

the Montrose Mirror

Issue No. 497 Sept. 5, 2022



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VALLEY DISASTER RESTORATION & CONSTRUCTION TACKLES DISASTERS LARGE AND SMALL



Located in an industrial, mixed-use neighborhood on the West Side of Montrose, Landon Wareham's Valley Disaster Restoration & Construction helps people and properties recover from all kinds of disasters, with teams on call 24-hours a day, seven days a week.

By Caitlin Switzer

MONTROSE-For most of us, fires, floods, mold, smoke damage, and radon are catastrophes. For the crews at Valley Disaster Restoration & Construction, however, helping people and properties recover from all kinds of catastrophes is all in a day's work.

The company's Facebook site notes that "all the contractors at Valley Disaster Restoration & Construction are IICRC-certified in water, fire, and smoke restoration as well as microbial remediation. Water Restoration Service, Demolition, Smoke Damage Restoration Service, Dehumidification, Flooring replacement, HVAC cleaning, Mold remediation service, Structure cleaning."

What is NOT noted on Facebook is that in addition to being professional, the

Continued pg 5

WHAT IS REALLY IN A CHURCH?

By Bob Cox

MONTROSE-I rarely write anything in first person, but sometimes I can find no other way to get my ideas into words.

This all started because I wanted to delve into the history of the old St. Mary Church. A lot has been written about that huge brick building on the corner of South 5th and Park in Montrose, but I wanted to find some of the hidden facts; something that had not been previously covered extensively.

Of course I started with the history of the building, which was built in 1912. The previous St. Mary's occupied the lots across Park Avenue in the 600 block. All of this is well documented, but it was some of the not-so-often stuff that piqued my interest. I started with the basics.

The original church caught fire in 1911. The *Montrose Enterprise* printed an account of the fire in the July 17, 1911 edition. They

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The church on the corner of South Fifth Street and Park Avenue is now obscured by the shadows of elm trees that are well over 100 years old. It now serves only as a reminder of the people who once gathered inside its brick walls. Photo by Bob Cox.

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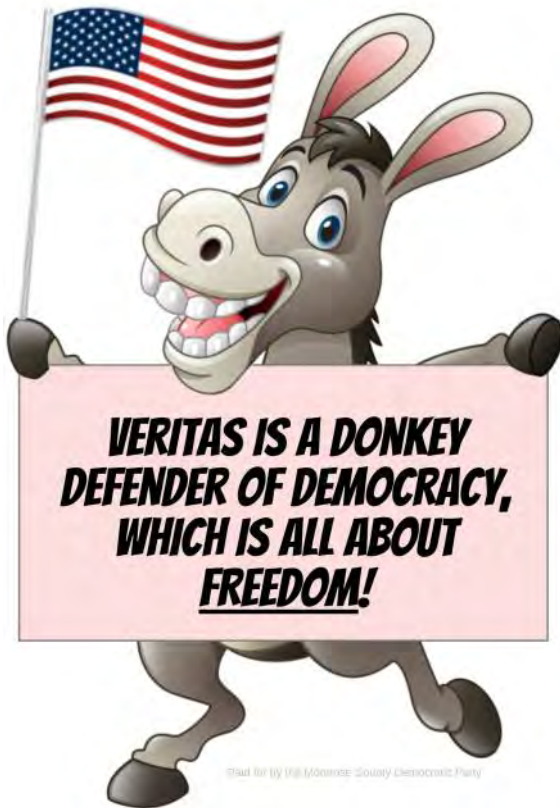
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MIRROR CLASSIFIEDS & PSA'S



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VALLEY DISASTER RESTORATION & CONSTRUCTION TACKLES DISASTERS LARGE AND SMALL *From pg 1*

the team is empathetic—and for those who are faced with a disaster, kindness matters.

Several months ago, this writer awoke in the night to hear a loud, mechanical screeching sound outside. When morning arrived, the origin of that sound was no longer a mystery—our normally dry backyard had become a lake, and water was still rushing in through the wood fence to the south. We called 911. It turns out that a water main line had broken, and city crews arrived shortly after to fix the problem.

Though the water in the backyard was quickly removed by city crews, the water that had settled in our 100-year-old crawl space remained. Thankfully, I knew who to call—Valley Disaster Restoration & Construction is located in our neighborhood, so naturally, I called them to come and dry out the crawl space. And in the end, I was very pleased at the promptness and the service provided to us. When another water line broke in the same location months later, the team actually called us proactively, just to be sure we had not suffered any flooding this time.

Following my own family's experiences with Valley Disaster Restoration, I was interested enough to learn more about the company down the block.

Business Owner Landon Wareham, an Olathe High School graduate who has

coached Baseball at Montrose High School for years, played ball for Mesa State College as a youth, and who was drafted by the Baltimore Orioles as a young athlete, naturally takes a "team player" approach to running his company.

Wareham began the business nine years ago with two partners, but over the years has been able to buy the others out. Today, the company employs 23 professionals, and Wareham prioritizes the need to meet payroll and keep the lights on—despite the nature of the business, which often involves waiting longer than usual for invoices to be paid.

Providing excellent service and building a reputation for quality are important to this home-town entrepreneur; "I've been here my whole life," Wareham said. "I think we've gotten more customers because we care, and because we do have a good name."

It's not always easy. This summer, aging water lines and ongoing construction have resulted in a higher-than-average number of breaks, and the Valley Disaster Restoration team has been working all over town.

"We're probably busier than we should be," Wareham said. "It's definitely a summer of a lot more water line breaks than normal."

"We have older houses here, and older streets. There's a lot of things that could happen."

Although the company was initially created in response to need, the founders probably did not realize the scale of the need for restoration services. Valley Disaster Restoration crews are now on call 24 hours a day, seven days a week, focusing on fire, water, mold, radon and other remediation needs—in an industry where payments are often funded through insurance.

"The name of this game is being able to wait long enough to get paid," Wareham said. "That does sometimes make it tough from a cash-flow perspective."

Employees, bills, and overhead expenses cannot wait, he said.

Disasters also cannot wait, and the company's grateful clients have shared their experiences in reviews on the company's web site. One of them also expresses thanks for the personal, home-town approach that Wareham has built into the brand:

"I am so grateful to all of you," writes Kim S. "You did an excellent job. You not only restored my house; you restored my life. It was a very difficult and emotional time for me, still is, but all of you were kind and helpful. I enjoyed your company as much as your skills." Valley Disaster Restoration & Construction is located at 147 Water Avenue in Montrose and can be reached at 970-964-4437. The web site is <https://valleydrc.com/>.

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MIRROR CLASSIFIEDS: LEGAL NOTICES

PUBLIC NOTICE: An auction of the contents of the following unit will be held at Mesa Storage, 63497 Spring Creek Rd, Montrose, CO 81403 on Thursday, September 15, 2022 at 10 AM.

10x10. Zac Zietlow, Ridgway, CO, Items include, but are not limited to misc. Furniture, including chest of drawers, night stands, bed and frame, sofa and chair, Weight Equipment, Household items and other misc.

The unit will be sold as one lot. Sealed bids can be mailed to Mesa Storage Rentals, P.O. Box 84, Montrose, CO 81402 or emailed to mesastorage@montrose.net and must arrive prior to end of day on September 13, 2022. Bids will be disclosed at the Auction at the facility on September 15, 2022 at 10 AM and are subject to outbid by auction attendees. Pictures of the units' contents are available at <https://mesastoragerentals.com>.



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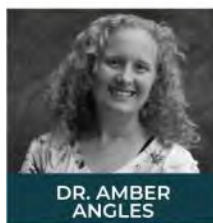
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CITY ANNOUNCES LABOR DAY CLOSURES

Special to the Mirror

MONTROSE — The City of Montrose will be closed Monday, Sept. 5, in observance of Labor Day. City Hall, the Downtown Visitor Center, Municipal Court, Animal Shelter, Montrose Pavilion, and Public Works will all close in observance of the holiday.

Police Department offices will be closed but officers will be on duty and responding to calls.

The Black Canyon Golf Course will be open. The Rusty Putter restaurant located at the golf course will be closed, although the snack bar will remain open.

The city's trash and recycling collection schedule for the holiday week has been modified. For trash routes normally scheduled for Monday, Sept. 5, residences south of San Juan Avenue and U.S. Highway 50 will receive trash collection services on Tuesday, Sept. 6. For residences north of San Juan Avenue and U.S. Highway 50, trash pickup will occur on Wednesday, Sept. 7.

The recycling collection normally scheduled for Monday, Sept. 5, will occur on Friday, Sept. 9.

For more information contact City Hall at 240.1400.

For information, visit CityofMontrose.org.

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OPINION/EDITORIAL: LETTERS

MORADA CHAPEL SITE, TRANSFERRED BY CITY TO COLORADO OUTDOORS DEVELOPER, IS IMPORTANT TO OUR NATION'S HISTORY AND OUR HERITAGE

Editor:

Why is the old Santa Maria Morada Chapel site, located at the Colorado Outdoor development site, so important to the Hispanos, Indios, Mexican/Spanish Americans, and Americans citizens, that a group (Americans) are trying to recognize the very importance of that chapel site?

When I started this research into the validation of my historical recollections of the Morada Chapel, I was flooded by the amount of unknown/forgotten historical stories, even in my own family history.

The Moradas (Mansion of God) were started by a group of Indios/Hispanos, who were granted the 3rd Order of Saint Francis of Assisi, which follows the guidelines of salvation, simple poverty and penitence of their sins. What a concept!

But this organization still survives, about 400 years strong, even after being excommunicated by the Catholic Church for about 100 years, they still exist to this very day.

The city of Montrose purchased the old Morada site, undeveloped, it has not been touched for at least 60 years.

The city of Montrose purchased the site for a new city park and I proposed to the city to name this new park Morada Park. Instead, the powers that be, city, transferred the site to land developer, Colorado Outdoors.

This is not a religious issue, it goes a lot deeper, Ethnology, You will have to look into the history of the Genizanos Native Americans. Freed Native Americans who were enslaved/captured/ransomed by

different groups and sold into slavery, obtaining their freedom as auxiliary soldiers, scouts, and frontier settlers as a buffer zone from incoming Native Americans (Utes, Navahoes, Comanches, Apaches, to mention only a few), to the trade fairs of Santa Fe and Toas and other fiestas of surrounding hamlets/pueblos.

What has happened, who whitewashed history to exclude the very group of Americans who have been here for tens of thousands of years? Is this why the Native

Americans refused to allow use of Native Americans names and symbols? The Ute Tribe did not want to leave their paradise, they were forced out at the ends of bayonets!

Is this an indication of why this, my country, is in so much turmoil? The refusal of acknowledging the history and different cultures that make up this experiment on freedom! The lack of education? Or deliberately.

Chris Eral Trujillo, Montrose



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PARK IRRIGATION SYSTEM WORK BEGINS

Special to the Mirror

MONTROSE — Contractors working for the City of Montrose have begun replacing irrigation systems in Buckley and Lions parks located off North Nevada Avenue near downtown. The project will be completed by early December.

Buckley and Lions parks are two of the oldest parks in the city, dating back more than a century. The irrigation systems for the two parks are also among the oldest in the city and are overdue for replacement. The pump houses that serve each park flood during heavy rains.

"Numerous components in both systems are not working, and the new system will feature weather tracking abilities to help conserve water," said Daniel Payne, parks and special projects superintendent for the City of Montrose.

Beginning this week, the old system in each park will be shut down until work is completed this December.

Payne said although the grass will start to look brown and stressed, the turf itself is not dying but going into dormancy and will recover come spring 2023.

Crews will be using large machinery to replace the systems and the public should stay out of work areas until the project is completed.

For more information contact City Hall at 240.1400.

OPINION/EDITORIAL: LETTERS

CALLING ON LOCAL LEADERS AND CONGRESS TO TAKE ACTION TO PREVENT SUICIDES

Dear Editor,

September is National Suicide Prevention and Awareness Month. As a volunteer advocate with the American Foundation for Suicide Prevention, I am calling on all local leaders and members of Congress to pass legislation to help prevent suicides and support crisis care. Colorado has the 6th highest suicide rate in the nation and the Western Slope has the highest youth suicide rate in the state. It is time for our community leaders to talk about the elephant in the room and address the lack of mental health care available to people who are hurting and overwhelmed. It is no longer acceptable to

send people to Grand Junction to get any kind of addiction or serious mental health care. We need local facilities so family and concerned friends can offer support. It is my understanding from a local private therapist there is a four to six week wait for an appointment at our local mental health center. The walk-in crisis center helps on a small scale but it is not able to meet the needs of our growing community. Last week two more local teenagers took their own lives. It would be beneficial for the Coroner's office to release to the public statistics each month the number and the ages of community members who have taken their own

lives. This would make people more aware of how big the problem has become.

Dialing 988 connects callers and Veterans to Lifeline centers. These centers can de-escalate many crisis calls without dispatching emergency services. Crisis support teams can connect callers with local resources, including someone to talk to (call centers), someone to respond (law enforcement with a mental health advocate) and somewhere to go (crisis stabilization centers). Please join me in urging our community leaders and Congress to take action to help prevent suicides.

Kathy Riggle

WEST NILE VIRUS PREVENTION TIPS

- 1** Use insect repellents when outdoors. Repellents containing DEET, Picaridin, and IR3535 have the best protection.
- 2** Limit outdoor activities at dawn and dusk, when mosquitos that carry West Nile are most active.
- 3** Wear protective clothing (long pants, long sleeved shirts and socks). Spray clothes with insect repellent.
- 4** Drain standing water around your house often. Empty water from tires, cans, flowerpots, clogged gutters, rain barrels, birdbaths, toys and puddles. Also install or repair screens on windows and doors.



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REGIONAL NEWS BRIEFS

CHILD SUPPORT SERVICES SUPPORTS HAVEN FOSTER



Congratulations to the Montrose County Child Support Services team on their successful fundraiser in honor of Child Support Awareness Month. Through bake sales during the month of August and raffle baskets with donations from staff and local businesses, they raised \$1,175.00. This year they have chosen to donate these funds to Haven Foster, a local volunteer non-profit that helps children going into the foster care system. Haven Foster gives backpacks to kids in transition full of basic supplies and comfort items. Thank you to the CSS team for supporting youth in our community! Courtesy photo.



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MOTHER EARTH



REGIONAL NEWS BRIEFS

LABOR DAY SCHEDULE | PROJECT OPEN:

Special to the Mirror

REGIONAL-Beginning at Noon on Friday, Sept. 2 through Tuesday, Sept. 6 at 6:30 a.m., the US 50 Little Blue Creek Canyon Project (between MP 123 and MP 127) will be OPEN to two-way traffic.

TRAFFIC IMPACTS RESUME ON SEPT. 6

Alternating one-way lane closures will be Monday – Friday 8:30 AM- 7:30 PM.

Full roadway closures will occur through the night Monday – Thursday 7:30 PM – 6:30 AM.

US 50 will be open to two-way traffic with no delays from Friday at 5:30 PM – Monday at 6:30 AM.



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COLORADO NEWS BRIEFS

US 50 MONARCH PASS TO UNDERGO EMERGENCY TRUCK RAMP CLOSURE



The runaway truck ramp located east of Monarch Pass summit will be closed for critical repairs beginning Sept. 12. Courtesy photo.

Special to the Mirror

SOUTH-CENTRAL COLORADO— Commercial truckers are urged to use extreme caution on US Highway 50 Monarch Pass as the only existing eastbound truck ramp will be closed September through late October. The Colorado Department of Transportation is performing critical repairs beginning Mon., Sept. 12 on the

emergency truck ramp located at mile point 204, four miles east of the pass summit. (Monarch Pass is located on US 50 between Sargents and Poncha Springs, approximately 47 miles east of Gunnison.) The runaway truck ramp will not be operable during the entire construction phase. Colorado State Patrol (CSP) will conduct more frequent patrols on Monarch Pass throughout the construction period. Additionally, CSP's Motor Carrier Safety Section will oversee intermittent brake inspections and safety checks of commercial motor vehicles (CMV) near the summit (just east of MP 199) to warn truck drivers of the ramp closure. The first safety checks are set to begin after the Labor Day weekend, Tues., Sept. 6. Safety checks will help ensure big rigs have functioning brakes, inform truck drivers of the locations of tight turns on the pass, and educate them about the importance of downshifting and maintaining a low speed. "This particular runaway truck ramp has

been utilized approximately 2-3 times per year over the past five years. So, it is imperative to not only focus on a permanent repair but also educate semi-truck drivers that it will not be operable and precautionary safety measures should be taken," Julie Constan, Region 5 Transportation Director.

Earlier this summer, maintenance crews performed a temporary repair of the truck ramp after a sinkhole developed due to a failed culvert. CDOT in partnership with Bechtolt Engineering and Williams Construction will now construct the permanent fix, replacing the existing corrugated metal pipe that conveys the South Arkansas River under the truck ramp. The new reinforced concrete pipe and headwall design will decrease the velocity of water flow, lowering the risk of erosion and prolonging the life of the structure. Guardrails and overhead signage will be upgraded to comply with current standards. The project completion is set for late October.

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Teacher Reimbursement Program

Alpine Bank will reimburse teachers for school supplies for their classrooms, up to \$200, before November 1, 2022! ^[1]



As a speech-language pathologist for MCSD, I travel to multiple schools throughout the district and visit home-bound students who are unable to attend school in person. I have used funds from Alpine Bank to purchase therapy materials that are easy to transport and applicable for students of all ages and developmental abilities.
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—Lindsey Meewis



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[1] In order to be reimbursed you must have an existing account or open a new account with Alpine Bank and currently be employed as a teacher with the Montrose or Delta County School Districts. Reimbursement will be made within two weeks of presentation of valid receipts dated between 8/1/2022 – 11/1/2022.



OPINION/EDITORIAL: LETTERS

RE-ELECT MARC CATLIN TO HD58 IN NOVEMBER

Editor:

In the eight Western Slope counties of Colorado's House District 58, agricultural enterprises and water are critical to the local economies. Since 2017, MARC CATLIN, an expert in both agriculture and water resource management, has represented HD58 in Denver. He has taken his water management expertise, real world values, and problem-solving abilities to a legislative body, whose individual members know little to nothing of complex intricacies involved in making informed water management decisions.

Recently endorsed by the Colorado Chamber of Commerce for RE-ELECTION, Marc is both approachable and responsive to concerns by any constituent. Without his personal knowledge of water management systems, as well as federal / state compacts, Western Slope agricultural enterprises would be at a huge disadvantage. You can review his record and ratings at votesmart.com.

If there is one thing we all should have learned in the last 17 months, it's that we simply can no longer place our trust in any politician running as a Democrat, at any level of government! Marc's Democrat opponent Kevin Kuns' qualifications seem to be limited to him serving as Chair of the

Montrose Democrat party, and as Vice-President of the Colorado Western Alliance, a liberal "community organizing" group, focusing on such "critical" issues as racial justice, climate change, classroom democracy and economic inequality. At their recent Annual Conference, the keynote speaker was Paul Getsos, author of "Tools For Radical Democracy" !! If not familiar with this organization, I suggest reviewing their website at

<https://westerncoloradoalliance.org/> who -we-are/ for an insight into what Kuns REALLY stands for!

As more and more have learned in less than two years, elections can really have dire consequences.

We have been indeed fortunate to have had MARC CATLIN as our representative in HD58, and I would encourage his RE-ELECTION in November.

Dee Laird, Montrose



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REGIONAL NEWS BRIEFS

DELTA COUNTY RECEIVES POSITIVE 2021 FINANCIAL AUDIT RESULTS

Special to the Mirror

DELTA – Delta County Commissioners were presented the 2021 audit in the Sept. 30 Special Business Meeting by Leone Anderson, Delta County Finance Director, and Pete Blair with Blair and Associates, P.C.

The presentation included very good news for the county. Fund balances in 18 of the 21 governmental and business-type

activity funds increased in 2021.

“We enjoyed the opportunity of working with the staff at Delta County during the performance of the December 31, 2021 audit, and most importantly being able to deliver such positive observations and financial analysis of the County’s financial operations.” Said Mr. Blair.

Delta County’s assets exceeded liabilities by \$178.7 million at the end of 2021, and

of that total \$150.9 million was invested in capital assets and \$17,147,813 million is restricted by law and committed. The major differences in actual to budgetary amounts in the General Fund were sales tax, mineral leasing, and COVID 19 revenue were more than budget by \$333,429, 503,843, and 118,993 while property taxes were less than budget by \$141,862.

“Our financial position is strong,” said County Administrator Robbie LeValley.

“The review of financial statements shows our finances are fair and accurate.”

“We already knew the results would be positive, but to hear such an exceptional report from Mr. Blair’s firm confirmed what we had suspected was accurate,” LeValley said.

“We have an excellent history of accurate financial reporting and internal control in Delta County.”

The Board of County Commissioners thanks County Auditor, Pete Blair, and Finance Director, Leone Anderson, for their dedication to the 2021 audit.

For a full copy of the 2021 audit report visit [2021 Delta County Financial Audit](#).

For information about Delta County, please visit www.DeltaCounty.com.

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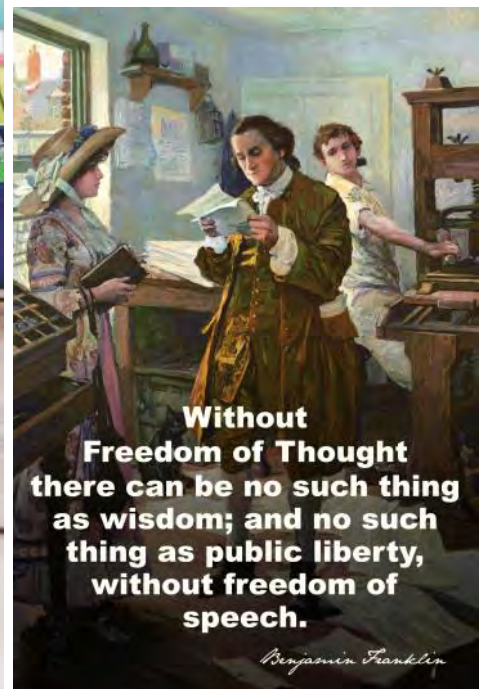
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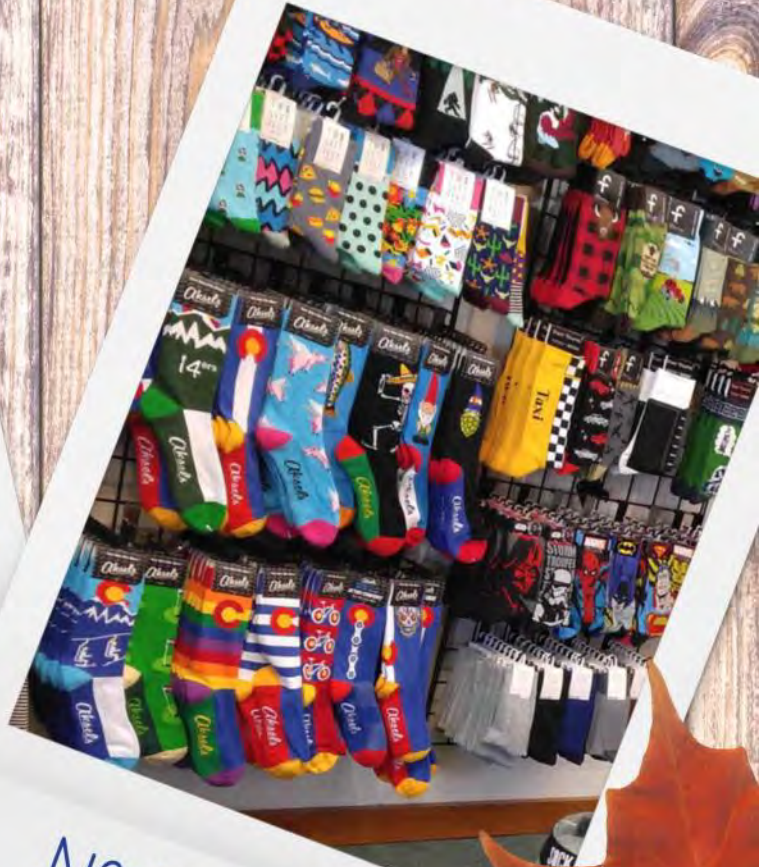
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REGIONAL NEWS BRIEFS

TRICKLE PARK ROAD EVALUATION

Special to the Mirror

GRAND JUNCTION— The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests' Grand Valley Ranger District in cooperation with Central Federal Lands announce the Trickle Park Road, National Forest System Road (NFSR) #121 evaluation project. This project consists of evaluating a section of NFSR #121—Trickle Park Road for proposed improvements on the first 2.5 miles of road beginning at the Grand Mesa Visitor's Center. As a part of the evaluation, a geotechnical firm will take random core samples within the existing roadway.

Visitors can expect 15 – 30-minute traffic delays Tuesday, Sept. 6 – Friday, Sept. 9 from 8 a.m. – 5 p.m. Visitors should pay attention to and obey all traffic signs when traveling in or near these areas. Please exercise extreme caution and watch for pedestrians.

For additional information, project updates, alternate routes or questions please contact Chris Phelps at Christo-pher.Phelps@USDA.gov or the Grand Valley Ranger District at (970) 242-8211.

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

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FIRST BLACK RESIDENT MADE HER MARK IN MONTROSE

"I am prepared to do first-class laundry and family washing." - Mrs. Eliza Butler, Montrose Press, March 17, 1905

By Jennifer Ruben

MONTROSE-It is unknown when or why the former slave and Montrose, Colorado's first African American citizen landed in this small Colorado town, but it may have been because at the end of the 19th century Colorado was considered a progressive state. It may also be because Montrose was a stop between Denver and Salt Lake City on the Denver & Rio Grande Railroad.

Either way, Mrs. Eliza Butler made her mark in Montrose as a laundress and cook for wealthier residents and hotels. She also owned her own house on S. 2nd and Uncompahgre where she later lived with her daughter, son-in-law, and her grandchildren.

Although she was well-known and well-respected to the citizens of Montrose, not much is known about "Auntie" Eliza Butler. What we do know is that she was born on 6 July 1850 in Tennessee. She had her daughter, Ida, in January 1862 when she was just 11 years old. She married in 1879 and was widowed. Census records show she had other children but we were unable to track them.

According to her granddaughter, Bertha Pitts Campbell, she came to Montrose from someplace in Missouri. In an interview her granddaughter, Bertha, said Eliza had been a slave, although she didn't like to talk about it. She did tell Bertha that she was frightened, that the whites would try to frighten the slaves so they wouldn't run away. Bertha also said that Eliza didn't like talking about slavery because it was too painful to talk about, and likened it to soldiers returning from war.

Eliza was quite a spitfire. In his book, *Early Recollections*, Montrose, Colorado, Hugo Selig told a story about Eliza and Sheriff Millard F. Tillery, who came to Montrose to work on the railroad. There was one day in particular when the dirt streets were slick from rain and sleet. "Along came one known as 'Old Lady Butler,' a colored cook who weighed at least 175 pounds and who worked for white

people and was quite a character in the town. She was crossing the street carrying a big black umbrella. When she neared the edge of the street corner where Sheriff Tillery was standing, she slipped backward, displaying amazing red underwear, and at the same time became ensnared in her umbrella. She flopped and scrambled in the mud in her efforts to get onto her feet. Instead of rushing to her aid, Tillery stood and laughed his obnoxious laugh. A crowd started gathering. Butler finally managed on her own to get up on her feet. She gathered the remnants of her big umbrella, adjusted her frocks and looking squarely at Tillery, approached him with an air of confidence. Once close enough, she began to jab Tillery in the stomach and in the face with the point of the umbrella, and then with the stiff grip on the handle she commenced to belabor Tillery with that old umbrella on the head and face with resounding whack after whack. She said not a word until Tillery began to retreat in the corner store and then she shouted, 'Laugh that off, Mr. White Man, and if you insult me again with that laugh of yours, I'll stick this umbrella down your nasty throat!' Sheriff Tillery disappeared."

Eliza's daughter and son-in-law were both born during America's slave era. It's not known how they arrived in Kansas, but it is thought that they moved from Alabama to Kansas as part of the post-slavery migration to move as far away from the South as possible. Kansas was known as a progressive state, and many former slaves settled there. In 1893, Ida Pitts and her husband, Hubbard S. "H.S." Pitts, took the train to Montrose to start a new life. They became the second African American family in Montrose. There was a mining boom, and H.S. was able to work in the mines, and as a cook in the mining towns. Ida was busy raising the three young children they arrived with, Charles, Minnie, and baby Bertha (born 30 June 1889) and soon had two more children to care for.

Ida was overwhelmed and would ask Eliza to help her by watching young Bertha Pitts so she could tend house and take care of the other children. Eliza and Bertha



Eliza Butler's granddaughter Bertha Pitts. Courtesy photo.

adored each other, and eventually Bertha went to live with Eliza permanently.

Eliza knew that Bertha needed an education, and that education was everything. Although most girls were expected to marry and have children, Bertha was encouraged to learn, and Eliza encouraged her curiosity. Even though Eliza had no education, she paid attention to the people she worked for, and made sure Bertha was signed up for the best kindergarten in Montrose.

When she wasn't in school, Bertha worked with her grandmother cleaning and doing laundry. Eliza would sing as she scrubbed clothes on a washboard and stirred the wash pot. Bertha "was taught to mend and scrub. I learned to clean the lamp chimneys, to make soap and to make straw brooms and mattresses." She also became very adept at ironing with the flatirons that were used in that era to smooth the fabric.

Bertha was very bright, and her grandmother made sure she was given the same opportunities as the other children in the town, even though she was the only black student in Montrose. After many years of hard studying, Bertha graduated as the valedictorian of her high school class. Her 1908 speech was published in the local newspaper for all to read. (Speech printed elsewhere in this issue of the Mirror.)

FIRST BLACK RESIDENT MADE HER MARK *From previous pg*

Because she was the valedictorian, she automatically received a full scholarship to Colorado College in Colorado Springs. However, and with the assistance of her church, Bertha decided to go to the all-black Howard University in Washington, D.C.

Even though she was the only black student in Montrose, she wasn't subjected to the racism here like she was when she went to college. The move opened Bertha's eyes to the racial injustices of the world, and along with other young black women she founded the nation's first all-black sorority, Delta Sigma Theta. She would march in cap and gown for the 3 March 1913 right to vote parade in Washington, D.C. Following her graduation from college, Bertha taught school in Topeka, Kansas. However, after a year she decided that teaching wasn't for her so she returned to Washington, D.C. and took a job at Howard University.

Eliza Butler passed away unexpectedly on 23 March 1915 at the age of 65. Her obituary notes that she was a slave as a young girl, and that she had been freed by President Lincoln. It also said that, "'Auntie' Butler was a familiar figure in Montrose for many years and she will be

remembered for her kindly disposition and courteous manner." Bertha's father, Hubbard S. Pitts, passed away after a long illness five days later. Both Eliza and Hubbard were buried in Cedar Cemetery in Montrose.

Bertha returned to the West when her sister, Minnie Reed, died in Dillon, Montana. Bertha took her nieces to Grand Junction to live with family. When she was waiting in the train station in Grand Junction she met Earl Allen Campbell, and they were married in 1917 just before WWI. They had a son, Earl Jr., on 8 February 1918. They moved to Washington state, where she spent the rest of her life. Earl Jr. passed away on 24 August 24 1951 in an explosion at the Ames Terminal Shipyard. Earl Sr. passed away three years later in 1954. Bertha lived the rest of her life in the Pacific Northwest and passed away at the age of 100 on 2 April 1990.

While Bertha's life was well documented, she never mentioned her mother, Ida, or what happened to her. Ida isn't listed as living in Montrose in the 1910 or the 1920 census. However, a Mrs. Ida Pitts is listed as an inmate at the Colorado State Insane Asylum in Pueblo, Colorado in both the 1910 and 1920 censuses. She is believed

to be Eliza Butler's daughter based on the fact that the age, the race, and the place of birth are the same as Ida's. Mrs. Ida Pitts died in Pueblo in June 1924, and Jones Mortuary in Pueblo paid for her burial on 1 July 1924. She lies in an unmarked grave in Cedar Cemetery, Montrose, Colorado.

Sources

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INJUSTICE TO THE NEGRO

Speech Given by Bertha Pitts in Montrose in 1908

Bertha Pitts, who was a member of the first African American family in Montrose, CO, gave the following impassioned speech when she graduated from Montrose High School in 1908. That was just 40 some years after Abraham Lincoln passed the Emancipation Proclamation. The Senator Tillman she mentions in the speech was a southerner who was opposed to civil rights for Negroes. It took a lot of courage for her to give the speech, considering it was 1908. Bertha spent the rest of her life campaigning for civil rights and recognition of African Americans.

How many people ever think as much about the injustice done to the black man

as about the crimes and outrages committed by him? Some do 'tis true but the general mass see in him a low wretch suitable only for a submissive slave or Judge Lynch. A negro? What is a negro? is asked by many people in this country whose motto is: "A government of the people, by the people, for the people." He seems to be a species of monkey, a degeneration beside the white man.

True, the negro has faults and traits that are to be condemned, but how could he have risen, in forty years, from the demoralizing effects of almost two hundred and fifty years of slavery. You will doubtless say slavery nevertheless gave him arts of

civilized life. Well if it did it also denied him the greatest blessing he might have had, the product of his labor; therefore he had no incentive to labor at these arts and make the most of them. Now, my reader, looking at the depths from which the negro has risen to such present positions as he now holds, let me show you that according to his advancement in every line of art, he is treated unjustly by the white man.

How does the negro fare in the field of labor? Because of the labor unions a skilled laborer can not get employment often. This is especially true in the north where the negro population is not dense

SPEECH GIVEN BY BERTHA PITTS IN MONTROSE IN 1908 From previous pg

enough to support their own people. If [given] the same chance to earn a living as his white neighbor he would be a far more desirable citizen and wealth producer. Surely the black man has the same capacity for work, the same spirit purpose and desire to rise as the white man and he is as much entitled to share the blessings of life, its honors and rewards. Many a white laborer refuses to work beside a negro. And why? Because the color of the skin and the texture of the hair is different. Now the negro must have a living and he will get it by foul means or in an honorable way; the white man can determine the way. In this "land of the free and home of the brave" every good citizen should be provided with opportunity and stimulus to make the most of himself be he black or white. Suppose a negro goes hunting for work in some part of this country. Barred on every hand; plenty of sentiment but no work; he is told to move on. "He is a bad white man who will not help his black neighbor when that black man shows the spirit to help himself. No persons can hold another in a ditch without remaining there with him." So it is as advantageous for the white man to help elevate the negro as it is his duty to a fellow-citizen. When the white man helps the negro it is not a case of "all going out and nothing coming in." Surely this country, for which he has toiled, fought and died owes him a living if he desires to make one.

All citizens, if orderly and respectable have a right to be served in all public places and in a courteous manner, and yet there exists in most all places discrimination in hotels, soda fountains, restaurants, and such places on account of race and color. What reason does the white man give for such treatment? He will say they are disorderly. Are there no respectable, law-abiding people of the colored race? Are there no low disorderly white people. Alas! The entire negro race must suffer for a crime or wrong of one of its members. All colored people are held as belonging to the same class; a crime one would commit so would all the rest. Now the whites should show the negro that if he respects himself he will be respected.

By this discrimination the white man should not make him feel that he is a subject of hatred and strife and that he is handicapped at every effort to rise from the low depths in which he is plunged. Respect the right, white citizen, that the black man has as a citizen. The constitution that gave the white man his rights granted the same ones to the negro. The whites demand that their rights must be respected and they in return should respect the same of other people.

Everyone knows the important part the women of a race play. Injure them and the race to which they belong is injured. Senator Tillman has said in his various lectures that NO negro woman is virtuous. Such a hatred breeding speech is a kick to the negro womanhood of America. People gather to hear this degrading thing spoken, some believing others not; but race feeling becomes more bitter on account of it. Think of having this disgraceful thing preached from town to town! Can't the white man imagine the feelings of the poor black who has tried so hard to rise under all kinds of kicks and blows. Does Tillman better anybody by such speeches? Of course not. He heaps more live coals on the unfortunate black. All negroes are immoral. If this were applied to the white race it would astonish the entire world. Why not judge the negro with the same logic that the white man is judged with. Some negroes are now immoral, many, almost all, were for some time after they were freed. But where did it originate? Again the blame is on the whites. During slavery the temptation of the white masters to abuse the power they held over those who could not and dared not resent any crime against them and the gratifying of baser appetite brought on this terrible immorality among the blacks. Let the whites allow the negro two hundred fifty years to wear off the marks of slavery endured for the same time and be as ardent in elevating him as they were in degrading him—then judge him as to moral goodness.

Will my reader look at the courts in the south? Is there justice for the negro in them? Maybe if he ever got to them, but

there seems to an unwritten law to the effect that criminal negroes must be lynched as captured. But the question is whether he would get justice if he got to the courts. Perhaps it is too sweeping to say no negroes ever get to court in the south. Some do, but they don't get justice. People charged with a crime are held by the law as innocent until proven guilty, vice versa with the negro. The prejudice against him makes his trial a mere mockery of justice. The convict lease system spurs the white man on to this unfair treatment of the negro in the south. Altho the Emancipation Proclamation, written and issued by immortal Lincoln, has been in operation for forty years yet there exists, in this system a species of slavery which is fostered and supported by the laws of the south. It is therefore advantageous to the southerners that they convict as many people as possible. The prisoners are huddled together like cattle regardless of sex. Boys and girls are sent there upon trivial [trivial] charges for the express purpose of securing to the lessees of convicts the benefit of their unrequited toil. By all means no! But what other effect can bad company have on children than to make criminals of them?

Worse than all, the negro cannot stop these outrages against him for he cannot vote. He has no voice is making the laws which govern him. Have you anything to say about the laws which govern you, Mr. White Man? Indeed you have and you would fight until you died to defend that say, if anyone sought to deprive you of it. Now let the white man put himself in the negro's place. He'd like to say something of what is to be done with him and if he cannot he is no better off than in slavery. "For he's a slave who cannot be in the right with two or three." No one of good judgment will deny that it is better to increase law-abiding citizens than criminals. Which type does most good for the country? What kind of showing does it make for American civilization to have such hosts of criminals and dens of vice in its midst.

Let the white man deal justice to the criminal negro in order to reform him that

SPEECH GIVEN BY BERTHA PITTS IN MONTROSE IN 1908 From previous pg

he may benefit civilization in an honorable way.

Yet one thing more belonging to the outrages against the negro. What does my reader think about the "Jim Crow Laws?" Pretty good are they not; at least most white people think so? A citizen because he happens to be black must ride in separate cars from his white neighbor; yet he pays the same price as the white man; he receives the poorest possible accommodations. No matter how respectable a colored man may be he must not ride with the white man. Not only railroads but elevators and street cars are "Jim crowing" the blacks. Things surely are getting harder for the poor negro. Years ago he could ride where he pleased but now he must use a "back seat". The white man cannot allow him too many privileges because he is too much of that oppressive nature. Wherever the chance presents itself the whites never fail to assert their domineering spirit. In some instances where negroes ride in the same car with the white (only are seated in back of them) should a white man be in need of a seat, a black man, woman, or child would have to give up theirs to him. A white

man would never think of asking a woman of his race to give him her seat; but a colored woman would have to. Two beings belonging to the same sex, entitled therefore to the courtesies due that sex yet so differently treated. Will such outrages go on forever? If not, where will it end? It cannot go on forever without having effects on both races. The effects cannot be good. No country can progress as rapidly when there is eternal strife among its people as when all elements are at peace and work in advantage of each other.

The success of a race is secured by the depths from which it has come and under what conditions it has developed. If a race is successful, it should have the credit and be treated as such. If a race who can produce a B.T. Washington, P.I. Dunbar, Henry Tanner and many others as great, successful? Can one say that a race who only forty years out of slavery is a failure when it has produced skilled workmen in every line of work carried on by the white man?


The negro is not merely an imitator, but he has shown that he possesses inventive genius. There have been hundreds of things invented by him not mere changes in somebody else's work but his original

work.

He has shown his ability to give as well as receive knowledge; he has displayed his ability in the field of authorship and he has in every way proved a capacity for entering every occupation, equal to that of the white man. Therefore the negro is not a failure.

But if the white man thinks the negro race is indolent and void of ambition, let him open to it the door of hope that the black boys and girls may be inspired with the same ambition to occupy positions of honor and dignity as the whites. Do not close the doors of every avenue of usefulness in the negro's face and then curse him for being indolent. And so I think that a little equal chance and a little fair play will do more for the colored race than millions of charity money.

This page has not been written by one who holds a bitter attitude toward these things, but the writer merely wants to bring before you things as they exist which you, my reader, have not noticed or have not thought seriously upon. Won't you, reader, do your part to better these conditions should you ever have the opportunity?



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

HEALTHY
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LA NOUE
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REGIONAL NEWS BRIEFS

RIDGWAY STATE PARK PRESENTS FALL MIGRATION PUBLIC BIRD BANDING

Special to the Mirror

RIDGWAY-Ridgway State Park Presents: Fall Migration PUBLIC BIRD BANDING Saturday, Sept. 10, 7:30 am-11am. Dallas Creek entrance, south end, across bridge. In addition to this, there will be students coming from area schools each day, Sept. 6 – Sept. 16, to learn from and enjoy this experience! \$9 park pass required. At right, courtesy photo.



Montrose County

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OPINION/EDITORIAL: LETTERS

AMERICAN VOTERS MUST VOTE ALL DEMOCRATS OUT OF OFFICE IN NOVEMBER

Editor;

Poor ol' Joe. He seems to be furious and in a terrible mood all the time. And who is it he is furious with? It's with his fellow Americans wouldn't ya know. But only those who disagree with his Progressive/Marxist ideologies. That makes him furious when he can't brain-wash half the country with his hollering into his mic and looking like he just ate a lemon.

But it's going too far when he accuses MAGA patriots of being fascists. Gosh, everyone thought he liked fascists since he turned over hundreds of thousands of American-allied men, women, and children to the Islamo-FASCIST Taliban terrorists in Afghanistan! And he gave them our best military equipment. In a recent speech in Pennsylvania Biden failed to mention the year-anniversary of a suicidal terrorist he authorized the release of from an Afghanistan prison just days before he blew up 10 Marines, two Army soldiers, and a Navy corpsman because of his despicable, cowardly surrender to "fascists" in Afghanistan. But they won't tell you they were not the only casualties. There were 155 Afghan civilian men, women, and children who were also murdered. And there were dozens of our military members who also received horrendous injuries in that explosion. Did Biden commemorate this one-year anniversary of his cowardice? No! Did Biden even commemorate the anniversary of "D" day? NO! But not to worry, ol' Joe promised to "restore the soul and secure the future of America." Whew! I feel much better now! But uh,oh, Biden's press secretary then flaunted a zinger saying, "MAGA Republicans are an 'extreme' threat to our democracy, to our freedom, to our rights. They just don't respect the rule of law." For the record, there are very few Democrats who abide by the rule of law. How about the oath they took, "to support and defend" our Constitution every day and on every instance? Yeah, Biden is really abiding by his oath protecting the border isn't he? Funeral parlors along the border say they cannot take any more dead invaders. The hospitals in America are treating sick invaders. This calamity is gradually moving across the United States, but it won't affect you until you have a hospital emergency and are told, "sorry, the hospital is full." And you ask, "how can that be?" And they tell you, "well we have a barrage of immigrants who are sick and they are waiting in line ahead of you". And you ask, do all of them have insurance? And they answer, "oh no, none of them do, but we can't turn them away so their health care is free!" American mothers can't find baby formula made in the United States because that's being hoarded in warehouses

along the border to give to the invaders for FREE! Texas is now shipping invaders out to Democrat sanctuary states and cities and their Democrat Governors and Mayors are throwing a hissy fit and getting all bent out of shape having to provide for the free-loaders they have invited in and said were welcome. Sanctuary cities and states were designated so by their Democrat mayors and governors and now they're complaining.

They just can't have it both ways! They should own up to what they wished for. Maybe they should send them to Delaware and dump them in front of Biden's beach-front mansion. The one of several mansions he was able to buy on government wages!! And if Biden is honest (don't gamble your retirement funds on that!) he will invite them into his mansion to stay indefinitely. Ha! Oh, speaking of Biden's \$multi-million dollar mansion, the latest information is that we, the taxpayers, are paying for a \$500 million dollar WALL around Biden's mansion!! Isn't that nice, we pay for his wall, but he won't protect America from invaders with a wall already paid for under President Trump!! Speaking of retirement funds, President Trump warned everyone if Biden is elected president their 401ks will tank to the bottom. Well, you see it every day! The stock market is tanked! Trump was right on that as well as everything else, but the Trump haters just can't admit it. There's no one smart enough in the Democrat party to compete. So, for those who wouldn't listen and voted for Biden, how's your retirement funds and investments doing? Are you able to afford gas for your car? How's your interest rate on your adjustable-rate mortgage? Democrats have gutted the soul of our nation, gutted the foundational principles of our history, gutted our faith and our families, gutted America's future, gutted savings of hard-working Americans, gutted our economy. And now Biden tries to convince us he is worried about "the soul of the nation!" Ya just can't make this horror story up!

Biden has such hate for Trump and all Republicans that he tromped on the MAGA crowd 13 times during his weird speech crying and complaining about Trump. The bright red background for his tirade looked demonic and accented his rage about MAGA supporters. It was a scene befitting a speech from a dictator of a third-world country. On top of that he used Marines in the background who were obscured by the awful glare of his weird red lighting. No Marine should ever be relegated to the background of any political speech! On top of that he had the Marine band there! It is illegal to use the military to accentuate a political

speech. If Trump did that Democrats would lose their mind! That was not only disrespectful, but a despicable act of cowardice. Biden is not man enough to be a Commander in Chief!! He is obsessed with Trump because he can't compete with Trump. But what we needed to hear from his demonic speech was what the solution is for his rampant inflation he caused, for creating jobs, for the recession he caused, for closing schools that allowed children to fall behind, our foreign policy (his Communist China connections are horrifying for America's security and future), for his total handling of the Covid scandal from China, the lies and corruption about the safety and effectiveness of the vaccines, why he won't protect our borders, why taxes are raised during a recession, the thousand Americans killed in 12 months from his importing drugs of every kind. Biden, "the big guy", can now be considered the head of the largest drug cartel in the world!

Now, with our country in a hard Democrat decline, they have to devise a new trick. They have to blame somebody. They have to provoke an enemy for their story for November. They need to divide. They need you angry. Remember, Biden's speech wasn't about you. It's about him and his Democrat party. And now they're angry because they know people don't agree with their demented and reckless policies.

Now Biden has moved on to another depraved plan. He's now trying to convince people he is for "funding" the police! I repeat.....ya just can't make these horrendous lies up! And while the rioting was in high gear in 2020, kacklin' Kamala organized a fund to bail rioters out of jail as fast as they were arrested. Democrats allowed their "summer of rage" to continue before the 2020 elections with their Black Lives Matter and antifa comrades. Biden and his ilk led the "Defund the Police" movement to frame cops for "systemic racism." (everything is about "race"). The outcome was the murders of police officers and billions in damages. Biden even accused law-abiding citizens of wanting to attack America, but he said they would need "F-15s," not "weapons of war,"(huh?, he doesn't make sense, like usual!).

American voters must vote all Democrats out of office in November or else nothing will change. Remember RED (Remove every Democrat)! The third President of the United States said, "The greatest danger to American freedom is a government that ignores the Constitution".

Jerry Bartholome, Montrose

OPINION/EDITORIAL: LETTERS

FROM WHERE WILL THE PLASTIC COME TO MAKE YOUR NEXT MEDICATION BOTTLE?

Editor:

If we halt all exploration for and extraction of fossil fuels, from where will the plastic come to make your next medication bottle?

Rick Bleier, Montrose



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KIDS & FAMILY Talent Showcase

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REGIONAL NEWS BRIEFS

NEW FAMILY CAREGIVER SUPPORT GROUP TO GATHER AT DELTA HEALTH SYSTEMS HOSPITAL

Special to the Mirror

MONTROSE-The Caregiver Support Foundation (CSF) has announced a new caregiver support group that will begin meeting at the Delta Health Systems hospital in Delta, Colorado. The group, open to anyone who is a caregiver to a brain failure (long-term neurological disease) patient, will meet on the first and third Friday of each month at 1 pm. Each session will run approximately one hour. The first meeting will be September 16.

The announcement comes on the first anniversary of CSF which began operation as a non-profit foundation a year ago September.

"I think it is a fitting celebration of our anniversary that we are able to announce, in conjunction with the Alzheimer's Association and Delta Health Systems, another quality group experience added to our growing network of in-person and virtual caregiver groups," said Laird Landon, Chair of the CSF organization. "As we mark an important milestone for our little foundation, it is gratifying to be able to provide emotional uplift support for caregivers."

The group will be held at the Delta Health location at 1501 E. 3rd Street in Delta. William Bottomly, a member of the CSF Board of Director and a long-term caregiver, will facilitate the group.

"I am looking forward to meeting caregivers in the Delta area. Caregivers sharing their stories helps validate the internal feelings many of us deal with on a daily basis. It can be very helpful to hear what others are experiencing in a confidential setting," Bottomly said. His wife is presently at the Colorow Care Center in Olathe.

The new group is being presented by CSF and the Alzheimer's Association. The two organizations joined forces this past spring to increase the level of service to caregivers who need help.

Caregiving is an isolating lifestyle for fami-

ly members who take on the task of life assistance for persons suffering from brain failure caused by Alzheimer's, many forms of dementia, Parkinson's, and other afflictions that render the patient virtually helpless as the incurable condition worsens with the passage of time. According to Landon the caregivers are the ones who provide safety, comfort, and moments of joy for patients.

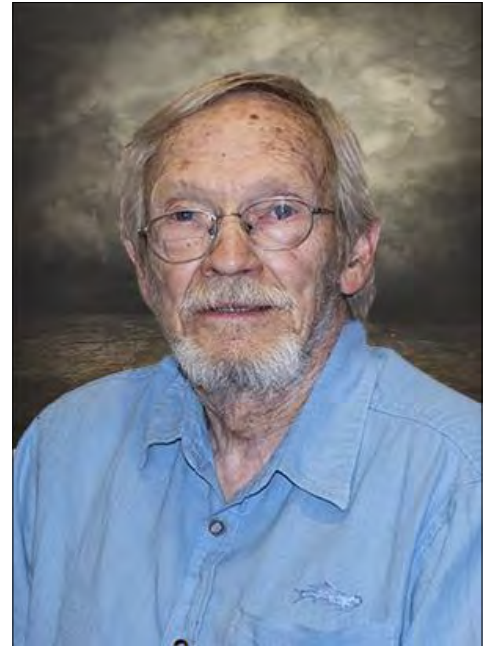
As the only hospital facility between Montrose and Grand Junction, the availability of a caregiver support group at that location could make an important improvement in the life of isolated family caregivers, according to Landon.

Jacqueline Davis is the Director of Marketing and the Public Information Officer for the Delta facility. In her capacity she has learned first-hand about the need for groups such as the new one at Delta Health.

"We are thrilled to provide a space for the Caregivers Support Group at Delta Health. Our hospital has been in this area for over 100 years, and we understand the important service that caregivers bring to our patients and community," Ms. Davis said upon completion of the group arrangements.

She also echoed the sentiments of the CSF board saying, "Caregivers are unsung heroes and the work that they do is some of the most difficult. It is wonderful to have community support outlets for people who need a place to share their experience and to find support with others. We look forward to facilitating the support group."

Woo Bandel is the Western Slope point person for the Alzheimer's Group Association. She and Landon engineered the connection between CSF and the Alzheimer's group. "It is exciting knowing that Laird and his team are working on starting a Support Group in Delta. We look forward to partnering with the Caregiver Support



William Bottomly, a member of the CSF Board of Director and a long-term caregiver, will facilitate the group. Courtesy photo.

Foundation on this new support group," she commented.

Bandel said that, "Together, we are able to better support caregivers impacted by Alzheimer's and all other dementia."

Melanie Fairlamb is a longtime resident of Delta and was her husband Millard's caregiver during his battle with Parkinson's. She was a member of a CSF Zoom group before there was a live local group.

"I benefited greatly from participating in the Caregivers Support Group when my husband was in a care facility because of the progression of his Parkinson's. It's nice to know you don't have to go through difficult times by yourself," Melanie said.

She urges any caregivers in the area to contact CSF or the Hospital and join the group.

All CSF caregiver groups are open to the public. You can learn more about CSF and the groups they facilitate by visiting their website at family-caergiver.org.

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REGIONAL NEWS BRIEFS

CDOT TO PERFORM BRIDGE REPAIR WEST OF US 160 & US 550 IN DURANGO

Special to the Mirror

DURANGO-The Colorado Department of Transportation will complete a permanent bridge repair on the US Highway 160 bridge over the Animas River, located on the south side of the DoubleTree Hotel and just west of the US 160 and US 550 intersection in Durango.

The bridge work will take place, Tuesday, Sept. 6 through Friday, Sept. 9 from 9:00 a.m. to 3:00 p.m.

Last month, CDOT completed a temporary repair of the bridge by installing steel road plates over the expansion joint. Crews will now cut a new 1-inch groove

into the concrete surface and add a urethane fill on top of the expansion joint. This permanent repair will increase the life of the bridge structure and improve the road surface by allowing the concrete surface to naturally expand and contract. Additionally, potholes and crevices on the bridge will be patched.

Drivers are urged to reduce their speeds while approaching the bridge. The temporary steel plates create bumps on the east end of the bridge. Once the expansion joint work is complete at this location, the steel plates and the bumps will be removed.

Traffic Impacts

Motorists will encounter both westbound and eastbound lane shifts and crews will attempt to keep traffic moving through the work zone.

However, significant delays can be expected at the US 160 and US 550 intersection due to congestion caused by the limited lanes available. Travelers should allow themselves extra time. Motorists as well as pedestrians, are asked to seek an alternate route, if possible. Motorists are urged to watch for workers and their equipment, slow down and drive with extreme caution.

WEST NILE VIRUS

How do you get it?



Mosquitoes bite infected birds, then bite humans.

Do you think you have it?



Only about 20% of people have symptoms, which are most often mild, flu-like complaints. Symptoms usually show up 2 - 14 days after being bitten by an infected mosquito.

Fewer than 1% of people get a serious illness that can be fatal.

If you develop severe headaches or confusion, contact your health care provider.

How do you fight it?

Protect yourself



Use an effective insect repellent*



Stay inside, or take steps to avoid mosquito bites at dusk and dawn, when mosquitoes that carry West Nile virus are most active.

Mosquito-proof your home

Drain standing water around your house often. Empty tires, cans, flowerpots, clogged gutters, rain barrels, toys and puddles.



Install or repair screens on windows and doors.



COLORADO

Disease Control & Environmental Epidemiology Division

Department of Public Health & Environment

*Repellents containing DEET, picaridin, IR3535 and some oil of lemon eucalyptus and para-menthane-diol products provide the best protection.



OPINION/EDITORIAL: LETTERS

DEMOCRATS DON'T REALLY WANT TO 'PUT EVEN MORE OF YOUR HARD-EARNED MONEY BACK IN YOUR POCKET'

Editor:

A definite pattern of dishonesty is being established when it comes to Democrats at all levels. Not since Bill Clinton declared that he did not have sex with "that woman" have we seen politicians so blatantly lying to voters. I used to assume that Colorado Democrats held themselves to a slightly higher standard than their national counterparts, but no more. I just read the letter signed by Governor Polis accompanying Colorado taxpayers' TABOR refunds, and his news release on the same subject.

Colorado Taxpayer Bill of Rights (TABOR) was instituted in 1992 to limit taxing and spending by the Colorado government and limit revenue increases to what is approved by voters. It mandates refunds to Coloradoans rather than allowing the government to spend excess funds, and is in the Colorado Constitution. Because it limits taxing and spending, Democrats – with Polis leading the charge – have been trying to get rid of TABOR since it was enacted.

The letter and press release make no mention of TABOR or the fact Democrats have always railed against these refunds. Using taxpayers' money in a political stunt, Polis wants you to believe that he hopes to "put even more of your hard-earned money back in your pocket" and that Democrats are doing this out of the

kindness of their hearts. The press release attempts to rebrand TABOR as a Democrat "Colorado Cash Back" program, when in fact the only thing they did was move the refunds up right before an election and include a Polis letter that is indistinguishable from a campaign mailer. So much for campaign finance laws.

Colorado Democrat Senator Michael Bennet is now indistinguishable from his lying Democrat buddies. "I'm not taking a dime in corporate PAC money," he says in his first re-election campaign ad. Unfortunately for Bennet, he has been outed by the Beltway media for being dishonest with Colorado voters about accepting contributions from corporate PACs and federal lobbyists over the years. His pledges and promises don't match his actions during his 13 years in the Senate. For example, lobbyists have given him more than one million dollars according to his campaign finance records. In the last quarter alone, he has accepted more than \$60,000 from PACs that accept corporate PAC contributions. Interestingly, in one fundraising quarter, over 65% of his donations came from out-of-state interests.

Bennet also faked being a westerner in his latest campaign ad by buying a one-day fishing license to cast a few lines for a photo op --- even though he was born in New Delhi, India, and raised in Washington, D.C. His Republican opponent Joe

O'Dea was actually born and raised in Colorado and doesn't have to fake being a westerner who actually cares about the forgotten working men and women in this country.

Bennet also likes to downplay the fact that he has been Biden's lackey, having just helped pass a massive \$739 billion tax and spending bill that pits the IRS against working Americans. The bill is the largest expansion of the domestic police state in American history. Help me understand why a federal government, which already collects over \$4 trillion per year – \$12,300 for every citizen – supposedly needs 80 battalions of new IRS agents who can "carry a firearm and be willing to use deadly force?" Help me understand why Bennet and all his Democrat buddies voted against a Republican amendment that would have prevented those new agents from auditing individuals and small businesses with less than \$400,000 of taxable income?

I guess Democrats don't really want to "put even more of your hard-earned money back in your pocket" after all? Make no mistake: the policies contained in the hilariously titled "Inflation Reduction Act" would be folly in the best of economic times. In the current economic situation, however, they represent outright recklessness.

Chanda Ouimet, Montrose



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REGIONAL NEWS BRIEFS

SUNSHINE CAMPGROUND AND SILVER JACK OVERLOOK SLATED FOR NEW FACILITIES

Special to the Mirror

MONTROSE— The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests announce the Sunshine Campground and Silver Jack Overlook project. This project consists of replacing outdated toilet facilities and water lines at the Sunshine Campground and outdated toilet facilities at the Silver Jack Overlook area.

The first phase of the project will include building demolishing. Construction began Aug. 23 and is anticipated to continue through the month of September. The final phase, consisting of installation of new facilities, is anticipated to occur spring, 2023. During construction porta-johns will be available at Sunshine Campground. No restroom facilities will be available at the Silver Jack Overlook during construction.

For additional information, project updates or questions please contact Logan Foster at (970) 589-9860 or logan.foster@usda.gov.

READY TO MAKE SOME NEW MEMORIES?

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Live Music, Local Food, and Beverages

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SECOND ANNUAL TRIVIA NIGHT

Put together your team of up to 8 people for a fun evening of Trivia and competition. There are a limited number of tables available so get your teams together and register quickly. Prizes will be awarded. This is a fundraiser for Altrusa International of Montrose to help support all the wonderful projects we do for our community.

DATE: SATURDAY, OCTOBER 1, 2022

TIME: 6:00pm – 9:00pm

PLACE: Montrose Elks Lodge, 801 S Hillcrest Dr, Montrose

COST: \$25 per person due at registration (includes Dessert/Snack Bar)
The Elk's cash bar will be available

Team Name: _____

#1 Contact ph # _____ (*) Email: (*) _____

Players names:

1 (*) _____ 2 _____

3 _____ 4 _____

5 _____ 6 _____

7 _____ 8 _____

Please complete one form per team.

Please be sure to be seated before our start time of 6pm.

No outside food or drink will be allowed.

Questions? Please contact Altrusa at 970-765-7666 or email: Altrusa.montrose@gmail.com

Please make checks out to Altrusa International of Montrose and mail along with the completed application to: Altrusa of Montrose, PO Box 3184, Montrose, CO 81402. Or call one of the contact people above and we can meet to obtain registration form and check(s).

DEADLINE TO REGISTER IS FRIDAY, SEPTEMBER 23RD

REGIONAL NEWS BRIEFS

NEW FOR THIS YEAR: A NIGHT AT THE DEPOT

Special to the Mirror

MONTROSE-The Montrose County Historical Society presents, "Night at the Depot" on Sept. 23rd, 5-8 pm. The event features members from the City and County Preservation Boards, special depot history, local authors, and a photography exhibit. Also, there will be a short walking tour to highlight some of the local historic registry buildings on the west side of Main Street. LaNoue DuBois Winery will also be sharing its history at the museum. You will be able to purchase a depot wine bag/tote and possibly a bottle of LaNoue DuBois wine. So come to the museum for a special night and learn about the depot and local history. Tickets are \$10 per person.



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WHAT IS REALLY IN A CHURCH? From pg 1

reported that the fire gutted the building and that nobody was inside. The cause of the fire was not determined. The article was headlined in a positive note that the fire meant a new church was going to be built.

The new church turned out to be, by all accounts, magnificent. The *Enterprise*, on July 25, 1912:

CHURCH WILL BE DEDICATED SUNDAY

Beautiful Catholic Edifice Ready for Occupancy

The beautiful new Catholic Church at the corner of Park Avenue and South Fifth Street is now complete and the dedicatory ceremonies will be held next Sunday. The ceremonies are to begin at 10:30, and everybody is cordially invited to attend.

Other newspaper accounts gave accolades to Father O'Farrell, who had contributed to the design and had also overseen the building of a new church in Delta.

The church served the Catholic community until the congregation decided in the late 1990s to build a new church. But what has happened to the old one since then? That question is what started me sending emails and text messages and making phone calls. Ultimately, all the people I talked to caused my own memory to kick into high gear.

When I was a young boy I lived with my family just one block from the Catholic Church (then St. Patrick's) in Ouray. I noticed some fun looking activity around the church. There were big trucks, a crane, and men all over the place. Just the things a young boy would love to watch. A big fence was around the building and those people cut that church into pieces and moved it away! It left a huge hole in the ground. Not long after that, I noticed the priest walking up and down the sidewalk, looking at the hole. I walked up and asked him if someone had stolen his church. He explained to me that the church was moved to Nucla and that there would soon be a new church in Ouray. The priest was Father Joseph Halloran. My early conversations with Father Halloran while the church was being built led to my family becoming Catholic, and I became an altar boy. When Halloran left in 1962 to take over at St. Mary's, I continued my service duties under Father Joseph McGuinness. After I left Ouray, McGuinness became the

St. Mary's priest. I have jokingly said that I helped train two of the future St. Mary's priests, but I was never a member of the St. Mary's congregation.

About 30 years after watching the Ouray church being 'stolen' I was once again living about a block from a Catholic church, this one in Montrose. I lived next door to Jane Finnegan, who walked to the church every morning. She was known to many as the 'Angel of South Fourth.' Across the street was another dedicated Catholic, Dorothy Sorensen. Dorothy was constantly involved with the church in one way or another. On the corner of South 5th and Mesa the building, now owned by the hospital, was the parish hall where the Knights of Columbus met and held regular bingo sessions.

When the new church was being built, I watched as the windows in the old brick building were removed to relocate to the new building. I watched the building slowly deteriorate. The roof was in bad shape and soon the building was home to hundreds of pigeons. There was evidence that it was being trespassed upon by more than pigeons. Graffiti appeared and nobody seemed to care. I found out that the diocese sold the church and the houses next to it. I hoped that meant something would be done, but it wasn't. The new owners simply let things deteriorate more.

Finally, in about 2008 or so, I started observing activity. The old house that served so many years as the residence for the priest was being refurbished and there were signs that maybe the church was also getting some attention. I could tell that great things were being done to the house. I hoped some other religious congregation might be preparing to re-inhabit the church. Then I learned that the houses in the block had sold, but the church was not. Again, I began to see signs of neglect. Maybe the rumors about the church being torn down so the historic Delta bricks could be used again were true.

For a decade I drove by hoping, then one day I noticed that there was a new mailbox in front of the church. A few questions to some of my acquaintances revealed that Robert Melzer owns the church, and that he actually lives in it. I managed to contact Melzer and he agreed

to meet with me. We had a long and very informative conversation, but none of his words indicated that the church was going to be restored or that it would ever be a church again. Some of the windows had new frames, which were built by Melzer's son, but his wonderful craftsmanship seemed wasted on the plain frosted glass where beautiful stained glass windows once adorned the building.

I then was loaned a book that was like being allowed to look at and hold a priceless treasure. By any comparison, this is a huge book, printed in full 8' X 10" format, containing well over 500 pages and entitled *A Century of Memories 1906-2006 St. Mary's Catholic Church Montrose, Colorado*.

The book was created by a committee with actual credit given to Sherry Lynn (Drake) Nicolas. I must confess that my frustration level in trying to find any information about Sherry was higher than anything I have experienced lately. This book is special. As I began to thumb through it, I found not only a wonderful account of the history of St. Mary's, but also a virtual conglomerate of family histories. Almost every page is adorned with well-captioned photographs. There are pictures of events, buildings and, most of all family members of the congregation. Names like DeJulio, Aragon, Bosgal, Casias, Cordova and Chuchuru graced the entire second half of the book. I read about the Etchart family, the Faussones, and dozens of others. Every time I put the book aside, it would disappear and I would find my wife with it opened on her lap.

This wonderful book, by most accounts, had a total printing of less than 1,000. It has neither the name of a publisher, nor a printer. I encountered only two other people who have a copy of it and they are extremely protective of those copies.

So, thanks to Sherry Lynn (Drake) Nicolas, I confirmed something I have known for a long time: A church is only a building. A church is only where a congregation comes together. It is the people who sit together, worship together and come to one another's assistance who make a church, not the other way around.

Note: If you would like to make comments or add to my knowledge, please email me: coxbob@charter.net



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REGIONAL NEWS BRIEFS

2022 PEOPLE OF ACTION SUMMIT

Special to the Mirror

COLORADO-Join Rotarians, Rotaractors, and other soil champions for virtual "Healthy Soils" sessions. This important information will help home gardeners and farmers improve their soil to grow healthier food with less erosion and improved water conservation. You will hear subject matter experts from the Colorado State University Agricultural Department and Agricultural Extension service in Fort Collins, A four-hour Virtual program presented by the faculty of CSU on the morning of September 10, 2022. It is a basic course on soil health and sustainability designed for the home gardener or anyone interested in basic sustainable agriculture principles. Virtual Program Begins at 9AM MDT Registration fee \$25 Register at: <https://rotarysummits.com/soils>

Montrose KIDS & FAMILY Expo

October 28 - 29, 2022

An Our Town Matters Event

Friday: 1-6pm & Saturday: 9am-4pm

Montrose County Event Center

- face painting
- bounce houses
- vendors
- concessions
- kid chef demos
- climbing wall
- arts and crafts projects
- interaction with princesses, super heroes, costumed characters & local heroes
- hourly giveaways



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OUR ARMS ARE GETTING A BIT TIRED.

OPINION/EDITORIAL: LETTERS

CHAIRMAN MAO...I MEAN BIDEN

Editor:

We are witnessing the desecration of our government. I am referring to the three branches that separate the powers of our government. The system of checks and balances ensures that no one branch can become too powerful.

I am sure most of you, dear readers, know that the Legislative Branch makes laws, the Executive Branch reinforces and makes sure the laws are upheld, and the Judicial Branch applies and interprets the law.

Mr. Biden has taken signing Executive Orders (EO) to a new level. Basically, he is legislating from the White House, which is unconstitutional.

His latest EO involves college loan forgiveness. Being a mid-term election season, it isn't difficult to figure out that he is attempting to gain the favor of college graduates so they will support Democrats in the mid-terms. It causes me to think about the TABOR checks we Coloradans recently received. Governor Polis is up for re-election. Maybe he thinks that money

will help constituents forget the harmful bills he has signed into law and give him another term? I digress.

The way this administration has been functioning resembles a totalitarian regime. Judicial decisions are being ignored (especially with regard to the covid mandates). Our military is being stripped of artillery which is then sent to Ukraine. (What will we use to defend our nation if (or when) an enemy attacks us?) Billions of tax payers' money are being sent to Ukraine without our permission [The Epoch Times (TET), August 10-16, 2022]. And what about the billions of tax dollars that have been spent on producing Big Pharma "vaccines"?

He is using tax payer's money to build a \$500,000 fence around his Delaware beach house [TET, August 24-30 2022].

He has allowed 4.9 million illegal aliens to cross our southern US border since he took office [ibid]. He has allowed hundreds of Americans to be arrested and thrown into prison (81 remain in prison as of today) for showing up at the Jan. 6 ral-

ly, and not allowed due process given to American citizens in our constitution.

He has signed into law the misnamed Inflation Reduction Act which will only increase taxes on the middle class...up to \$20 billion more from Americans making under \$400,000 [TET, August 17-23, 2022].

In addition, this bill has funded the IRS "to hire new 87,000 agents, who they say will target middle- and upper-middle class Americans" [TET, August 10-16, 2022]. Biden has sold nearly 1,000,000 barrels of oil to China from the U.S.'s strategic reserve [TET, July 13-19, 2022]. He is determined to ban specific weapons and not uphold our Second Amendment rights [ibid]. I could go on, but are more examples necessary to form a picture of what Biden and our Congress are turning our constitutional republic into? Biden isn't a president, he is a tyrannical ruler who only cares about himself, his family and ice cream.

Sincerely,

Leah Vandersluis, Montrose



249 8500

ANONYMOUS

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deltacounty.com/8/personal-health-services

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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

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| | |
|---------------|-----------------------|
| 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 | Pneumococcal |
| HPV | Meningococcal |
| Shingles | Hep A/Hep B |
| Typhoid | Japanese Encephalitis |
| Polio, adult | COVID-19 (Pfizer & J) |

CITY MARKET NORTH

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

| | |
|---------------|-----------------------|
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| Pneumonia | MMR |
| Tdap | Rabies |
| Meningococcus | Polio |
| Chickenpox | Japanese Encephalitis |
| Hep A | Hep B |
| | COVID-19 |

SAFEWAY

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(970) 249-1160 **340B PARTICIPANT**
Register online

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

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| MMR | Meningococcal |
| | COVID-19 (Moderna & J) |

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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.

COLORADO NEWS BRIEFS

CONGRESSWOMAN LAUREN BOEBERT'S OFFICE RELEASES SEPTEMBER STAFF MOBILE OFFICE HOURS

Special to the Mirror

REGIONAL-Congresswoman Lauren Boebert's Office has announced mobile office hours in the coming weeks.

Congresswoman Boebert stated: "Serving the people of Colorado's Third Congressional District is the greatest honor of my life.

"If you are having issues with a federal agency or want your voice to be heard, please come to one of our mobile office hours, and a member of my team will be happy to assist you."

Staff from Congresswoman Boebert's office will be available to help constituents who aren't getting answers from federal agencies, like veterans seeking to get the care they earned from the VA, travelers that need expedited assistance to receive a passport on short notice, taxpayers being harassed by the IRS, and senior citizens having issues with the Social Security Administration or Medicare.

Additionally, constituents are invited to come to the office hours to express their viewpoints on legislative issues or request special Congressional Commendations from the Congresswoman recognizing outstanding public achievements.

Congresswoman Boebert's office has worked on almost 1,600 cases and returned nearly \$1,420,760.81 to constituents.

Mobile office hours will be available at the following times and locations:

THURSDAY, SEPT. 8, 2022

Pitkin County Mobile Office Hours
Basalt Regional Library, Conference Room
14 Midland Ave.
Basalt, CO
11am-Noon

Gunnison County Mobile Office Hours
Marble Fire Station
300 W. Park St.
Marble, CO
1:30-3pm

FRIDAY, SEPT. 9, 2022

Archuleta County Mobile Office Hours
Ruby M. Sisson Memorial Library
Small Meeting Room
811 San Juan Street
Pagosa Springs, CO
9-10:30am

MONDAY, SEPT. 12, 2022

Hinsdale County Mobile Office Hours
Hinsdale County Administration Building
County Commissioners Meeting/Board Room
311 Henson Street
Lake City, CO
10-11am

THURSDAY, SEPT. 15, 2022

Ute Mountain Ute Tribe Mobile Office Hours
Ute Mountain Community Center
485 Sunset Blvd.

Towaoc, CO
11am-Noon

TUESDAY, SEPT. 20, 2022

Saguache County
Center Town Hall
294 S. Worth Street
Center, CO
1:30-2:30pm

WEDNESDAY, SEPT. 21, 2022

Rio Grande County
Colorado Potato Administrative Committee Bldg.
1305 Park Avenue
Monte Vista, CO
10-11am

Alamosa County
Developmental Resource Group
The Depot
610 State Street
Alamosa, CO

11:30-12:30pm
Huerfano County
La Veta Community Center
131 E. Ryus Avenue
La Veta, CO
2-3pm

FRIDAY, SEPT. 23, 2022

Eagle County Mobile Office Hours
Eagle Valley Library District, Community Room
600 Broadway Street
Eagle, CO
3:30-4:45pm

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COMMUNITY OBITUARIES

HUGO "BILL" FRIGETTO

June 18, 1932- August 24, 2022

HUGO "BILL" FRIGETTO wanted so badly to live to be 90 years old and he made it! Bill passed away in the early morning hours on Wednesday August 24, 2022.

Bill was born on June 18, 1932 in Sterling, Colorado. He was very proud of his Italian descent. Bill moved to Montrose when he was three years old with his family after his dad Louie was recruited from Holly Sugar Company to grow sugar beets. He graduated from Montrose High School in 1950 and always loved being a Montrose Indian. His family farmed in Riverside when he was growing up. Shortly after graduation, Bill decided to spread his wings and move to Chicago to work at the Ford Company and build vehicles. Upon returning to Montrose, he started farming and ranching with his two brothers buying land on Spring Creek Mesa where he still resided. He raised cattle, corn, outstanding lettuce, broccoli, onions, beets, Coors barley, hay and alfalfa. He farmed with his son William from the time William was five years old. Bill loved his life on the farm and ranch and always believed that if you love your job you will never work a day in your life. He loved his life and always said he would have never done anything different. During his early farming days he met the love of his life Florence. Bill and Florence married on July 18, 1959 and were married 63 wonderful years when he passed away in August. Florence always got a kiss first thing in the morning and off Bill went to the Coffee Shop six days a week at 5:30 am with his "coffee shop buddies". The people there were "his people" and he got the "scoop" every morning and shared it with Florence at breakfast. Bill worked hard and took so much pride in his farm and ranch, winning many awards throughout his career. Bill and his brother were the top sugar beet growers and made it to the 1,000-pound sugar club in Colorado in 1972 in Denver. In 1982 the

brothers were awarded top onion growers with 600 sacks of onions per acre. In 1985 the brothers were honored the Conservation Farmer of the Year Award. In 1986 they won the outstanding farmer award also in Denver. Bill raised steers and hauled cattle to the high country. He also belonged to the Montrose Potato Growers Board winning several trips around the country and belonged to the Cattlemen. As the years went by, Bill was always actively involved with his kids and grandkids' extracurricular activities and most recently his great grandchildren. He won more awards such as the 4-H parent of the year, honorary chapter dad for FFA, and outstanding farmer of the year along with his wife Florence, son William, and grandkids Derek, Jessica, and Troy Frigetto from the Montrose County Fair just last year. Bill also was a life time member of the Montrose Elks Club. He belonged to Saint Mary's Catholic Church and loved his faith. Bill loved the 4-H program, helping his grandkids every year with their steer projects. Adriana and Andrea always said that grandpa made them refeed their steers many times and did not allow them to "cheat" on feeding their animals.

As the years went by and Bill retired, Bill and Florence took the entire family to Hawaii and a Disney cruise to the Bahamas. As Donna said, imagine the "Montrose hicks" hitting the big cities. The memories that were made there are priceless. Bill and Florence continued to travel going to Holland, Alaska, Germany, Canada, lots of trips to Cortez Black Hawk and Branson. Steve Flowers loved hanging with Bill in Cortez gambling but most importantly eating way too many crab legs at the casino! Also, Bill and Florence traveled a lot to the kids, grandkids and great grandkids' sporting events. They never missed a game of any of the kids and were noted for having their fold up chair ready in their car all the time. Bill

traveled about 100 miles per day in his buggy when he retired to check out all the farmers and what they were doing around the valley. That was his favorite



pastime and people already miss seeing him driving around the neighborhood. Bill was loved and known for his good nature and loving attitude. Florence always joked that Bill kissed all the women he knew. Bill loved people and loved so hard. Until the very end of Bill's life he still winked and kissed his family. The most rewarding aspect of Bill's life was being with his family and friends. During his younger years, Bill loved going to the dances to see his friends and dance with Florence to "Cab Driver." He loved his family so much and seemed to back them up even if they were wrong, especially when it came to Derek, Andrea, Troy and Adriana. Bill loved his people and he always was on their side. He was a very strong minded and strong willed man. He would have procedures in the hospital, get up, and walk down the hall to prove it was ok for him to go home. Nothing held him back. His idea in life was to keep trying and never ever give up. Until the very end Bill fought the fight and never gave it up. Bill taught the kids and grandkids so much. Derek, Andrea, Troy and Adriana have said a million times how much they learned from their Papa, one of which is how to love your family. They said they were forever blessed to have had him for so many years and be so close to him. Donna said "My dad didn't tell me how to live: he lived and let me watch him do it." Bill and Florence, William, Donna and Steve were raised by the best and were taught

HUGO "BILL" FRIGETTO *From previous pg*

how to have respect, work hard, love hard and most importantly never quit. Bill was also blessed with an amazing son in law Steve Flowers who was known as the "travel guide" when traveling to all the sporting events and who helped him unconditionally until the very end also. Bill would say what a great life he lived and we believe he did too. Bill and Florence were considered one, they were soul mates. Bill leaves a legacy behind: the most loving, caring, best dad, best husband, best Papa, best Great Papa, best Uncle, best brother in law, and friend anyone could ever ask for. He was so grateful for all the help he had toward the end of his life. Florence, William,

Donna, Steve, Derek, Jessica, Kree, Jayden, Andrea, Troy, Adriana, Charlene and Frank you have no idea what a difference you made to this amazing man. The unconditional love shown by these people was unreal. We all know Bill crossed into the gates of heaven and is no longer suffering. Praying you are farming the beautiful farm grounds and shooting the instructions for the day!

Hugo (Bill) Frigetto is survived by his beautiful wife Florence, son William, daughter Donna, son-in-law Steve Flowers, grandchildren Troy, Derek and Jessica Frigetto, Andrea and Adriana Flowers, great grand children Kree and Jayden Frigetto, Aubrey and Brentley Frigetto,

Brother Gedo and Beulah Frigetto, brother in laws Clarence, Clifford, and David Watson of California. Bill was preceded in death by his siblings, Pete, Nora, Agnes, Deno, his parents Louie and Maria Frigetto, also Lloyd and Jackie Watson and Jaye and Kathryn Bruce. Bill is also survived by many special nieces and nephews who played a very important role in his life.

In lieu of flowers, you can make donations to the local 4-H organization. Please make checks payable to Montrose Extension Fund at 1001 N 2nd Street Montrose, CO 81401. Please note on the check that the donation is for the Bill Frigetto Memorial fund.

RANDY NICOLAS

December 25, 1988- August 24, 2022

RANDY NICOLAS, born December 25th, 1988, to Augie and Suzie Nicolas passed away Wednesday August 24th, 2022, in Montrose CO.

Randy was one heck of a cowboy, always riding, roping, and working cattle. There wasn't a horse he couldn't ride. He could do anything he wanted and enjoyed spending his past time braiding rawhide. His most prize possession was his two bummers Kooklyn and Paisley, he loved them so much. Randy was a member of the LDS Church. He is sur-

vived by his two Daughters Kooklyn and Paisley Nicolas, His parents Augie and Suzie Nicolas, His Grandpa DeLyle (Mary) Rowley, Grandma Pat Nicolas, nieces Reagan Nicolas and Kennedy Nicolas, and nephew McCoy Nicolas. Randy had many aunts, uncles, and cousins. He is preceded in death by his Sister Amanda Nicolas, Grandma Rosalie Rowley, and Grandpa Octave Nicolas. A memorial fund will be set up for Randy's girls, Kooklyn and Paisley, at San Juan Mountains Credit Union in Montrose.



CELEBRATING LOCAL BEAUTY.



COMMUNITY OBITUARIES

DEVON EATHAN HARDIN July 30th, 2004 - August 24th, 2022



DEVON EATHAN HARDIN, our son, was called home to Heaven on August 24th, 2022. He was born to parents Benjamin and Michelle Hardin on July 30th, 2004 in Pueblo, Colorado. He was an amazing, caring soul and made a mark on everyone whose life he entered. Anyone who knew Devon knows how big of a heart he had and how much positivity he brought into the room and into life. His smile was contagious, and he was the life of the party. He would do absolutely anything for anyone. He loved spending time with family and friends — watching movies or wrestling or boxing with his brothers and being with his sister and brother-in-law. He had a passion for driving anything with 2-4 wheels, popping wheelies in the backyard. He was always listening to music and sharing songs he loved or ones that reminded him of the people he cared

about. He loved hunting and going for drives and could always be seen with his best friend and cousin, Adrian Alvarez. Devon was a bright light in our lives and was loved fiercely by his dad, mom, siblings, and all who knew him. He has changed the world, and his legacy will carry on forever in our hearts. “I hope you’re up there in the heavens giving the darkness a run for its money.” Light the stars on fire, Dev! He is survived by his parents, sister (Emani Baltazar), brother-in-law (Trevor Jacquez), brothers (Gabriel and Tre Hardin), grandparents (Steve and Valerie Hardin and Juan and Marcella Huerta), grandfather (Paul Trujillo), great-grandmother (Angelica Morales), uncles and aunts (Chris and Shelby Trujillo, Shawn and Jackie Hardin, Heidi and Ty Holman, and Matt and Holly Deer), and numerous cousins and extended family.

Now more than ever...

Thank you for reading

THE MONTROSE MIRROR

COMMUNITY OBITUARIES

GREGORY BLAKE FRASIER *October 4th, 1954-August 23rd, 2022*

GREGORY BLAKE FRASIER, Born October 4th, 1954, in Montrose Colorado, to Harold Dwain Frasier and Betty Eloise Jackson. Went to his Final resting place on August 23rd, 2022, at the age of 67, in his family home unexpectedly.

Greg lived life to the fullest. He started school at Oak Grove School and graduated from Montrose High School in 1972. He had three beautiful children Angie, Curt and Crystal, in a marriage that ended in divorce after 10 years to Vickie Rainbolt, He then married Jerry Brown and they raised his wonderful children with which ended in divorce after 8 years.

In 1983 he started Frasier Construction and Home Improvement after his 7-year business venture with Steve Kelley (Frasier and Kelley Construction). He built his family home in 1992 and his parent's home on Spring Creek after that. While building homes in the surrounding Montrose area

he started in the home rental business buying, renting and selling multiple properties. His greatest love was for his children and grandchildren, he also enjoyed being outdoors, in the mountains hunting, fishing or just camping, riding 4wheelers and snowmobiles.

In 1996 he met Joanie who he shared his family with. They spent many weekends at their Arrowhead lot. If he was not in Arrowhead, he could be found mowing his oversized lawn or sitting in his garage thinking about his children, his next adventure or enjoying a drink with friends and or family.

Surviving Greg are his mother Betty Frasier, brother Kerry Frasier (wife Cathy), wife Joanie Deskin, mother-in-law Carolyn Beane, uncle Robert Jackson, daughter Angie Kishbaugh (husband Adam), son Curt Frasier, daughter Crystal Frasier, grandchildren Blake Bercillio, Preston

Bercillio, Carver Kishbaugh and Castle Kishbaugh. Greg was preceded in death by his father Harold Dwain Frasier and father-in-law Billy J.

Beane. Family viewing will be at 4p.m. (public viewing will follow at 5 p.m.) on September 6th. Services will be at 10 a.m. September 7th at Crippin Funeral Home Chapel and burial will be at Grand View Cemetery. A reception will follow at the Elks Lodge in Montrose. Arrangements are being handled by Crippin Funeral Home (970-249-2121).





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ISSUE 386 Sept. 5, 2022

ART & SOL

YOUR BRAIN ON NATURE – VISION QUEST



By Lauren Hall Ruddell, Ph.D
Courtesy Photo.

Greetings Mirrorites!

In examining the effects on the brain that nature has through the collection mechanisms known as the five senses, I saved the most obvious one for last.

We are primarily visual creatures, as witnessed by the fact that we have both eyes oriented in the front of the skull to accommodate binocular vision, as does an owl, also a primarily visual creature. It is, in some ways, the strongest of our senses.

We primates evolved in natural settings that were vast in scope and richness. Many things needed to be seen and identified long distance, such as the approach of a predator, a dangerous cloudburst, or ripening fruit on a distant tree. *Homo urbanis* (my name for city dwellers) are often unable to see things at a distance, because nothing is. At a distance that is.



How the world looks to me without glasses. Sigh.

I was diagnosed with myopia at around 10 years old. Not surprising, because my dad had it too and there is a genetic component. I was a bookish child, and even though I was outdoors A LOT, my vision slowly worsened throughout adolescence and each following decade. I developed astigmatism as well. Then, in the last few years, something of a miracle has occurred. My opthamologist has been reducing the power of my contact lens a little each year. My astigmatism is gone. I found this turn of eyeball events to be most welcome, but completely baffling. She said that it's rare, but sometimes older peo-

ple's vision does get better, and she had seen this before. I swear I hadn't been doing anything differently in the last few years, but is that strictly true?

When I walk with the goats along the ditch road, I take frequent pauses to find a point in the distance and focus on it.

I try to watch the cars, no bigger than ants, traveling along Hwy 50.

I look at the gap in the treeline on top of Grand Mesa, and at the highest peak in the San Juans.

My purpose was mindfulness and relaxation, but could this be contributing to better vision as well?

Continued next pg

YOUR BRAIN ON NATURE – VISION QUEST From previous pg

In 2008, a research team examined ethnic Chinese children with regards to what many describe as the myopia epidemic in Asia. From around 25 percent of young adults needing glasses 30 years ago, now Asian teens develop nearsightedness at a rate of closer to 90 percent. The researchers wondered if short distance and indoor living could be the culprit.

They found that children who spent more time outdoors were less likely to become myopic. This was confirmed by comparing kids of Chinese ancestry from Australia and Singapore. The two groups had vastly different prevalence of myopia (3 percent in Australia compared to 27 percent in Singapore at the age of six). There seemed to be a correlation with myopia and time indoors, with the participating children in Singapore reporting less than 25 percent of the time outdoors reported by Australian kids.

These findings alarmed health professionals and government officials, and rightly so. Singapore quickly adopted voluntary increased time outdoors as its national myopia prevention strategy. In 2010, Taiwan adopted two hours per day outdoors in schools as a compulsory national program. The results of the Taiwanese program are now showing that a 40-year pattern of declining vision in children has been reversed, and while there is still a long way to go, what looked like being a major health crisis, which could double or triple the level of blindness in older people, seems manageable through daily time outdoors, looking at things further than the length of an arm, the average distance to a computer screen.

For genetically myopic children like I was, outdoor time helps slow down the speed of axial length development (myopia occurs when the eyeball develops too fast and becomes too long). For non-myopic children, outdoor time has been shown to reduce the risk of developing myopia in the first place due to environmental factors by as much as 50 percent. One study cited by the American Academy of Oph-

thalmology looked at kids who spent just 40 extra minutes outdoors each day. The kids who spent more time indoors, more time reading or more time on their digital devices, were more likely to develop mild to severe myopia.

Is it because the children are seeing things that are further away on a regular basis, or are there additional parameters at play? Enter a weirdness factor here. There appears to be as much influence on preventing myopia from UVB entering the eye, as there is from alternating focal points. Huh? Yeah that is pretty non-intuitive. UVB is harmful to the eye, right? So what gives?

Dr. Donald Mutti, a professor at the Ohio State University College of Optometry, clarifies this. "UVB seems to be a proxy for simply spending more time outside. The current thinking is that the brighter light outside stimulates a release of dopamine from the retina and that dopamine slows down the growth of the eye, preventing myopia." OK now, that makes a little more sense. It's full spectrum brightness from the sun's rays that assist with proper, slow-mo development of the young eye. Natural sunlight also helps with astigmatism.

Post COVID lockdown in Hong Kong, vision screenings were conducted at local government-funded primary schools. The prevalence of astigmatism reported in these children was generally higher than that of studies conducted before COVID. Compared to their non-astigmatic peers, astigmatic children reported that they had engaged in fewer outdoor activities during this time.

When we stare at a computer screen or smart phone for extended periods of time, we unknowingly strain our eyes.

The ciliary muscles contract, and this changes the shape of your lens from flat to round. When we look into the distance the ciliary muscles relax, and the suspensory ligaments keep the lens flat and more flexible. For the best distance gazing, we need to try to focus on an object more than forty yards away. That distance

seems minimal to allow the eye to change shape for a while. This is one of the reasons that city people suffer from early eyesight problems; there are few objects to view that are that far away. The duration recommendation for beneficial distance viewing is at least 10 minutes every day.

Intense, full spectrum natural light can do more than prevent nearsightedness. Spending time outdoors in full sunlight exposes our eyes and brains to red and green light waves. Let's look at green light (pun intended). When we see a green plant, we are actually seeing an excess of light that the plant doesn't need. Plants are green because they poop out excess energy in the form of green wave length that isn't as useful to them as blue or red. So, like oxygen, green light is a by-product for them.

Because these by-products are incredibly beneficial to humans, we evolved to both utilize and then actually need them. Green light has been shown to be very powerful in the soothing of migraines, because it acts on the eye to stimulate opioid like responses in the brain that dampen perceptions of pain. That's pretty awesome.

Now take red light. A University College London experiment has shown that as little as three minutes of exposure to deep red light in the morning wakes up mitochondrial cells (tiny little powerhouses) in the retina, improving vision in people of all ages. In aging eyes, such as mine, the mitochondria get a bit fatigued, and don't have as much oomph as they used to, especially if the eye is indoors all of the time. Outdoor activities that expose the eye to natural light for as little as three minutes every day can inject a little red light Geritol into those cells, thus improving vision.

Do these discoveries explain my improved vision in old age? Quite possibly. So I encourage all readers to gaze at mountains and clouds long and regularly, something that is so very easy to do here in this amazing place.

Here's looking at you kid...

agescapesnow@gmail.com

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REGIONAL NEWS BRIEFS

COLORADO PARKS & WILDLIFE COMMISSION TO MEET SEPT. 8-9

Special to the Mirror

CRAIG – At a hybrid in-person/virtual meeting in Craig, the Colorado Parks and Wildlife Commission will discuss walleye bag and possession limits at Rifle Gap Reservoir, expanding youth extended seasons for fall turkey to all GMUs, final and issue stage decisions on Keep Colorado Wild Pass implementation and refund regulations, allowing a PCP airgun of .25 caliber or larger for fall and late turkey seasons, review of income eligible pass and high use fees at certain parks, review of Panorama Point as an event facility at Golden Gate Canyon State park, review of river outfitter personal floatation device regulations and adjusting license fees and li-

cense agent commission rates.

The meeting is scheduled to begin at 8 a.m. on Thu., Sept. 8 and adjourn at 3:30 p.m. for a Ranching for Wildlife site visit. The commission will reconvene at 8 a.m. on Fri., September 9 and adjourn at 12:15 p.m. The meeting will be streamed live on CPW's YouTube page.

Additional agenda items include:

The Future of Craig and Outdoor Recreation panel discussion
Keystone Policy Center and CPW updates on wolf planning
Keep Colorado Wild public education and outreach update
Department of Natural Resources update
Department of Agriculture update

Great Outdoors Colorado update
License distribution update
Financial update
Bison update
Legal update



A complete agenda along with all materials for public review for this meeting can be found on the CPW website. The public is encouraged to email written comments to the commission at dnr_cpwcommission@state.co.us. Details on providing public comments for virtual meetings are available on the CPW website.

The commission meets regularly and travels to communities around the state to facilitate public participation. Anyone can listen to commission meetings through the CPW website. This opportunity keeps constituents informed about the development of regulations and how the commission works with Colorado Parks and Wildlife staff to manage the parks, wildlife and outdoor recreation programs administered by the agency. Find out more about the commission on the CPW website.

The next commission meeting is scheduled to take place on Nov. 17 and 18.



Welcomes
DR. RYAN ALBRECHT

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COMMUNITY NEWS BRIEFS

MONTROSE COUNTY HISTORICAL SOCIETY PRESENTS HISTORIC CEMETERY TOUR

Special to Art & Sol

MONTROSE-On Sept. 10, starting at 4 pm at the Cedar Creek Cemetery, the Montrose County Historical Society will host a

one-time guided Historical Cemetery Tour. Learn about the history and legends of Montrose pioneers through their final stories.

Please meet at the Cedar Creek Cemetery on Miami street. Please call 249-2085 for RSVP the cost is \$10 per person, and space is limited.

RIDGWAY FARMERS MARKET RECOGNIZED AS SEPTEMBER 2022 RACC MEMBER OF THE MONTH

Special to Art & Sol

RIDGWAY-Ridgway Farmers Market was selected for recognition as the Ridgway Area Chamber of Commerce September 2022 Member of the Month. Market Manager Melissa Newell was interviewed for the Member of the Month program, an ongoing effort by the RACC to promote patronage of our area's small, independent companies and nonprofits.

On average, about 60 vendors are present at the market each week, including about 55 seasonal vendors and a few daily, visiting vendors who pop in from time to time. The daily vendors rotate throughout the season so there is always something new for locals and visitors alike. Vendors travel from Grand Junction, Montrose, Cedaredge, Paonia, Silverton, Durango, and beyond to attend our market.

Market Manager Melissa Newell said, "We aim to have a breakdown of 40% food vendors (produce, prepared foods or other food items) and 60% arts and crafts."

The diversity of vendors offer products such as fruits, vegetables and flowers;

sustainable meats and eggs; homemade jams and other canned goods; honey; coffee; teas; natural body care items; jewelry; pottery; arts; crafts; food trucks; baked goods; and more.

"We are a producer-only market! Everything sold at our market is grown or produced by the person selling it (or an employee of theirs). It's pretty cool, I think, that all of the products at market are unique to our Western Slope area," Newell explained.

"Also, we accept EBT for SNAP vouchers and offer Double Up Food Bucks, a nutrition incentive program. We also accept WIC vouchers. As a market we are committed to making local, healthy foods accessible to as many people as possible."

The market has a goal of becoming zero-waste. This year the market instituted a policy in which vendors can no longer use single-use plastic in point-of-sale transactions. The market also has composting receptacles available in the southeastern corner of the park for biodegradable trash items. The market will stay in full swing until the second Friday in October: Octo-

ber 14th. Bands are performing each week including Jeff Brown, Jill Cohn, Jedi George, Dean Bonzani, and Mojo! (For the entertainment calendar go to: <https://www.ridgwayfarmersmarket.com/entertainment-calendar>.)

As fall arrives, patrons of the market can also anticipate new foods popping up.

"We'll be in full-on apple season, and vegetables such as winter squash, leeks, celery root, etc. will start making an appearance. Right now is an especially magical time to be shopping the market. Before the first freeze arrives, summer overlaps with fall and there is such an abundance and diversity of produce. It's a great time to be stocking up for the cold months and doing canning, fermenting and freezing at home," she added.

To check out Ridgway Farmers Market, visit Hartwell Park any Friday from just before Memorial Day until the second Friday in October each year. Learn more at www.ridgwayfarmersmarket.com, email manager@ridgwayfarmersmarket.com, or call 573-864-5504.

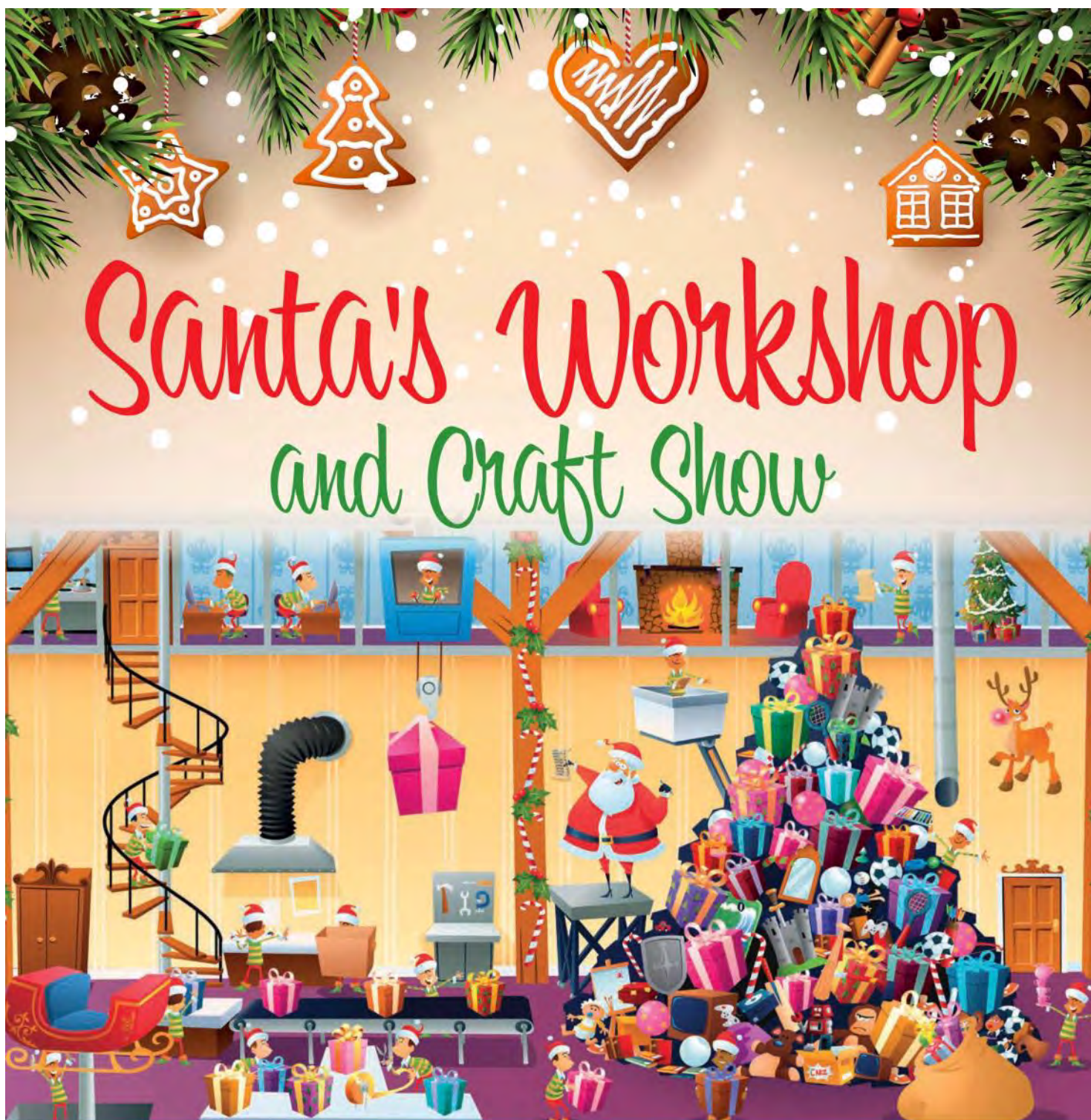


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Saturday, Dec. 3rd • 9am to 4pm

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For Vendor Information call

Debbie 970.531.2438 or email montrosefootwear@aol.com



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

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

[MontroseHealth.com/MedSpa](https://www.MontroseHealth.com/MedSpa)

COMMUNITY NEWS BRIEFS

ZOEY MCKENZIE TO HEADLINE BARDIC TRAILS



Poet Zoey McKenzie. Courtesy photo.

Special to the Mirror

TELLURIDE--Poet Zoey McKenzie will be the featured reader for the Bardic Trails virtual poetry circle on Tuesday, Sept. 6 at 7 pm (Mountain Time). A production of the Telluride Institute's Talking Gourds Program and the Wilkinson Public Library, Bardic Trails is a free virtual poetry reading open to anyone who pre-registers. Register online at the Wilkinson Public Library to get the Zoom Link. Go to telluridelibrary.org/events. Join us on the first Tuesday of every month for an online gathering of words, wit, and wisdom! The brilliant brainchild of the Talking Gourds Poetry Program, each Bardic Trails poetry night will feature an award-winning guest poet sharing their new and exciting work.

After Zoey's reading, there will be a short Question and Answer session led by the Bardic Trails host; and then all zoom participants will be invited to speak as part of our Talking Gourds tradition – a poem, a story, a few words about the evening, or simply to pass.

Poet's Background-Zoey McKenzie is a recent graduate of the Couch to 5K program, after practicing solitude and being an all-around misanthrope for two years. She has the notable distinction of having broken each of her extremities at least once in the last five decades. An eternal early bird, she aspires to one day sleep until 8AM.

For more information, visit the Telluride Institute's website- <https://www.tellurideinstitute.org/talking-gourds/>

COMMUNITY NEWS BRIEFS: EDUCATION

LOCAL STUDENTS ADMITTED TO UTAH STATE UNIVERSITY

Special to Art & Sol

LOGAN, UT-- Utah State University is excited to welcome more than 4,500 first-year college students to campus as the university begins the fall 2022 semester.

The following local students were admitted and began college this week. Leo Burton, from Montrose will attend USU at the USU Eastern campus. Baleigh Davis, from Montrose will attend USU at the USU Blanding campus. Calvin Sutherland, from Nucla will attend USU at the USU Eastern campus. Since its founding in 1888, Utah State University has evolved from a small-town college tucked away in the Northern Utah mountains to a thriving research university respected around the world. Students can choose from an array of academic and social opportunities at a university known throughout the world for its intellectual and technological leadership.

The mission of Utah State University is to be one of the nation's premier student-centered land-grant and space-grant universities by fostering the principle that academics come first, by cultivating diversity of thought and culture, and by serving the public through learning, discovery and engagement.

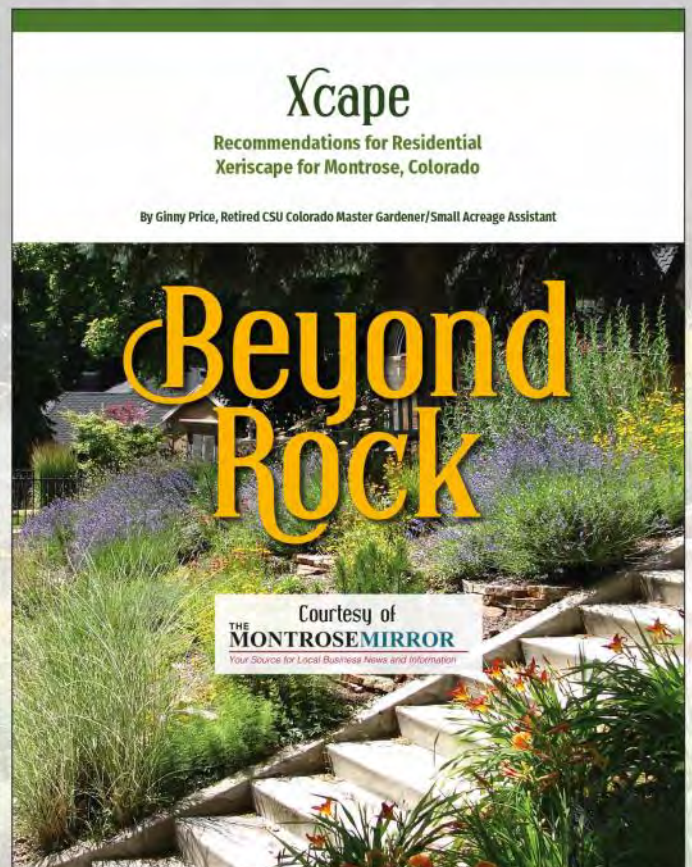


Students hold lanterns near Old Main during the 2022 Luminary ceremony the Friday before the first day of classes. (Photo Credit USU/Levi Sim).

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This Xeriscape Guide is
made just for Montrose,
put together by Ginny Price,
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COMMUNITY NEWS BRIEFS

FOUR PRESENTATIONS ON COLORADO'S INNOVATIVE AND STELLAR ELECTION SYSTEM

Special to the Mirror

REGIONAL-The League of Women Voters of the Uncompahgre Valley present COLORADO'S INNOVATIVE AND STELLAR ELECTION SYSTEM, the League of Colorado's

look at the state's elections process. Colorado's system is often called today's "gold standard" for the nation. Our presenter will be Karen Sheek, immediate past President of the League of

Women Voters of Colorado. The programs will be presented in each of the Uncompahgre League's three counties: Delta, Montrose, and Ouray, at various times, on the 15th, 16th and 17th of September.

Attendance can be in person, and virtually as allowed by the venues' technical capability and/or livestreamed on Facebook. (Please see www.lwv-uv.org event information for virtual connection information if available.) Recordings for later viewing will also be available on the local League's website, at www.lwv-uv.org.

More information is available, including the materials on which the presentation is based, entitled above, along with a brief bulleted version of the report on the Colorado League's website www.lwvco.org and <https://tinyurl.com/yckcw8ur>

Those interested may attend any event at any of the locations. Please see their respective dates, locations, and times below.

Presentation Locations and Times

Thursday, Sept. 15, 2022,

Cedaredge Civic Center, 11:00 am – 12:30 pm

Paonia Library Community Room, 2 – 3:30 pm

Friday, Sept. 16, 2022, Montrose Library Community Room, 5 pm – 6:30 pm

Saturday, Sept. 17, 2022, Ouray City Hall, San Juan Room, 12 noon – 1:30 pm Delta County

Date: September 15

Cedaredge Location: Cedaredge Civic Center, Time: 11 am – 12:30 pm 140 NW 2nd St., Cedaredge

Paonia Location: Paonia Library Community Room Time: 2 – 3:30 pm 80 Samuel Wade Rd., Paonia Montrose County

Date: September 16

Location: Montrose County Regional Library Community Room, Time: 5 pm – 6:30 pm, 320 S. 2nd St., Montrose

Ouray County-Date: Sept. 17, Location: Ouray City Hall, San Juan Room Time: Noon – 1:30 pm. 320 6th Avenue, Ouray

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Remington's at the Bridges
970-252-1119

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970-240-1590

Stone House
970-240-8899

Mimo's
970-249-0616

Pahgre's
970-249-6442

My Favorite Muffin
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Heidi's Brooklyn Deli
970-240-1605

Rib City
970-249-7427

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MIRROR CHURCH DIRECTORY

CHRIST LUTHERAN CHURCH

Denomination: Christ Lutheran Montrose
Affiliation: Lutheran Church Missouri Synod
Address: 1980 N. Townsend Ave., Montrose, 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, [\[form@fpcmontrose.com\]\(mailto:form@fpcmontrose.com\), \[www.fpcmontrose.com\]\(http://www.fpcmontrose.com\)
Pastor: Jesse Mabanglo
Worship Service times: 9:30AM, Student Worship at 6PM. *We strive to encourage, challenge and support one*](mailto:in-</p>
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another through spiritual growth, worship, and service in our community, country, and world. We also encourage children and youth to grow their relationship with Christ through our children and student ministries.

HILLCREST CONGREGATIONAL UNITED CHURCH OF CHRIST

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

Phone number: (970) 249-9047
 Email address: office@montroseucc.org
 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 CHURCH

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

office@montroseumc.org, montroseumc.org
Current Senior Pastor: Rev. 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.

MIRROR CHURCH DIRECTORY From previous pg

ROSEMONT BAPTIST CHURCH

Affiliation: Southern Baptist

Address: 1598 E. Niagara Road, Montrose, CO 81401

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

Contact information:

Phone: 970.249.4887

website: www.RosemontBaptist.org

email: office@rosemontbaptist.org

Senior Pastor: Rolland Kenneson

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

10:45 AM. We also have Bible Study for All Ages Sunday mornings at 9:15 AM. We provide a professionally-staffed nursery throughout both.

Rosemont Baptist's desire is to passionately bring people face-to-face with the life-changing power of Jesus Christ.

We are a multigenerational church from different walks of life who love Jesus, love each other, and love our community. Everyone comes dressed in whatever is comfortable. We love meeting new people no

matter what stage of life they are in.

Children's services: We have a fun Sunday School for children from four years old through youth. We provide Children's Church during the Sunday Worship Services where children four years old through 9 years can learn to be worshippers of Jesus.

We provide a nursery for children under four years old with paid staff providing excellent care during Sunday Morning Bible Study and Worship Service.

SPIRITUAL AWARENESS CENTER

Denomination affiliation: Independent Interfaith

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

Home Office – 970-252-0908

Contact information: Rev. Dr. Arlyn Macdonald, 970-252-0908,
arlyn@spiritaware.org,
www.spiritaware.org

Name of current pastor: Rev. Dr. Arlyn

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

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

come. *The Spiritual Awareness Center is an interfaith spiritual community welcoming spiritual seekers and people of all faiths, providing a safe place to explore and nurture the individual's unique connection to the Divine through Unity services, classes, family and community projects, including the Great Community Give-away and Wellness Fair. People of all ages are welcome. There are currently no Sunday School or nursery services provided but craft supplies are available for youth.*

SUMMIT CHURCH OF MONTROSE:

Denomination affiliation:

Southern Baptist

Address: 10977 60.75 Rd. Montrose, CO 81403

Office hours: Varies

Contact information:

phone number: 970-275-7026

email: summitchurchmontrose@gmail.com

website: www.summitchurchmontrose.org

Name of current Senior Pastor: John De-

Sario

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

Summit Church Montrose is a new church

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

VICTORY BAPTIST CHURCH OF MONTROSE

Denomination Affiliation: Independent Baptist

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

Office Hours: Monday-Friday 8am-12pm

Contact Information: Phone (970) 249-6874;

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

Current Pastor: Roland Kassales

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

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

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

Church Directory

Mirror Editorial Staff

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

formation to the Montrose Mirror:

Name of church

Denomination affiliation

Address Office hours

Contact information (phone number, email address, website)

Name of current Senior Pastor

Worship service times

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

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

Do your church services include Sunday School and childcare?

LET'S HAVE SOME FUN!

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PROGRESSIVE GAME #6

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#2 \$200

Win by reaching Bingo
in 37 #s or less

\$10 Bingo Packs
Doors Open at 4:30 PM
Games Start at 6:30 PM
Open to the Public

Progressive Game

#4 \$621

Win by reaching Bingo
in 37 #s or less

Josh and Von
Present:
BBQ Pork
Sliders

Full Bar
Drink Specials



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

TONIGHT ONLY
Stand Up
Bingo Game

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



COMMUNITY NEWS BRIEFS

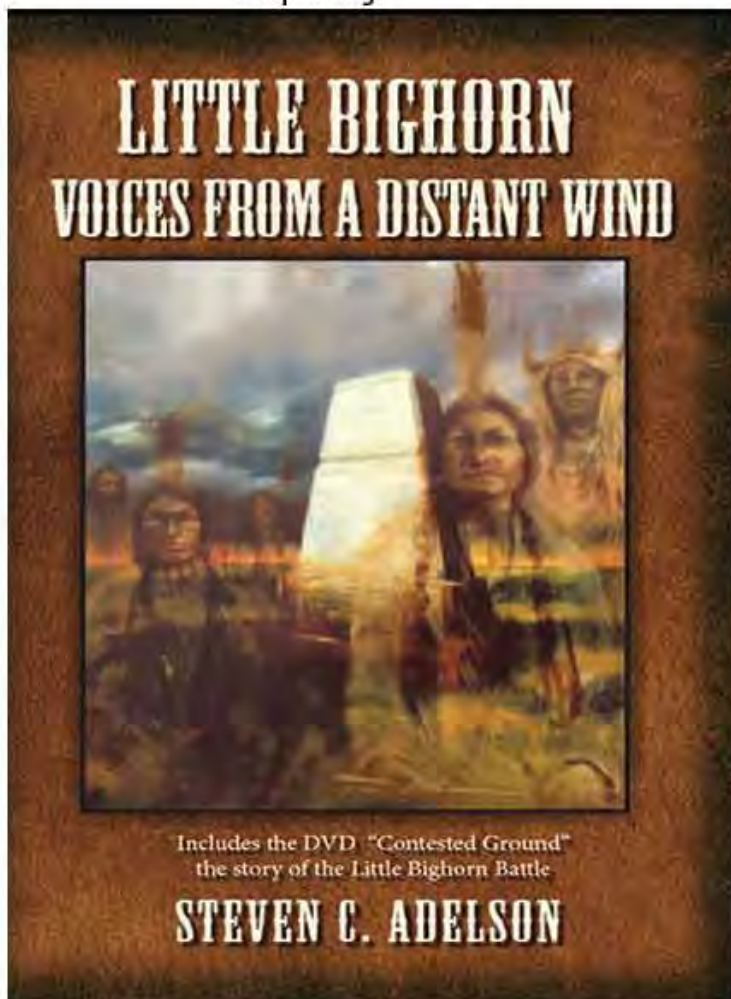
JOIN MONTROSE CITIZENS' CLIMATE LOBBY ON MONDAY, SEPT. 12

Special to Art & Sol

MONTROSE-Montrose Citizens' Climate Lobby helped support approval of Garnet Mesa Solar Project for Delta Montrose Electric. Come celebrate and plan next local action project. Monday Sept. 12 at 5pm Montrose Library meeting rm. Non-partisan, National, All Welcome, info 765-9095.

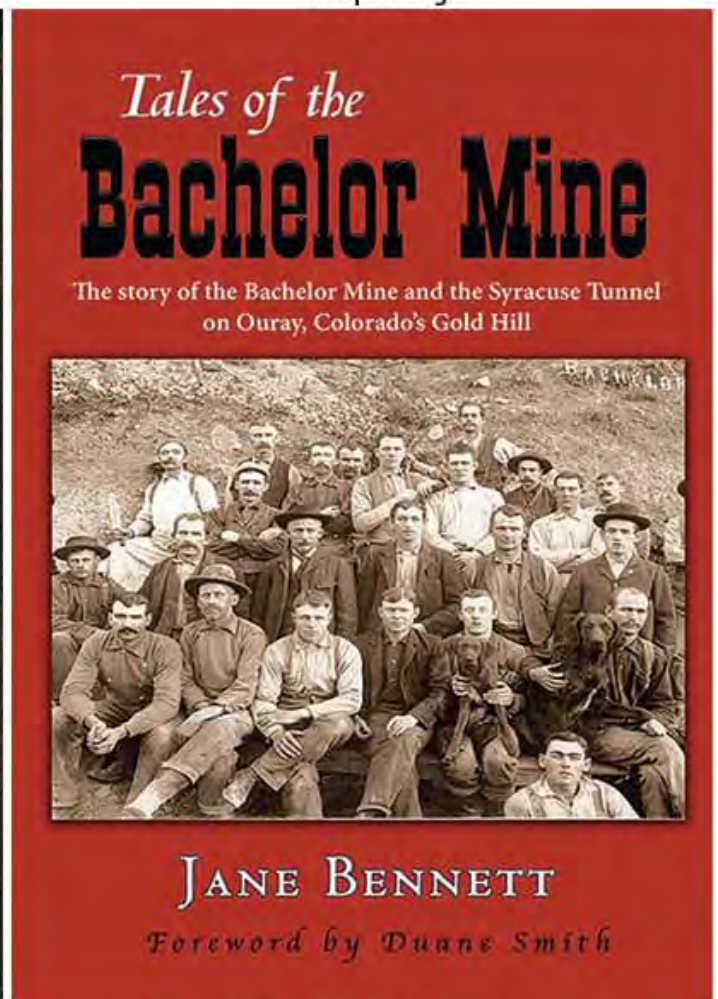
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SAVE THE DATE! LOCAL EVENTS CALENDAR

ONGOING-

NEWCOMERS AND NEIGHBORS welcomes adults who are new to Montrose or have been here awhile, who would enjoy learning more about the town and area, plus have opportunities to participate in social activities. Meetings are held on the first Wednesdays of the months September-May (Dec./holiday party TBA). We gather at 10:00-11:30 am in the downstairs meeting hall of Cedar Creek Church (222 S. Townsend and S. 3rd). Hope to meet you there! Contact Patti at 951-544-6289 with questions.

NURSE FAMILY PARTNERSHIP-Beginning Sept. 1st, NFP will be hosting a Breastfeeding Support Group on the 1st and 3rd Thursday of every month. This is a great opportunity to come talk to Montrose County NFP nurses Jodi Hyatt, RN, BSN, IBCLC and Kim Cook, RN, IBCLC and get support from fellow moms. An infant scale will also be available to check your baby's weight. **WHAT:** Breastfeeding Support Group (Bring your questions and your family!) **WHERE:** Montrose County Event Center (1036 North 7th Street Room 3) **WHEN:** 10am - 12pm. Questions? Please call 970-252-5015.

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.

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

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

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

Sept. 7-Montrose County Historical Society meeting, Sept. 7, 2022, will be held at the Montrose Methodist Church, 19 South Park Avenue, at 7 PM. The Montrose County Historical Society proudly presents Barbara Kastellic and Steve Gray discussing: "The Building of the Historic Montrose Methodist Church: 1882-2022." The audience will hear the pipe organ being played and following the program, there will be a tour of the church for anyone interested. This and all Society meetings are free and open to the public. This building is on the National Registry of Historic Sites.

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: [in-fo@ridgwaycolorado.com](mailto:info@ridgwaycolorado.com), 970.626.5181 or <https://ridgwaycolorado.com/news-events/events/golf>.

Sept. 10-On Sept. 10, starting at 4 pm at the Cedar Creek Cemetery, the Montrose County Historical Society will host a one-time guided Historical Cemetery Tour. Learn about the history and legends of Montrose pioneers through their final stories. Please meet at the Cedar Creek Cemetery on Miami street. Please call 249-2085 for RSVP the cost is \$10 per person, and space is limited.

Sept. 10-Saturday, Sept. 10, 7:30 p.m. – New West Guitar Group - Wright Opera House, 472 Main Street, Ouray. Advance Adult tickets \$25/ Adult at the door \$28, \$5 students (18 years and under) www.ocpag.org

Sept. 12-Montrose Citizens' Climate Lobby helped support approval of Garnet Mesa Solar Project for Delta Montrose Electric. Come celebrate and plan next local action project. Monday Sept. 12 at 5pm Montrose Library meeting rm. Non-partisan, National, All Welcome, info 765-9095.

Sept 17- WHOLE BEING HEALTH AND WELLNESS EXPO. 9 am to 5 pm. at the Rec Center sponsored by the Healing Collective of Western Colorado. It is free to the community offering 24 classes, 30+ Educational Booths, a Silent Auction, and Food Trucks.

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

Sept. 23-Montrose County Historical Society presents, "Night at the Depot" on Sept. 23rd, 5-8 pm. The event features members from the City and County Preservation Boards, special depot history, local authors, and a photography exhibit. Also, there will be a short walking tour to highlight some of the local historic registry buildings on the west side of Main Street. LaNoue DuBois Winery will also be sharing its history at the museum. You will be able to purchase a depot wine bag/tote and possibly a bottle of LaNoue DuBois wine. So come to the museum for a special night .and learn about the depot and local history. Tickets are \$10 per person.

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

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

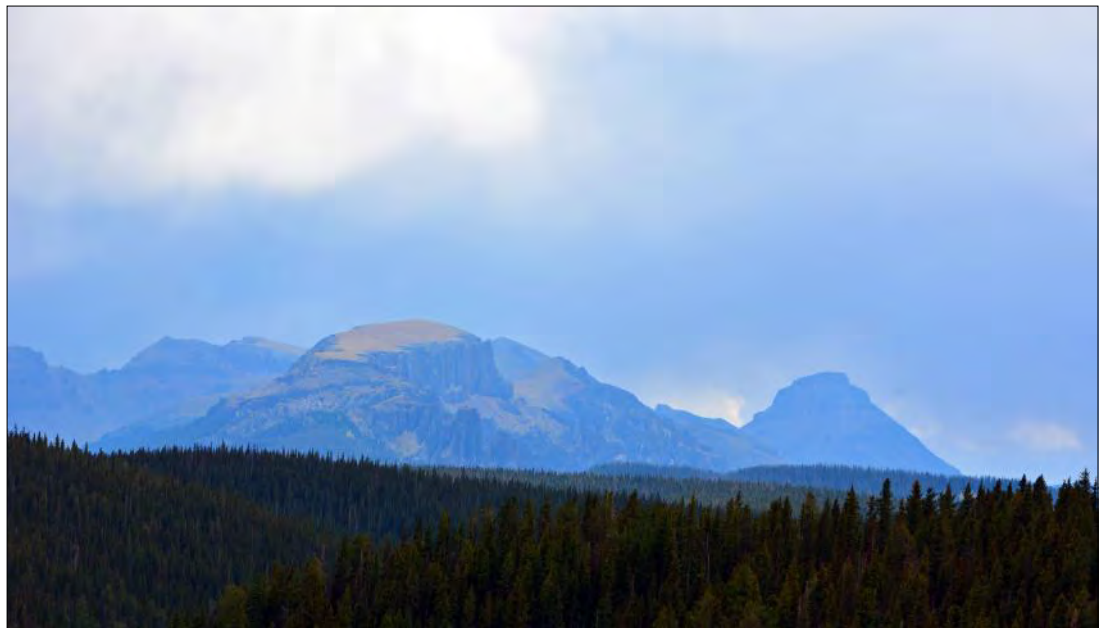
Nov. 9-Polio Survivors' meeting. The meeting is to be held at the Delta rec center Nov 9 from 1- 3 pm. All those effected by polio their caretakers, spouse and family. The meeting will have a time of education and time for sharing of resources.

Contact the Montrose Mirror:
970-275-0646

Editor@montrosemirror.com
www.montrosemirror.com

Photographer Deb Reimann captured this image, right. "Despite the hot temperatures in the valley, we discovered a bit of fall in the high country with autumn gold atop Sheep Mountain," she said.

READER PHOTO SPOTLIGHT: DEB REIMANN



Camp Robber
970-240-1590

Crash Burger
970-249-0825

Heidi's Brooklyn Deli
970-240-1605

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

Tacos & Beer
970-964-4448

Alpen Confections
New Location - Open Soon
970-648-0609

Busy Corner White Kitchen
970-323-6215

Pahgre's
970-249-6442

Premier Sponsor:
Montrose Farmers Market
970-249-0705



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

Light House Eatery
970-964-4424

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



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