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Montrose Mirror

SPORTSMAN'S WAREHOUSE ANNOUNCES MONTROSE LOCATION



In November 2022 Sportsman's Warehouse will open a location in Montrose. The retail space, currently under construction, is located in the River Landing Shopping Center between Ross and Marshalls. Photo by Gail MarBy Gail Marvel

MONTROSE-Sportsman's Warehouse has announced they will open a location in Montrose in November of 2022. The phone number listed on the website is not operational, nor has the public relations contact responded to Mirror voicemail inquiries. However, the website does include career opportunities that can be applied for online.

The Sportsman's Warehouse site (345 South Rio Grand Ave), which is now under construction, is located in the River Landing Shopping Center, between Ross and Marshalls.

Website information: "Founded in 1986, Sportsman's Warehouse now operates over 110 stores and online at Sportsmans.com. If you are an outdoor enthusiast, we ensure you'll always find quality, brand-name hunting, fishing, Continued pg 6

RE-1J PREPARES FOR NEW SCHOOL YEAR; VISTA CHARTER SCHOOL PRINCIPAL EMILY MACNIVEN RETIRES

By Caitlin Switzer

MONTROSE-The first August board meeting of the Montrose County School District RE-1J Board of Education lasted a little more than 20 minutes. Directors present included RE-1J Board Vice President Eric Kelley, District B Director Jacob Suppes, District C Director Alice Murphy, and District D Director Tom West. Board President Sarah Fishering and District G Director Stephen Bush were absent. The District A seat formerly held by Jeff Bachman is presently open; no applications had yet been received.

Kelley thanked everyone for coming and led all in saying the Pledge of Allegiance.

The Board voted to accept the meeting agenda. STUDENT SPOTLIGHT

RE-1J PIO Matt Jenkins said that students would be returning to the classroom the following week.

"We are excited for them to arrive

Continued pg 4



Students in the Montrose County School District RE-1J will head back to the classroom this week. Pictured above, Northside Elementary School. Photo by B. Switzer.

Reader Photo Spotlight With Deb Reimann!

Letters to the Editor! Regional News Briefs! **Save the Date:** Local Events Calendar! By Lauren Hall Ruddell

Your Brain on Nature!



GREAT COMMUNITY GIVEAWAY WILL BE SATURDAY AUG. 27 FROM 10AM TO NOON

Special to the Mirror

MONTROSE-On Saturday, Aug. 27 from 10 a.m. – Noon – Great Community Giveaway, Lions Park, 602 N. Nevada, Montrose, sponsored by the Spiritual Awareness Center. Donations accepted beginning at 8 am. (Do not leave donations on any other day.) No large furniture items, tires, electronics, televisions, or VCR tapes please. Everything is free. We have many baby clothes and baby items to give away this time. Bring your own bags. Volunteers welcome. For more information – 970-252 -0908.



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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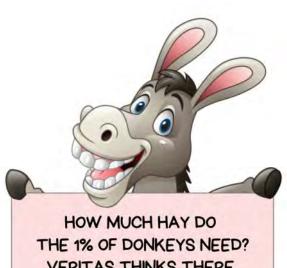
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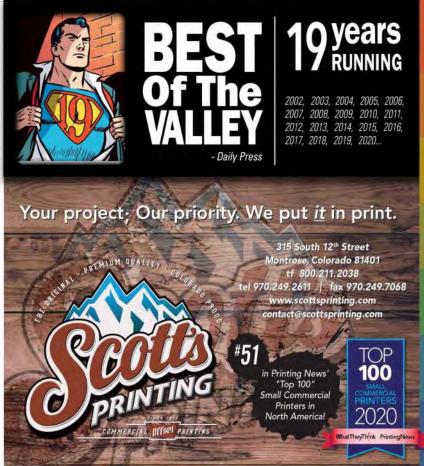
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RE-1J PREPARES FOR START OF NEW SCHOOL YEAR From pg 1

and greet them with smiles and see their smiling faces..." The KREX Golden Apple Award has been given to Grounds Supervisor Anthony Archuleta.

There were no donations, board advisory committee updates, or community input. **SUPERINTENDENT'S REPORT**

Re-1J Superintendent Carrie Stephenson gave an update on the Read Act-Science of Reading training requirement. The district

has had two years to complete the training. The compliance rate is now 100 percent, Stephenson said. "All of our teachers have received that training, I completed the training as well myself...the Science of Reading was a training for teachers...It's just good practice and good teacher training," she said adding that there are additional resources available as well.

"I am very excited to see what they do

with all of this new training, and new resources, and new books in the classroom," Stephenson said.

EARLY CHILDGOOD CENTER UPDATE

ECC Director Penny Harris gave an update, with information on Head Start including staff bonuses and Focus Area Review. So far 220 children have been accepted into the ECC program, with 40 to 45 interviews still pending. The ECC was still following masking and vaccine rulings in the absence of new final rules. "...It's like a soap opera, stay tuned for tomorrow," Harris noted.

Staff will return Aug. 5, Back-to-School orientation is Wednesday, Aug. 10 at Friendship Hall. The first day of school is Aug.18.

CONSENT AGENDA

District C Director Alice Murphy asked to pull two items, Items 3 and 4, from the Consent Agenda for further discussion; the remaining items on the Consent Agenda were approved as presented. Notably, the Personnel Report includes the retirement of Vista Charter School Principal Emily Paris-MacNiven.

The Board took time to discuss Items 3 and 4 with staff. Item 3, Head Start Noncompeting continuation funding in the amount of \$550,412 and all related expenditures, and Item 4, Personnel Report, were approved following brief discussions. The majority of licensed positions for the 2022-2023 school year have been filled, with the exception of special education, Stephenson said. "We're still working on it."

With no further business, the Board of Education voted to adjourn.



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REGIONAL NEWS BRIEFS

TRICKLE PARK ROAD RESURFACING PROJECT BEGINS

Special to the Mirror

DELTA — The Grand Mesa, Uncompandere and Gunnison (GMUG) National Forests in cooperation with the Mesa County Road and Bridge Department announce the Trickle Park Road, National Forest System Road (NFSR) #121 resurfacing project. This project consists of grading and gravel resurfacing, pulling and shaping ditches and replacement of culverts. The purpose of the project is to re-establish the road template and surface the roadway with aggregate for an improved driving surface.

Construction will begin Aug.15 and start at the intersection of NFSR #257 and end at the northern Forest boundary heading to Collbran. In conjunction with this resurfacing project, Mesa County will be constructing a new parking lot on the northeast side of NFSR #121 at the forest boundary. The additional parking area will improve access for forest users. The project is expected to continue through the beginning of October. Visitors can expect one-hour traffic delays Monday - Friday 7 a.m. - 6 p.m. Visitors should pay attention to and obey all traffic signs when traveling in or near these areas. Please exercise extreme caution as heavy equipment will be entering and exiting the roadway. For additional information, project updates or questions please contact Robert Dasey at (970) 589-5429 or robert.dasey@usda.gov.

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SUPPORT GROUP JODI HYATT, RN, BSN, IBCLC KIM COOK, RN, IBCLC

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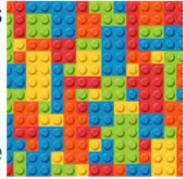






Lego Club at the Library

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SPORTSMAN'S WAREHOUSE ANNOUNCES MONTROSE LOCATION From pg 1

camping, shooting, apparel, and footwear merchandise within a local and convenient shopping environment. And with everyday low prices, passionate, friendly, and knowledgeable associates, and educational in-store seminars and events, you'll enjoy a memorable outdoor experience."

Sportsman's Warehouse touts "...an assortment of over 60,000 items with region-specific products for local outdoor activities."

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OPINION/EDITORIAL: LETTERS

RESPONSE TO RECENT LETTERS BY MR. BARTHOLME, AND MS. OUIMET

Editor:

Two recent letters by Mr. Bartholme, and Ms. Ouimet, illustrate the division of our society into two alternate realities. One side, represented by these two, are the vocal minority of Americans who still believe in Donald Trump, and the other side, which I represent, recognize him for what he is: the greatest and most prolific liar ever produced by our country in it's two centuries of existence, and a traitor to our democracy. Their letters illustrate that they have learned the Trump strategy well: attack others relentlessly with lies and misinformation, in hopes that some of it will stick, like spaghetti to a wall. I won't take the bait; but simply point out why they are wrong.

Far from Ms. Ouimet's characterization of the Biden agenda/economy being a "disaster"; here's the actual truth:
He erased Zawahiri, the mastermind of 9/11, from the face of the Earth last week (why didn't Trump do that during his 4 years?).

Biden will this week sign the Inflation Reduction Act. Highlights include:

Strengthening Medicare by allowing the program to negotiate lower drug prices. \$35/month cap on insulin prices, a huge decrease in costs for those suffering from diabetes. Limits overall drug costs for seniors to \$2000/year! A three year extension of ACA subsidies that benefit those who struggle with medical bills. I ask you, who could possibly object to the above improvements to out of control medical costs? Answer: Republicans, who voted in lockstep to defeat all of the above changes! Support for the changeover to Electric Vehicles. An extension of the \$7500 rebate for purchasing a new American made EV, and a \$4500 credit for a used one. This does not go for "luxury" EVs costing over \$80K, which will help lower consumer costs. Some may consider these incentives unnecessary in the face of skyrocketing demand for EVs, but this will increase competition with cheap Chinese EVs that are starting to flood the market, giving U.S. manufacturers a leg up, and a better

chance of surviving, and creating jobs, in this coming bull market.

Increased funding for manufacture of solar panels here in the U.S. with \$50B in support for construction of manufacturing facilities. Right now, the majority of these panels are built in China. This will help U.S. manufacturers claw back some of that market. The bill also includes provisions to fight back against climate change, and provide support industries developing renewables such as hydrogen, nuclear, etc., in order to save our planet from almost certain destruction if we were to continue on our present path, while simultaneously regaining our market share worldwide on new climate change mitigating technologies. More job here in the U.S.!

A 15% corporate tax on those corporations, such as Amazon, who, although filthy rich, pay no taxes (unlike the rest of us). And, best of all, the IRA has been declared budget neutral by the CBO. Once again, I ask: "Who could possible object to these improvements?" Answer: Republicans ... none of whom supported the Act.

Ms. Ouimet accused Biden of trying to "destroy the fossil fuel industry". Far from it! The IRA includes: New requirements to hold lease sales that open up new oil and gas production. Reinstatement of a recent offshore oil and gas lease sale that had been struck down on environmental grounds. Requirement that the Interior Department hold at least three more offshore oil and gas lease sales by next October. Minimum royalties increase for companies that extract oil and gas on public lands and waters. Added royalty for public land and water extraction of gas that is later burned off or released as waste instead of sold as fuel. Environmentalists aren't happy, but compromise is a necessary part of the legislative process, and these provisions will ensure a smoother transition towards a renewable energy

Far from helping with the current high gas prices, Trump eliminated the CAFE standards that would have increased MPG in all vehicles! How did that help consumers

facing high gas prices?! Fortunately, Biden reinstated those standards, which will save drivers money as the transition to EVs continues to pick up steam.

The Democrats also passed the CHIPS act this month, providing \$52 B to fund construction of factories in the U.S. to manufacture strategically important integrated circuits, instead of having to rely on China, where we get them from now. This, as well as support for EV manufacturers, is yet another step in weaning us off of reliance on China, and creating jobs here. So Ms. Ouimet's comments about the "Biden economy being a disaster" are WAY off base. The only obstacles to technological progress, and resulting jobs, are Republicans, most of whom voted against this vitally important package of incentives for growing our technological base (though 24 Republicans, to their credit, supported the CHIPS Act).

Mr. Bartholme talks about the "Biden crime families". Hunter Biden is a flawed man, who had drug problems, and traded on his father's prestige. I make no apologies for him. Yes, his son engaged in questionable financial activities, but none so far have yet been found to rise to the level of a crime. That being said, if he is found to have broken any laws, justice will likely catch up with him. However, if one were to believe all of the lies and misinformation Mr. Bartholome spews about President Biden, you'd think that he was one of the greatest criminals in human history, which is absolutely poppycock, as anyone who has followed the man's career through the past several decades knows. As for the Biden family, try to find even a single indictment handed down in a criminal court against them ... and good luck, because there have been exactly NONE. Hunter Biden is a troubled man, but he didn't do anything that the Trump family hasn't done in spades. If there was so much crime being committed by Biden, don't you think that Trump's Justice Department would have found out about it in his four years at the helm? All of the crap Bartholome lists was made up by the same right wing

RESPONSE TO RECENT LETTERS From previous pg

sources as gave us "Pizzagate", Jewish Space Lasers, and the "murder of Vince Foster by the Clintons".

By contrast with the Biden's, over the past several decades Trump has been sued, and/or investigated for actual wrongdoing literally hundreds of times. Just google "List of lawsuits involving Donald Trump" and "Legal Affairs of Donald Trump". Wikipedia lists pages of judgements against him, as well as Trump lawsuits thrown out for lack of evidence. The man basically sues for a living; and, although he usually loses, occasionally, as was the case in his bankruptcy filings, cheating construction subcontractors, suing his own wife over violating a non-disclosure agreement, and paying off pornstars for their silence on his numerous affairs, he was successful enough to make it all worthwhile (at least in his eyes). Here a few of the hundreds of violations he committed: Racial discrimination in a housing lawsuit by the DOJ (settled out of court), voting stock fraud during a corporate takeover attempt (\$750,000 penalty paid by Trump) the Trump University fraud (\$25 million penalty paid), multiple counts of charity fraud (\$2M paid), 5 bankruptcies (where he handed off his debts to taxpayers and subcontractors to pay off), etc., etc. If I were to go on, this letter would require perhaps ten additional pages; yet Mr. Bartholome and Trump Republicans in congress are fixated on the "Biden Crime Family"! It's true that Hunter Biden traded on the prestige of his dad; but haven't the Trump kids consistently done the same? Ivanka received 34 patents in one year from China at the time her dad was in talks with President (actually, dictator) Xi. Also, how about the \$2 billion dollar donation to Jared Kushner's Affinity Sovereign Wealth fund from Saudi Arabia's Crown Prince Salman just after he left the White House? This obvious corruption is a matter of public record, and they dwarf any possible wrongdoing by Hunter Biden by orders of magnitude.

People that still believe in Trump invariably listen to tainted news sources, more often than not fed by propaganda originating in Russia. This torrent of misinformation is apparent in the ridiculous claims

of both Bartholome and Ouimet. Just this week, one of those sources, Infowars, and it's founder, Alex Jones, a fervent Trump supporter, were found guilty of spreading lies about Sandy Hook Elementary School massacre of 26 children and teachers by a deranged gun toting kid. Jones was ordered to pay \$50 million dollars to the parents of a child shot in the head. He also admitted in court that the massacre did in fact happen. Infowars, in addition to spreading Trump's famous "Big Lie", spread the lie that Democratic actors staged the Sandy Hook Elementary School massacre to weaken gun rights. Infowars followers harassed and issued death threats to the parents. Imagine your 6 year old son being shot dead in a classroom, and then being harassed by and receiving hundreds of death threats from enraged Infowars listeners! In recent decades, the misinformation juggernaught started by Rupert Murdoch's Fox News has metastasized into a nationwide network of fear mongering, conspiracy theories, hatred, and grievance.

Last month, seven retired four-star generals wrote a letter stating that Trump "abdicated his duty to preserve, protect and defend the Constitution" while rioters attacked the US Capitol ...

The president's dereliction of duty on Jan. 6 tested the integrity of this historic principle as never before, endangering American lives and our democracy". Even Rupert Murdoch, one of the men responsible for creating the monster, has turned on his creation, just last week calling trump "unfit to be president". Trump was characterized as a "F'ing moron" by his own Secretary of State, with numerous similar statements, too many to list here, by several others in his own staff and cabinet. Former Bush Defense Secretary Dick Cheney recently said "In our nation's 246-year history, there has never been an individual who is a greater threat to our republic than Donald Trump". He continued: "He tried to steal the last election using lies and violence to keep himself in power after the voters had rejected him. He is a coward". Cheney, who is a staunch conservative; knows a thing or two about politics, and understands what Trump represents. The

list of those who see the threat of Trumpism to our democracy grows weekly; once again, there are too many world and U.S. leaders to list here who have condemned Trump.

A little background on myself: not to boast, but to call out Ms. Ouimet's characterization of me as "crazy" and a "lefty". I joined the USAF right out of high school, followed by the Colorado Air National Guard in the 70's. I volunteered while the Vietnam War was still underway (though I was sent elsewhere overseas). After leaving the service, I received my degree as an electrical engineer, I worked in private industry, construction, and became (after receiving my degree) a Security Engineering Officer in the U.S. State Department. During my time in there, I travelled to dozens of countries in the Middle East, Europe, Africa, and even the Soviet Union. During this time, I learned a lot about other cultures and governments, reading up on each country I visited before traveling. As such, I developed a good understanding of various governments, and a deep and abiding love for our own form of government. After that, I worked for a decade in the Secret Service. Following that, I had my own business for about 7 years before retiring. I do support protecting our environment for my three kids and their families' futures. I compost my kitchen scraps, recycle household waste, and grow a vegetable garden. I ride my bike or walk whenever possible to not waste gasoline, and recently bought an EV. Finally, I am a trained gun owner; who is not worried about the "government taking my guns"; I'm more worried about unregulated militias carrying guns in public. I must ask: Does my resume suggest someone who is "crazy"? Additionally, if these traits I've listed qualify me as a "lefty", I'll wear the mantle with pride. To my way of thinking, conservation and frugality are (or, at least, should be) the true heart of Conservatism.

In the upcoming elections this November, the choice is clear. On one side, there is the promise of worsening gridlock in Congress, ensuring that NOTHING gets done in the next two years to address challenges such as the increasing damage caused by climate change, increasing spread of ethnic

RESPONSE TO RECENT LETTERS From previous pg

hatred, increasing gun violence, increasing social strife, erosion of our democracy, erosion of decency in the political arena, more money in politics, constant promotion of hatred and grievance, the continued erosion of our leadership role in development of new technologies to China, etc. On the other hand Democrats are fighting all of those dangers to our freedom as I've outlined above.

Democrats will continue to stand up for

the truth, and work towards a day when we start working TOGETHER again to rebuild faith and trust in our country's system of government. We will accomplish this by being vigilant, holding our governments, local and national, to account by volunteering, being aware of what government is doing, and working to improve it, rather than working to tear it all down, as the current Trump-dominated GOP is doing. This work starts by calling out misin-

formation, conspiracy theories, and those who spread hatred and malcontent. It involves working to elect honest leaders who don't give in to the mob, or aspiring dictators; and ignoring the shrill insults and misinformation of massively deluded Trump supporters. We have a choice: work together to build a safe and prosperous country for our children, or a future of chaos led by a corrupt, self serving Trump. David Congour, Montrose

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OPINION/EDITORIAL: LETTERS

NATIONAL ELECTION MAY BE THE MOST CONSEQUENTIAL SINCE CIVIL WAR

Editor:

Have been contemplating the recent GOP Primary election in which Boebert won with 65% of the vote. Since many intelligent people live in our District, I am wondering what their reasons for voting for Boebert instead of Coram includes.

- Was it because:
- 1 Boebert believes Trump's lie that he won the 2020 Presidential election?
- 2] Boebert supported and contributed to the Insurrection on our democracy via the attack on the Capitol?
- 3] Boebert attempted to enter the halls of Congress wearing her six-gun when she was told firearms are not permitted on the Capitol grounds?
- 4] Boebert has no concept of how the Congress/Judicial/Executive Branches op-

erate? montrose

- 5] Boebert has not authored one piece of legislation that contributes positively to Americans' lives?
- 6] Boebert willingly has little respect for the Law or the Constitution as indicated by tives? her continued support of Trump's attempts to outflank both?
- 7] Boebert collects her \$150000.+ yearly salary to run personal negative ads against anyone who differs from her position?
- 8] Boebert lives in a reality in which antidemocratic, dictatorial and fascist govern-

mental philosophies should be the norm? 9] Boebert threatens current officials who provide Americans with important information, i.e. Fauci, Governors, Representa-

Just curious. Our Colorado election and our National election to determine our next representatives occur in a couple months and may be the most governmentally consequential since the Civil War. Marge Morgenstern, Montrose



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OPINION/EDITORIAL: LETTERS

THE LATE, GREAT FEDERAL BUREAU OF INVESTIGATION

Editor:

Growing up with my dad being a Border Patrolmen and then an Investigator, I was fairly familiar with U.S. Government friends and had great respect for them. While in the LAPD police academy I smiled at FBI Chief, J. Edgar Hoover, whom LAPD

Chief of Police, Bill Parker had invited there, and who nodded back with a grin. I'll never forget it. During my 28-year career and after, I came in contact with a fair amount of FBI Special Agents, working cases, SWAT and etc., and even after retirement and 9-11. I also made a life-long

friend with one whom, like I, is past retirement. As with any group including police departments, some FBI Special Agents are more "Special" than others. On one occasion when my friend dropped by on his way home

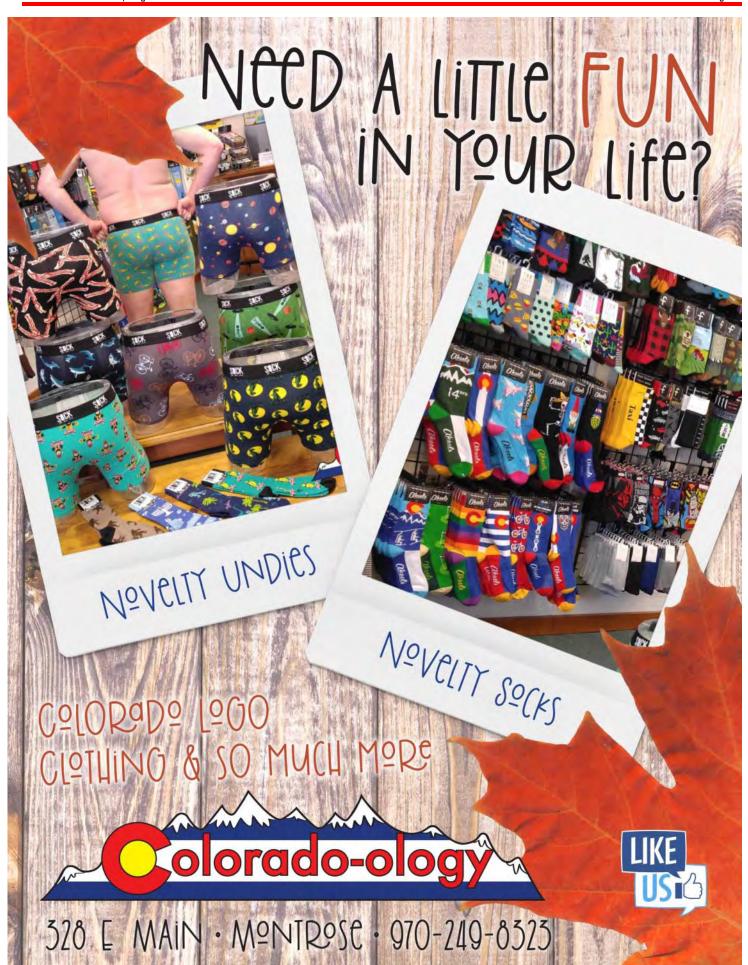
for a cup of coffee (he lived in our town). I forget what we were talking about but he uttered a phrase that I've never forgotten when he remarked, "Big cases, big problems; small cases, small problems; no cases, no problems." I said, "Sounds like somebody's doing more work than somebody else." Over the years, as with police, FBI "Special Agents" have run the gamut from doing great things to stupid things, to more recently, highly questionable things. FBI Agents can lie to you, but if you lie to them you'll go to prison; no trial, no jury! If an FBI Agent shoots and kills somebody and it's a bad shooting, the agent may be moved to another state and may even increase in rank.

It now seems as if the FBI has become what amounts to a wing of the Democratic Party, taking orders from the President of the United States, and/or his staff. The case in point is the all but unbelievable raid by the FBI on the Mar-A-Lago Florida home of the former President of the Unites States," Donald J. Trump. On the day of the raid a former U.S. agent said to me, "What'll you bet that the FBI will go through Melania's underwear?" I thought he was joking, but it was soon verified by Eric and Donald Trump that Mrs. Trump's personal clothing was ransacked. Even worse, the 40 FBI Agents refused to show the warrant, ejected Trump's lawyer

from the property, blocked Trump's staff from watching what they were doing, and demanded that the security cameras be turned off, which his staff refused to do! If true an old joke may become a reality; "FBI - Famous But Incompetent!" Gary Paul Johnston, Montrose



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OPINION/EDITORIAL: LETTERS

THANK YOU TO HARD WORKING LOCAL HEROES

Editor:

We would like to give a sincere thank you to Ouray County Deputy Luis Perez for assisting us when our vehicle broke down Sunday...on a curve...on extremely busy Highway 550. In addition to that danger, it instantly became very hot for our two dogs in the vehicle with us. Deputy Perez arrived quickly and immediately slowed traffic down and away from us. He offered to let us and our pups cool down in his vehicle and never left our side as he kept the situation calm and under control as we waited for a tow vehicle. His acts of kindness, consideration and service during this stressful time shows how big a heart he has for others. In addition, a thank you to the Ridgway officer (whose name we don't know), who assisted in traffic control and Mike, the tow driver from M&H Towing from Montrose for his quick rescue. How fortunate we all are to have folks like these working hard and dedicated to keeping us safe and protected in our communities.

Gene and Deb Reimann Nugget and Noodle



WEEKEND BINGO AT AMERICAN LEGION POST 24 IN OLATHE

Special to the Mirror

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08.26.2022

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OPINION/EDITORIAL: LETTERS

...THEIR INTENT IS AUTHORITARIAN SOCIALISM CONTROLLED BY A FEW

Editor:

Welcome to Biden's America where the left thinks they can offer an alternate view of reality --- that changes every hour on the hour. With the Biden Administration presiding over the worst economy most Americans have ever lived through, with true inflation (as in food and fuel) pushing 20%, Democrats think they can simply deny the obvious. We'll just change the definition of "recession" used for more than half a century and say we're "in a period of transition". Tell that to food banks no longer able to provide people's needs due to food costing dramatically more, or families dropping their pets off at shelters because they can't afford to feed them anymore. Remember, these are the same people who told us their inflation was "just transitory".

Democrats now want to pour fuel on the economic fire by passing a fresh version of "Build Back Better". And get this: they are calling it the "anti-inflation plan", despite the fact it's the same mix of growth depressing tax hikes and inflationary new federal spending that created the inflation and destroyed the economy in the first place. An honest title would be the "Higher Taxes, Bigger IRS, and More Inflation Act of 2022". The bill will add 86,000 additional IRS agents (current full-time staff = 78,661) with the goal of auditing an additional 1.2 million taxpayers per year and increase the audits of small business owners by 50%. Here's one Dem alternate reality: Even though there are currently only 724 billionaires in the U.S., the administration is claiming the bill is aimed at billionaires. In fact, these 86,000 new IRS agents will be auditing waitresses, teachers, self-employed people, and small businesses.

The question that must be asked is: Why can't Democrats ever be honest about

their goals and what they are doing, and why do they always have to lie to hide the facts? Why do they have to give us silly talk about the U.S. economy being the "strongest in history" when it's painfully obvious to all that it's quite the opposite? Why do they think it is "normal" for a national government to intentionally cause economic destruction, racial conflict, and social unrest? Why do they want us to not notice that they are crippling our domestic energy resources, strangling our food production, and unleashing waves of poverty-inducing inflation? Why do they want to label you as a "insurrectionist" if you have the audacity to question tainted elections or speak out at school board meetings? Why do they want to eliminate our southern border, demonize and defund the police, and create out-of-control crime in our cities?

The answer is more concerning than all of Biden's self-inflicted crises combined. Economics 101 teaches that there are two basic economic systems. America's historic approach is a decentralized form of economic activity and productivity in which individuals, civil society, and private organizations have broad freedom to act as they see fit. There is little centralized oversight, limited bureaucracy, and an emphasis on entrepreneurial risk and reward. This approach benefits all, and empowers individuals and civil society. The second system is a centralized system of top-down controls where a single leader or group make all the decisions. All private organizations, if they still exist, operate under the subjugated dictates of the central authority. This centralized system benefits the planners, the bureaucracy, and the ruling elite. This system has a number of variations and goes by different names: socialism, communism, fascism, national-socialism, the welfare state,

etc. Some variations are more brutal than others, but all are based on a top-down centralized control system.

This second system is precisely what the Biden administration and proponents of the Green New Deal seek, but they cannot achieve it when everyone is thriving, healthy, and getting along with one another. Because radical Democrats can no longer compete with any workable ideas or policies within the Constitution, they must "divide and conquer" to separate Americans from each other. A destroyed economy, racial hatred, lawlessness, a two-tiered legal system, corrupting the FBI and DOJ, re-writing and lying about our history, ridiculing the family / motherhood / masculinity / religion / etc., are all part of the plan. By creating chaos and crisis the left thinks they will destroy the independent spirit of Americans and create enough despondency and mistrust that we will look to big government for salvation.

And that, my friends, is why Democrats can never be honest, always having to lie about the facts. The anti-liberty left's whole agenda is based on a series of false premises and lies. No matter how much gaslighting they do in trying to re-define their goals as "normal", their intent is authoritarian socialism controlled by a few enlightened "elites". They consider the American people incapable of acting in our own interest. We need big government and its army of bureaucrats to show the way to utopia by forcing us into submission to their distorted vision. With the veil now lifted on "progressives", Americans finally have a clear choice about the kind of country they want America to be. We can either Make America Great Again, or slide into anarchy leading to totalitarianism --- like Venezuela.

Ed Henrie, Montrose

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Our Original Location: 306 East Main Street Montrose, CO 81401

Norris-Snell Real Estate, LLC, defines success in two words: client satisfaction. To the extent that our customers succeed, we succeed. With this foundation, our growing firm counts itself privileged to offer uniquely qualified service to the counties of Montrose, Delta, and Ouray in Western Colorado. Our founder, a Montrose native with a four-year business degree, established Norris-Snell upon a vision of combining local expertise with 21st Century technology and market practices. The result? An award-winning, full-service agency with heart, dedicated to professionalism and integrity while remaining adaptable in a changing industry. Whether crafting a customized marketing plan to sell your property or helping you navigate the Western Slope in order to purchase, Norris-Snell would be honored to serve you in any capacity for the accomplishing of

your every real estate goal.

Come Join Us to Celebrate National Breastfeeding Month!

Thursday August 18, 2022

Buckley Park - 300 N. Nevada

10 a.m.-12 noon

Come have Fun and Meet Other Moms

and Dads!



Come Find
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REGIONAL NEWS BRIEFS

SIGN UP FOR 7TH ANNUAL LOG HILL HUSTLE



Race registrants may walk, run or push a stroller on the course.

Special to the Mirror

RIDGWAY-Sign up today for the 7th annual Log Hill Hustle Sunday, Aug. 28! Fortuna Tierra Club has raised more than \$80,000 from the 5k/10k race/fun run since its inception. Funds provide college scholarships for Ridgway High School graduates. For details and to register: www.fortunatierra.com.





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600 S. 5th Street Montrose, CO 81401

MontroseHealth.com







COLORADO NEWS BRIEFS

Special to the Mirror

MONTROSE-New club, **WESTERN SLOPE GROUP COLORADO MOUNTAIN CLUB**. Look for us at an outside table labeled "CMC" at the Horsefly Montrose on Thursday Aug 18 starting at 4:30pm or to see our planned outdoor activities visit: https://www.cmc.org/groups-sections/groups-around-the-state/western-slope-group/events



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The Montrose Mirror | August 15, 2022 Page 23



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MONTROSE COUNTY MARKS FIRST WEST NILE VIRUS CASE OF THE SEASON

Special to the Mirror

MONTROSE — Montrose County Public Health confirmed its first case of West Nile Virus for the season. West Nile Virus is most commonly spread to people by the bite of an infected mosquito. In 2021, Montrose County reported 12 cases of West Nile Virus.

"It's important to take precautions to help protect yourself from West Nile Virus," said Montrose County Communicable Disease Coordinator Lisa Gallegos. "Simple steps such as wearing an effective insect repellent, wearing protecting or long-sleeve clothing, mosquito-proofing your home, and possibly staying indoors

when mosquitos are most active are key to helping avoid West Nile Virus."

In Colorado, most human West Nile virus cases are reported in August and September. Most people infected with West Nile virus don't have symptoms. About 20 percent of infected people will have flu-like symptoms, and fewer than one percent develop a serious, potentially deadly illness. People over age 60 and those with certain medical conditions are at greater risk of serious illness. See a health care provider if you develop severe headaches or confusion.

Due to the cases reported last year, the Colorado Department of Public Health and Environment and Montrose County Public Health urge community members to protect themselves. Stated below are precautions to take this summer while outside and in areas where mosquitos are active.

To protect yourself:

- -Use insect repellents when you go outdoors. Repellents containing DEET, picaridin, IR3535, and some oil of lemon eucalyptus, and para-menthane-diol products provide the best protection. Follow label instructions.
- -Limit outdoor activities at dusk and dawn, when mosquitoes that carry West Nile virus are most active.
- -Wear protective clothing (long pants, long-sleeved shirts, and socks) in areas where mosquitoes are active. Spray clothes with insect repellent for extra protection.

To mosquito-proof your home:

- -Drain standing water around your house at least once every week. Empty water from tires, cans, flowerpots, clogged gutters, rain barrels, birdbaths, toys, and puddles.
- -Install or repair screens on windows and doors.
- -Replace outdoor lights with yellow "bug lights". These attract fewer mosquitos. These do not repel mosquitos, just limit the amount.

For more information, visit the department's West Nile virus web page.

MOMMA & ME





El Grupo de Apoyo JODI HYATT, RN, BSN, IBCLC KIM COOK, RN, IBCLC

MONTROSE CENTRO de EVENTOS

1036 N. 7TH STREET-HABITACION #3 1st and 3rd Jueves 10:00AM-12:00PM

COMIENZA EL 1 SEPTIEMBRE, 2022

Trae a tu Familia y tus Preguntas!

Busque el Poster de la Coalicion de Lactancia Materna de West

Central

Consultores Certificados de Lactancia-Jodi and Kim estan disponsibles para respondar a sus preguntas sobre la lactancia maternal y los problemas communes.

Verifique el peso de su bebe en una escala para bebes. Todas las mamas son bienvenidas!

PARA OBTENER MAS INFORMACION Y PROXIMOS EVENTOS SIGA: WESTERN SLOPE BUMPS TO BOOBS-UN GRUPO DE APOYO PAR PADRES CENTRO EOSTE COALICION DE LACTANCIA







Vanga Con Nosotros Para Celebrar el Mes Nacional de la Lactancia Materna!

Jueves-18 Augosto, 2022

Buckley Park - 300 N. Nevada

10 a.m.-12 noon

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WABA | SEMANA MUNDIAL DE LACTANCIA MATERNA (SMLM) 2022

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Comida Y Mucho Mas!



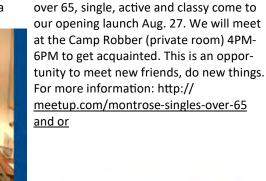




SENIOR SINGLES CLUB LAUNCHES AUG. 27

Special to the Mirror

MONTROSE-Good News for Seniors! New Senior Singles club for Montrose, Delta





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NORTHSIDE HEALTH CENTER

528 North Uncompanyere Ave Montrose (970) 240-6438 **VFC PROVIDER** pfb.com/northsidechildhealthcenter

CEDAR POINT HEALTH

300 South Nevada Ave Montrose (970) 249-7751 cedarpointhealth.com

BASIN CLINIC

421 Adams Street Naturita (970) 865-2665 **VFC PROVIDER (RHC)** basinclinic.org

UNCOMPAHGRE MEDICAL CENTER

1350 South Aspen Street Norwood (970) 327-4233 **VFC PROVIDER (FQHC)** umclinic.org **340B PARTICIPANT**

DELTA COUNTY HEALTH DEPT

255 West Sixth Street Delta (970) 874-2165 **VFC PROVIDER** deltacounty.com/8/personal-health-services

RIVER VALLEY FAMILY HEALTH CENTERS

1010 Rio Grande Montrose (970) 497-3333 308 Main Street Olathe (970) 323-6141 rivervalleyfhc.com 340B PARTICIPANT & VFC PROVIDER (FQHC)

THE PIC PLACE

87 Merchant Drive Montrose (970) 252-8896 pic.place

MESA COUNTY HEALTH DEPT

510 29 1/2 Rd Grand Junction (970) 248-6900 **VFC PROVIDER** health.mesacounty.us/services/family/imm unizations

VFC (VACCINES FOR CHILDREN)

The Vaccines for Children Program (VFC) is a federally funded program that provides vaccines 0-18 years of age who are enrolled in Medicaid, who have no insurance, or who are American Indian / Alaska Native. *Children who are underinsured may receive VFC vaccines at a federally qualified health center (FQHC) or rural health center (RHC).

340b

The 340b Drug Pricing Program is a US federal government program created in 1992 that requires drug manufacturers to provide outpatient drugs to eligible health care organizations and covered entities at significantly reduced prices.

CITY MARKET SOUTH

16400 South Townsend Ave Montrose (970) 240-1994 **340B PARTICIPANT** Register Online

Flu Shingles
Pneumonia MMR
Tdap Rabies
Meningococcus Polio

Chickenpox Japanese Encephalitis

Hep A Hep B COVID-19

WALGREENS

2351 South Townsend Ave Montrose

(970) 252-1743 Register Online

Flu Shingles
Pneumonia HPV
Tdap MMR
Td or DT Rabies
Meningitis Polio

Varicella Japanese Encephalitis

Hep A Typhoid Hep B Hep A/Hep B

COVID-19 (Moderna)

CVS (IN TARGET)

3530 Wolverine Dr Montrose

(970) 497-8981 Register online

Flu MMR
Hep A Tdap
Hep B Varicella
Hep A/Hep B Pnemococcal
HPV Meningooccal
Shingles Hep A/Hep B

Typhoid Japanese Encephalitis Polio, adult COVID-19 (Pfizer & JJ)

CITY MARKET NORTH

128 South Townsend Ave Montrose (970) 249-2064 **340B PARTICIPANT**

Register Online

Flu Shingles
Pneumonia MMR
Tdap Rabies
Meningococcus Polio

Chickenpox Japanese Encephalitis

Hep A Hep B COVID-19

SAFEWAY

1329 South Townsend Ave Montrose (970) 249-1160 **340B PARTICIPANT**

Register online

Flu Shingles
Pneumonia Tetanus
HPV Pertussis
MMR Meningitis
Hep A Hep B
COVID-19

WALMART

16750 South Townsend Ave Montrose

(970) 249-7742 Walk-in's welcome

Flu Hep A & Hep B

Shingles IPV
Tdap Varicella
Td Pneumococcal
MMR Meningococcal

COVID-19 (Moderna & JJ)

STACIE'S APOTHECARY SHOPPE

112 Village Square West Ridgway

(970) 626-7100

Flu Pneumonia

Shingles Tdap



Please note that this list is not exhaustive and is not an endorsement of any pharmacy or provider. Visit www.cdc.gov/vaccines for the latest recommendations. Please contact your Pharmacy or Provider to confirm availability of vaccines. Montrose County Public Health will not provide immunizations after June 30th, 2020. Last Updated 7-25-2022.

AUGUST IS CHILD SUPPORT AWARENESS MONTH

By Chris Sorenson, Montrose County Child Support Services Manager MONTROSE-Summertime has been sizzling this year, and it will continue to sizzle in August!

This month is known for its heat, but August is significant for another reason-Child Support Awareness Month. Child support work has been highlighted annually in August since President Clinton established the official recognition of Child Support Awareness Month in 1995. This welldeserved recognition calls attention to the accomplishments of the child support program and its employees.

For the past three years, Montrose County Child Support Services has selected a local charity to benefit from donations through fundraisers within human services as well as generous donations from local businesses. This year's recipient is Haven Foster of Olathe.

Haven Foster is a volunteer nonprofit which helps children going into the foster care system. Haven Foster helps by offering necessity items as well as comfort items in back packs for children/youth. Donations are being accepted at Montrose County Human Services, or you may call 970-252-4227 for pick-up.

Child support professionals earned this attention by helping families through federal, state, county, tribal, and international programs aimed at supporting children and families. Child Support Services understands the value of the child support program to those it serves, and we strive to serve them well.

Child support helps more than the parent receiving it, a fact many don't know, which causes misinformation to spread. There are many myths that surround child support, which does not help to spread the positive impact child support makes.

Those who are involved in a child support case or order are not bad parents. Child support payments indicates the parents' love and support for their child.

Child support is also not just for fathers to pay and not just for mothers to pay. Any parent can be responsible for paying child support. These myths not only hurt those that are in a child support case or order, but hurt the children as well.

Debunking these myths takes away the stigma that surrounds child support and shows that child support is the opposite of a bad thing, it is an amazing opportunity for the child or children getting that sup-

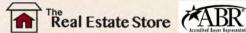
So this month, bring on the heat! Child Support Services, county and state partners will be busy helping families together, with innovation that supports the child support program's mission. We'll be cool and calm, and we'll keep working on.

FEEL LIKE YOUR FAMILY IS **OUTGROWING YOUR CURRENT HOME?**

Does your current home feel like it is shrinking? Do kids need more room to play and do homework? If you feel you want more room I'd love to help you explore and obtain that next step. Call or text me today to learn more! I am here to help; I am your Local Accredited Buyer Representative!



Michelle Klippert | ABR Broker/Owner C: 970-275-3016 O: 970-249-7653 michelleklippertrealtor@gmail.com





500 E. Main St. Montrose, CO 81401



OPINION/EDITORIAL:LETTERS WILL WE DO THE RIGHT THING IN NOVEMBER?

Editor:

One of my wife's favorite sayings is, "keep life looking forward! Looking backward is only for time travelers!"

86 days away and our country in increasing free-fall, it might behoove all voters to reflect on the not so distant past, as well as the present in order to make the best decisions on November 8, for the future of our country.

Put aside, if you can, any dislike of Trump's personality flaws, and reflect only on actual accomplishment for the country. Donating his presidential salary to charity and in spite of ongoing and unsuccessful Democrat attempts to sabotage his presidency, the FACTS are that his policies brought an unprecedented level of prosperity, not seen in decades, to all Americans! Taxes were down, incomes were up, businesses expanded, and the economy flourished. We were energy independent, our borders were more secure than ever, our military was upgraded, and our international relations brought back the trust and respect this country had lacked under Obama. Absent the Covid pandemic there is little doubt much more would have been accomplished. Even during that time, Trump brought a viable vaccine to market in record time!

It is difficult to understand how "supposedly" 80 plus million voters in 2020 could possibly think Biden had the

ability or qualifications to be more successful than Trump! In just 18 months Biden and the Democrats have proven for all to see that those "voters" were ill However, with our mid-term elections just equipped to be making decisions for this country. Every Biden decision and policy to date has put this country on a crash course to self-destruction with open borders, loss of energy independence, inflation, increased deficit spending, a military overcome by woke idiocy, CRT indoctrination, Cancel Culture, and a weaker international position due to a milguetoast Executive, among far too many other critical issues. Is it any wonder that the entire county is experiencing "voter remorse" with thousands leaving the Democrat party daily? Until recently I chalked this fiasco in electoral idiocy up to pure incompetence, but due to two current events, I'm beginning to see that this is all by design, thanks to the radicalized liberal progressive Democrat party. The first event, last week's FBI RAID on Trump's home in Florida should really get your attention. Since Obama, Democrats have weaponized our DOJ and FBI for political purposes, conveniently turning a blind eye on the corrupt likes of the Clintons, the Pelosi's and the Biden's among many others. Garland and Wray just claimed support for the "rule of law" and "equal justice". IN A PIGS EYE! Actions speak louder than words! The DOJ and FBI have repeatedly lied and practiced CYA so much they have lost all credi-

bility!

The second event noted is the hiring and arming of 87,000 new IRS agents to go after average Americans. What has yet to be widely noted is that applicants must be physically fit, with firearm experience, and willing to use deadly force [this was quickly removed from job posting]. If the Trump RAID and weaponizing the DOJ and FBI for political purposes, along with arming a massive IRS army doesn't scare the hell out of you, you have no business voting. Remember Mao, Chavez, and Castro? They all started out saying," Trust us, we're doing this for you!"

The difference between the success of Republican policies and the disaster of Democrat policies couldn't be clearer! November 8 will be a referendum on whether our Constitution and freedoms survive or we continue on the current path to becoming the newest third world banana republic! Is it wise to trust anyone running for any office, at any level, as a Democrat ???

According to Winston Churchill, "The Americans always do the right thing after they have exhausted all other options". We're seeing and paying for our 2020 election mistake in real time. Poll after poll have one thing in common. In huge numbers Americans agree we are on the wrong track! Will we do the "right thing" in November? Dee Laird, Montrose

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REGIONAL NEWS BRIEFS CRIME STOPPERS ALERT





Montrose Regional Crime Stoppers MONTROSE-"On the morning of 07/05/22, three pickup trucks arrived at Blair's Truck Stop and parked at a fuel pump. Three unknown males damaged one of the fuel pumps and stole approximately 497 gallons worth of diesel fuel valued at an estimated \$2,728. The suspects pumped fuel into auxiliary fuel tanks in the beds of the pickups and left the area. Pictures are of the three involved pickups and one of a

male suspect."





Anyone with information about this crime or the identity of the perpetrator(s) or any other crimes may call Crime Stoppers anonymously at (970)249-8500, use the app P3 Tips, or provide information via P3Tips.com. Crimes Stoppers wants your information, not your identity. If the Tip results in an arrest, the Tipster may receive a cash award. For additional information, please view our Facebook page, www.facebook.com/ montroseregionalcrimestoppers. Crime Prevention and crime solution are everyone's responsibility. MRCS would also like to remind everyone that all persons of interest depicted in our alerts by photo or not, or by any other means, are presumed innocent until proven guilty in a court of law.



The new Alpine Women's Centre Clinic & Med Spa is proud to provide advanced, nonsurgical aesthetic services for our communities.

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- Chemical Peel \$135 \$300 Improves the appearance and texture of skin
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- Facials \$45 \$135+
 Cleanses, exfoliates and nourishes the skin
- Plasma Pen \$300 \$1,500 Treats wrinkles, sagging, and dull skin
- Microneedling \$275 \$800
 Stimulates collagen production
- BioTe HRT \$350+
 Addresses hormone imbalances using pellet hormone replacement therapy

Saturday treatments available by appointment.



Alpine Women's Centre 900 S. 4th Street Montrose, CO 81401 970-497-5891

MontroseHealth.com/MedSpa

BLM SOUTHWEST DISTRICT RESOURCE ADVISORY COUNCIL TO MEET IN SEPTEMBER

Special to the Mirror

GUNNISON— The Bureau of Land Management's Southwest District Resource Advisory Council (RAC) will host a field tour on September 7th commencing at 8 a.m. at the Gunnison Field Office, 210 W. Spencer Ave., Gunnison, CO 81230. Attendees will travel to the Alpine Loop and return to the field office at 4:30 p.m.

Members of the public are welcome on field tours but must provide their own high clearance transportation and meals. Individuals who plan to attend must RSVP at least two weeks in advance to the BLM Southwest District Office at 2465 S. Townsend Ave., Montrose, CO 81401; telephone: (970) 240-5339; email: sreinhardt@blm.gov.

The RAC will hold an in-person meeting with a virtual option on September 8th from 10:00 a.m. to 3:30 p.m. The meeting is open to the public, and the agenda information will be posted 30 days in ad-

vance on the RAC's webpage at https://www.blm.gov/get-involved/resource-advisory-council/near-you/colorado/southwest-rac.

"The Southwest Colorado Resource Advisory Council and its members are valuable partners with the BLM who provide recommendations that help guide our management of public lands," said acting District Manager Elizabeth Dawson. "We appreciate and carefully consider their advice, ideas, and diverse opinions on a range of complex issues."

A public comment period is scheduled for 11:30 a.m. on September 8th and planned agenda items include an overview of the big game resource management plan amendment, a discussion on sheep grazing permits, and reviewing a draft business plan for proposed recreation fee adjustments.

Individuals who want to make a statement during the public comment period

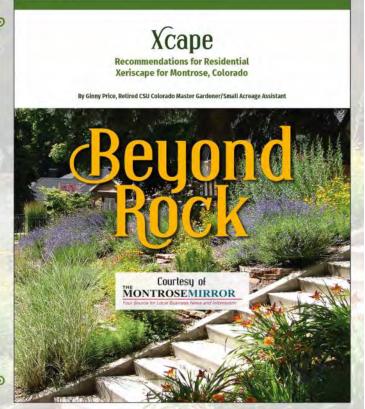
are encouraged to also submit a written copy of their statement at the meeting for the administrative record. Virtual access to the meeting can be achieved by using this link: https://blm.zoomgov.com/ j/1616329294?

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UT09

The three 15-member Resource Advisory Councils in Colorado are forums for providing advice and recommendations to the BLM on various resource and land management issues.

The Southwest Resource Advisory Council advises the BLM Colorado Southwest District which includes the Gunnison, Uncompangre, and Tres Rios field offices, Canyons of the Ancients National Monument, Gunnison Gorge, and Dominguez Escalante National Conservation Areas. For more information, please contact Shawn Reinhardt at (970) 240-5339 or sreinhardt@blm.gov.





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CPW HOSTING PRESENTATIONS ON GUNNISON BASIN WILDLIFE MOVEMENTS AND MIGRATIONS

Special to the Mirror

GUNNISON— Colorado Parks and Wildlife biologist Kevin Blecha will host two upcoming public presentations regarding wildlife movements and migration corridors for the Gunnison Basin.

The presentation, titled "Great Wildlife Movements of the Gunnison Country," is scheduled for Aug. 23 and then again on Aug. 27 at the <u>University Center Theater at Western Colorado University</u>. The talks will start just after 7 p.m. and will last approximately one hour.

"Gunnison has a rich wildlife community, and local CPW staff have been studying the movements of the large, wild animals in the Upper Gunnison Basin over the past decade," Blecha said. "In this presentation, I will explore seasonal migrations, winter movements and excursions and dispersals of the Upper Gunnison Basin's large, charismatic megafauna."

CPW has conducted ongoing research utilizing GPS tracking data in an effort to better understand and conserve the Gunnison Basin's wildlife. In doing so, CPW has identified key migration corridors and critical habitat.

"These animals partake in these really interesting and fascinating movements throughout the landscape," Blecha said. "We will feature some of the more fun stories we have encountered, and I think some people might be surprised by what

these animals are capable of."

While the presentation will highlight the more unique and entertaining stories, it will also discuss some of the critical findings from the data collected.

CPW will be working with partner agencies and local governments regarding what can be done to balance increased development and recreation while also working to protect critical habitat and migration corridors.

There is no cost of admission to attend the presentations. Seating is limited, so attendees are encouraged to arrive promptly at 7 p.m.

Western Colorado University is located at 1 Western Way, Gunnison, CO 81231.



Art Classes at Cobble Creek Clubhouse Open to the public



Paint & Sip Art Party
with Anne Hockenberry
Friday August 19, 6-8 pm

Cobble Creek Clubhouse 669 Cobble Drive, Montrose

Receive step-by-step instructions to create this summer sunset painting on a 11 x 14 canvas in a fun and relaxing environment.

All materials are included. Cash bar.

Sign up at

www.birdsandberrystudio.com/productpage/paint-and-sip







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PLEASE BRING YOUR OWN CHAIRS

DELTA HEALTH WELCOMES NEW FAMILY PRACTICE OBSTETRICS PHYSICIAN

Special to the Mirror

DELTA— Delta Health is excited to welcome Catherine Jimenez, M.D. as the newest Family Practice with Obstetrics physician at the Delta Health Family Medicine Clinic.

Jimenez completed her family medicine residency at Texas A&M in June 2022 with a focus in advanced obstetrics and endoscopy and received her Doctorate of Medicine from the University of Illinois College of Medicine-Peoria in 2019.

"I wanted to go into family medicine because I wanted to be able to provide a full spectrum of care," said Jimenez. "I also loved delivering babies, and one thing that was important for me is to be able to see the babies after I deliver them."

Originally from Trinidad, Colorado, Jimenez knew that after residency she wanted to come back to Colorado to practice medicine, and is excited for the chance to be back in a rural setting similar to where she grew up.

"We are excited to have Dr. Jimenez joining our family practice at Delta Health Family Medicine," said Matt Heyn, President and CEO of Delta Health. "She is going to be an amazing asset to the team and we know she will go above and beyond to provide remarkable, compassionate care for the entire family."

Jimenez's care philosophy is centered on having a strong patient-provider relationship.

She strives to build a solid foundation with her patients and get to know them so that she can provide the highest quality care and meet their needs.

Jimenez also has a certification for the Creighton Model Fertility Care System and NaPro Technology to help women and

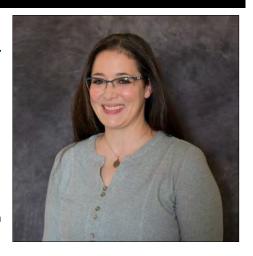
families manage their health and fertility. "During my residency, building a relationship with my patients was there I thrived," said Jimenez. "I was able to build a rapport and talk to my patients in a way that allows them to fully understand their health needs. I am excited for the opportunity to provide the full scope of care and to treat the whole family."

It wasn't until college that Jimenez realized she wanted to be a physician. Her father is a doctor, so she said it was always lingering in the back of her mind as a possibility. Jimenez went to the Colorado School of Mines for her undergraduate degree and initially planned on becoming an Engineer.

"I did internships for engineering and realized I didn't love it," said Jimenez. "Junior year it solidified for me that I did want to go to medical school. But I do think that pursuing engineering initially set me up well for practicing medicine." Jimenez said engineering helped her to see things as a system, and it helped her in terms of thinking through treatments to treat the entire person.

"But I also think engineering helped me when it comes to the healthcare system as a whole and how complicated it is," said Jimenez. "I was able to understand supply and demand and where things come from and how they're manufactured and how it affects everything downstream. It was nice to have that perspective, especially during the pandemic; it allowed me to not get frustrated with the complexities of healthcare."

For Jimenez, this understanding has allowed her to bring innovation into the way she approaches care for her patients and in the way she makes available re-



Delta Health is excited to welcome Catherine Jimenez, M.D. as the newest Family Practice with Obstetrics physician at the Delta Health Family Medicine Clinic. Courtesy photo.

sources work for her patients.

Jimenez and her husband Kyle met while an undergrad at Colorado School of Mines, and the two welcomed their daughter in 2021. They have three dogs and enjoy playing sports, and spending time outdoors.

"I am looking forward to being with an amazing team of providers at Delta Health Family Medicine," said Jimenez. "The culture at Delta Health is one of the biggest reasons I was drawn to practice medicine here, and I can't wait to get started serving Delta County."

Jimenez is currently scheduling patients and will begin seeing patients in September

To schedule an appointment at Delta Health Family Medicine, or to learn more, visit deltahealthco.org/delta-family-medicine/ or call 970.874.5777.



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REGIONAL NEWS BRIEFS

RIDGWAY GOLF TOURNAMENT SUPPORTS LOCAL YOUTH PROGRAMS

Special to the Mirror

RIDGWAY-The Ridgway Area Chamber of Commerce (RACC) welcomes back "Go for the Green in Support of Local Business." The 2022 Ridgway Chamber Open on Thursday, Sept. 8, will raise funds through sponsorships and donations to benefit youth initiatives such as the Voyager Youth Program and little league baseball. The 18-hole golf tournament at Divide Ranch & Club in Log Hill Village above Ridgway will have a shotgun start at 1 p.m. and a BBQ and awards dinner at 5 p.m.

Last held in 2019, the golf open was cancelled during the COVID-19 pandemic. The RACC Board of Directors is bringing back the golf open this year to provide more opportunities for business collaborations and philanthropy for critical youth pro-

grams. Voyager Youth Program provides vital after-school and summer programs as well as a teen center and various activities to help youth develop successfully and focus on their strengths and positive paths to adulthood. The local youth baseball team will also be raising money through selling mulligans (second-chance drives minus penalties) at the tournament. The chamber (https://

ridgwaycolorado.com/about) is focused on promoting responsible tourism and a sustainable local economy, through projects like managing the Ridgway Visitor Center, producing the Ridgway Visitors Guide, and maintaining the ridgwaycolorado.com website. The chamber, a 501(c)6 organization, is also focused on assisting companies and nonprofits thrive through various initiatives including winter tourism

marketing and outreach to potential employees.

The mature, award-winning golf course that's the centerpiece for Divide Ranch & Club (https://

www.divideranchandclub.com/) offers 7,039 yards of challenging play. It also offers some of the most extraordinary views imaginable.

Registration fees for the Ridgway Chamber Open are: \$100 per player (\$200 for 2 players, \$300 for 3 players, and \$400 for 4 players), which includes the BBQ dinner and awards ceremony. The cost of dinner with ceremony only is \$25 per person. For more information, go to https://ridgwaycolorado.com/news-events/events/golf. Sponsors and volunteers can also contact RACC Executive Director Ashley Perkins at direc-

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

OPINION/EDITORIAL: LETTERS

TRUMP'S ELECTION INTERRUPTED THE DEMOCRAT/MARXIST SCHEME

Editor:

It's hard to keep track of the insidious attacks on America coming from the wobbly, hand-shaker-with-the-air-in-chief and his cult of Democrats constantly attacking America's values and traditions and a well -known favorite former president. Attorney general Merrick Garland, when he isn't attacking school board parents, is now taking a shot at the most patriotic president ever. Poor Garland, Donald Trump's election doomed his appointment to the Supreme Court (thank God!!!) and now it's pay back time. So he cowardly has Trump's Palm Beach home invaded by thirty FBI agents while he is on vacation and took nine hours to do it. They claim it's because of some kind of nuclear secrets. They even examined Melania's clothes in her personal closet! Did they think she had important information in her lingerie? Now that just doesn't pass the smell test! By the way, the people involved in the decision to raid Trump's compound are the same people that were involved in the Russian collusion hoax! So the jack-booted raid is not a surprise. Donald Trump has been attacked continuously by Democrat lies ever since he first announced his candidacy. And not by just one or two Democrats. He's been attacked by almost the whole Democrat party with some help from traitor Republicans, but they have all come up with egg on their faces every time because their tantrums and lies have all been just "Trump derangement syndrome". And who hasn't been raided by the FBI, but should be? Just a small list of many would be pedophiles associated with Jeffery Epstein (Bill Clinton?), Hillary Clinton, Hunter Biden, and Democrat Swalwell for sleeping with a Chinese spy. Trump's election interrupted the Democrat/Marxist scheme of destroying America and they have been furious for the delay in their timetable. Keep in mind

their real target is not Donald Trump. He's just in their way. Their real target is YOU with Obama running the show. (remember when Obama said his ideal situation would be for him to sit back at home and pull the strings in the White House and have someone there to act it out?) Looks like he got his wish! Biden is clearly Obama's trembling puppet and Attorney General Garland aims to keep Trump out of the White House with lies so they can continue their road to the global utopia the Marxists call their "Permanent Revolution". Democrats always accuse their "enemies" of what they do and who they are. Obama once said Republicans are his enemy. The federal magistrate who approved the raid on Trump contributed to Obama's campaign and victory fund (maybe some "collusion" there?). Trump fights them all and wins!! America's current main predicament is the result of eight years of Obama and the Biden crime family colluding with Russia and China. And now it continues after a brief interruption. Biden and his family have accepted \$31 million from their deals in Communist China. Biden refuses to demand and investigation into the Covid origins. Biden fails to confront XI on fentanyl trafficking. Biden cancelled the China initiative. Biden is lifting the tariffs on Chinese imports. Biden is sending Communist China American oil from our strategic reserve! Biden is pushing electric vehicles, solar panels, and batteries made in China! China is certainly the Biden crime family's lucrative source of retirement funds!!

When Merrick Garland was a federal judge he was implicated in a major coverup involving a member of the Weather Underground, the terror group whose leaders Bill Ayers and Bernardine Dohrn backed Obama for the presidency in 2008. Garland was also involved in a court case brought by the Obama Administration to

drop terrorism charges against a communist by the name of Elizabeth Anna Duke, also a member of the Weather Underground who specialized in terrorism, including bombing the U.S. Capitol in 1983. Then-Judge Garland found no problem with a magistrate who dropped the charges against her at the request of Obama's Justice Department. Oh, now it's clear, it's okay for communists to bomb our Capitol, but Americans can't go there to protest a stolen election without being thrown in jail in solitary confinement and denied bail, which is a blatant violation of Amendments V1 and V111 of the U.S. Constitution. Those arrested are still in prison without a trial from over two years ago. America has been warned for years about a communist takeover. The "New World Order" spells the death of the dollar and the death of America. Trump's presidency was a surprising pause in their schedule for power. Now, Trump wants to take on the communists again. And the Leftists are furious again! Consequently, that fuels more lies and raids! He calls them the "radical Left Democrats." But the situation is worse than that. They are just the lifeline and useful useless fodder to accomplish communist goals. Forget about "The Biden White House". It's just a spoke in the wheel.

So now Donald Trump is being terrorized again by more secret Democrat lies. It's hard to imagine how people elected to congress could be so hideously vicious towards other human beings. Now they are investigating Trump under the same statute Hillary Clinton violated when she maintained a private email server as secretary of state. The FBI never raided her home! She destroyed subpoenaed emails which is a felony and she never got raided! The list is endless. The Clinton crime syndicate always goes free. The Biden crime syndicate goes free. Now they are hiring 87,000 new IRS agents which will

TRUMP'S ELECTION INTERRUPTED THE DEMOCRAT/MARXIST SCHEME From previous pg

bring a total of 166,000 agents!!. And one of their qualifications is they have to guarantee they will use lethal force against Americans! We only have 20,000 Border Agents and there is no plan for an increase. Are the Democrats' sinister plans for America coming into view yet? The IRS

is also buying up massive weapons and ammo.

The Social Security Administration has been stockpiling weapons and ammo for years. Why?? Now it's clear, Democrats and their personal armies can use a firearm for personal protection, but YOU, the

ordinary citizens can't? Uh huh..........
The time has come for all Democrats to be voted out of office.

Our nation depends upon it!!

By the way, for their information, men can't get pregnant and have babies!

Jerry Bartholome, Montrose

REGIONAL NEWS BRIEFS UPCOMING AT RIDGWAY STATE PARK

Friday, Aug. 19, 7:30p.m. "Moose of Colorado". By Alyssa Kircher, CPW terrestrial biologist. Join us to learn about these magnificent creatures!

Ridgway State Park, Visitors Center overlook, Dutch Charlie entrance.

Saturday, Aug. 20, 8:30-11a.m. "Angler Education with Ranger Hannah!" Kids ages 8 and up, learn some more in-depth fishing skills. Also "Take Me Fishing" for younger kids with volunteers to help, bait, and free poles to take home. Fishing ponds, Pa-Cho-Chu-Puk entrance.

Saturday, Aug. 20,7:30p.m. "Petroglyphs of Shavano Valley and Eagle Rock" By Dr. Alma Evans, Chipeta Archeological Group. Lopez-Whiteskunk. Ridgway State Park, Visitors Center.

Sunday, Aug. 21, 9:30-11am. Kids Activity: Raptors! Join park naturalist to learn about raptors with some activities and make a talon key chain to take home. Elk Ridge campground, camper services building.

Sunday, August 21, 1:30 - 4:30pm. Touch Tables: Animals and Insects of Colorado! Look at a variety of specimens with additional information. Ridgway State Park, Swim beach shower/picnic area. Dutch Charlie entrance.





COMMUNITY OBITUARIES

DONALD 'ALAN' WOODS October 18, 1966-August 3, 2022

Alan Woods lost his battle with cancer the evening of August 3rd at his daughter's home in Montrose, Colorado. His family was by his side, just as he always was for them.

The phrase, "He was a man who would give you the shirt off his back," was Alan to a "T." He was a giving man who was the first person to call if you broke down on the side of the road, or needed muscle to move, or pick up hay in the field. "He always had the right tool," said a nephew, and he would let you borrow it even if you hadn't returned the last one. He had admirable patience and a quirky half smile that he wore more often than not.

Alan was born in Montrose to Donald Leroy Woods and Joyce (Larson) Woods. He was the middle child, with an older brother John and a younger sister Lynette. Tragically they lost their mother in 1981 and were raised primarily by their Grandma Woods while their father worked two jobs.

He married Peggy Lynn Williams on June 11, 1988, in Montrose and they were blessed with two wonderful children: Chelsey Lynn and Todd Alan. They divorced in 2010 but remained good friends and involved parents and grandparents.

Camping on the East Fork above Silverjack Reservoir with his family formed some of their best memories of him. His daughter Chelsey says that she "caught" her dad more than any fish with her wild casting.

Alan was the "Bread Man" for 15 years and got to know a lot of people as he stocked the bread in all the grocery stores and drove the bread truck through town, but he enjoyed his earlier job at Lambert & Associates and in recent years returned to that company where he was employed at his passing.

Those who will feel his absence most keenly, are his daughter Chelsey (Luke) Schlaefer, his son Todd (Taylor) Woods and granddaughter Skylar Woods, their mother Peggy



Lynn Williams, and his sister Lynette (Preston) Hammett, all of Montrose, Colorado.

Also surviving him are several nieces and nephews.

Preceding him in death are his mother Joyce, father Donald, aunt Sandra, brother John, grandfather Lowell and Grandmother Dorothy Woods. Also, his grandpa John Larson and niece Cara Raelynn Distel.



COMMUNITY OBITUARIES

JAMES 'JIM' ERIC WEBB July 30, 1966 ~ August 6, 2022



JAMES "JIM" WEBB is making people laugh in heaven. Laughing with friends and family was Jim's favorite thing and his three daughters were his joy. He was born on July 30, 1966, in Delta to Robert and Charlotte Webb of Olathe.

Jim graduated from Olathe High School in 1985, an all state fullback, basketball & track star, homecoming king, and class president. He thoroughly enjoyed his time in college and graduated from Colo-

rado State University in 1991 with a Bachelor of Science in Farm and Ranch Management. He then returned to his beloved family dairy and farm. He married Willyn (Hamilton) in 1993 and they shared 32 years and had 3 daughters together (Skylyn 27, Joyclie 23, and Missa 20). He served 12 years on the Dairy Farmers of America Board, Western Dairy Farmers Board, Western Dairy Board, 10 years on the Shavano Conservation Board, two terms on the National Dairy Board appointed by the Secretary of Agriculture. Jim loved the 12 years he coached girls' recreation and club basketball teams, formed strong friendships with his daughters' and their teammates, taught valuable life skills, and touched many lives. Jim and Willyn wrote two grants to support his dream of an allnatural, artisan cheese as a value added venture to Webb Dairy. Rocking W Cheese started in 2016. He was devoted to his cows, marketing the cheese, farming, and being with his dad every day. Jim loved boating, hunting, and coach-

ing/watching his daughters' sports. Jim was always smiling and loved to make people laugh. Everyone had a good time whenever Jim was around. He had the biggest heart, the kindest soul, and the best sense of humor. He would help anyone at any time and make them smile while he did it. He was fully present in whatever he was doing and gave his full attention to whoever he was with. He truly lived life to the fullest.

He is survived by Willyn and his three daughters Skylyn, Joyclie, and Missa; his parents Robert and Charlotte (Sumner) Webb; his sisters Sonya (John) Hood, Caryn (John) Gibson; his nieces and a nephew; Margo (Hood) Lenz (David) and their two sons, and Terrica (Gibson) Garrison (Cutter) and their two sons, Taylor Gibson, and Tasha Gibson, Doyle Young and Lella Young.

In lieu of flowers, donations can be made to the Daughters of Jim Webb College Fund, First Colorado National Bank,150 Gunnison River Drive, Delta, Colorado 81416



COMMUNITY OBITUARIES

BONNY LEE COLLINS

BONNY LEE COLLINS was born in Holden, Missouri to parents, Clara and Leslie Caldwell, who moved to Montrose when she was three months old. She attended Montrose Schools until her sophomore year when she transferred to Hotchkiss High School.

On May 4, 1963, she married Marvin Collins at the First Baptist Church in Montrose. Their first home was next door to her grandparents, Paul and Bessie Sutton. From there they moved across the alley from her aunt and uncle, Mary Ruth and John Dunham. It was in this home that their oldest daughter Kelley was born. Their second daughter Mardy was born when they lived around the Hog Back. The couple had a logging business during this time. From there, they bought a herd of sheep and moved to Gateway. They returned to Olathe and were involved in heavy construction. They bought a farm on South River Road and moved into their newly built house on New Year's Day, 1972 in the middle of a snowstorm. Their last move was in 2006 to Pea Green, where she made her home right up until the day of her passing.

Bonny loved being outdoors and she liked to keep busy. She loved working beside her husband and was happiest when she was with him. Together, they spent countless hours and days improving the homeplace. She wasn't afraid to work hard and especially enjoyed the tractor work on the farm. She had a penchant for keeping her life and home uncluttered and simple. Anybody who knew her, knew she had a soft heart for animals, especially her cats and dogs. She liked to brag about the grandchildren, of which she was very proud. Bonny appreciated many things and had a variety of interests including reading, gardening, canning, cooking and bird watching. She could identify most birds just by their sounds. She was on a bowling league and women's softball team for many years. For 17 years, she delivered the Daily Press and became friends with many people on her route.

Bonny liked to laugh and joke. Her sharp sense of humor and total involvement in everything around the farm and ranch will be missed. She had a fiery spirit and maintained a strong independence right up until the very end.



She was preceded in death by her mother and father, sister Peggy Roberts, aunt Mary Ruth Dunham, and granddaughter Kaylyn.

Bonny is survived by her husband Marvin, two daughters and their husbands, Luke and Kelley McCrain, and Kent and Mardy Thompson, plus six grandchildren and one great grandchild. Graveside service will be held at Olathe Cemetery Tuesday, August 16 at 10 am. A meal will follow at Pea Green Community Center. Arrangements are under the care and direction of Taylor Funeral Service and Crematory.





HELPING THE PEOPLE OF UKRAINE

By Kathryn R. Burke REGIONAL-Yulia Mar, a Ukrainian national, recently returned from Longmont, where the Walnut Gallery is hosting an Art Exhibit & Auction for Ukraine. This is only one of several projects Yulia is intimately involved with that are intended to help her country and its people those who have chosen to stay and those who have managed to leave. Meanwhile, she is also in touch daily with her family back home, praying that they are safe. Besides helping to raise awareness in the United States, Yulia hopes to start a non-

profit in Ukraine when she can go home again.

Proceeds from the Walnut Gallery Art Exhibit & Auction and exhibit will provide housing and transportation for 24 refugees coming from Ukraine. They will be living and working in Montrose, Ouray, and San Miguel counties, where they will learn about high-tech systems of agriculture, clean energy, sustainable architecture, and growing agroforestry products to help with reforestation.

The goal is to provide them with the training and leadership skills they will need to help Ukraine rebuild its economy using the most innovative energy, agriculture, and building construction practices. This is Colorado's way of helping Ukraine regain its position as "the bread basket" of the world, where over 400 million people



Above, Yulia Mar. At right, Let Peace Reign in Ukraine by Renée G Noel .

currently rely on for grain distribution.

"I am proud to be able to offer assistance to students from my homeland," said Yulia. "Through teachings using technology and innovation, this program will offer support to help them become leaders and innovators for Ukraine...or wherever their ultimate path leads them."

Ukrainian students will be able to work and learn at the Good Shepherd Ranch, a sheep ranch in Montrose County owned by the Zahniser family since 1950. The sheep-ranching family also founded Shepherding International (SI), a 501(c)3 organization, which is organizing multiple fundraising projects to further their goals. Shepherding International's motto is "Guiding the Future Through Innovation," SI is working with the Telluride Institute to formulate sustainability practices. And, by



partnering with the University of Colorado, Boulder and Colorado State University, SI hopes to be able to offer online degree programs in key innovative areas of sustainable practices.

Refugees participating in the program will also have counseling available, if they need it, as well as the educational programs.

In addition to working on the program's projects, they will also be able to join the workforce in the three counties to help fill local jobs.

To support the SI program and help the Ukrainian refugees who will be coming here as a part of the project, please consider donating by bidding online for the Art auction here.

https://www.thewalnutgallery.com/newsevents/ukrainian-refugee-benefit

COMMUNITY NEWS BRIEFS

DON'T MISS THE HALLOWEEN FUN: WITCH'S NIGHT OUT 2022!

Special to the Mirror

MONTROSE-Coming in October! ONE NIGHT ONLY! Witch's Night Out 2022!!! Downtown Montrose. Come enjoy the thrill and magic of Witch's Night Out. A super fun Halloween event, under the stars! PERFORMERS, VENDORS, FOOD TRUCKS, FACE PAINTING, SHOPPING, DIN-ING! Visit the local pubs for a drink. This is a night on the town, Halloween style! Featuring, Montrose scariest, spookiest haunt, THE HAUNTED ALLEY. Come take a walk down the Haunted ALLEY, and prepare for the unknown, or are you too afraid?! Let's see your finest Witch costume ladies! Come join the Witch's parade, and strut your stuff girl, dance to the

music, and show us what you got! Prizes for the best Witch costumes!

1st-\$200 2nd-\$100 3rd-\$50

This is The Halloween event, you do not wanna miss. Suitable for all ages, and family friendly. Bring your lil ones to treat or treat at the Vendors. All costumes welcome, but ladies, we hope to see how many Witch's will be there!!!

Decorations, Lights, Music, performers!! Come have a blast!

Date: October 22, 2022

Where: 11 S. Uncompangre and Main St.

(The Farmers Market Area)

Time: <u>6-11pm</u>



Admission:

Witch's Night Out-FREE The Haunted Alley- \$10 a person Family Deal: Buy 4, Get 1 Free! Come enjoy this amazing Halloween experience for one night only! Hope to spook you there!

READY TO MAKE SOME **NEW MEMORIES?**

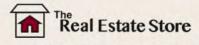
Does an empty nest filled with old memories have you thinking it may be time to move? If this sounds like you, give me a call today. I'll help make this next step easy by getting a great price for your current house and finding you the perfect home to create new memories! Call me or text me today. I'm ready to help you get started. I am your local Certified Residential Specialist!

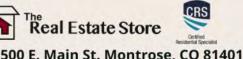


Leslie Gore | CRS Associate Broker C: 970-275-3195 O: 970-249-7653 lesliegorerealtor@gmail.com



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YOUR BRAIN ON NATURE - SENSE OF TOUCH



By Lauren Hall Ruddell, Ph.D.

Greetings Mirrorites!

As an educator in the Children's Theater at the San Diego Zoo, eons ago, one of my favorite animals to display was our boa constrictor. Urban kids who came to the demonstration often thought that the snake must surely be 'slimy.' I assured them this was not the case, but they had a real hard time believing it until they were able to touch the snake themselves. Only by combining the visual cue of glossiness with the tactile clue of dry, smoothness, were they able to accept the teacher's word for it.

In the literature on the benefits of sensual interaction with nature, there is almost nothing in the way of research concerning touch. There is a lot more in children's cognition literature and architecture. For children, interacting physically with natural objects, referred to as embodied cognition, improves working memory by 50 percent over rote methods of instruction. There is strong evidence that these experiences are deeply encoded in long-term memory as well, useful in forming attachments to objects and their settings and very important in developing a sense of place.

I love cool smooth things, and not just snakes. The walls of medieval castle staircases were endlessly fascinating to my fingers when vacationing with my family in Europe. The novel feel, so lacking in southern California modern architecture, fired my imagination. How many shoulders did it take to rub those stones that smooth?



Feeling smooth, cool, green and awesome. Courtesy photo.

Were the people rushing up and down in fear of invaders, or stealing kisses in that dark and secretive place (hey, I was 15 years old, what do you expect?). My fingers became 'the eyes of the skin' as one architect put it decades ago.

We know now the science behind this poetic observation. Cortical areas once considered as specialized for visual processing only have been proven to be functionally activated during the corresponding "haptic" tasks, like stroking snakes or stones. In particular, the lateral occipital cortex (LOC), a part of the visual pathway region, also responds to haptic stimuli. That these two senses share this brain turf means that a shared multisensory representation is possible and sometimes necessary to make complete sense of our environment.

Some of the very recent research out of Harvard indicates such a thing as 'haptic mindset' can influence our perceptions of reality. A hardness experiment showed that even passive touch can shape social interactions. Subjects were assigned to seating in hard or soft chairs and then instructed to engage in mock haggling over the price of a new car. Subjects in hard chairs were less flexible, showing less

movement between successive offers. They also judged their adversaries in the negotiations as more stable and less emotional. This indicates that tactile interaction with our environment helps us form our conceptions of safety, pleasure, and repulsion. The school kids who thought the snake must surely be slimy were repulsed. Those who overcame that response and let their curiosity override their aversion became fascinated and could not stop stroking that long suffering, patient and gentle animal. In a related manner, an Israeli found that participants in a tactile garden experiment felt a deeper connection to nature after touching the garden plants than those who were not allowed to do so.

The vast majority of research on touch that has been done has revolved around tactile interaction with animals.

In terms of nature experiences, one of the main avenues of experiencing touch is via animal petting. Haptic experiences (petting) animals result in greater benefits than landscape exposure, highlighting the importance of the senses other than vision to nature benefits.

Touching animals has been found to have beneficial cardiovascular effects. Stroking

YOUR BRAIN ON NATURE - SENSE OF TOUCH From previous pg

friendly dogs can result in lower blood pressure and heart rate than other relaxing activities such as reading, and petting a dog lowers stress and decreases salivary and serum cortisol. According to the "contact comfort hypothesis," touch is a primary factor in reducing anxiety and sympathetic arousal, lowering a fight or flight response and encouraging parasympathetic engagement and relaxation. Human-animal interactions activate the oxytocinergic system, resulting in decreased social stress and reductions in physiological negative effects. Oxytocin is produced by stroking, and its effects are fast, with an increase in plasma oxytocin happening in less than 10 minutes. As a quick refresher, oxytocin is the 'love hormone' that is found to increase positive social interaction, decrease stress, lower pain thresholds, produce anti-inflammatory effects, and lower anxiety. Oxytocin may therefore be an important factor in the nature benefits received from touch. Time in nature releases oxytocin, true, but Fido is quicker (or goats, in my case.)

I will be writing a lot more about the benefits of animals in future articles, never fear. But for now, back to non-animal sorts of touch.

When handling natural objects, the experience of pleasingness created is important to positive affect. Interesting objects are not necessarily pleasing, although they can be. Researchers have found that limited complexity is more conducive to a happy mood and building fond memories, whereas interesting objects can be attention capturing, but not necessarily restorative. In fact, people are more attentive to tactile stimuli when they're in a negative frame of mind, making them more likely to crave soft or pleasant textures than to pay attention to visual stimuli, such as color and pattern. It is assumed



that this harkens to our early origins, both in life and in evolution, where a bad or sad mood may indicate that the young thing is depleted or even threatened, and needs the warmth and comfort of mom's soft underbelly for security and nourishment. So a teddy bear or soft blankie should pick me up better than a smooth worry stone. A group of researchers found exactly that...touching fur samples produced the most happiness in participants, while plastic samples and granite produced a sense of fear. Velvet and silk were quite high in elevating mood, as were leather, wood, and glass pebbles. The researchers had to speculate on their findings. They wondered whether granite reminded people of head stones in graveyards, and glass pebbles reminded them of walks along pleasant water bodies. It was an interesting study that really helps put the feeling in feelings.

Stroking plant leaves is another good way to go. Not only does it promote feelings of emotional connectedness to nature, but results in unconscious neurological relaxa-

tion. A Japanese study revealed that haptic interaction with both real and artificial pothos leaves produced cognitions of pleasantness and even kindness, but only stroking the real thing produced a physical response in terms of reduced cerebral blood flow, which in this instance is a good thing. They concluded that our reptile brain can distinguish between the useful real and the harmless and the useless unreal, and knows that genuine vegetation is essential for our survival, and its proximity means we omnivores might live to see another day.

So for now, in the absence of tons of data, I will go on associating smooth stones with a sense of time's passage, either historical or geological, and plant and animal skins with comfort, pleasure, and a sense of fascination. I will keep massaging those stones, grooming those goats and petting those pothos, knowing I will feel all the more relaxed and pleasant for it.

Be well, touch pleasant things and as always, send questions or comments to: agescapesnow@gmail.com.



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COMMUNITY NEWS BRIEFS: SHARING GREAT COMMUNITY GIVEAWAY COMING SOON

Special to Art & Sol

MONTROSE-The Great Community Giveaway is back! The date is set for Saturday, Aug. 27th, at Lions Park, 602 N. Nevada in Montrose. Everything is free. Donations will be taken starting at 8 A.M. and the event will open to the public from 10 A.M.

until Noon. "This is a great opportunity to clear the clutter from your closets and garages and pass on the good, clean items to someone else in need," said Dr. Arlyn Macdonald, Senior Minister of the Spiritual Awareness Center, sponsor of the event. "We haven't been able to sponsor



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Heidi's Brooklyn Deli 970-240-1605

> Rib City 970-249-7427



Jimmer's Steak & BBQ 970-252-1227

Fiesta Guadalajara 970-249-2460

Alpen Confections 970-648-0609

Remington's at the Bridges 970-252-1119 the Giveaway for the past two years due to the pandemic and we are delighted to be able to be of service to the community again in this way."

Items that are excluded from the Giveaway are televisions, all electronics, tires, large pieces of furniture, and VCR tapes. Household items, books, toys, bedding and linens, coats, clothing, and other miscellaneous items are welcome in clean and good working condition. "We are blessed to have received a large donation of baby clothes and items this year," Macdonald added.

The Great Community Giveaway started in 2005 and has been held twice a year until the pandemic hit. It is one of the outreach programs of the Spiritual Awareness Center. "No dealers please, as this is a giveaway for people in need," Macdonald explained. She stated that in previous years, after the Montrose community was served, the Giveaway had enough t-shirts to send to the needy in the Philippines; winter coats and sweaters to the Indian reservation in Arizona; setup a household for a single father; provided several old televisions for young teenage boys to use for computer gaming (no televisions are accepted now); gift a beautiful tall young lady with a fur coat; provide Halloween costumes; and, help college students find items to set up their dorm rooms. Many children have found "new" toys and books. "The Spiritual Awareness Center is grateful to all those members of the community who have given so generously in the past to help their neighbors and all the community volunteers who have helped set up and clean up for the event." If you would like to volunteer, contact Dr. Macdonald at 970-252-0908.



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COLORADO NEWS BRIEFS

HISTORY COLORADO TO STUDY FEDERAL INDIAN BOARDING SCHOOL IN HESPERUS

Special to Art & Sol

DENVER— The Native American Boarding School Research Program Act, <u>HB22-1327</u>, was signed into law by Governor Jared Polis on May 24, 2022, and directs <u>History Colorado</u> to investigate the lived experiences of students at the onetime federal Indian boarding school in Hesperus, as well as identify potential burial places of students who perished while attending the school. The site of the former school and potential burial places is owned today by Fort Lewis College.

History Colorado will spend the next year working closely with tribal partners, subject matter experts and other stakehold-

ers to research the events, physical and emotional abuse, and deaths in order to develop recommendations necessary to better understand the mistreatment and victimization that occurred and to support healing in tribal communities.

This team will be led by Dr. Holly Kathryn Norton, who is the director of the Office of Archaeology & Historic Preservation (OAHP) at History Colorado and Colorado's official state archaeologist, and has expertise in methods and approaches for sensitive cultural sites.

History Colorado will provide progress updates to the Colorado Commission of Indian Affairs (CCIA), the Southern Ute Indian Tribe and the Ute Mountain Ute Tribe at CCIA Quarterly Meetings, which are open to the public. CCIA Quarterly Meeting information is located on the CCIA website.

The first progress meeting will take place in September 2022.

In addition to the school site in Hesperus, History Colorado has been conducting similar research at a second federal Indian boarding school site, known as the Teller Institute, in Grand Junction.

The property currently serves as one of three state regional centers for individuals with intellectual and developmental disabilities.



Art Classes at Cobble Creek Clubhouse Open to the public



Let it Flow, Inutitive Alcohol Ink Painting

Alcohol Ink Painting with Jana Adams Friday August 26, 3-5 pm \$35

Cobble Creek Clubhouse 669 Cobble Drive, Montrose

Learn, create, experiment in a fun and friendly environment.
Lots of help and personal attention to create your own take-home masterpiece.
No experience necessary.
All supplies provided.
Refreshments & cash bar available.

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COMMUNITY NEWS BRIEFS

GMUG WELCOMES NEW DISTRICT RANGER

Special to
Art & Sol
GUNNISON— The
Grand Mesa, Uncompander and
Gunnison
(GMUG) National
Forests announced Dayle
Funka as the new
Gunnison District Ranger.
Dayle is respon-



Dayle Funka . Courtesy photo.

sible for managing over 1.3 million acres in Gunnison, Saguache and Hinsdale counties including eight wilderness areas. Funka held the position of Rangeland Management Staff for the past four years on the Gunnison Ranger District. "I am absolutely honored to have been selected as the new Gunnison District Ranger," said Funka. "My time as Range Staff on the Gunnison District provided an excellent opportunity to build working relationships with the ranching community, plan and integrate landscape level management and have the opportunity to implement meaningful projects alongside dedicated peers and partners. I look forward to the opportunity to continue shared stewardship collaboration with my remarkable staff and engaged stakeholders," she said.

"The Gunnison Ranger District offers a unique opportunity to manage critical and diverse resources while truly highlighting, fostering and implementing the Forest Service's multiple use mission," said Chad Stewart, GMUG Forest Supervisor. "Dayle brings a collaborative mindset and experience with partners in the Gunnison valley which will be key to her new role as District Ranger Her experience and enthusiasm will be a good fit for Gunnison Ranger District and a great addition to our GMUG leadership team," he said. Dayle holds a Bachelor of Science Degree in Natural Resource Management and Range Ecology from Colorado State University. She began her land management career with the National Park Service in Rocky Mountain National Park. She spent five years as the Rangeland Management Specialist on the

Rio Grande National Forest, Saguache Ranger District along with time in southwest Colorado managing range resources for the Bureau of Land Management. Dayle also served over three years with the Wyoming National Resources Conservation Service. Dayle loves living in Gunnison County and she enjoys spending time with family and friends including her brother and sister who also work for the U.S. Department of Agriculture, Forest Service. Her passions are riding mules and horses, running rivers and bird hunting with her Gordon setters.

Dayle assumed the leadership role as the Gunnison District Ranger in May.



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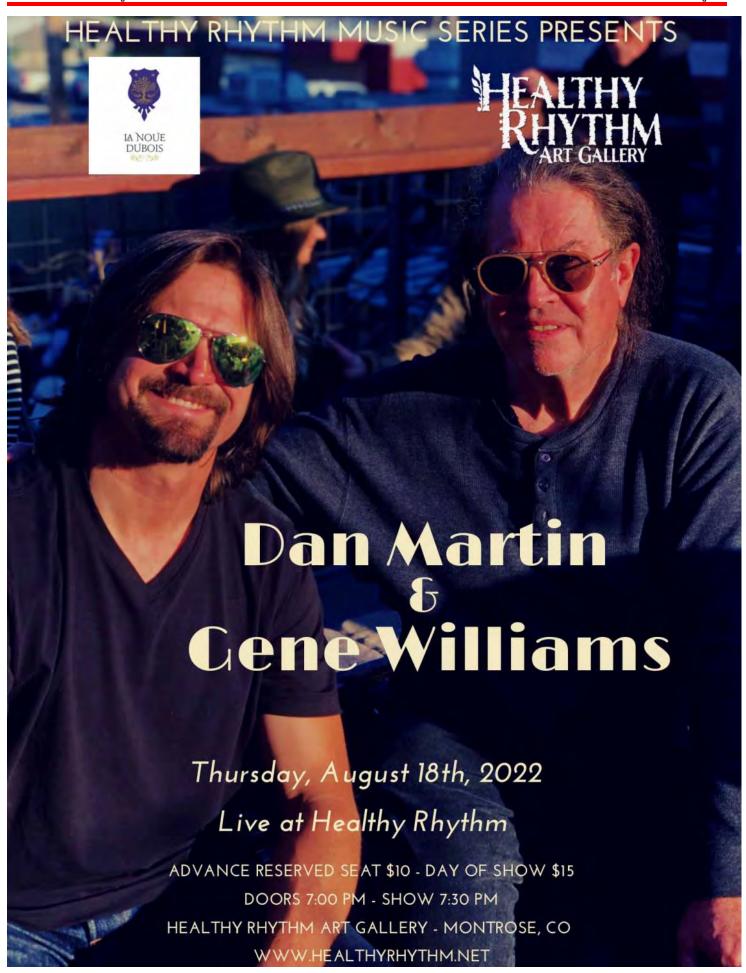
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MIRROR CHURCH DIRECTORY

CHRIST LUTHERAN CHURCH

Denomination: Christ Lutheran Montrose **Affiliation:** Lutheran Church Missouri Syn-

od

Address: 1980 N. Townsend Ave., Mont-

rose, CO 81401

Contact: 970-633-0226

Website: www.montroselutheran.org
Email: montroselutheran@gmail.com

Pastor: Tim Onnen

Worship: Sundays at 9 AM

Sunday School and Adult Bible Class at 10:15 AM; Women's Bible Study Fridays at

9 AM. At Christ Lutheran Montrose you

will find friendly people gathered in a welcoming environment being comforted and encouraged by the forgiveness and love of Jesus, and sharing that with one another. We are a small congregation of seniors and middle-aged, sprinkled with young

children and teenagers.

FIRST CHURCH OF THE NAZARENE

Denomination: Church of the Nazarene **Address:** 705 South 12th Street **Office Hours:** Monday - Thursday 9 am-

Noon and by Appointment

Contact Information: Office Phone 970 249-9213, mncfirst@gmail.com, www.montrosenazarenechurch.org

Pastor: Buddy Cook

Services Sunday: Worship 10 AM, Adult Bible Study 11:30 AM Worship includes age-appropriate children's ministry during adult worship.

Wednesday: Prayer Boot Camp - 7 PM Mission Statement: *Montrose First Church* of the Nazarene exists to make Christlike disciples in Montrose Colorado and around the world.

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

FIRST PRESBYTERIAN CHURCH MONTROSE

Affiliation: Presbyterian

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

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, Mont-

rose, CO 81401

Office hours: By appointment

Contact information:

Phone number: (970) 249-9047

Email address: office@montroseucc.org
Website: 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.

Church demographics: 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

Denomination Affiliation: United

Methodist

Address: 19 S. Park Avenue Montrose CO.

81401

Office Hours: M-Thu, 9 a.m. - 2 p.m. Contact Information: 970-249-3716,

office@montroseumc.org, montroseumc.org

Current Senior Pastor: Rev. 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.

10:45 AM. We also have Bible Study for All

Ages Sunday mornings at 9:15 AM. We

provide a professionally-staffed nursery

Rosemont Baptist's desire is to passionate-

ly bring people face-to-face with the life-

We are a multigenerational church from

different walks of life who love Jesus, love

each other, and love our community. Eve-

ryone comes dressed in whatever is com-

fortable. We love meeting new people no

changing power of Jesus Christ.

MIRROR CHURCH DIRECTORY From previous pg

throughout both.

ROSEMONT BAPTIST CHURCH

Affiliation: Southern Baptist

Address: 1598 E. Niagara Road, Montrose,

CO 81401

Office Hours: Tues-Thurs, 9am-4pm

Contact information: Phone: 970.249.4887

website: www.RosemontBaptist.org
email: office@rosemontbaptist.org
Senior Pastor: Rolland Kenneson
Worship Service Times: Our engaging

Worship Service Times: Our engaging and relevant Sunday Worship Service is at

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-

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.

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 Giveaway 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.

SPIRITUAL AWARENESS CENTER

Denomination affiliation: Independent Interfaith

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

Home Office – 970-252-0908

Contact information: Rev. Dr. Arlyn Macdonald, 970-252-0908,

arlyn@spiritaware.org, www.spiritaware.org

Name of current pastor: Rev. Dr. Arlyn

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.org website: www.summitchurchmontrose@gmail.com

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 Bap-

ตรt

Address: 2890 N Townsend Ave., Montrose,

CO 81401

Office Hours: Monday-Friday 8am-12pm Contact Information: Phone (970) 249-6874;

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

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

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

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

Church Directory

Mirror Editorial Staff

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

formation to the Montrose Mirror:
Name of church
Denomination affiliation
Address Office hours
Contact information (phone number, email address, website)
Name of current Senior Pastor
Worship service times

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

Brief description of your current church

demographics (predominately family, youth, seniors, singles).

Do your church services include Sunday School and childcare?



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Appointments are recommended for faster service. Walk ups are welcome. It is easy to make an appointment at Mobilevax.us website or use the QR code!

Vaccines are free, and no ID, insurance, or appointment is needed!

If you are getting a follow-up dose, please bring your CDC vaccine card.

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COMMUNITY NEWS BRIEFS: EDUCATION

BOSOM BUDDIES AWARDS 2022 SCHOLARSHIPS

Special to Art & Sol **REGIONAL-**Sarah Ireland of Telluride High School and. brother and sister, Teagan and Tessa Bailey from Montrose, are three of the five students awarded 2022 scholarships from Bosom Buddies. Scholarship







funding is avail- Left to right—Sarah Ireland, Teagan Bailey, and Tessa Bailey have been awarded 2022 scholarships. Courtesy photos.

able to students enrolling in an institution of higher learning who have a parent or guardian who has, at some time, been

diagnosed with breast cancer. Funding is available for full-time and part-time students. For more information about educational and medical financial assistance provided by Bosom Buddies, visit www.bosombuddiesswc.org.

San Juan Brews 970-901-8594

Tacos El Gordo 970-964-4022

Remington's at the Bridges 970-252-1119

> Horsefly Brewing 970-249-6889



Rio Bravo 970-964-4477

Jimmer's Steak & BBQ 970-252-1227

Fiesta Guadalajara 970-249-2460

> El Jimador 970-249-8990

Buckaroos Slices & Scoops 970-787-9437

DineOutMontrose.com

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Camp Robber

970-240-1590

Heidi's Brooklyn Deli 970-240-1605

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

Tacos & Beer 970-964-4448

Alpen Confections 970-648-0609

Busy Corner White Kitchen 970-323-6215

> Pahgre's 970-249-6442

Mimo's Antojitos Mexicanos 970-249-0616





Amelias Hacienda Restaurante 970-249-1881

> Trattoria de Sofia Now Open 970-249-0433

> > Rib City 970-249-7427

Double Barrel Taco Co. 970-417-4340

> Stone House 970-240-8899

Cold Stone Creamery 970-252-8014

> Mimo's 970-615-9406

My Favorite Muffin 970-765-0076

Sidelines Sports Bar 970-765-0129

Chang Thai Cuisine 970-240-4567



Mycolicious, Mycoluscious, Mycological

Company My of the Company of the Com

Featurin' poets Art Goodtimes and friends, Joanna Spindler, Daiva Chesonis, Rosemerry Wahtola Trommer, Peter Waldor, Judyth Hill, John Michelotti, Gabriela D'Elia, Will Padilla Brown, Charris Ford, Tara Miller, Jan Hammond, and more to be announced! Visit the Telluride Mushroom Festival wesbite for more details.

AUGUST 19TH, 9PM AT THE SHERIDAN OPERA HOUSE

SAVE THE DATE! LOCAL EVENTS CALENDAR

ONGOING-

BINGO EVERY FRIDAY, SATURDAY, SUNDAY AT 7pm at the American Legion Post 24 Olathe doors open at 5:30 more info call Tom 970 260 8298.

RIDGWAY TRUE GRIT WALKING TOUR Every Friday through September 2.

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

THE HEALING COLLECTIVE OF WESTERN COLORADO offers local practitioners, who focus on healing the whole being, to attend a free one-hour informative get together every first Tuesday of the month from 12p to 1 pm and every third Tuesday from 6 pm to 7 pm, upstairs at the Mother Earth store on Main Street. We support one another with our practices, business, and personal needs. For more information please contact Erin Easton at ErinKEaston@gmail.com

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

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

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

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

MONTROSE FARMERS MARKET SCHEDULE

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

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

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

Aug 15-10 a.m.— FREE Children and Family Concert, Ouray County Performing Arts Guild San Juan Chamber MusicFest — United Church of the San Juans, 295 N Lena, Ridgway. Free concert for children, their families and the community. OCPAG.org

Aug. 16-7:30 p.m. – Classical Café Concert plus optional Pasta Dinner. RSVP a ticket by August 9 for Pasta Dinner. Ouray County Performing Arts Guild San Juan Chamber MusicFest – 4H Center in Ridgway, 22739 US-550, Ridgway. OCPAG.org

Aug. 18-WESTERN SLOPE GROUP COLORADO MOUNTAIN CLUB. Look for us at an outside table labeled "CMC" at the Horsefly Montrose on Thursday Aug 18 starting at 4:30pm or to see our planned outdoor activities visit:

https://www.cmc.org/groups-sections/groups-around-the-state/western-slope-group/events

Aug. 18--5 p.m. – Evening Salon and Seated Meal. Tickets and RSVP by Aug. 11. Ouray County Performing Arts Guild San Juan Chamber MusicFest – Private home in Ridgway. OCPAG.org

Aug.20-Montrose Historical Museum will be hosting Youth Appreciation day on Aug. 20^{th,} 11-3 pm, along with a table at the Farmers Market on that day.

Aug. 20-7:30 p.m. – 39th Anniversary Festival Concert with Closing Reception, Ouray County Performing Arts Guild Juan Chamber MusicFest. Wright Opera House, 472 Main Street, Ouray. Tickets \$40 adults, \$5 students (18 years and under) available online or at the door. OCPAG.org.

Aug. 20-MADA 50th Anniversary celebration-Mexican American Development Association 17 N. 6th & La Raza Park, Noon to 8pm. Aug. 27 - Senior Singles Club launch. Camp Robber private room 4-6 PM.

Aug. 27-10 a.m. – Noon – Great Community Giveaway, Lions Park, 602 N. Nevada, Montrose, sponsored by the Spiritual Awareness Center. Donations accepted beginning at 8 am. (Do not leave donations on any other day.) No large furniture items, tires, electronics, televisions, or VCR tapes please. Everything is free. We have many baby clothes and baby items to give away this time. Bring your own bags. Volunteers welcome. For more information – 970-252-0908.

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

Sept. 8-Ridgway Chamber Open, Thursday, Sept. 8, 1 p.m. Shotgun start. 5 p.m. Celebration BBQ. A fundraising golf tournament for local youth programs hosted by Divide Ranch & Club and organized by the Ridgway Area Chamber of Commerce. Info: <u>info@ridgwaycolorado.com</u>, 970.626.5181 or https://ridgwaycolorado.com/news-events/events/golf.

Sept. 17-Love Your Gorge, Saturday, September 17, Uncompanding River Gorge, Ouray, Colo. Volunteer work day and picnic with the Ouray Ice Park and UWP. Co-sponsored by the Uncompanding Watershed Partnership, Ouray Ice Park, and City of Ouray. Information/

Sept 24--At 4 pm on Sept. 24 don't miss the Ridgway Old West Fest/Glen Campbell Tribute Concert by Debby Campbell.

MONTROSEM I R R O R

Contact the Montrose Mirror: 970-275-0646

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READER PHOTO SPOTLIGHT: DEB REIMANN



Deb took these photos Sunday in the beautiful San Juan National Forest.
"A double header viewing...a cow moose and a boar bear," she said. "Both were slick and healthy. The foliage shows fall is lurking in the shadows."

She adds, "I never approach wildlife and always use a telephoto lens to not stress an animal."



