

# the Montrose Mirror

Free news for fresh people!

@ Issue No. 490 July 18, 2022

## DMEA CEO EXITS AFTER ONE YEAR



DMEA CEO Alyssa Clemens Roberts has resigned. Photo by Gail Marvel.

By Gail Marvel

MONTROSE- One year after taking the helm at Delta Montrose Electric Association (DMEA), Chief Executive Officer (CEO) Alyssa Clemens Roberts has tendered her resignation.

In an email DMEA Board President Kyle Martinez said, "She is scheduled to leave on the 12th of August. Alyssa has led DMEA through several challenges, each time helped us come out stronger on the other end. We wish her and her family the best as she pursues a new role at a cooperative back east near her family."

The Executive Committee of the Board will meet on Tuesday to determine the next steps in the process of finding the next CEO.

## DELTA COMMUNITY POLICING COORDINATOR HOPES TO MAKE A DIFFERENCE

*"The best way to put more boots on the ground is to actively engage the citizens."*

By Caitlin Switzer

DELTA-As a rural Western Slope agency, Delta's Police Department is not among the state's largest or best-funded. Still, when it comes to keeping statistics and maintaining open lines of communication with citizens and area businesses, Delta has a significant presence in the West Central region. Where CBI crime statistics for other West Central communities appear to be incomplete or even non-existent, Delta's are updated and reveal year-to-year trends in multiple areas.

Violent crime has not shown a dramatic increase here, though Delta, like other local municipalities, has seen a sharp rise in property crimes and auto thefts in recent years. A statewide proliferation of property crimes has been attributed by many to the passage of Colorado's HB 19-1263, which reduced penalties for possession of some controlled substances to misdemeanor level, including possession of four grams or less of fentanyl.

Given the circumstances, communicating with constituents is a priority, Delta Police Chief Lucas Fedler said. "When we originally asked for a public safety sales tax increase (*Back the Badge, 2020*), this is one position I promised to the community (Community Policing Coordinator)." Despite the presence of a supportive community, there had previously been a lack of communication and involvement between police and public, Fedler said. "I felt this was a



Delta's Community Policing Coordinator Mindy Brennan. Courtesy photo.

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### OLATHE SWEET CORN FESTIVAL TAKES PLACE IN DOWNTOWN OLATHE AUG. 6

*Special to the Mirror*

OLATHE-Olathe Sweet Corn Festival returns Aug. 6, Downtown Olathe-10am to 10pm. Kids 12V races at the corn fest are free to enter, winner receives a brand new 12 V car. Race is at 11am. Sign up at the OSCF booth day of the event. Second annual Olathe Sweet Corn Car Show, Start in parade at 10 am and line up after. \$25 dollar entry fee First place best in show : \$200; Second place: \$100; Third place :\$50. All voting will be favorite vote / best in show . All categories welcome! Hot rod, rat rod, trucks, cars etc Email [janellmiller745@gmail.com](mailto:janellmiller745@gmail.com) to enter

Playing on the Main Stage from 3-5pm will be Hugh Phillips Band. Narrow Gauge Country Rock Band will be playing from 7-10pm at the Olathe Sweet Corn Festival , Aug 6 2022. Come enjoy the street dance.

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## THE MONTROSE MIRROR

Published every Monday since 2010 in Montrose, Colorado, to a readership of over **16,000** residents of Western Colorado. Founder, Editor, and Publisher: Caitlin Switzer

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## REGIONAL NEWS BRIEFS

### R. CARLOS NAKAI, WILLIAM EATON & WILL CLIPMAN IN CONCERT

*Special to the Mirror*

MONTROSE-Sunday, Aug. 7 at 4 p.m. at the Montrose Pavilion, brought to you by The Libraries of Montrose County Foundation, WingerBooks.com and the Friends of the Montrose Library. Free tickets are available at the Montrose Regional Library during business hours.

R. Carlos Nakai is the world's premier performer and composer of the Native American flute. William Eaton is a musician and composer whose multi-stringed instrumental inventions are world-renowned. Will Clipman plays a pan-global palette of ethnic percussion in addition to the traditional drumkit. The trio will deliver a trademark one-of-a-kind, in-the-moment performance in Montrose on Aug. 7.



## Bookmobile Schedule

**Wednesdays through  
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**Buckley Park: 10-11 AM**

**Riverbottom Park: 3-4 PM**



**Thursdays through July:**

**Olathe Town Park: 10-11 AM**

**River Meadows Mobile Home Community: 2:30-3:30 PM**

**Northbrook Villas Mobile Home Community: 3:45-4:45 PM**

**The Bookmobile will be around town on summer weekends. Look for us at the Farmer's Market and other community events. Check the library calendar and our Facebook page to visit us!**

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## OPINION/EDITORIAL: LETTERS

### WHY AREN'T MORE FARMERS AND RANCHERS DEMOCRATS?

*Editor:*

As seems to be the case with many issues these days, I'm confused as to why the majority of farmers and ranchers belong to the Republican party. Are there any occupations that are influenced more by climate change than that of a farmer or

rancher? Of course former Republican President Trump left the Paris climate Agreement and even had the audacity to refer to man's role in creating climate change as a hoax. Democrats on the other hand, while not perfect by any means, tend to utilize the overwhelming evidence

that our use of fossil fuels is contributing directly to warming temperatures, droughts, and extreme weather events, all of which are especially critical to farmers and ranchers. So why aren't more farmers and ranchers democrats?

David Ryan, Montrose



**Holly Hensley**

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## REGIONAL NEWS BRIEFS

# MONTROSE WINE & FOOD FESTIVAL IS BACK FOR 2022

*Special to the Mirror*

MONTROSE-The 2022 Montrose Wine & Food Festival, sponsored by Alpine Bank, will be held Saturday Aug. 27 from 1 – 4 p.m. at the Montrose County Event Center.

All proceeds from the event benefit the Black Canyon Boys & Girls Club.

Tickets and sponsorships are available now and information can be found online

at <https://www.blackcanyontickets.com/tc-events/2022-food-and-wine-festival>.

General admission tickets are \$65 and include: an all you can eat and drink sample tasting of local food and beverages, an event glass, live music by Neon Sky, a photo booth, and access to the silent auction. Sponsor levels vary but all include VIP access the day of the event which includes priority parking, early event access, and

more.

For more information on the Festival, check out the Festival website:

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

For more information on the Black Canyon Boys & Girls Club, check out the Club website: [www.bcbgc.org](http://www.bcbgc.org)

Please contact Club Executive Director, Bud Taylor, ([btaylor@bcbgc.org](mailto:btaylor@bcbgc.org) or at 249-5168) with questions.

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## REGIONAL NEWS BRIEFS

### MONTROSE GIVING CLUB MEETING MOVED TO AUG. 8

*Special to the Mirror*

MONTROSE-Previously set for Aug. 1, the meeting of the Montrose Womens Giving Club has been moved to Aug. 8 due to a scheduling conflict. The Giving Club will meet on Aug. 8 @ Bridges Golf and Country Club / 5:30. All women welcome. Call 209-9598 for more information.

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# PLANTING TREES TO HONOR HEROES



Photos by Harry Switzer, Mirror intern.

**MONTROSE**-On Friday, July 15, 2022, Montrose American Legion Post #73 planted seven trees and held an Honor Ceremony in Baldrige Park for seven distinguished veterans. Honorees include Chad Bryant Maynard (LCpl, United States Marine Corps); Jimmy Eugene Armour (Yeoman 2nd Class, United States Navy); Nick Huntington Gray (Master Sgt, United States Army); Edgar Raymond Hotchkiss (Air Craft Mechanic 2nd Class, United States Navy); Lou Peter Heeres (Sgt, United States Air Force); Alex Michael Sanderson (Hospital Corpsman, United States Navy); Jim Beard, (United States Army National Guard).

## CHANGING NEEDS?

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## REGIONAL NEWS BRIEFS

### BULB EATER PUBLIC DEMONSTRATION SET FOR JULY 30

*Special to the Mirror*

MONTROSE — The City of Montrose's Public Works Department now has the capability of recycling fluorescent tube light bulbs, and is preparing for a public demonstration of this new process set for Saturday, July 30.

Earlier this year, Public Works purchased a new piece of equipment called a "Bulb

Eater," which can recycle fluorescent tube light bulbs through a crushing method at a much lower cost.

Public Works staff is preparing for a public demonstration of the Bulb Eater at the Montrose Farmers Market Saturday, July 30, from 9 a.m. to 12 p.m. in Centennial Plaza.

Moving forward, City of Montrose trash

and recycling customers will have this service offered to them free of charge. Non-city trash and recycling customers can bring their spent fluorescent tube light bulbs to Public Works for a recycling fee of \$1 per bulb. This small fee will cover the cost of handling and disposing of the crushed recyclable material once the Bulb Eater process is completed.

Fluorescent tube light bulbs can be brought to the city's Public Works facility located at 1221 64.50 road.

For more information about the city's trash and recycling program [click here](#).

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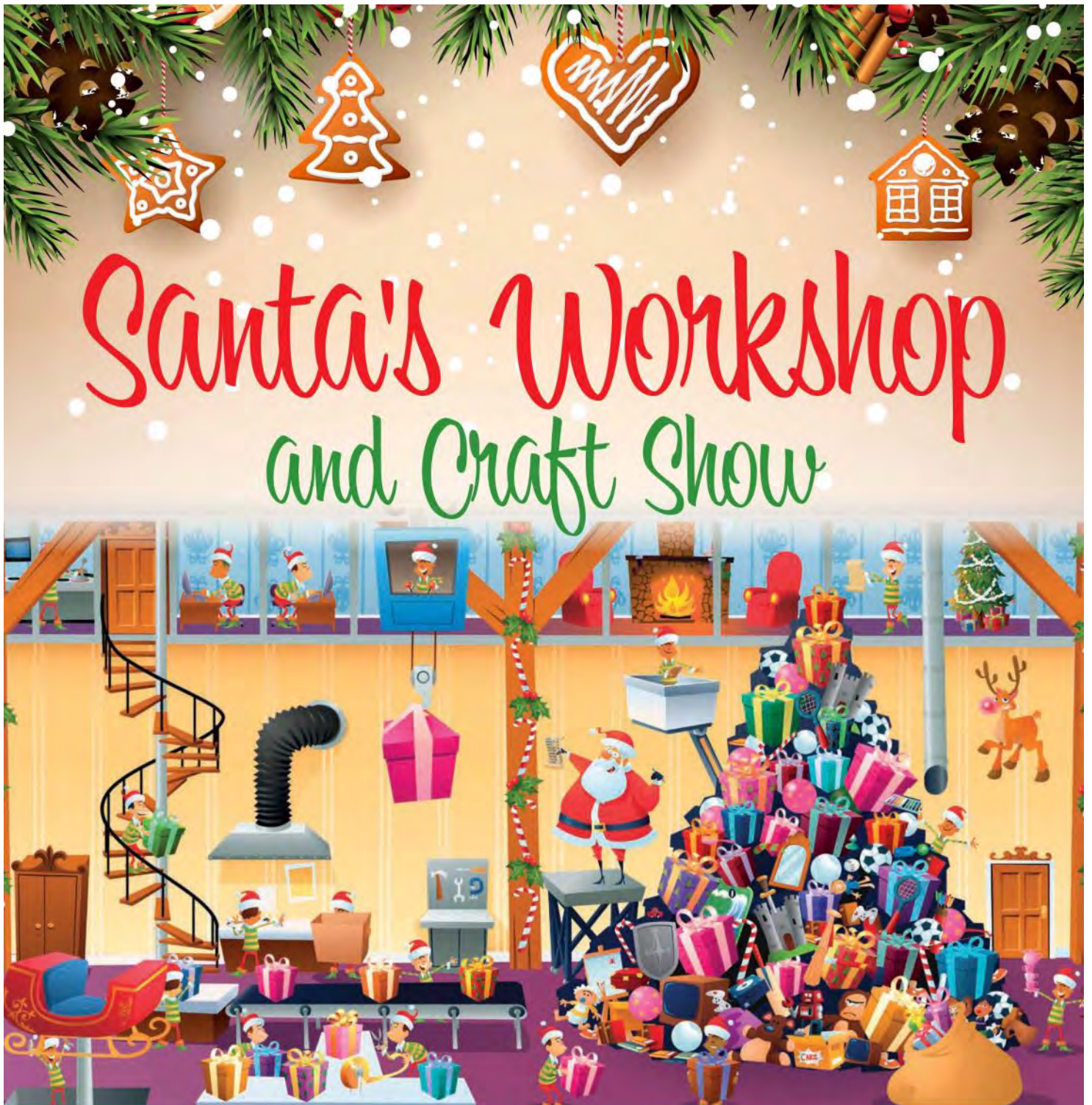
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# UNITED STATES NEWS BRIEFS

## FOREST SERVICE, BLM SEEK COMMENTS ON DEFINITIONS, ASPECTS OF OLD-GROWTH FORESTS

*Special to the Mirror*

WASHINGTON DC-The Forest Service and the Bureau of Land Management, on behalf of the Departments of Agriculture and the Interior, are seeking public comments on the development of a definition framework for old-growth and mature forests on federally managed lands. This work will help inform how the departments respond to President Biden's Executive Order 14072, Strengthening the Nation's Forests, Communities and Local Economies.

"The Forest Service looks forward to playing a role in convening the public, private and government land managers, the natural resources science community, and people and organizations across a broad spectrum with a focused interest on this important issue," said Forest Service Chief Randy Moore. "Old-growth and mature forests are a key component to healthy ecosystems. Synthesizing old-growth forest information on a national scale is a critical first step to informing further science questions and future management actions."

"Old-growth and mature forests are critical to ensuring resilience in our forests in the face of climate change, and they play a key role in storing carbon," said Bureau of Land Management Director Tracy Stone-Manning. "We look forward to hearing from the public on how best to define and inventory them." Specifically, the Federal Register Notice published today seeks comments on the following questions:

What criteria are needed for a universal definition framework that motivates mature and old-growth forest conservation and can be used for planning and adaptive management?

What are the overarching old-growth and mature forest characteristics that belong in a definition framework?

How can a definition reflect changes based on disturbance and variation in forest type/composition, climate, site productivity and geographic region?

How can a definition be durable but also accommodate and reflect changes in climate and forest composition?

What, if any, forest characteristics should a definition exclude?

The agency will offer a live informational session that will be recorded and posted on the agency's website.

Executive Order 14072, issued in April, tasks the Secretaries of Agriculture and the Interior to jointly define, identify and complete an

inventory within one year of old-growth and mature forests on lands managed by the Forest Service and the Bureau of Land Management. The order also calls for the publication of an inventory of old-growth and mature forests on these lands, accounting for regional and ecological variations, as appropriate.

iate.

This and subsequent work on old-growth and mature forests also supports USDA's 10-year strategy, Confronting the Wildfire Crisis: A New Strategy for Protecting Communities and Improving Resilience in America's Forests.

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## **PUBLIC NOTICE**

### **MONTROSE MEMORIAL HOSPITAL, INC. NOTICE OF DIRECTOR APPLICATIONS**

The Board of Directors of Montrose Memorial Hospital, Inc., a Colorado community non-profit corporation, is accepting applications for positions as Directors of that Colorado community non-profit corporation.

Application packets are available for download at [www.montrosehealth.com](http://www.montrosehealth.com), by email request to [BODapplications@montrosehealth.com](mailto:BODapplications@montrosehealth.com), or pick up at the Montrose Regional Health Administration office, located at 800 South 3<sup>rd</sup> Street, Montrose, Colorado, from 9:00 a.m. to 5:00 p.m., Monday through Friday.

The deadline for return of completed applications is **Friday, August 12, 2022**, at 5:00 p.m. at the MRH Administration office.

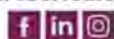
Interviews will be conducted on September 14<sup>th</sup> and 15<sup>th</sup>. Elections will be held by the Board of Directors at its annual meeting in October, date to be announced.

Sarah Abbott, Chairperson  
Nominating Committee  
Montrose Memorial Hospital, Inc.

800 S. 3rd Street • Montrose, CO 81401

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MontroseHealth.com





## OPINION/EDITORIAL: LETTERS

### WHERE WILL WE GET THE WAX THAT KEEPS OUR VEGETABLES FRESH?

*Editor:*

If we halt all exploration for and extraction of fossil fuels, where will we get the wax that keeps our vegetables fresh?

*Rick Bleier, Montrose*

## Planning Commission Meeting

**JULY 28TH | 6:00 P.M.  
MONTROSE COUNTY PUBLIC WORKS CONFERENCE ROOM  
63160 LASALLE ROAD  
MONTROSE, CO**

## Public Hearing

**COME LEARN ABOUT A PROPOSED AMENDMENT TO THE  
MONTROSE COUNTY SUBDIVISION REGULATIONS.**



**MONTROSE COUNTY PLANNING COMMISSION  
WWW.MONTROSECOUNTY.NET**



## REGIONAL NEWS BRIEFS

### PROJECT 7 WATER AUTHORITY TO HOLD COMMUNITY OPEN HOUSE

*Special to the Mirror*

MONTROSE-Community Open House hosted by Project 7 Water Authority on Wednesday, July 27 from 5 to 7 pm at 35679 US-550, Montrose, Colorado 81403.



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2022**

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6:30 am - 11:00 am

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## ***DELTA COMMUNITY POLICING COORDINATOR HOPES TO MAKE A DIFFERENCE***

### ***From pg 1***

Fedler said. "I felt this was a disservice to our citizens."

Today, the department's Community Policing Coordinator Mindy Brennan works with citizens and businesses and reports directly to Fedler.

Brennan's role is to build community relationships and partnerships, to hear directly from the community, and to help solve problems.

"The first person I hired got the program going, and now Mindy has taken it to a whole different level. She's out in the community every day," Fedler said, "really helping us understand where the problems are.

"It is helping, it really is."

Though citizens often expect police to know about crime, "People don't commit crimes when there's a police officer there," Fedler said. "We are definitely seeing an increase in property crimes, and if we don't address this at the beginning, it could become a much bigger problem."

Brennan takes a practical approach to the job of Community Policing Coordinator, using statistics and proven tools to effect change. "The drug problem is a major source of crime," she said, adding that crime statistics correlate back to the lessening of penalties statewide. "And if you have four grams of Fentanyl, you could potentially kill up to 2,000 people."

The State of Colorado is now number one in the nation when it comes to auto thefts, Brennan said, and fourth from the bottom when it comes to funding to address mental illness. "Creating a perfect storm of societal unrest."

Still, Brennan said that by working together, local municipalities can achieve more. "We should be working together on solutions, and on steps we can take," she said.

Part of the Community Policing Coordinator's job is to regularly visit and speak with local businesses to hear concerns. Brennan takes notes, types them up, and shares those with the Chief of Police and with commanders.

Citizen eyes and ears are essential to effective policing, and one important tool

is Neighborhood Watch. Research has shown that it works, Brennan said. "The essence of Neighborhood Watch is that we look out for one another."

"Isolation leads to fear," she said, and encouraged citizens to take an active role in their own safety and well-being. "As people withdraw, you are giving more opportunity to criminals...(whereas) a ten-percent increase in citizen participation equates to a 50 percent increase in policing manpower...you are helping us with observation and situational awareness.

"The best way to put more boots on the ground is to actively engage the citizens."

To help build trust, police have shown up at some public events with a pop-up booth to answer questions, give out "shwag," and speak directly with people in the community. "That has been really popular," Chief Fedler said, "and it's fun for us to get the positive support."

Community policing has been a valued tool of the Delta Police Department for a long time, Brennan said, helping build trust between police and the community. "It really does make a big difference.

Blight can spread—when we address blight, our hope is that we can stop that blight from spreading to other parts of town."

And by raising awareness of the dangers of drugs like Fentanyl, Brennan hopes to spare others the heartache she experienced when her own brother died of Fentanyl poisoning in 2019. "It's very personal to me, if I can prevent even one death," she said. "They're putting it (Fentanyl) on everything—and one pill could kill.

"Most people don't know about Fentanyl; so we are raising awareness," she said.

"...This is my opportunity to make a difference, and I feel blessed to have this opportunity."



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## REGIONAL NEWS BRIEFS

## GMUG UNVEILS NEW WEBSITE

*Special to the Mirror*

DELTA-The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests website has been re-released in a new format. The new layout provides a more user-friendly experience with improved features. Explore the redesigned site here: <https://www.fs.usda.gov/gmug>. The goal of the redesign was to make public information easier to find. Notable

changes are the Navigation Bar, Home Pages and Recreation Page. The most frequently visited and requested information remains easily accessible on the homepage. This includes maps, pass and permit information and fire management information. The new format also provides quick access to [Recreation.gov](https://www.recreation.gov) for pass purchases.

The new website template is responsive and provides visitors an improved experience using any device, desktop or mobile. It is our hope that these updates will lead to more accessible information that better serves the needs of all audiences.

This redesigned platform helps the U.S. Department of Agriculture, Forest Service to live up to our value of diversity by improving accessibility and Section 508 compliance. The new format is aligned with the national effort to modernize the user interface and is consistent with the look and feel of other federal websites. This update is the result of nearly two years of collaboration between the GMUG, the Rocky Mountain Region and the Chief Information Office Web Services Team. With this update, all Rocky Mountain National Forests have now transitioned to the new look.

For information and updates on current fire restrictions, conditions, and recreation opportunities on the Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests visit the [forest website](#). Connect with us on social media ([Twitter](#) and [Facebook](#)).



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## REGIONAL NEWS BRIEFS

### DMEA WELCOMES CHIEF INFORMATION OFFICER BOB FARMER

*Special to the Mirror*

REGIONAL-Delta-Montrose Electric Association is pleased to announce it has added Chief Information Officer, Bob Farmer, to its executive team. He oversees all aspects of network security for the member-owned cooperative and its broadband subsidiary, Elevate. Farmer comes to DMEA from another Western Slope electric cooperative, Holy Cross Energy (HCE) of Glenwood Springs, where he served as the Vice President of Information Technology from 2017 until the present. Prior to his role at HCE, Farmer worked for nine years in Information Systems with the city of Glenwood Springs. In both roles, he was responsible for internal networks, software applications, and telecom oversight.



**DMEA Chief Information Officer Bob Farmer.**  
*Courtesy photo.*

"With Bob's experience in both physical network security and cyber-security projects for Holy Cross Energy, in addition to multiple telecom projects, I am confident he will bring valuable expertise to our leadership team. His knowledge and experience will give DMEA the edge it needs to further safeguard our internal information systems and member data," said Alyssa Clemens Roberts, DMEA's Chief Executive Officer.

Farmer joins DMEA as the cooperative continues to fortify its security measures after a malicious cyber-attack in November of 2021.

"As I watched DMEA power through the cyber-attack, I was impressed with their swift action and determination to pull through the experience and come out stronger on the other side. I am eager to get to work ensuring the future of IT security is even brighter," said Farmer.

With the addition of Farmer as Chief Information Officer, DMEA's executive team is complete. In addition to Farmer, DMEA leadership includes Chief Executive Officer Alyssa Clemens Roberts, Chief Financial Officer Gayle Gouker, Chief Technology Officer Kent Blackwell, Chief Operating Officer Tim Vigil, and Chief Relations Officer Lindsay Forepaugh.



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## REGIONAL NEWS BRIEFS

### ASPIRING DRIVERS CAN NOW TAKE DMV'S DRIVING KNOWLEDGE TEST ONLINE

#### *Special to the Mirror*

LAKEWOOD-- The Colorado Division of Motor Vehicles (DMV) is pleased to announce its newest service, online Driving Knowledge testing, which gives Coloradans the ability to test for an instruction permit online at any time, anywhere, no appointment needed as long as they have internet access and a working webcam. Driving Knowledge

Tests are often called written or permit tests colloquially.

Previously, aspiring drivers had to schedule a visit to a State driver license office to take a Driving Knowledge Test or do so through a driving school, but that's no longer the case with the @Home Driving Knowledge testing application as long as they have an internet-connected computer and a webcam. Colorado will continue to offer the in-office service as well.

Any Coloradan old enough to test for an instruction permit can take an @Home Driving Knowledge Test by completing pre-registration at [myDMV.Colorado.gov](https://myDMV.Colorado.gov).

Except for a \$5 testing fee and a \$1.50 credit card processing fee, @Home Driving Knowledge Tests have the same fees

as current, in-office Driving Knowledge Tests, which are free for the first attempt. This means the first attempt with the @Home Driving Knowledge Tests platform is free of State fees. Subsequent attempts will cost \$17.65 each, with the state collecting \$11.15 of the total when visiting the DMV to get an instruction permit.

It's important to note the testing and credit card processing fees, totalling \$6.50, are not paid to the state, and are a convenience fee from the hosted-service vendor.

Additionally, Coloradans can always test at a State driver license office, which offers the first two attempts for free. After completing and passing an @Home Driving Knowledge Test, aspiring drivers will need to schedule a visit to a State driver license office to get an instruction permit. Coloradans can schedule an appointment after completing their exam at [DMV.Colorado.gov/AppointmentScheduling](https://DMV.Colorado.gov/AppointmentScheduling).

Aspiring drivers younger than 19 will need someone 19 years old or older to register as a proxy for the exam. The proxy, in addition to the test taker, will

receive the results of the test and as well as other notifications. The @Home Driving Knowledge testing application also has measures in place to ensure the integrity of each exam's results, such as active cursor and video monitoring.

@Home Driving Knowledge Test questions are available in English and Spanish like the exam currently offered in State driver license offices, and if you have speakers connected to your computer, it can be read aloud in either language by the testing application.

More information on @Home Driving Knowledge Tests can be found at [coahometesting.com](https://coahometesting.com) or by visiting [DMV.Colorado.gov/home-driving-knowledge-tests](https://DMV.Colorado.gov/home-driving-knowledge-tests).

The addition of @Home Driving Knowledge Tests is part of the DMV's sweeping efforts to better serve Coloradans and provide a 21st Century customer experience.

Coloradans can DMV anywhere. Yes, anywhere. Online, in-office or on the go, Coloradans have more options than ever before. Discover all the ways to DMV at [DMV.Colorado.gov/Anywhere](https://DMV.Colorado.gov/Anywhere).

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## OPINION/EDITORIAL: LETTERS

# PUTIN'S PLAN FOR PAWNS

*Editor:*

ATTENTION: to all people who love the United States There are several local people writing endlessly long angry letters to the editors: they attack Democrats and Liberals, and also Republicans and Conservatives with which they do not agree.

I believe that they do not see that this is PUTIN'S PLAN FOR PAWNS: to divide the United States. The victorious side will be weakened ..... and easier for Putin to defeat. I wish these people would use their energy to UNITE our country, instead of their anger and distortion of truth to divide and weaken the United States.

You are my opponent, not my enemy. Putin is OUR enemy.

"I hope someday you'll join us

And the world will live as one"

What are YOU doing to save OUR Democracy

For YOUR children and grandchildren?

Be aware of PUTIN'S PLAN FOR PAWNS.

*Jerome Waler, concerned Montrose citizen for Democracy*

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# REGIONAL NEWS BRIEFS

## COLORADO PARKS AND WILDLIFE COMMISSION TO MEET JULY 21 - 22

*Special to the Mirror*

EDWARDS – At a hybrid in-person/virtual meeting in Edwards, the Colorado Parks

and Wildlife Commission will discuss closing the 2022 hunting season for greater sage-grouse in GMU 2, updating the dis-

ease testing requirements for cervids in commercial parks, 2023 Snowmobile Program Grant Funding recommendations, implementing the Keep Colorado Wild annual pass, and implementing a refund program for instances where customers' Keep Colorado Wild passes overlap with annual passes.

The meeting is scheduled to begin at 8:30 a.m. on Thu., July 21 and adjourn at 3 p.m. for a Commission tour of Sweetwater Lake.

The commission will reconvene at 8:30 a.m. on Fri., July 22 and adjourn at noon.

The meeting will be streamed live on CPW's YouTube page.

Additional agenda items include:

Department of Natural Resources update  
Department of Agriculture update  
Great Outdoors Colorado (GOCO) update  
Financial update

License distribution update

Keystone Policy Center and CPW updates on wolf planning

Planning and implementation for Colorado's species of concern

A complete agenda along with all materials for public review for this meeting can be found at [cpw.state.co.us](http://cpw.state.co.us). The public is encouraged to email written comments to the commission at

[dnr\\_cpwcommission@state.co.us](mailto:dnr_cpwcommission@state.co.us). Details on providing public comments for virtual meetings are available on the CPW web-site.

The commission meets regularly and travels to communities around the state to facilitate public participation. Anyone can listen to commission meetings through the CPW website.

This opportunity keeps constituents informed about the development of regulations and how the commission works with Colorado Parks and Wildlife staff to manage the parks, wildlife and outdoor recreation programs administered by the agency.

Find out more about the commission on the CPW website.

The next commission meeting is scheduled to take place on Sept. 8.



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# OPINION/EDITORIAL: LETTERS

## EVEN DEMOCRATS TURNING ON BIDEN AND HIS POLICIES

Dear Editor,

It amazes me how much harm one person can do, especially if you are the President of the United States.

In a short 1-1/2 years, Biden's policies have lead to a more dangerous world. Immediately up on taking office, any executive order President Trump made was immediately reversed, whether good or bad.

The Keystone Pipeline was canceled and energy policies were tightened, slowing US energy production. Leading to a worldwide energy crisis, a major cause of inflation. Instead of enforcing authorized laws from Congress, Biden (or his Obama handlers) are picking and choosing laws they want to enforce. Our southern border is being invaded; not only by people, but drugs. Since Border Patrol is busy, the drug problem is out of hand and thou-

sands are dying of fentanyl overdoses.

Much of that fentanyl is produced by China, so China is indirectly invading our borders. The drug cartels are making millions, by drugs and human smuggling.

Biden bailed out of Afghanistan leaving hundreds of thousands of weapons, US citizens and allies. This showed weakness to Russia. Biden and Obama did little to Russia when Russia took Crimea. Russia saw a chance to take Ukraine (or more) and may cause a worldwide famine.

Biden has tried to invalidate the Supreme Court when they don't agree with his positions and has encouraged demonstrators to try to intimidate justices and their families. This is against the law, which his Attorney General is not enforcing.

The "Green New Deal" might be a good goal, if the technology was available.

While Biden encourages electric vehicles

when much electricity is produced by coal, oil and gas which he wants to eliminate.

There is no available commercial technology to store wind and solar produced electricity. Rolling blackouts are occurring since there is limited access on the electrical grid.

Since much energy is not produced here, Biden is begging enemies and dictators to produce more oil. We can look to Europe to see what happens when you do not control your own energy and buy from your enemies. Europe may be in even a worse case this winter, if Russia turns off its pipelines to them.

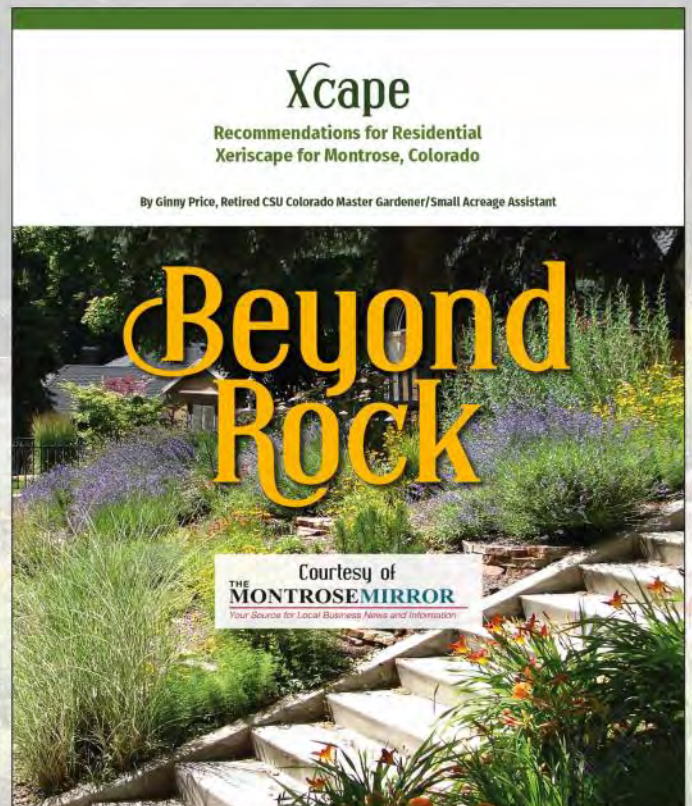
Even Democrats are turning on him and his policies. Some because his policies have not gone far enough and others that see his devastation on our economy and the world.

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## REGIONAL NEWS BRIEFS

# MIND SPRINGS HEALTH NAMES JOHN SHEEHAN CEO

### *Special to the Mirror*

GRAND JUNCTION-After a six-month, national search effort, the Board of Directors for Mind Springs Health, the largest provider of mental health and addiction treatment in Western Colorado, has announced that they've selected John Sheehan, MBA, FACHE as the organization's Chief Executive Officer. Sheehan will begin his position at Mind Springs Health in early August.

Having started his career as a Mental Health Tech and working his way up through various management and executive level positions, Sheehan has vast knowledge of the healthcare industry and the importance of behavioral health as a key component of the healthcare system. Sheehan has executive experience with various aspects of mental health organizations and has been particularly innovative in the areas inpatient care and telehealth integration.

Sheehan has been at the helm of one of

the oldest Health Information Exchanges (HIE) in the country, the Rochester RHIO, for the last year.

Sheehan and his team have helped redesign the value-based health care system in anticipation of being awarded one of the largest 1115 waivers ever granted by the Federal Government.

For seven years, Sheehan served as the CEO of Harbor Toledo, one of the largest behavioral health providers in the Midwest, with 30+ treatment locations in Ohio, Michigan, and Virginia.

Prior to his time at Harbor Toledo, Sheehan was the Vice President of Behavioral Health Services for BayCare Health System based in Clearwater, Florida, the largest non-profit private provider of inpatient care in the State of Florida.

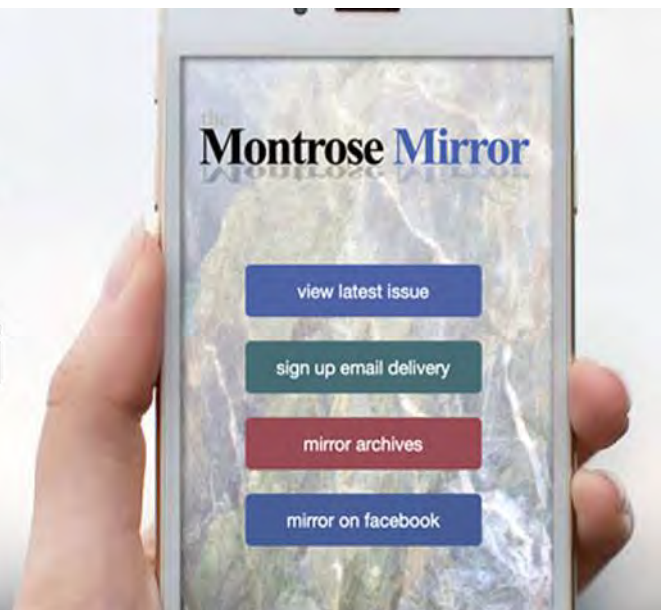
Sheehan's Mentor is Frank Murphy, the founding CEO of BayCare and a life-long advocate for mental health and its integration into the healthcare system.

"The Board of Directors did not enter the

search for a new CEO lightly when we began the process in January," said Mind Springs Health Board Chair, Stefan Bate. "The national search resulted in a number of extremely talented candidates who were vetted with extreme diligence. Mr. Sheehan was our choice to lead our organization, as he impressed us with not only his experience and industry knowledge, but with his empathy and compassion for the vulnerable populations Mind Springs Health serves. There are many exciting changes happening with Behavioral Health Services in Colorado, and we, as the Board, have tremendous confidence in John's ability to not only lead Mind Springs Health, but to have a strong, positive impact on mental health throughout the state."

Sheehan's acceptance of the position will relieve Doug Pattison, the firm's former Chief Financial Officer, who has been filling as Interim CEO since January, upon former CEO Sharon Raggio's resignation.

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7:00AM - 10:00AM

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### Tues., August 9

American Legion Hall, Olathe

6:30AM - 9:30AM

### Wed., August 10 - Sat., August 13

Montrose Pavilion, Montrose

6:30AM - 9:30AM

*Registration required: No walk-ins on Wednesday, August 10 and Thursday, August 11.*

## HEALTH FAIR

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Montrose Pavilion, Montrose

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## COLORADO NEWS BRIEFS

### WHAT TO DO, AND NOT TO DO IF BITTEN BY A RATTLESNAKE



CPW Photo courtesy of D. Herasimtschuk

#### *Special to the Mirror*

DENVER - Colorado Parks and Wildlife is sharing safety information on rattlesnakes with the public for awareness in an instance a person, or even your dog, is bitten. The messaging comes after a tragic incident where a young child died following a bite from a rattlesnake near Colorado Springs.

To learn all about rattlesnakes, please listen to our informative podcast episode discussing them by [clicking here](#). CPW species conservation coordinator Tina Jackson has spent the last 20 years learning about snakes, and she shared her knowledge of rattlesnakes [in this episode](#).

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## COMMUNITY OBITUARIES

### WALTER H. "BUD" MCDONALD

*February 10, 1935-April 25, 2022*



Former Lake City resident Bud McDonald died at Montrose, Colorado, age 87, after several years' ill health on April 25, 2022, with his daughter, Christine, by his side. He had an eclectic career which included multiple terms as Lake City Mayor in the 1970s.

McDonald came from a ranching background, first at Powderhorn as a teenager and later at Camp Redcloud on the upper Lake Fork.

For over 50 years, he was revered as a knowledgeable hunting guide, his versatile local work career interspersed as an early superintendent of Lake City Water & Sanitation District, past Hinsdale County Undersheriff, and an early Emergency Medical Technician and ambulance driver dating back to the 1970s.

McDonald retired from his last career, maintenance driver for Colorado Department of Transportation on Highway 149 based out of Lake City.

He and his wife, Janet Miller McDonald, raised a family of three sons and a daughter in Lake City. Following Mrs. McDonald's death in 2017, Bud relocated

to Montrose to be close to family. He was a resident of a senior living facility, Spring Creek Chalet, at the time of his death.

Bud McDonald's survivors are his daughter, Christine McDonald Mergelman, of Simla, Colorado, and his three sons, and their families: Harry and Barbara McDonald, Montrose, George and Tina McDonald, Cheyenne Wells, Colorado, and John C. McDonald, Montrose.

The list of grandchildren includes Brandon McDonald, Steamboat Springs, Colorado; Jessica McDonald McVey and her husband, David McVey, Colorado Springs; Tawna McDonald, Colorado Springs; Dustyn Mergelman, Hillsdale, Wyoming; Tiana Mergelman Brown and her husband, Kris Brown, Panhandle, Texas; Johanna Mergelman, Simla, Colorado; and Britney McGee, Lefors, Texas. Other survivors are four great grandchildren, Lincoln McVey, Jameson McVey, LeeAnn McGee, and Lylah McGee.

More distant surviving relation are Bud's nephews, Dan McDonald, Loma, Colorado, and Doug McDonald, Fruita, Colora-

do; and a cousin, lower Lake Fork resident Helen Wilson Whinnery, along with her sons, Stan Whinnery and wife Janel, and Steve Whinnery.

In addition to his wife of 58 years, Janet Miller McDonald, Bud was predeceased by his parents, George Elmer McDonald and Esther Helen (Collins) McDonald; grandson, Austyn Mergelman, who died in 2013; brother, George E. McDonald, nephews Darrell McDonald and David McDonald, and parents-in-law, J. Ray and Doris Miller.

A September, 2022, memorial service is planned which, at his request, will also include a pig roast. Ashes of both Buddy and his wife, Janet, will be interred in the family plot at IOOF Cemetery north of Lake City.

Universally known as Bud or Buddy and strongly disinclined to be called by his given name, Walter H. McDonald was a native of the San Luis Valley, born at Alamosa, Colorado, February 10, 1935.

His parents were George Elmer McDonald, a public service company employee in Alamosa, and Esther Helen (Collins) McDonald. Mrs. McDonald received her



## WALTER H. "BUD" MCDONALD *From previous pg*

elementary teaching certification from State Normal School in Gunnison, now Western Colorado University, and taught 1st through 8th Grade students at a succession of single room schools in Western Colorado.

Fall, 1947, found Mrs. McDonald teaching at the single-room log school house at Powderhorn on the Cebolla in rural Gunnison County.

Not coincidentally, Powderhorn was also the home of Mrs. McDonald's sister, Alice (Collins) Wilson, and her cattle rancher husband, Ralph Wilson.

As children, Bud and his brother, George, Jr., moved with the family to Grand Junction, Colorado, where Bud, a member of Central High School "C" Club, received his high school diploma in 1953.

The McDonalds lived in a rural location outside of Grand Junction, Bud and his brother, growing up tending a succession of livestock which included milk cows, pigs, and chickens.

As a precursor to his later careers, Bud was familiar with the lower Cebolla from carefree summers when he'd join his aunt and uncle to assist at their Powderhorn cattle ranch. It was the start of a life-long fascination with both cattle ranching and rural mountain living which began at Powderhorn and later transferred to Lake City in the Lake Fork Valley.

Following high school in 1953, an intermission took place as Buddy enlisted with the U.S. Army for three years, including a 13-month tour of service in Korea. For his enlistment, and prior to a return to cattle ranching, he received both the U.S. Army's Good Conduct Medal and National Defense Service Medal. After his release from military service, Buddy returned to ranching and was managing cattle at the old Croft Ranch, now Gorsuch, on Miller Flats near Gateview.

As an indication of his later civic commitment, Bud trailed cattle during the day and periodically attended evening meetings as the designated treasurer of Gunnison County's lower Lake Fork Gateview School District No. 28.

Buddy was attending a Gunnison dance with some of his Wilson relation when he

made the acquaintance of Gunnison native Janet Miller. A successive graduate of both Gunnison High School and Western State College, Janet was also a teacher who, like Bud's mother, taught at the Powderhorn school.

Following a brief courtship, Bud and Janet married at Gunnison's Good Samaritan Church September 20, 1959, with Janet's close friend, Alice Carpenter as maid of honor and Buddy's brother, George, as best man.

Following a honeymoon tour to Mesa Verde, the McDonalds became life-long residents of the Lake Fork Valley. Buddy's first ranch work after marriage was leasing cattle range from Colonel Hinkle at Redcloud Ranch on the upper Lake Fork.

After their Redcloud house burned in 1965, the McDonalds and their expanding family moved to Lake City, first to Cabin No. 3 at newly-built Ox Yoke-Riverside Resort in Wade's Addition and later to the Chick Mendenhall house at Chick's Trailer Park on north Bluff Street. The McDonalds' eldest son, Harry, was born in 1960, followed by sons George and John, born respectively in 1962 and 1963, followed by the youngest, a daughter named Christine, who was born in 1966.

For the majority of their married lives, Bud and Janet lived in an expanded mobile home at the southwest corner of 7th and Henson Street which is now the site of Lake City Community School's soccer field. In more recent years they owned a home on Henson Street across from Hinsdale County Courthouse and lived in the upper floor caretaker's suite at the old Rocking K, Wade's Addition, owned by the Grappe family.

In a taped interview with Linda Pavich for Hinsdale County Museum in 2016, Bud and Janet recalled a virtual whirlwind of careers which Bud enjoyed during his years in Lake City.

Asked by Pavich what was his favorite occupation, Bud responded that while underground mining was a clear favorite, highlights in his life were his work as Hinsdale County Undersheriff with Sheriff Charlie Colopy in the 1970s and his



work as superintendent, one of the initial employees of newly-formed Lake City Water & Sanitation District. Also high on Bud's career list was his remarkable half-century work as a hunting season guide and outfitter assisted by his wife and sons. Each of the sons was indoctrinated into the outfitting business starting at about age seven, while Janet's integral role in the business was getting up early and staying up late feeding and preparing sustenance for the hunters.

Janet, who shuffled her duties as outfitter cook with her day work — at various times Treasurer for Town of Lake City, Forest Service Clerk and Assistant Cashier at the Lake City bank — recalled she'd rise pre-dawn to prepare an early breakfast and clean the dishes, prepare to-go lunches for the hunters, then go to work, "then come home and do it all again."

The nighttime regimen for Janet and family was typically to work until midnight, catch a few hours of sleep before the start of the new workday at 3 a.m. Smiling, Janet said, "I told myself it only lasts about six weeks."

At its peak, McDonald Outfitters drew on the skills of a total of 17 horses and pack mules in their guiding business. Livestock was stabled for use in Lake City during the summer and fall months, and then relocated to Montrose for winter

*Continued next pg*



## WALTER H. "BUD" MCDONALD *From previous pg*

pasture. Guiding took place under U.S. Forest Service permit within a 30-40-mile perimeter around Lake City.

Early in his career as an outfitter, Bud worked in partnership with Charlie Colopy guiding hunters who were staying at G & M Cabins in Lake City. He and Charlie later enlarged their guiding business under a lease with R.L. Edmondson at Valley View Ranch north of town. In many ways, Bud's life is reflective of changing times in Lake City and the apparent ease with which he adapted to the town's evolution.

After cattle ranching both at Camp Redcloud and years later leasing pasture for cattle at San Juan Ranch north of town, Bud's career trajectory included commuting from Montrose winters for work as Blue Mesa Reservoir was constructed in the mid-1960s. Part of Bud's acquired reservoir-building skills included high angle rope work as he and fellow workers scaled vertical cliffs which were to be inundated by the rising Gunnison River waters.

Summers were typically spent back in Lake City contracting on heavy equipment with Joel Swank and part-time work on the county road & bridge crew.

Simultaneous with his Blue Mesa Reservoir work, Bud was also called in to assist in development of Lake City's fledgling ski hill. While Joel Swank and Perk Vickers used bull dozers on the federal land to create envisioned swift downhill ski runs in what was christened "Lake City Winter Wonderland," Bud and others were hired to fell trees and assist in installation of the repurposed Poma ski lift.

After the ski hill first opened in 1966, Bud was hired as ski lift operator for its first two winters.

Highlights in Bud's local career included his contract work as an underground miner on a variety of high-altitude mines in Hinsdale County. Particularly memorable was his work with Charlie Colopy and Billy Burke at the Pride of America Mine on Henson Creek, including one instance in 1964 when his jeep pickup was smashed by an unexpected mud and rock slide.

He and his brother George were also

employed at different times in the 1960s at the Pelican Mine on Henson Creek, and for exploratory work by Roy Pray and the Jensen brothers, Carl and Julius, at upper Henson Creek mines above Rose's Cabin and on the slopes of Engineer Pass.

Others working in area mines with Bud included his cousin, Wendell Wilson, Lawrence Colopy, and Lec McCloughan, the latter dying in an accident at the Pelican Mine in 1960.

In the early 1960s, Bud and Charlie worked a double shift, spending days working for Hinsdale Road & Bridge, and then in the evening reporting for work running a drift at the Ute-Ulay Mine. According to Colopy, "we were trying to make a living."

Bud found contract mining remunerative in feeding his family. Unlike mine promoters such as Roy Pray with envisioned million-dollar strikes which typically failed to materialize, for contract miners such as Bud, the hourly pay was a steady and reliable source of income. According to Bud, his work drilling and blasting to open tunnels "may not have made money but it sure paid wages."

Also enjoyable for Bud was his career as Hinsdale County Undersheriff working for Sheriff Charlie Colopy between 1972 and 1976.

Even prior to his work with Sheriff Colopy, Bud McDonald was among the corps of Hinsdale County's first Emergency Medical Technicians. Bud and fellow students Burton and Patsy Smith, Charlie Colopy, and Ron and Lou Criley, spent winter, 1971-72, commuting to EMT classes in Gunnison prior to receiving their certification as Lake City's first EMTs.

Bud was also recruited as ambulance driver piloting the county's newly-acquired ambulance, a 1958 Chevy Panel Wagon which was purchased in Alamosa. According to Charlie Colopy, the new ambulance "was not too well equipped but it served the purpose."

Bud continued as volunteer ambulance driver from March, 1973, through early 1980 when he relinquished his role to newer volunteers.

Other than a gleaming used 1958 ambulance, equipment and funding for emer-

gency medical personnel at that date was nearly non-existent and relied heavily on volunteers' efforts. Tax funding was lacking at that date and was instead derived in part from fundraising schemes, including proceeds from friendly games of poker and chuck-a-luck which were annually conducted on July 4 and the fall Hunters' Ball in the Armory. Bud emphasized that these were friendly games and "you'd nearly always win money." In addition to the ever-popular chuck-a-luck dice game, part of the proceeds from Black Jack overseen by green-visored Smokey Swanson and Ron Criley was also the source of much-needed emergency services funding.

Asked for specifics on his EMT and undersheriff work, Bud recalled tragic instances such as the recovery of the body of 16-year-old Cindy Pavich following a June, 1971, jeeping accident at El Paso Creek on upper Henson Creek. There were also fatal airplane crashes to which he responded, among them a man and woman and three small children who died in an airplane wreck near American Basin, and the September, 1971, single plane crash at Texan Resort which killed Guy Gravestock and Glen Cox.

Also tragic was McDonald's assistance recovering the body of Tully J. Martin, 17, who drowned diving into the Lake Fork River below Crooke's Falls in 1974.

Searchers including Bud were unsuccessful recovering the body until the Park Service was called in and arranged to reduce water flow by temporarily installing an 18"-thick I-beam at the outlet of Lake San Cristobal. With water flow diminished, rescue divers were able to locate the body. As ambulance drivers, Bud transported the body to Gunnison, taking time out en route to stop to tell the boy's parents that their son had been recovered.

Less tragic but still vividly recalled by Bud was a Montrose man charged with vehicle theft who was arrested while in bed with three women in an upstairs room of the Elkhorn Hotel. Another particularly unnerving event was the sheriff's dept.'s response to a dead shepherd, his eyes still wide open, leaning against a tree at Capitol City in



## WALTER H. "BUD" MCDONALD *From previous pg*

Capitol City in 1971. Simultaneous as he leaned over to inspect the dead body, the new-fangled sheriff's dept. radio "let out a squeal," Bud recalled, "and I jumped about a mile high."

On several occasions, Undersheriff McDonald was required to transport prisoners to other jails, including the correctional facility at Buena Vista, Colorado, where the usually unflappable McDonald admitted to "feeling kind of uneasy" when he joined prisoners eating in the prison mess hall.

During his years with Hinsdale Sheriff's Dept., Bud recalled that marijuana was just beginning to be a factor in police stops. When marijuana was found, "we seldom wrote a ticket and instead just threw it away," he said.

Both Charlie Colopy and Bud McDonald retired from their respective roles as sheriff and undersheriff at the conclusion of Colopy's term as county sheriff in 1976.

An interest in local law enforcement remained in Bud's blood, however, and in 1986 he sought election as Hinsdale County Sheriff on the Republican ticket. In his election campaign, Bud noted "I am physically able to perform the duties of Sheriff, including long trips into rough country by foot or horseback."

His campaign literature included, "I believe that our laws are the same for tourist and resident, rich and poor. Everyone should be treated the same. You might not always agree with me, but you will always know where I stand, and I will treat everyone fairly."

Although he defeated Frank Wilcox in the August, 1986, GOP primary, he was ultimately defeated in the ensuing November general election by Burton

Smith.

Shortly after installation of its underground water mains and sewer pipes, Lake City Water & Sanitation District hired Bud McDonald as superintendent, the water district's sole employee. Bud's work with the district from May, 1973, until he resigned and was replaced by Burton Smith in 1978, entailed oversight of the water treatment plant which at that date was a relatively small facility located on town property on Henson Street, including the site of today's Lake City Area Medical Center.

Bud's work for the water district included adding minimal amounts of chlorine to the water system, scraping screens at the water treatment plant, and excavation and installation of water and sewer taps.

One of Bud's greatest challenges as Water & San Supervisor came just a few months after he was hired, in July, 1973, when the Hidden Treasure Dam on Henson Creek failed, sending tons of rock, mud and mine debris cascading down Henson Creek and into the Lake Fork River. As water supervisor, Bud recalled that the river turned black immediately following the dam washout, prompting a shut down of the town's water system. Army National Guard was called in with emergency supplies of potable water which was hauled in on tankers and in fish stocking trucks supplied by state game & fish.

Bud recalled that as Henson Creek was necessarily discontinued as a source of water, the town's water tank on Water Tower Hill was filled after a hasty reconfiguration of water pumping lines sourced from the non-polluted Lake Fork above Henson Creek.

Other, less lethal challenges faced by McDonald as Water & Sanitation supervisor included one instance when some unknown miscreant placed a dead skunk in the town's water tank.

Remaining calm in even this stressful situation, he recalled that he shut off water lines to the water tank, then emptied and thoroughly cleaned the tank before refilling it.

After that experience, he said, access to the water supply tank was securely padlocked.

Bud's municipal contributions to Town of Lake City also included his election to multiple terms as Mayor of Lake City. He was first appointed mayor filling the vacancy caused by the resignation of Al Goodwin in December, 1970, and continued in the mayoral post until April, 1980, when he retired and was replaced by Robert E. Hall.

He was also an active member of Lake City Volunteer Fire Dept., in 1974 serving as the fire department's vice-president with other officers which included Richard Davis as Fire Chief, Ed Clark, President, Ron Criley as Secretary, and David David, Treasurer.

In his later years and while still continuing McDonald & Sons Outfitters, Bud worked on the local CDOT maintenance crew maintaining Highway 149 both to the north and south of Lake City. After years preparing hunters as outfitter, Bud was accustomed to the early hours which began at 4:30 a.m. when he'd head north on winter days to clear snow on Highway 149 or, alternatively, check for snowdrifts on Slumgullion and Spring Creek Passes.

He officially retired from CDOT in April, 2005.



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# DAVID E. HOLLINGSHEAD

## *December 28, 1934-July 9, 2022*

DAVID E. HOLLINGSHEAD 87, born December 28, 1934, passed away on July 9, 2022 at 6pm in Olathe, CO. Dave was born in Gunnison at home on a ranch to Charles and Louisa (Batte) Hollingshead. He grew up around Western Colorado, second oldest with four brothers; Wayne, Don and Bill and one sister Betty Isom.

Dave went through the 8th grade before going to work at various ranches and labor jobs. He later went on to complete a certification from Idaho Technology School in Auto Restoration with the support of his wife. Dave worked in various jobs, including ranching, mining, auto restoration, and truck driving. He enjoyed working around Colorado Ranching, at the Ford Plant in Buffalo New York, learning new skills, and creating parts for Ford vehicles, working several mines across the West End of Colorado, doing autobody work across the western slope, and driving trucks for Western Gravel before retiring. Dave was not afraid to work. He continued his activities in auto restoration, farming, wood working, and lapidary after retirement. He loved the outdoors and creating works of art out of different materials.

Dave met his wife Nancy J Barrett, from Angola, NY when she was teaching in

Montrose, CO. David and Nancy married May 28, 1952 in an outdoor wedding along the Taylor River at Wolfe Ranch in Almont, CO and had been married for 52 years. The couple loved the outdoors together as they built their family, and enjoyed their life together.

Dave lived around the Western Slope of Colorado, traveling to work and lived in California, Montana, upstate New York, Idaho and retired in Colorado as a truck driver living in Olathe, CO. He and Nancy often traveled and stayed in New Mexico, Arizona, Utah, and Mexico as snowbirds.

Dave was an Elks member in multiple towns and enjoyed meeting with his friends and talking about local events. No matter where he went, he always cheered and supported youth in sports and agriculture programs, proud of their accomplishments.

Dave and Nancy were blessed with two sons Mark (Linda) Hollingshead of Olathe, Glen Hollingshead of Gunnison, and one daughter Dale Turner of Olathe. Dave enjoyed his three grandchildren when they visited and spent time with him, Samantha (Jason) Peel of Olathe, Daniel (Meridyth) Hollingshead of Florida, and Bob (Melissa) Turner of Missouri. He was blessed with five great-



grandchildren: Annette, Clark and Gus Hollingshead; Toby and Aurora Turner.

Dave was preceded in death by his wife Nancy, parents Charles and Louisa, and his brothers, Wayne, Don and Bill. He is survived by his sister Betty Isom, his children, grandchildren, and great-grandchildren as well as a large family of nieces, nephews and cousins.

A Memorial service in loving remembrance of Dave's life will be at Crippin Funeral Home Chapel, Friday July 22 at 2pm. Cremation has taken place.

In lieu of flowers, please donate to: Cattlemen's Association. ([coloradocattle.org](http://coloradocattle.org))

*Now more than ever...*

*Thank you for reading*

**THE MONTROSE MIRROR**



ISSUE 378 July 18, 2022

# ART & SOL

## YOUR BRAIN ON NATURE – THE POWER OF TASTE PT 1



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

### Greetings Mirrorites!

I am a total foodie. I love the taste of natural foods because they actually taste like something. For instance, last summer all sorts of mushrooms started coming up in my pasture. They looked like what my mother would have called toad stools. I was curious, and mainly so that I would know if they would be toxic for my goats, I looked them up. Turns out they are called horse mushrooms and are safe and delightful. I must have picked nearly 15 pounds over the course of the season. I made pickled mushrooms, mushroom soup, beef and mushroom stew, and fresh mushroom patty melts. I could not believe how awesome they tasted, so much better than the insipid caps you pay a pre-



mium for in the grocery store. Sautéed in extra virgin olive oil, they were amazing and felt so decadent. And they made me feel so good, really lifted my spirits. Was it all in my mind because they were both delicious and free? Not necessarily.

Turns out mushrooms contain tryptamine, which functions as an antidepressant. While researching this article, I found out that all sorts of foods are antidepressants. Including my favorite breakfast food, potatoes.

We've heard a lot about the Mediterranean diet. I pretty much eat that way, with a

few exceptions. Potatoes are not officially on the list of preferred ingredients, neither are mushrooms. They are definitely on the list for the traditional Norway diet, which adheres more to my own personal preferences. Lots of fish, berries, mushrooms, potatoes and even some meat and dairy are allowed. Since there aren't a lot of olive trees in Scandinavia, the Nordic diet uses canola oil as their preferred fat. They eat a lot of game meat too.

The result was a diet that emphasizes eating whole foods, sustainably caught fish and shellfish; whole grains like barley,

*Continued next pg*



## ***YOUR BRAIN ON NATURE – THE POWER OF TASTE PT 1 From previous pg***

rye, and oats; beans and legumes; wild foods like mushrooms and berries; grass-fed game like venison; and lots of canola oil.

Since you will never get me to give up my extra virgin olive oil unless you pry the bottle out of my cold, dead fingers, a modified healthy and natural diet that is a mix of Nordic and Mediterranean will have to do.

Am I eating as heart healthy as possible? Probably not since I don't do kale well. As well as I can for my brain though, quite likely. I am one of those lucky people who doesn't like sweets and I have come to realize that junk food, while convenient, tastes funny as well as being super bad for me. I have French fries about four times a year, and pizza two or three times. Other than that, I cook at home. I have learned to be a very proficient and adventurous cook, so it's both fun and smart. In addition to time spent in nature, my natural diet promotes brain health, both as an anti-inflammatory and a mood lifter. Numerous studies have shown that people in the highest category of adherence to a Mediterranean diet have lower risk of incident depressive outcomes when faced with a life stressor. The same is true for the Nordic diet, and in both cases, women of all ages benefit the most.

The typical Western (American) diet is low in fruits and vegetables, and high in fat and sodium. Moreover, this diet consists of large portions, high calories, and excess sugar. This excess sugar accounts for more than 13 percent of the daily caloric intake with beverages constituting 47 percent of these added sugars. Other sources include cookies, cakes, and candy. Staying away from this diet has been easy since I was 18, because the food tasted bad. I dislike salt, sugar and highly processed food. I do like dark chocolate truffles and bacon, however, so I am no food saint. I just detest sodas and most candy by nature. That makes me very, very lucky indeed.

Experts in nutrition know what the processed food industry also knows, that junk and fast food is addicting.

### **1. Junk food can get you high**

When we eat junk foods that we enjoy,

the reward circuits within our brains activate and release the chemical dopamine. Our brains can become overwhelmed by the pleasure from these rewarding foods and in response, the brain adapts and makes more receptors for dopamine. This means a greater amount of junk food is needed to get the same "kick", making us eat more, in the same way that an addict develops a tolerance to drugs. So, our brains are hardwired to seek out and want rewarding foods, making us crave and desire sweet and fatty foods.

### **2. Junk food can inflame your brain**

Junk food is highly refined and contains very high levels of sugars and fats, more than many natural foods. In the same way as eating food you are allergic to can inflame your mouth; junk foods can cause a similar reaction in the brain. This is called neuroinflammation, and it sets off a self-perpetuating series of events leading to more inflammation that can damage neurons.

Australian researchers recently showed that as little as five days on a diet of sugary drinks, cakes and cookies caused increased levels of inflammation in the hippocampus. People with damage to the hippocampus report being hungry all the time. The hippocampus has been found to be important in receiving fullness-signaling messages from the gut, so eating a junk food diet can create a vicious cycle of damage to the neurons in the hippocampus, and the damage causes people to eat more and more.

### **3. Junk food shrinks the brain's learning capabilities**

Junk food laden diets have been shown to reduce brain neuroplasticity – which is essential for us to form new memories and learn new things rapidly. The birth of new neurons, or neurogenesis, happens throughout life in the hippocampus. These new neurons have high levels of neuroplasticity, meaning they are very easily activated by environmental events and are essential for forming new memories.

Reductions in the population of young neurons have been related to mental health disorders including depression, which brings us back to the notion of self-perpetuating cycles – junk food can make

us feel pleasure when we are sad, so we eat more, which makes us sadder. Some comfort foods that feel good to us immediately result in depression shortly thereafter.

Breaking the cycle means retraining the brain. Tufts diet researcher Susan Roberts performed brain scans on participants with conventional Western diets. Two groups of junk food junkies underwent magnetic resonance imaging (MRI) brain scans at the beginning and end of a six-month period. Among those who participated in the weight loss program group who began deliberately selecting healthier foods, whether they preferred them or not, their brain scans revealed changes in areas of the brain reward center associated with learning and addiction. After six months, this area had increased sensitivity to healthy, lower-calorie foods, indicating an increased reward and enjoyment of healthier food cues. The area also showed decreased sensitivity to the unhealthy higher-calorie foods. So it can be done, even for those who have found that their sweet tooth seems to now occupy their entire mouth.

Choosing nature's unadulterated flavors can reverse a number of diseases. Fresh fruits and veggies have inflammation fighting antioxidants including polyphenols and vitamin E. Oily fish and avocados are great sources of omega-3 fatty acid which boosts neurogenesis and neuroplasticity in the brain. Nuts and whole grains are helpful as well. In fact, there are literally hundreds of natural flavors that improve brain health. A number of nutrients are implicated in the pathophysiology of depression reduction, for instance: folate, iron, long chain omega-3 fatty acids (EPA, DHA), magnesium, potassium, selenium, thiamine, vitamin A, vitamin B6, vitamin B12, vitamin C, and zinc. To give you an idea of the potential ingredients that contain some or all of these elements, the following very short list will give you an idea.

Watercress (#1 hands down), Spinach, Mustard, turnip, or beet greens, Lettuces (red, green, romaine), Swiss chard, Fresh herbs (cilantro, basil, or parsley), Peppers, Pumpkin, Cauliflower, Butternut Squash,

*Continued next pg*



## ***YOUR BRAIN ON NATURE – THE POWER OF TASTE PT 1 From previous pg***

Red cabbage, to name just a few. In general, vegetables are the highest in anti-depressant properties of any food group, followed by fruits, seafood, legumes, meat and nuts. Dairy is at the very bottom, which is a bummer for me, since it is my all-time weakness. I don't think I ever met a cheese I didn't like. For me, cheese makes life worth living, and so I judiciously

include it in my daily comestibles, along with whole grain crackers and Granny Smith apples as compensation. The point here is that a healthy brain and mood diet can include some items that aren't as beneficial as others, it's just a matter of balance. That's why I balance my two strips of morning bacon with potatoes, onions, and red peppers sautéed in olive oil. And

it makes me very, very happy indeed.

The food listed above and others contribute building blocks for BDNF in the brain. This subject was covered in an earlier article and will be reviewed again from the lens of taste in the article that follows this one. Till then, eat hardy, eat well, eat whole foods and leave questions or comments at [agescapesnow@gmail.com](mailto:agescapesnow@gmail.com).



# MUSIC BY THE RIVER

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# MIRROR IMAGES: MUSEUM OF THE MT. WEST



By Kate Burke

**MONTROSE**-Kids made art at the old schoolhouse at Museum of the Mountain West during this past weekend's Farm and Ranch Heritage Days event at the museum. Under the direction of local art teacher, Caryl Brown, assisted by docent Kim Valdez, kids drew their thoughts about the museum. It's a contest, so winners (who put their contact info on the back of their submission), will be notified next week.



## Museum of the Mountain West Painting History for Kids Tuesday, July 19. 10-11:30 am

Kids 8-15 will learn the history of the old schoolhouse from a Museum docent, then join instructor Anne Hockenberry to be guided through an outdoor painting experience inspired by history. Students will be encouraged to express their creativity as they complete a "Plein Air" take-home painting of this historic building. All material provided.



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## COMMUNITY NEWS BRIEFS

### RIDGWAY'S TRUE GRIT WALKING TOUR NAMED 'BEST HISTORIC TOWN TOUR' BY TRUE WEST MAGAZINE READERS

#### *Special to Art & Sol*

RIDGWAY-Ridgway's guided walking tour of True Grit filming locations was recently named Reader's Choice for Best Historic Town Tour by *True West* magazine. The tours, offered now through Sept 2, also include discussion of other major movies filmed in Southwest Colorado. Tours are offered every Friday at 3 pm and meet at the gazebo in Ridgway's Hartwell Park. No registration is necessary and there is a \$10 charge for those age 13 and up.

True Grit was filmed in Ridgway, Ouray and near Gunnison in 1968 and was the only movie for which John Wayne won an Oscar.

True West magazine fosters an appreciation for western history and has been published since 1953; it is now circulated internationally and has won a number of awards.

Tours are organized and sponsored by the Ridgway Western Heritage Society.

For more information, contact edward-bovy@yahoo.com or 970-765-4868



*Tours are offered every Friday at 3 pm and meet at the gazebo in Ridgway's Hartwell Park. Courtesy photo.*

### HASSELL NAMED TO LINFIELD UNIVERSITY'S SPRING 2022 DEAN'S LIST

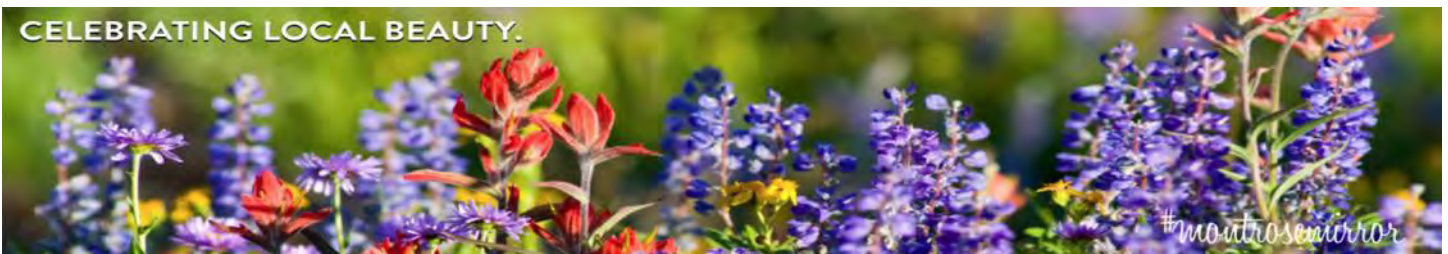
#### *Special to Art & Sol*

MCMINNVILLE, OREGON (07/11/2022)-- Linfield University congratulates Courtney Hassell of Montrose, CO, a 2022 Linfield graduate, on earning Dean's List honors during the spring 2022 semester.

The Dean's List identifies undergraduate students who have earned a term GPA at least equivalent to a cum laude (at least 3.650 GPA) for a given semester. It is computed following the posting of grades at the end of each semester.

Linfield University is an independent, nonprofit university with campuses in McMinnville and Portland, Oregon and a robust eCampus. Since 1858, Linfield has connected a traditional liberal arts experience with practical education through 57 majors, including wine studies, sport management and nursing. For three years running, U.S. News & World Report magazine has named Linfield one of the top liberal arts colleges in the nation when it comes to social mobility. Thirty-two percent of Linfield students are first-generation college students, and more than one-third are U.S. students of color. Linfield competes in the NCAA Division III Northwest Conference. Learn more at [www.linfield.edu](http://www.linfield.edu).

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*The MAGIC of Live Theatre*

SINCE 1959



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## WELCOME TO THE MONTROSE COUNTY FAIR & RODEO:

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

### Open Show

Enter at the Event Center!

**ENTRIES: \$1 per entry**

**SUNDAY, JULY 23 9AM TO 2PM**  
**MONDAY, JULY 24 9AM TO 6PM**

### FRIDAY, JULY 22

8am Check-In 4-H General Projects ( Friendship Hall)  
 9am Interview Judging Begins (Friendship Hall)  
 4pm Dog Show (Indoor Arena)

### SATURDAY, JULY 23

8am Horse Test (Event Center)  
 9am Jr. Working Ranch & English Horse Show (Indoor Arena)  
 2pm My Little Pony (Indoor Arena)

### SUNDAY, JULY 24

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

### MONDAY, JULY 25 -

7am - 10am Swine Check/ Weigh In  
 9am - 6pm Open Show Entries & Mutton Bustin' Entries (Event Center)  
 10am - 12pm Rabbit Check/ Weigh In  
 10 am - 12pm Beef Check/ Weigh In  
 12pm- 2pm Sheep & Goat Check/ Weigh In  
 2:30pm Jr. Participant Meeting (Show Ring)  
 2:45pm Contestants T-Shirt Picture (Beef Barn)  
 3:45pm Black Canyon Gymnastics (Friendship Hall)  
 7pm Parade (Main Street)

### MONTROSE COUNTY FAIR PARADE

#### "Country Roots, Dirty Boots"

Monday, July 25 at 7pm

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

Entries taken from 5:45pm to 6:30pm on Monday, July 25 at the Cattlewoman's Pavilion.

# SCHEDULE

## MONTROSECOUNTYFAIRANDRODEO.COM

### TUESDAY, JULY 26

7am-10am Open Show Flower & Food Entry Drop Off (Event Center)  
 8am Royalty Horsemanship (Outdoor Arena)  
 8:30am Peter Rabbit Show (Show Ring)  
 9am Jr. Rabbit Show (Show Ring)  
 9am Jessica Frey Kids Read Aloud & Craft (Friendship Hall)  
 9am Open Judging Food, Wood Working & Legos (Friendship Hall)  
 11:30am Puppy Pals (Indoor Arena)  
 12pm Dog Show Showmanship & Obedience (Indoor Arena)  
 12pm Brown Bag Lunch & Learn - Montrose Historical Society (Event Center)  
 6pm Community Night (Outdoor Arena)  
 6pm US Tractor Kiddie Tractor Pull (Outdoor Arena- Track)

### BROWN BAG LUNCH & LEARN

*At the Event Center!*

- **Tuesday, July 26 at Noon- Montrose Historical Society**
- **Wednesday, July 27 at Noon- Steve Pope with Uncompahgre Valley Water Users**

### KIDDIE TRACTOR PULL

Tuesday, July 26 at 6pm

Show Ring

**AGES:**

**3-6 YEARS OLD**

**7-8 YEARS OLD**

**9-11 YEARS OLD**

entries taken at 5:45

in the show ring on July 26



### WEDNESDAY, JULY 27

8:30am Kids with Kids (Show Ring)  
 9am Jr. Goat Show (Show Ring)  
 9am Open Judging Art & Living Arts  
 12pm Brown Bag Lunch & Learn - Steve Pope UVWUA (Event Center)  
 1pm Royalty Modeling (Friendship Hall Stage)  
 3pm Fashion Revue (Friendship Hall Stage)  
 4:30pm This Little Pig (Show Ring)  
 5pm Jr. Swine Show (Show Ring)  
 6pm Antique Tractor Pull (Outdoor Arena- Track)

### THURSDAY, JULY 28

8:30am Merry Little Lamb (Show Ring)  
 9am Jr. Sheep Show (Show Ring)  
 12pm Brown Bag Lunch & Learn - Valley Food Partnership (Event Center)  
 3:30pm Ferdinand & Friends Show (Show Ring)  
 4pm Jr. Beef & Dairy Show (Show Ring)  
 6pm Wild Mustang Main Performance (Indoor Arena)

### BROWN BAG LUNCH & LEARN

*At the Event Center!*

- **Thursday, July 28 at Noon- Valley Food Partnership**
- **Friday, July 30 at Noon- Ann Duncan with CSU Extension about Food Preservation**

### MUTTON BUSTIN'

FRIDAY, JULY 29 & SATURDAY, JULY 30

Enter at the Event Center!

**ENTRIES:**

**SUNDAY, JULY 23 9AM TO 2PM**

**MONDAY, JULY 24 9AM TO 6PM**



### Friday, July 29

7am - 9am Swine Sale Pictures  
 9am- 10am Lamb/ Goat Sale Pictures  
 10am - 11am Beef Sale Pictures  
 10am Small Animal Round Robin (Show Ring)  
 11:30am Large Animal Round Robin (Show Ring)  
 12pm Brown Bag Lunch and Learn - Food Preservation with Ann Duncan CSU Extension (Event Center)  
 2pm No Limits Show (Show Ring)  
 6:30pm Mutton Bustin' (Outdoor Arena)  
 7pm Royalty Presentation (Outdoor Arena)  
**7:30pm Buck It Bull Riding (Outdoor Arena)**  
**\$15 for Adults, \$8 for Kids 12 and under.**  
**Available at the gate**

### BULL RIDING

FRIDAY, JULY 29 AT 7:30PM

**\$15 Adults - 13+**

**\$8 Kids - 12 & under**

*Tickets sold at the Gate!*



### SATURDAY, JULY 30

8am Rodeo Slack (Outdoor Arena)  
 9am Jessica Frey Kids Read Aloud & Craft (Friendship Hall)  
 10am Royalty Experience  
 12pm Jr. Livestock Auction Buyers Lunch (Event Center Indoor Arena)  
 1pm Jr. Livestock Auction (Event Center Arena)  
 6pm Mutton Bustin' (Outdoor Arena)  
 6:30pm Crowning of Royalty (Outdoor Arena)  
**7:30pm CPRA Rodeo (Outdoor Arena)**  
**\$15 for Adults - \$8 for Kids 12 and under**  
**tickets available for purchase at the gate.**





# JUNIOR SHOW

[MONTROSECOUNTYFAIRANDRODEO.COM](http://MONTROSECOUNTYFAIRANDRODEO.COM)

## JR. HORSE SHOW EVENTS

The Jr. ranch horse show, gymkhana, and traditional horse show are all part of our 4H program. Each participant has spent the year training his or her horse for each level of the competition. The ranch horse show includes cutting, horsemanship, cow work, and trail (obstacle course). The gymkhana includes barrel racing, pole bending, flag race, and keyhole race. The English portion of the horse show includes equitation, control, hack, and hunter hack. The western portion of the horse show includes horsemanship, western riding, reining, western trail, and showmanship. Spectators are welcome and admission is free.



## JR. POULTRY SHOW

The Jr. Show is for 4H and FFA members with their poultry projects. Unfortunately due to the Avian Flu the poultry show was cancelled for the year. Participants are still able to complete their project for the year by completing record books.



AGGREGATE & CONSTRUCTION LLC

## JR. RABBIT SHOW

The Jr. Rabbit Show is limited to 4H and FFA participants. The show includes showmanship and market classes. Rabbits may be shown as a meat pen (group of three) or as a single fryer or roaster. Awards are given for the Champion Showman, Best of Show and Reserve Best of Show, and Champion and Reserve Champion Market Rabbit. The public is welcome to attend. No dogs are allowed.



## JR. DOG SHOW

The Jr. Dog Show is for 4H or FFA members. The show consists of dog showmanship, obedience rally, and agility competitions. Dogs are placed in classes based on their level of experience and progress. The showmanship class tests the member's ability to showcase their animal while testing their knowledge of dogs and particular breeds. The obedience rally portion of the show tests the level of obedience. The goal is to complete the course in a controlled fashion with few or no mistakes. Finally, in the agility competition, the member leads their dog through a timed course filled with obstacles including a tunnel, weave poles, A-frame, jumps and more. Spectators are welcome, and should sit in the grandstands. Admission is free. No outside dogs allowed.



## JR. GOAT SHOW

The Jr. Goat Show includes dairy goat, showmanship, and a market goat show. Market classes are broken down by weight. The first place finisher in each class participates in the drive to select the Grand Champion Goat and Grand Champion Bred & Fed Goat. Spectators welcome.

## JR. SWINE SHOW

The Jr. Swine Show is for our 4H and FFA members. The show consists of a showmanship and a market show. Showmanship classes are broken by age into a junior, intermediate, and senior divisions. The market classes are broken down by weight. The first place finisher in each class participates in the grand drive to select the Grand Champion Swine and Grand Champion Bred & Fed Swine. Spectators welcome.



*Ashes to Ashes*

## JR. SHEEP SHOW

PET CREMATION

The Jr. Sheep Show is for our 4H and FFA members and consists of a showmanship, market and breeding show. Showmanship classes are broken down by age into a junior, intermediate, and senior divisions. Market classes are broken down by weight. The first place finisher in each class participates in the drive to select the Grand Champion Lamb and Grand Champion Bred & Fed Lamb. Spectators welcome.

## JR. BEEF & DAIRY SHOW

The Jr. Beef Show is for our 4H and FFA members and consists of a showmanship, market, dairy, and breeding show. Showmanship classes are broken down by age into junior, intermediate, and senior divisions. Market classes are broken down by weight. The first place finisher in each class participates in the drive to select the Grand Champion Beef and Grand Champion Bred & Fed. Spectators welcome.



## SMALL ANIMAL ROUND ROBIN

The Small Animal Round Robin brings the best showmen together to compete for the champion title. There are three divisions; junior, intermediate, and senior. The champion showman from each animal qualifies to compete. Each participant is asked to show each animal including dog, poultry, and rabbit. Spectators welcome.



MONTROSE  
REGIONAL HEALTH

## LARGE ANIMAL ROUND ROBIN

Large Animal Round Robin brings the best showmen together from the large animal breeds to compete for the top award. There are three divisions; junior, intermediate, and senior. The champion showman from each large breed animal qualifies to compete. Each participant must show every other large animal including horse, goat, sheep, swine, beef, and dairy. Spectators welcome.





### LITTLE KID SHOWS

The Little Kid shows are for children 8 years of age and younger and who not currently participating in a 4H project. Each show is geared toward getting kids interested in a future 4H project. It also gives them the chance to be part of a show. Entries are \$10 per participant and are due July 1 to the Colorado State Extension office. Entries are limited to either 10 or 20 kids depending on the show. Spectators welcome. Shows offered include:

- My Little Pony
- Chicken Little
- Peter Rabbit
- My Puppy Pals
- Kids with Kids
- This Little Pig
- Merry Little Lamb
- Ferdinand & Friends



### OPEN SHOW ENTRIES

The open show highlights our community members' many talents. For just \$1 you can enter your favorite cookie recipe, photo, flower arrangement, prize vegetable or ceramic. Classes are listed in the Fair Book available online at [montrosecountyfairandrodeo.com](http://montrosecountyfairandrodeo.com), and include a wide range of crafts and age groups, so everyone from your toddler to your grandparents can participate. Entries will be taken at the Event Center on Sunday, July 24th and Monday, July 25th. If you are preparing a food item, have a floriculture or horticulture entry; be sure to enter on entry day and drop off your entry between 8am and 9am on Tuesday, July 26th at the Event Center for judging.



# ENTERTAINMENT

## MONTROSECOUNTYFAIRANDRODEO.COM



### GENERAL PROJECTS Alpine Bank

Have you ever noticed the array of sewing articles, decorated cakes, scrapbooking, and leather crafted items on display in Friendship Hall? 4H is much more than just animals! General projects encompasses everything from baking and cake decorating to rocket building, leather craft and woodworking. Projects are judged based on the final product itself as well as an interview with the 4H member who crafted the item. All general project entries will be on display inside Friendship Hall. If you would like to compete but are not a 4H member, check out the Open Show information.



### PARADE

The Fair parade kicks off the week-long celebration. Community and 4H members are encouraged to enter parade floats that depict the Fair theme "Country Roots, Dirty Boots." The parade lineup begins at 5:45pm in the Fairgrounds parking lot. The official parade starts at 7pm and routes down Main Street from the corner of Pythian St to Rio Grande Avenue. The best youth float and best overall float will be selected for cash prizes. There are no entry fees and the public is encouraged to come downtown and pick their favorite float.



### KIDDIE TRACTOR PULL

Thanks to US Tractor, the kiddie tractor pull is a staple of the Montrose County Fair & Rodeo. Kids from 3 to 11 years of age are encouraged to compete. The objective is to pedal the tractor along the track to the end marker, as it gets harder and harder to pedal. There is no fee to participate, entries are limited to the first 20 in each age division. Participants can sign up 15 minutes prior to the competition in the Show Ring.



### BROWN BAG LUNCH & LEARN

Beginning Tuesday, July 26 through Friday, July 29, the Fair Board is offering a series of education classes. Participants are encouraged to either bring their lunch or drop into one of the Fair food vendors. Classes will be one hour and take place at the Event Center in Meeting Room #1. Visit [montrosecountyfairandrodeo.com](http://montrosecountyfairandrodeo.com) for the full class schedule.

All Classes will be held at Noon

- Tuesday July, 26 - Montrose Historical Society
- Wednesday July, 27 - Steve Pope with Uncompahgre Valley Water Users
- Thursday July, 28 - Valley Food Partnership
- Friday July, 29 - Ann Duncan with CSU Extension

### KIDS READING & CRAFTS AVIENT

Tuesday and Saturday at 9AM on the stage inside Friendship Hall, kids will be treated to a story time followed by an associated craft. This is a free activity, however, there will be a limited number of crafts each day. Children under 12 should be accompanied by a responsible adult.

### ANTIQUE TRACTOR PULL

The Thunder Mountain Flywheelers present the Antique Tractor Pull. A competition to see whose rebuilt antique tractor can pull the furthest and most efficiently. The event takes place on the racetrack directly in front of the outdoor grandstands. Admission is free and the public is encouraged to attend.

### FASHION REVUE

Fashion Revue is part of the 4H General Projects, and is an opportunity for those members who chose to participate in the sewing projects and have created beautiful dresses, outfits, accessories and more to highlight their work. During the Fashion Revue is their opportunity to show off their hard work by modeling their items in a fashion show. The show is free to attend.



### NO LIMITS SHOW

Persons with disabilities are given a one-on-one opportunity to interact with the 4H and FFA members livestock projects. Fair Board members and Superintendents assist the participants in showing. Entries are free and the show is limited to 15 participants.





### WILD MUSTANG SHOWS

The Montrose County Fair and the Bureau of Land Management have teamed up to offer youth an educational opportunity. The purpose of this program is to increase the adoption of mustangs and burros to good homes and promote positive youth development. Throughout the summer, members will work with yearling mustangs and burros to gentle and train (halter break) them. At the Fair, the participants have the opportunity to showcase their hard work through handling class, leading trail class, and freestyle class. Competitions occur throughout the week with the final performance taking place in the Event Center on Thursday, July 28 at 6pm. The Main Performance will include the freestyle competition for all competitors as well as performances by Mustang Maddy and other mustang trainers. Following the competition, the mustangs will be offered to the trainers or public for adoption. Admission is free to all portions of the competition along with the main performance.



### MUTTON BUSTIN

Mutton Bustin is the little wranglers' version of bull or bronc riding. Instead of a horse or bull, kids age 5 - 7 years ride a sheep. Fair Board members act as judges and award the gold buckle to the kid that rides the longest and with the most style. Interested in participating? Entries are limited to the first 20 contestants. Children must be less than 65 pounds and between 5 and 7 years of age. Entries are \$10 and are taken at the open entry office in the Event Center on Sunday, July 24 between 9am-2pm and Monday, July 25 from 9am - 6pm.



# ENTERTAINMENT

## MONTROSECOUNTYFAIRANDRODEO.COM

### ROYALTY

The Queen and Princess of the Montrose County Fair & Rodeo are the spokespersons for the event. Each year they travel across our great state representing Montrose County. The Royalty contest encompasses horsemanship, speech, modeling, as well as a personal interview. The community is encouraged to attend any of these events. Horsemanship takes place in the outdoor arena, while the speech and modeling happen on the stage inside Friendship Hall. The Queen and Princess are then crowned just prior to the CPRA Rodeo performance on Saturday night in the outdoor arena.

### CIRCLE 3 COWBOY FELLOWSHIP



### BUCK IT BULL RIDING

**\$15 for Adults, \$8 for kids 12 and under, free for kids under 5.**

This is the first year the Montrose County Fair will include a bull riding only event. The evening will be full of 8 second thrills! Up to twenty cowboys will compete for the chance to comeback for a short go and the opportunity to win \$1,500 in prize money. **Tickets are available at the gate.**

### RODEO SLACK

The rodeo slack is part of the Colorado Pro Rodeo Association (CPRA) Rodeo. Because the actual rodeo performance is limited to 12 competitors per event, a number of competitors will compete in the "slack" outside the rodeo performance. Usually, slack includes breakaway roping, team roping, tie-down roping and barrel racing. The competitor with the fastest time from either the slack or the rodeo performance will win the event, money and buckle.

### BUYERS LUNCH

The buyer's lunch is a opportunity for the Fair Board to thank last year's businesses and individuals for participating in the Jr. Livestock Auction. Past buyers are invited to attend the meal starting at 11am on July 31.



### JR. LIVESTOCK AUCTION

The Jr. Livestock Auction is the final marketplace for the Jr. Livestock exhibitors as well as the champion rabbit and poultry contestants. Each junior participant is allowed to sell one animal, unless they have won more than one grand or reserve champion title. All the grand and reserve champion animals are sold as part of the auction. The objective of the Jr. Livestock Auction is to encourage today's youth to seek a future in agriculture, and to further their education. Local businesses, community groups, and individuals are encouraged to participate in the auction. Either through purchasing an animal at the auction or by adding money to a junior participant's final price through the "add-on" option.

### SAN JUAN SPARKLES & SPURS

The San Juan Sparkles & Spurs are an equine drill team dedicated to entertaining the local community while improving the horsemanship, riding, and team precision of their riders. Decked out in sequins, their productions are timed to music, highlighting their style and horsemanship.

### CPRA RODEO

**\$15 for Adults, \$8 for kids 12 and under, free for kids under 5.**

The CPRA Rodeo is sanctioned by the Colorado Pro Rodeo Association and offers Colorado cowboys the opportunity to compete in rodeo events across the state. Events at the CPRA rodeo include bareback riding, steer wrestling, tie-down roping, breakaway roping, mixed team roping, open team roping, saddle bronc riding, barrel racing and bull riding. Although some of the cowboys and cowgirls are local, the majority have traveled across the state to compete. Winners of each event will receive \$1,000 and a buckle. Additionally, each dollar a contestant earns goes toward the year-end total earnings and contributes to their qualification for the Colorado Pro Rodeo Finals. The CPRA Rodeo takes place in the outdoor arena and grandstand area. **Tickets available at the gate.**





# THANK YOU TO OUR SPONSORS





## COMMUNITY NEWS BRIEFS

### FINE ART EXHIBITION AND SALE BY STEPHANIE RODY

#### *Special to Art & Sol*

OURAY-A Fine Art exhibition and sale by Stephanie Rody of Montrose will be on display at the Wright Opera House, 472 Main St, from July 29-Aug. 24. Stephanie has been dabbling in art for most of her life, but did not focus all her energy on it until she retired from teaching and moved from the front range to Montrose. She is accomplished in several mediums: Pastel, acrylic and watercolor. Stephanie is a signature member of the Western Colorado Watercolor Society. An Opening Reception will be held at the Wright Opera House on Friday, July 29, from 4-6 pm. Admission is free and refreshments will be served.

### CENTER STAGE AT THE FORT: VENUE AVAILABLE FREE TO NON-PROFITS

#### *Special to Art & Sol*

DELTA-Delta County's Newest Outdoor Venue is available to nonprofits **FREE**. Located at the entrance to Delta's premier Confluence Park. Please contact Chris Miller, Director, Fort Uncompahgre Interpretive Center, 440 N. Palmer Street, Delta for more details. 970 640-7076 or email to [infofortonost@gmail.com](mailto:infofortonost@gmail.com)

**Were you involved in the making of, or do you have personal videos, slides, photos, or stories to share with us about the making of "How the West Was Won"?? (1962)**



**WE WOULD LOVE TO HEAR FROM YOU!!** A prompt response would be appreciated so we can incorporate any new information with our upcoming planned museum displays. Please leave your message and contact info at : **(970) 316-1085** and we will call you back ASAP to chat further. Thank you.

*Ouray County Ranch History Museum*  
321 Sherman Street  
Ridgway, CO 81432      [ocrhm.org](http://ocrhm.org)



Ouray County Ranch History Museum will be hosting our Annual Craftsmen Leather Gallery show, along with a nod to the western movies filmed in Ridgway in the 1960's from September 23 to October 16. The Old West Fest will be on September 24th in Ridgway, where mule packing demos and rides will be offered on the museum grounds.



# COMMUNITY NEWS BRIEFS: EDUCATION

## MCCALL SKALLA GRADUATES FROM UNIVERSITY OF UTAH

### *Special to Art & Sol*

SALT LAKE CITY, UT-- The University of Utah wishes to congratulate Mccall Skalla of Ridgway, CO who was among the more than 8,000 graduates honored during the 153rd general commencement ceremony on May 5, 2022. The Class of 2022 includes students who graduated in summer 2021, fall 2021 and spring 2022.

Skalla earned a Master of Social Work degree in Spring 2022.

"The Class of 2022 is filled with so many amazing students, with unique and remarkable stories. Among our recent graduates we have a decorated student veteran of the year, an Olympic skier and a Rhodes Scholar-the first at the U in 20 years," said Taylor Randall, president of the University of Utah. "All of our graduates helped create a rich, diverse and vibrant environment during their time at the U. We appreciate their dedication as scholars and their enthusiasm for building a better future."

Students in the Class of 2022 ranged in age from 21 to 73 and earned 8,702 degrees. Graduates represented 55 U.S. states and territories, and 65 foreign countries.

Learn more about the 153rd general commencement [here](#).

### **About the U**

The University of Utah, located in Salt Lake City in the foothills of the Wasatch Mountains, is the flagship institution of higher learning in Utah. Founded in 1850, it serves over 32,000 students from across the U.S. and the world. With over 100 major subjects at the undergraduate level and more than 90 major fields of study at the graduate level, including law and medicine, the university prepares students to live and compete in the global workplace. In 2019, the university was selected as a new member of the Association of American Universities-an invitation-only, prestigious group of 65 leading research institutions marked by excellence in academic

expertise and research impact, student success, and securing resources in support of core missions. Known for its proximity to seven world-class ski resorts within 40

minutes of campus, the U encourages an active, holistic lifestyle, innovation and collaborative thinking to engage students, faculty, and business leaders.



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[homesteadatmontrose.org](http://homesteadatmontrose.org)

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## INDEPENDENT LIVING APARTMENT HOMES WITH CONVENIENCE SERVICES FOR AGES 55+

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.





# MIRROR CHURCH DIRECTORY

## FIRST CHURCH OF THE NAZARENE

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

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

*disciples in Montrose Colorado and around the world.*

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

## FIRST PRESBYTERIAN CHURCH MONTROSE

**Affiliation:** Presbyterian  
**Address:** 1840 E Niagara Rd. Montrose CO. 81401  
**Office Hours:** M-Thu 9AM - 12PM  
**Contact Information:** 970-249-4732, [info@fpcmontrose.com](mailto:info@fpcmontrose.com)

[www.fpcmontrose.com](http://www.fpcmontrose.com)  
**In Transition-Currently:** Howard Davidson  
 Merle Bierma  
**Worship Service times:** 9:30AM, Student Worship at 6PM

*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*

## HILLCREST CONGREGATIONAL UNITED CHURCH OF CHRIST

**Denomination affiliation:** United Church of Christ  
**Address:** 611 South Hillcrest Drive, Montrose, CO 81401  
**Office hours:** By appointment  
**Contact information:**

Phone number: (970) 249-9047  
 Email address: [office@montroseucc.org](mailto:office@montroseucc.org)  
 Website: [montroseucc.org](http://montroseucc.org)  
**Current Pastor:** Rev. Wendy Kidd  
**Worship service times:** Sunday, 10 a.m.  
*Hillcrest Congregational UCC is a welcoming, open and affirming church, open to all no matter who you are or where you are*

*on life's journey.*  
 HCUCC welcomes all ages to worship with us. (predominately family, youth, seniors, singles)  
 We offer inter-generational worship with a children's "prayer-ground" and activity packets.  
 A cry room is also available.

## MONTROSE UNITED METHODIST CHURCH

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

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

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

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



## MIRROR CHURCH DIRECTORY From previous pg

### SPIRITUAL AWARENESS CENTER

**Denomination affiliation:** Independent Interfaith

**Address:** Meeting at Lions Park Community Building, 602 N. Nevada, Montrose  
Office hours: Tues-Fri, 9 am to 4 pm,

**Home Office** – 970-252-0908

**Contact information:** Rev. Dr. Arlyn Macdonald, 970-252-0908,  
[arlyn@spiritaware.org](mailto:arlyn@spiritaware.org),  
[www.spiritaware.org](http://www.spiritaware.org)

**Name of current pastor:** Rev. Dr. Arlyn

Macdonald, Senior Minister; Rev. Catharine Gates, Associate Minister. Spiritual counseling available.

**Worship service times:** In-person Sunday Unity Service at 11 a.m., (Social Time begins at 10 a.m.); Quiet Meditation at 10:30 a.m. Virtual Afternoon Service on Zoom at 2:00 p.m.; Chai Chats, a Wednesday morning midweek informal gathering at 10:30 a.m. at Pun Hill Himalayan Restaurant, Montrose; Thursday Empowerment Circle at 10:30 a.m. on Zoom. Everyone is wel-

come. *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 Give-away and Wellness Fair. People of all ages are welcome. There are currently no Sunday School or nursery services provided but craft supplies are available for youth.*

### 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](mailto:summitchurchmontrose@gmail.com)

website: [www.summitchurchmontrose.org](http://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](mailto:info@vbcmontrose.org); website: [vbcmontrose.org](http://vbcmontrose.org)

**Current Pastor:** Roland Kassales

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

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

Church Directory

Mirror Editorial Staff

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



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# COMMUNITY NEWS BRIEFS: FAITH & RELIGION

## GLOBAL EVENT PROMOTES PURSUIT OF PEACE

*2022 "Pursue Peace"! Convention Unites 239 Countries in More Than 500 Languages*



*At left and above, Families of Jehovah's Witnesses across the globe enjoy the "Pursue Peace"! Convention that is available for free in over 500 languages on jw.org. Courtesy photo.*

### *Special to Art & Sol*

GRAND JUNCTION—Against the tragic backdrop of a historic conflict in Europe, Grand Junction, Colorado, will unite with millions around the globe to promote the timely theme "Pursue Peace"! as they participate in a six-part annual event scheduled for July and August 2022.

"People are really concerned and they express that every day," commented Bill Powell, whose family of four plans to attend each session throughout the summer. "Peace is something that is really lacking and something that can really help us right now."

Jehovah's Witnesses have been holding global conventions for more than 100 years, the last three years featuring virtual events accessed through the free JW Library app or at jw.org. The program's first segment will be available for streaming or download beginning June 27, 2022. All are invited to attend the program at no charge.

"This convention is an object lesson in how peace is being achieved by a global

community right now as it unites millions of people even in areas of conflict like Ukraine and Russia," said Robert Hendriks, U.S. Spokesperson for Jehovah's Witnesses. "The power of the principles being discussed transcends national borders, ethnic differences and language barriers. Both individuals and families will benefit from attending the program."

Families of Jehovah's Witnesses throughout the globe enjoy the "Pursue Peace"! Convention that is available for free in over 500 languages on jw.org.

Prior to 2020, Jehovah's Witnesses held their annual convention locally at the Aurora, Colorado, Assembly Hall of Jehovah's Witnesses. While they hope to host in-person large gatherings again in the future, the decision was made late last year to hold the 2022 convention virtually again. On April 1, congregations of Jehovah's Witnesses began meeting in person for the first time in two years locally and around the world. The three-day convention will be available in six parts, each corresponding to a half day of con-

tent. Topics to be explored are:

- How love leads to inner peace and peace with others.
- Why the Bible can be called "the road map to family peace."
- How to attain peace even when suffering illness, economic problems, natural disasters or other difficulties.
- What people from around the world are doing to enjoy peace.
- Why friendship with God can lead to true peace.

The convention will conclude with the exciting presentation "Universal Peace is Sure to Come!"

All are invited to attend the event by going to jw.org on the web or JW Broadcasting on the free JW Library app available for iOS or Android, or on streaming platforms like ROKU TV, Apple TV and others. The program is free and accessible to all. The schedule for download and global streaming is listed below.

For more information, please contact Jehovah's Witnesses United States at (718) 560-5600 or pid@jw.org.



**Always digging for  
spot on news.**



# The Mirror

*now weekly*

*Making sure readers don't bury their heads in the sand.*



NOW  
THAT YOU LIVED THRU IT

# Elks Bingo

Tues July 19, 2022

Progressive Game #2

**\$500 "Must Go"**

Awarded to 1<sup>st</sup> Person  
that reaches Bingo

Progressive Game

**#4 \$400**

Win by reaching Bingo  
in 37 #s or less

Progressive Game

**#6 \$9,546**

Win by reaching Bingo  
in 53 #s or fewer

Josh and Von  
Present:

## MENU

Chicken Queso Dias  
Cheeseburgers  
Hot Dogs  
Nachos  
Chile Cheese Frito Pie

Enjoy the things in life  
that make you laugh a little louder,  
smile a little bigger, and just live life better!  
One such place is Montrose Elks Bingo.

Doors Open at 4:30 PM  
Games Start at 6:30 PM  
Open to the Public

# GET OUT AND HAVE SOME FUN !

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



# SAVE THE DATE! LOCAL EVENTS CALENDAR

## ONGOING-

**RIDGWAY TRUE GRIT WALKING TOUR** Every Friday through September 2.

Arrive Hartwell Park gazebo 2:45pm, depart 3pm.

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

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

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

## 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

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

## MONTHLY

**July 1-29**-Cheri Isgreen-LIFE IN THE WEST, an exhibition of work inspired by my life in Colorado. The show opens July 1 and runs through July 29, 2022 at the Gunnison Arts Center, 102 S. Main, Gunnison, CO. HOURS: Tuesday-Friday 10AM-6PM; Saturday 10AM-2PM Closed Sunday & Monday.

**July 23**-Cary Morin and Ghost Dog, July 23<sup>rd</sup>, 7pm. In Sage Alley, Blue Sage Center for the Arts. This is a free event to those over sixty! Please email [info@bluesage.org](mailto:info@bluesage.org) or call 970 527-7243 to reserve your spot.

**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 subalpine 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/>

**July 25**-Monday--1 p.m. Local archaeologist Charlie Seevers will present information on two topics "Eagle Rock Shelter" and "Violence and Warfare in the Prehistoric Southwest" at the Warrior Resource Center, 4 Hillcrest Plaza Way. All are welcome to this program sponsored by the Montrose Genealogy Center.

**July 27**-Community Open House hosted by Project 7 Water Authority on Wednesday, July 27 from 5 to 7 pm at 35679 US-550, Montrose, Colorado 81403.

**July 29-Aug. 24**-A Moment Suspended in Time, Fine Art exhibition and sale by Stephanie Rody of Montrose will be on display at the Wright Opera House, 472 Main St, from July 29-Aug. 24. An Opening Reception will be held at the Wright Opera House on Friday, July 29, from 4-6 pm. Admission is free and refreshments will be served.

**July 29**-Jewelry Trunk Show, July 29<sup>th</sup>, 5-8 PM, Curtis Hall, Blue Sage Center for the Arts. Local jewelers will be displaying their wares. Come stop by and find a treasure!

**Aug. 6**-Olathe Sweet Corn Festival returns Aug. 6, Downtown Olathe-10am to 10pm. Kids 12V races at the corn fest are free to enter, winner receives a brand new 12 V car. Race is at 11am. Sign up at the OSCF booth day of the event. Second annual Olathe Sweet Corn Car Show, Start in parade at 10 am and line up after. \$25 dollar entry fee First place best in show : \$200; Second place: \$100; Third place :\$50. All voting will be favorite vote / best in show . All categories welcome! Hot rod, rat rod, trucks, cars etc Email [janellmiller745@gmail.com](mailto:janellmiller745@gmail.com) to enter

Playing on the Main Stage from 3-5pm will be Hugh Phillips Band. Narrow Gauge Country Rock Band will be playing from 7-10pm at the Olathe Sweet Corn Festival , Aug 6 2022. Come enjoy the street dance.

**Aug. 6**-Saturday, August 6. 6-8 pm. Gallery Reception for Cheri Isgreen. Cash bar, light apps, live music with Zoe and Dave Werden. RSVP appreciated. Museum of the Mountain West. 68169 Miami Rd., Montrose CO

**Aug. 8**-The Giving Club will meet Aug. 8 @ Bridges Golf and Country Club / 5:30. All women welcome. Call 209-9598 for more information.

**Aug. 13**-FUNC Fest 2022.

**Aug. 27**-The 2022 Montrose Wine & Food Festival, sponsored by Alpine Bank, will be held Saturday Aug. 27, 2022 from 1 – 4 p.m. at the Montrose County Event Center. All proceeds from the event benefit the Black Canyon Boys & Girls Club. Tickets and sponsorships are available now and information can be found online at <https://www.blackcanyontickets.com/tc-events/2022-food-and-wine-festival>.

**Aug. 27**-Saturday, August 27. 10 am - 5 pm. Tribute to Western Movies. Pony rides, kids' activities, live music, cash bar, vendors, food & drink, history demonstrations. Movie reenactments. GHOST RIVER BAND 2-5 pm. Museum of the Mountain West. 68169 Miami Rd., Montrose CO. Tickets \$0-15. At the gate or online. [museumofthemountainwest.org](http://museumofthemountainwest.org)

**Aug 28**-Fortuna Tierra Club's Log Hill Hustle 5k/10K Fun Run, Divide Ranch & Club, 8 am

**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/

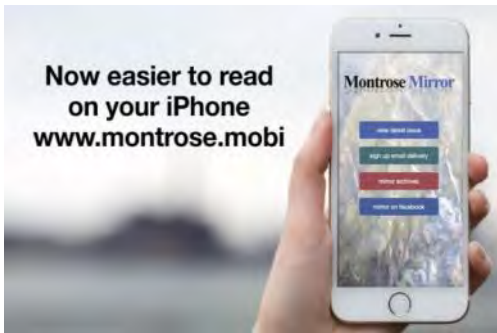


Contact the Montrose Mirror:  
970-275-0646

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

*Deb Reimann captured this image (left) of two Hummingbirds, a Rufous and a Costa. "The Rufous seem to be especially territorial...but the Costa holds its ground," she said.*

## READER PHOTO SPOTLIGHT: DEB REIMANN



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