Chamberlain Award winner," noted Brooke Harless MacMillan, Center for the Arts Artistic Director. "He has been an inspiration and north star for many writers in Colorado and the West, and has worked long and hard in support of the craft of writing and literary arts. We are deeply honored to present the award to Aaron this year."

The Karen Chamberlain Award is named for the late poet from the Roaring Fork Valley who also worked tirelessly as a writer and a promoter of poetry events in Colorado. The award has been given out annually since 2014. Previous winners include the late Reg Saner of Boulder, the late Jack Mueller of Log Hill Village, the late Bruce Berger of Aspen, Mark Todd of Gunnison, Veronica Patterson of Loveland, the late Chris Ransick of Denver, Art Goodtimes of Norwood and Kate Kingston of Trinidad.

For more information about both programs visit these websites: <https://crestedbuttearts.org> <https://tellurideinstitute.org/talking-gourds>

Montrose Community Band
20th Annual Patriotic Concert
'America And Its Allies'



Sunday, July 3rd, 2022

3:00 p.m.

Montrose Pavilion



Concert

TEI ROCK DRILLS

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and Limited Access*

Sponsor

Museum of the Mountain West Farm & Ranch Heritage Days Celebrating the Old West Fri & Sat., July 15 & 16, 2022



Boot-scootin' Live Music,
Line Dancing, Cowboy
Poetry, TinTypes, Gunfights.
Petting Zoo, Kids' Games,
Face painting Kids Art
Show, E.T. Wagon Rides,
Docent Demonstrations,
Food & Drink, Vendor
Booths. Antiques Market.

Fun for the whole family!

Featured Artist, Susan Sandburg Humphrey



REGISTER ONLINE \$10/pp/day
(Includes live music)
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COLORADO NEWS BRIEFS

CANYONS OF THE ANCIENTS VISITOR CENTER & MUSEUM BEGINS INTERPRETIVE PROGRAMS, GUIDED HIKES, TOURS

Special to the Mirror

CORTEZ— The Bureau of Land Management Canyons of the Ancients Visitor Center & Museum has begun hosting interpretive programs, guided hikes, and will resume tours of its curation program starting July 6, 2022. Tours are open to the public and free with the \$6 admission fee to the Visitor Center. Federal recreation pass holders and people under age 18 always enjoy free admission to the museum.

Interpretive programming will take place at 2:00 pm every Thursday, Friday, and Saturday from July through October. Registration is not required, and interpretive programs include:

Thursdays at 2 pm (through July 2) - Following the Kiikiqō: Following in Pueblo Footsteps, a guided one-hour tour through the museum wrapping up with the nine-minute film Visit with Respect, presented by Apache/Cherokee archaeologist and Ancestral Lands Intern, Emerson McDaniel.

Fridays at 2 pm - Building with Stone: An Exploration of the Architecture of the Dominguez and Escalante Pueblos, a one-and-a-half-hour-long guided walk, presented by Interpretive Ranger Nicole Stinchcomb.

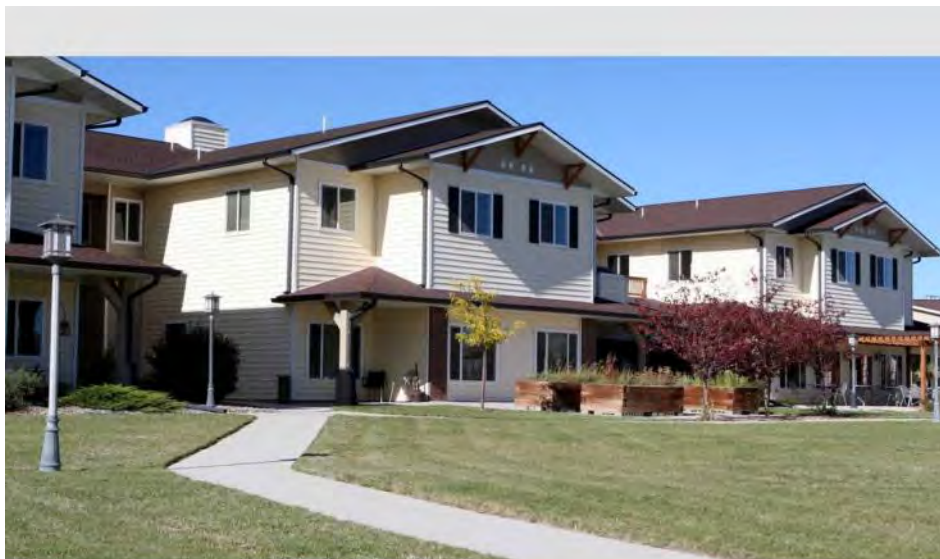
Saturdays at 2 pm - Welcome to Yucca Mart: Where Local Goods and Services are Crucial to Surviving and Thriving, a one-and-a-half-hour-long guided walk to Escalante Pueblo, presented by Interpretive Ranger Nick Hunt.

Curation tours will take place at 2 pm on the first and third Wednesdays of each month, July through October. Each tour can accommodate a maximum of 12 people and is limited to visitors ages 12 and up. Interested parties may register in person at the Visitor Center information desk or by phone at (970) 882-5600 during regular operating hours, Tuesday-Saturday, 9:00 am to 5:00 pm.

The Canyons of the Ancients Visitor Center and Museum curation facility is one of three federal repositories for cultural materials managed by the BLM and provides long-term storage for approximately 4

million artifacts from the local region. Curation staff and volunteers will share information about the collections housed in the facility and an overview of curatorial procedures and why they are important. The tour lasts approximately one hour. As of June 20, 2022, BLM Canyons of the

Ancients Visitor Center and Museum is open Monday through Saturday 9 am to 5 pm throughout the 2022 summer season. For more information, contact the visitor center at (970) 882-5600 or visit: <https://www.blm.gov/learn/interpretive-centers/CANM-visitor-center-museum>



UNITS AVAILABLE

- 1 Bedroom
- 2 Bedroom
- Mo-to-Mo Lease
- Small Pets Allowed
- Meal Options
- Housekeeping Options

CONTACT US TO SCHEDULE A TOUR:

1819 Pavilion Drive
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970-964-3400
homesteadatmontrose.org

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at Montrose**

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SERVICES

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At The Homestead at Montrose, we're a welcoming community – a comfortable, cheerful place you'll be happy to call home. Located across from the Montrose Pavilion Events Center, the Senior Center and the Montrose Botanical Gardens, The Homestead at Montrose is near all the things you love to do.



COMMUNITY NEWS BRIEFS

NEW NON-PROFIT TO FOCUS ON ALTERNATIVE HEALING MODALITIES IN WESTERN COLORADO

Special to Art & Sol

MONTROSE - Formed to service the overwhelming need for education on alternative healing modalities, natural and holistic healers have created the Healing Collective of Western Colorado. The Collective will hold the free and open to the public Renew the Way You Heal - Wellness Expo on Sept. 17, 2022 at the Montrose Recreation Center.

The Healing Collective of Western Colorado was formed because of a recognized need on the Western Slope to educate the public on new ways of healing. Starting with just an idea in 2021 while our world was still recovering from Covid, the expo launched at the Montrose Recreation Center, welcoming more than 200 individuals and introducing them to more than 35 different ways to stay healthy and heal. Thirty free workshop classes were offered on topics such as mindfulness, Tai Chi, and Sound Healing to introduce novel concepts on healing the body, mind, and spirit. The work continues with the Healing Collective of Western Colorado through monthly meetings bringing alternative healers together to support one another in their personal and business needs and promote one another's work throughout the community. We also offer

volunteer opportunities for the community. The organization is actively seeking new healing practitioners, sponsors, volunteers, and board members.

"All of us involved in this organization have experienced firsthand the powerful healing effects of alternative practices. We are passionate about educating the community on all of their healing options so that we can heal together. Last year's expo proved the need and desire for this type of organization in the area. We are so excited to continue growing it to see where it takes us," said Erin Easton, Executive Director of the Healing Collective of Western Colorado.

"The importance and passion in regards to the Collective is education, networking, and how together we can all help more people. People are becoming more curious about alternative care now as the scalpel and pharmaceutical model of medicine is not necessarily a cure. They are now realizing energy; Chi, Life force, and Prana, play a huge role in being whole and healthy. Alternative energy and the modalities and frequencies that are used are infinite and the journey to finding the one that will harmonize the imbalances is a fascinating and wonderful experience. The network is important to facilitate the

connection for people to the network of healers and options to find their greatest healing. The power in the network is to continue to educate everyone about the existence of these incredibly powerful tools that have been given to us," said Leslie Schroer of Quantum Connections, a member and board member.

"Alternative ways for whole-body health and wellness have been around for thousands of years and are growing by leaps and bounds! The good news? The Western Slope is filled with dynamic healers offering something different. For me, the Expo is like a playground. Anyone can jump in and experience amazing healing techniques firsthand! There are other offerings and products as well - like lotions, soaps, makeup...Who knows what you might discover! The Collective is ever-evolving. For me personally, it's a space to show up, connect with folks, hear a bit about what they are doing, and maybe even learn something new. I enjoy the casual nature of the gatherings. And being there to support the bigger picture which for me is growing awareness in the region that there are alternative ways of being with whole-body health," added Healing Collective member Michele Follis of Access Consciousness.



Farm & Ranch Days Celebrate our Heritage

Museum of the Mountain West

Fri & Sat., July 15 & 16

Gunfighters. Help with parking, gate admission. Direct people to kids' stuff, vendors, etc. Spell vendors for bathroom and food break. Advertising & PR. More.

VOLUNTEERS NEEDED

Contact KateBurke.mmw@gmail.com

68169 E. Miami Rd. Montrose. (3 mi. east of town) museumofthemountainwest.org





WELCOME HOME
ALLIANCE FOR VETERANS

PRESENTS

The FALCONAIRES



THE AIR FORCE BAND

FREE COMMUNITY CONCERT

JULY 4TH

5-6:30 PM

**THE MONTROSE ROTARY
AMPITHEATER**

Saturday, July 2nd

MMW GALLERY GRAND OPENING

Museum open for tours

8:30 am - 4:30 pm



Featuring
Susan
Sanburg
Humphrey



Opening Reception, 6-8 pm

Light apps, Craft Beer, Wine by LaNoue Dubois Winery. Live music

Museum of the Mountain West

Join us Saturday, July 2nd at the Museum
as we celebrate our • **New Facade** • **Expanded Gift Shop**,
and • brand new **MMW Gallery** featuring a Solo Show
by local artist and photographer
Susan Sanburg Humphrey.

The Gallery & Gift Shop also have wonderful work
by local weavers, jewelers, woodturners, and more.
Openng Reception for the Art Gallery, 6-8 pm July 2nd,
kicks off a month-long celebration of our
Farm & Ranch Heritage.



68169 Miami Rd., Montrose CO 81401
museumofthemountainwest.org



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. Meetings will be on the 1st Wednesday of each month (January – May). 10am-11:30am in the downstairs meeting hall of Cedar Creek Church, 222 S. Townsend and S. 3rd. enter through the side door on S. 3rd St. Hope to meet you there! Contact Patti 951-544-6289 if you have questions.

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

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

MONTROSE FARMERS MARKET SCHEDULE

Summer Market Dates:-Every Saturday May-October 29 9 am – 1 pm

Holiday Market Dates: First three Saturdays of November and December-10am-1pm

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

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

MONTHLY

June 22-All day event with Author Nathan Hale at Montrose Regional Library. Program for all ages; call for details 970-249-9656, Option 2.

June 25-Ridgway RiverFest, Saturday, June 25, 12 noon to 5 p.m. Celebrate the Uncompahgre River, learn about the watershed, watch or enter river races, win prizes in the Rubber Ducky Race and silent auction, and enjoy live music, food, drinks and a park full of friends! VOLUNTEERS needed. Sponsorships and festival proceeds fund watershed protection and restoration activities by the Uncompahgre Watershed Partnership. Information/volunteer registration: <https://ridgwayriverfest.org/>

June 25-Smooth Jazz with Nelson Rangell at Azura Cellars, 16764 Farmers Mine Road, Paonia. For tickets go to bluesage.org or call 970-527-7243.

June 25-26-The Montrose Amateur Radio Club will participate in the nationwide Field Day, sponsored by the American Amateur Relay League, on Saturday and Sunday, June 25 and 26, 2022 on Sunset Mesa. The event which is open to the public is a display of ham radio's ability to provide communications completely independent of infrastructure such as powerlines, cell phones or internet. To visit the club's operation during Field Day drive west on West Main Street, turn left on Chipeta Drive and then turn left again onto Sunset Mesa. Climb the hill and look for the antennas on the north end of the Mesa. For hams visiting the site the talk-in frequency is the Cedaredge Repeater of 147.195+, tone: 107.2. For more information contact Lew French at 970-417-6142, visit <http://www.arrrl.org/field-day>, or visit the Montrose Amateur Radio Club on Facebook

June 27-Monday--1 p.m. Gail Saunders, photo archivist for the Ouray County Historical Society, will present a program on the "Historic Women of the Uncompahgre Valley" at the Warrior Resource Center, 4 Hillcrest Plaza Way. All are welcome to this program sponsored by the Montrose Genealogy Center.

July 4-July 4, Welcome Home Alliance For Veterans presents the United States Air Force Academy Band The Falconaires to the Montrose Rotary Amphitheater in Cerise Park from 5 to 6:30pm.

July 8-Welcome Home Alliance for Veterans and Freedom Sings USA welcome the community to a free concert at the Montrose Rotary Amphitheater. Six of country music's top song writers from Nashville will perform some of their #1 hits as well as songs created from our veterans' experiences. Donations welcome.

July 13: "Meet the Judges" a lecture, presented by Black Canyon Quilt Show judges. Judges will explain the basics of judging quilts and announce the winner of the 2022 Black Canyon Quilt Show Best of Show ribbon and explain why the quilt was selected. Each judge will also announce their selection for the Judge's Choice ribbons. Holiday Inn Apex Room, 1391 South Townsend, Montrose. 6:00 p.m. Cost: \$5.00 at the door.

July 14-River Benefit & Auction, Troutapalooza from 6 - 9 p.m. at High Pie Pizzeria & Tap Room, 100 W. Colorado Ave., Telluride A benefit for conservation of fish habitat and water quality in the San Miguel River watershed. Advance ticket purchase required: \$50 per person includes food, beer, wine, and contribution to nonprofit watershed efforts. Sponsored and organized by Trout Unlimited's Gunnison Gorge Anglers, Telluride Outside and Alpine Bank. Information: <https://troutapalooza.org/fundraiser-and-auction/> or email conservation@troutapalooza.org.

July 15—17: Black Canyon Quilt Show at the Montrose Pavilion, 1800 Pavilion Dr, Montrose. Show features: 150+ Quilts, Vendors, Scissor Sharpening, Quilt Appraisals by appointment, Boutique, Raffle Quilt, Saturday afternoon lecture by quilt artist David Taylor (\$15), free Sunday Bed Turnings. Visit blackcanyonquilts.com for more information. Show admission: \$5.

July 23-Guided Wildflower Walk, Saturday, July 23, 9 a.m. to 1 p.m., Governor Basin above Ouray, Colo. Walk among the native plants of the sub-alpine vegetation zone with guide Mary Menz, who will identify wildflowers, share historical uses of native plants, and talk about the role native plants play in the ecosystem—including areas with acid mine runoff. Organized by the Uncompahgre Watershed Partnership. Information/registration: <https://www.uncompahgrewatershed.org/events/>

Aug. 13-FUNC Fest 2022.

Sept. 17-Love Your Gorge, Saturday, September 17, Uncompahgre River Gorge, Ouray, Colo. Volunteer work day and picnic with the Ouray Ice Park and UWP. Co-sponsored by the Uncompahgre Watershed Partnership, Ouray Ice Park, and City of Ouray. Information/registration: <https://www.uncompahgrewatershed.org/events/>

Sept. 29-30-Ouray Reconnect & Reboot, Thu. & Fri., Sept. 29 & 30: A meetup organized by the San Juan Mining & Reclamation Conference Committee. Join mining, reclamation and water science professionals, researchers, analysts, educators, policymakers, and regulators to advance mine restoration knowledge, technology and projects to benefit local water quality. This two-day event includes a keynote talk at the Wright Opera House, an open house at Ouray Silver Mines offices, happy hours, and field trips to mine restoration projects in the San Juan Mountains. Information, sponsorships & registration soon: <https://www.mountainstudies.org/simrc>

Contact the Montrose Mirror:
970-275-0646

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www.montrosemirror.com

HAPPY BIRTHDAY BILL FRIGETTO!

Bill Frigetto, a lifelong resident of Montrose celebrated his 90th Birthday. Saturday morning, like every morning, Bill goes to coffee at 5:30 in the morning with about 10 friends. The only difference is that this Saturday we had a cake and his son, son-in-law and grandsons also showed up! Happy Birthday Bill, we start the day, every day with a laugh!
Courtesy photo.



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Rib City
970-249-7427

Double Barrel Taco Co.
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Stone House
970-240-8899

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970-252-8014

Mimo's
970-249-0616

My Favorite Muffin
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Sidelines Sports Bar
970-765-0129

Chang Thai Cuisine
970-240-4567



DineOutMontrose.com

San Juan Brews
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Tacos El Gordo
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Remington's at the Bridges
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Horsefly Brewing
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Rio Bravo
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Jimmer's Steak & BBQ
970-252-1227

Fiesta Guadalajara
970-249-2460

El Jimador
970-249-8990

Buckaroos Slices & Scoops
970-787-9437



Camp Robber
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Crash Burger
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Heidi's Brooklyn Deli
970-240-1605

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

Tacos & Beer
970-964-4448

Alpen Confections
970-648-0609

Busy Corner White Kitchen
970-323-6215

Pahgre's
970-249-6442

Mimo's Antojitos Mexicanos
970-249-0616