

the Montrose Mirror

Issue No. 499 Sept. 19, 2022

RE-1J BOARD CONDUCTS 1ST INTERVIEW FOR DISTRICT A SEAT; PROPERTY SERVICES DIRECTOR STEPS DOWN



The Montrose County School District RE-1J Board of Education interviewed District A Applicant Erik Westesen at the work session on Tuesday, Sept. 13.

By Caitlin Switzer

MONTROSE- The Montrose County School District RE-1J Board of Education convened for a work session at 5:30pm and a regular meeting at 6:30pm at District Offices on Sept. 13. Those present included Board President Sarah Fishing, District B Director Jacob Suppes, District C Director Alice Murphy, District D Director Tom West, and District G Director Stephen Bush. Board Vice President Eric Kelley was absent.

WORK SESSION

The District A seat formerly held by Jeff Bachman remains open; applicant interviews for the seat were on the work session agenda. Fishing called the session to order; all joined in saying the Pledge of Allegiance. The board voted to approve the agenda. Due to unforeseen circumstances one of the two applicants could not be

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WHERE IS THE RAPID RESPONSE TO FENTANYL?

By Gail Marvel

MONTROSE-The Delta Police Department held an Opioid Awareness Town Hall on Sept. 13, at the Bill Heddles Recreation Center. Approximately 60 people, including presenters, attended the two-hour community event.

Opening the event, Delta Community Policing Coordinator Mindy Brennan said, "In 2019 there were 7,500 deaths from opioids. In the last 12-months, it now exceeds 70,000. My younger brother, who was 34 years-old, had a 20-year addiction. His death certificate listed the cause of death as Fentanyl. This drug is nothing we have ever seen before. Two milligrams can kill. It's not sold on dark corners and in alleys, but it's delivered directly to your house by social media. Collaboration [between agencies and the community] is essential for success in preventing poisonings and deaths. We are here to help educate stakeholders in our

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The Delta Police Dept. held an Opioid Awareness Town Hall on Sept. 13. (L to R) Delta Chief of Police Luke Fedler, Victims of Illicit Drugs Jaime Puerta, Mesa County Opioid Response Group Lyndall Young, Voices for Awareness Andrea Thomas, Alexander Neville Foundation Amy Neville, Western Colorado Area Health Education Center Georgia Hoaglund, Delta Community Policing Coordinator Mindy Brennan. Photo by Gail Marvel.

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PUBLIC NOTICES-CLASSIFIEDS

PUBLIC NOTICE - OPEN HOUSE FOR UPDATED MONTROSE COUNTY STANDARDS AND SPECIFICATIONS FOR ROADS AND BRIDGES

Notice is hereby given that a PUBLIC OPEN HOUSE will be held at the Montrose County Public Works Conference room, 63160 LaSalle Road, Montrose, Colorado on Thursday, October 6, 2022 from 4:00 - 6:00 pm, for public comment and review of proposed changes and updates to the 2006 Montrose County Standards and Specifications for Roads and Bridges.

The proposed Standards and Specifications for Roads and Bridges may be viewed on the Montrose County website at <https://www.montrosecounty.net/proposedroadandbridgestandards>, at the Public Works office at 63160 LaSalle Road during regular business hours, or at the open house. Please call Keith Laube at (970) 252-7001 if you have any questions or concerns.

The proposed Montrose County Standards and Specifications for Roads and Bridges will be presented for possible adoption at a later date at a noticed, public meeting of the Board of County Commissioners.

Proposed Updates to Road & Bridge Standards OPEN HOUSE



Thursday | October 6 | 4pm - 6pm
Public Works Conference Room
63160 LaSalle Road Montrose, CO

REGIONAL NEWS BRIEFS

CHILDRENFIRST TO PRESENT FILM ON OCT. 11

Special to the Mirror

MONTROSE-ChildrenFirst was founded in Montrose in 2021 by a group of citizens interested in educational excellence for the students in our community. One of its goals is providing relevant information about current educational issues that may be of interest to parents and others in the community. Pursuant to this goal, ChildrenFirst will be presenting the film, "Whose Children Are They?" by Deborah Flora. This video exposes some of the activities occurring today in many public schools that are concerning to those who value the traditional education of children. Please see the flyer below for additional information about this presentation on October 11 at 6:30 p.m. at the All Saints Anglican Church in Montrose.

What Is Happening In Public Schools Today?

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Tuesday, October 11 - 6:30 p.m.

Only Adult Attendance Recommended

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REGIONAL NEWS BRIEFS

EXPLORE HISTORY: A NIGHT AT THE DEPOT

Special to the Mirror

MONTROSE—Please join us at the “Night at the Depot” on Sept. 23rd, from 5-8 pm in the Historic Denver & Rio Grande railroad Depot. The Depot is currently the home of the Montrose County Historical Museum at 21 N. Rio Grande Ave. This special night will highlight the preservation of the depot with special displays highlighting the significance of the depot when it opened in 1912, along with a meet and greet of the local preservation board members, there will be a special walking tour of the historically designated buildings on the west side of the Main Street. Elaine Hale Jones and George Decker, both area historians, will be at the depot with copies of their current books. Gunnison Clamp Photography will be featured throughout the museum. Tickets are \$10 per person for the special event. For more information please call 970-249-2085 or contact us by email at info@montrosehistory.org



Banned Books Week

**Banned Books Week,
September 18 - 24, 2022,
is an annual event
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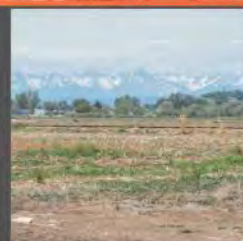
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WHERE IS THE RAPID RESPONSE TO FENTANYL? From pg 1

educate stakeholders in our community.”

Taking the microphone Delta Chief of Police Luke Fedler said, “I’m excited to be here. This came together rather quickly.” Fedler introduced local partners including the school resource officer, school district representatives, city council members and community groups. He said, “I want to thank the Elks for their drug awareness. What they are doing is groundbreaking.”

Fedler credited the increase in sales tax for supplying the funding needed to fight the Fentanyl epidemic. He said, “This has allowed Mindy to work full time, to help us do things, and to have these events. We have only one school resource officer.” Fedler, who began his law enforcement career 22-years-ago, recounted a half-pound marijuana drug bust. He said, “I thought that was big. That’s nothing anymore. Then there was meth and I wondered why people would take something that was addictive. Then prescription pills [oxycodone], then heroin. I thought it can’t get any worse. It did. How did we get here? We [in Delta] are not yet getting a huge increase, yet we know it’s coming. The first thing we have to do is sit in this room and open the narrative.”

Voices for Awareness representative Andrea Thomas said, “I lost my daughter in 2018 to half of a pill laced with Fentanyl. That’s how Ashley, one of 10 children, was killed by the same distributor. I live in Grand Junction and there’s 2,170 miles of drug traffic [on I-70] that makes stops in our area; 60,000 pills were discovered by just one agency.”

During a trip to DEA Headquarters in Washington, Thomas was shocked to see a map that showed cartel activity and the Jalisco New Generation Cartel being active in Grand Junction.

Reflecting on her son’s death she said, “We were forced to become experts on Fentanyl. We are losing people who are experimenting...they are not drug addicts. Colored Fentanyl tablets target families and young Americans. You can order it from your kitchen table. Snap Chat, Tic Tok and on E-Commerce sites offer a menu of drugs. When we lost our *own* children [it was then] our advocacy started. The community can make a difference in rural areas.”

Jaime Puerta said, “I am from Los Angeles. I lost my son, Daniel, at 16 years old. He was not a drug addict. During the lockdown he was depressed. He self-medicated on a half pill.” Referring to the event speakers he said, “These are my partners in this fight. We don’t want you to be in our shoes. The new fake pills are 50 to 100 times stronger than morphine. People think they are taking one drug [oxycodone] and they are being killed. You are playing pill-roulette every time you take one. Please don’t put your family through this. Learn how you can be part of saving them.”

Puerta introduced the 20-minute documentary, “Dead on Arrival.” The video contains real life stories/testimonies on the destruction caused by Fentanyl. The video, which has no copyright, is available to schools and community groups.

Quotes from the documentary:

“It’s not a drug, it’s a poison.”

“Jessica will forever be 29 years of age. We are raising her daughter [our granddaughter]. We are trying to prevent it from happening to someone else.”

“It’s on social media apps. Most people start by searching for prescription medications. Unless you get it from a doctor or a pharmacy you cannot trust it.”

“It’s highly addictive. When you become addicted, you become a customer.”

“I saw my daughter brought into the world...and I saw her leave the world. Don’t do this to your parents.”

“He was my only child and I couldn’t protect him. I couldn’t save my son. He was supposed to graduate from high school this year.”

“This is no joke. You can and will die. I wish someone sat down with me and told me what Fentanyl does. Most people commonly think it won’t happen to them. They didn’t know it would end their life. Fentanyl is coming for everyone. Get serious about NOT trying it.”

Puerta gave a brief chronology of Fentanyl. He said, “It started in the US and was delivered by UPS from China. In 2012 a lot of opioids were being prescribed and it went to the black market. The cartels saw an opportunity and started producing their own pills. When you put a fake pill next to a real pill you can’t tell the differ-

ence. Social media is the perfect distribution system. This is the most dangerous thing to teenagers in America. We must get information out to people. These are NOT overdoses [it’s poisoning]!”

Neville said, “Drug dealers are controlling the narrative as to why these kids are dying. Kids have easy access to counterfeit pills. Dealers are grooming our children just like a sexual pedophile grooms his victims. [Data shows] 44 percent of all high school students are thinking about trying to do drugs. They have peer pressure, depression is spiking. How can we help our kids?”

Neville’s 14-year-old son, Alexander, took one pill and realized he was addicted. The night he informed his parents they made arrangement for him to go into a rehab facility the next day; however, he died that night. Neville said, “Take action immediately. Don’t wait to get them in an intervention program, take them to ER immediately. Reach out to them. Find out what they know.”

In her rapid-fire comments, Mesa County Opioid Response Group Lyndall Young said, “I was shocked to see Grand Junction is the highest in the State of Colorado and the nation [I-70 corridor runs through Grand Junction]. In 2021 Delta County had 21 drug deaths, 153 overdoses, 320 ER admissions for drugs. This is the third-wave of the opioid epidemic. The synthetic is 80 to 100 times stronger. Fentanyl tolerance increases very quickly. It’s the size of a mini-M&M. Don’t touch anything bare handed, don’t pick up anything. If you smell burning popcorn or burning rubber DO NOT investigate. Fentanyl smells like burning rubber when it is being smoked. Do not investigate on your own, call 911.”

Young noted that Fentanyl is a prescription drug, but *synthetic Fentanyl* is not a prescription drug. Speaking to the effects of Fentanyl, Young said, “Tolerance is a big key. A little tiny grain can kill a person, but some people in Grand Junction take 40 pills a day. The potency of the pills is uneven. The effects are felt quickly and don’t last long. When it leaves the body, they have sudden withdrawal symptoms. They need it right away. Look for pin-point pupils, purple lips and blue fingernails.

WHERE IS RAPID RESPONSE TO FENTANYL? From previous pg

Any overdosing call 911.” It was noted that the Colorado 911 Good Samaritan Law protects you and the person overdosing. Young gave the audience a verbal crash course on Naloxone (Narcan). She said, “They used to say you had one-to-three hours to call 911 when a person was unresponsive...now in five-to-20 minutes death can take place. You can carry Narcan with you. Every person [in Colorado] has a prescription at the pharmacy for Narcan. Put it in your first-aid kit. Ask your pharmacist for Narcan— you have time to make a difference.”

Delta Police Detective Swope worked narcotics for three years. He said, “What we are seeing in Delta, specific to the City of Delta...it’s coming. We had a bust of 800 dark blue Fentanyl pills. Meth is still a thing; it’s pretty nasty stuff, but they [meth addicts] won’t do this [Fentanyl]... some meth addicts won’t do it because they believe they will die if they do. At first Fentanyl was \$30 a pill. Now it’s \$6 a

pill. Some people are dealing to supply their own habit. If you see tinfoil lying around with a dark line on it, it’s people smoking Fentanyl. We can send people to jail and as soon as they get out, they start using again because it’s so addictive. I don’t want to say it, but I’d like to go back to the good-ole-days of people just using meth [a time when people weren’t dying like they are now].”

During Q & A it was revealed:

- Test strips for Fentanyl are not always accurate.
- Colorado Legislators passed a bill; however, they took the teeth out of the original draft. Advocates encourage the community to contact their legislator to revisit the legislation
- People who do not have children will still feel the effects of the Fentanyl epidemic.
- Narcan will soon be place in all Delta schools.
- Kids want to know the truth.
- Delta County is a front-runner in the area

by addressing the crisis.

-Opioid money for Delta is controlled

by the 7th Judicial District. Funds are available; however, they have a 19-year payout. Citizens were encouraged to be part of the discussion on how those funds should be used (schools, law enforcement, etc.).

-Kids need to know. Information is not getting into the classrooms.

Commenting on rapid responses in a crisis, Thomas said, “When it came to COVID everyone knew to wash their hands, distance themselves, and to wear masks.”

The question then begs, where is the rapid response to Fentanyl?



Photo by Gail Marvel.

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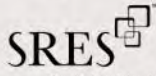
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Week of Unity and Peace September 17—25

Saturday, September 17—Community Drum Circle, 11:00 am, at Riverbottom Park, family fun, bring your lunch.

Sunday, September 18—Pray for Peace Sunday.

Wednesday, September 21—International Day of Peace, Peace Meditation, 5:30 pm, Riverbottom Park, bring your own chair.

Thursday, September 22—Peace Prayer Gathering, Noon, Peace Pole in Ute Indian Park, Flags of All Nations Ceremony. Bring your drum and your prayers for peace on earth.

Friday, September 23—Peace Dinner at Guru's Restaurant, 6:00 pm, Western Colorado Friends of the Himalayas Annual Peace Awards. Reservations—970-252-0908.

Saturday, September 24—**Culture Fest**, 10:00 am to 4:00 pm, Ute Indian Museum, co-sponsored by Hispanic Affairs Project and Ute Indian Museum. Food, family, fun, art, music, dancers, celebrating our diverse cultures.

Dedication of new Peace Pole at Ft. Uncompahgre, 11:30 am, in Delta.

Sunday, September 25—Montrose Day of Peace.

Children's Peace Art Show at the Montrose Library—all month—free peace coloring sheets for children to take home.



**Western Colorado
Friends of the Himalayas**



OPINION/EDITORIAL: LETTERS

DON'T LET POLIS TAKE CREDIT FOR REFUND CHECKS

Dear Editor:

Don't let Governor Polis take credit for refund checks from the State of Colorado. The Democrats just moved up the date of required refunds from the TABOR Act. They are trying to fool you, you would have received the money early in 2023.

The Democrats have tried to get rid of TABOR for many sessions.

Ed Moreland, Montrose

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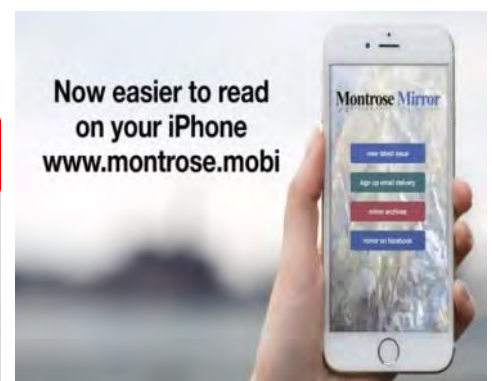
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MAGA: "MAKE AMERICA GREAT AGAIN."

Editor:

Those are the words that need to be spoken to clarify to those who don't understand. It's an American movement; not political except for those people who want to make it that. People who love and believe in this country want to make America great again. It certainly is going downhill fast at this point and is that making our lives better?

Carol McBride, Montrose



MIRROR IMAGES: HOMECOMING PARADE 2022



Despite dark clouds and drizzling rain, Montrose High School students celebrated Homecoming 2022 with a parade on Main Street. Photos by MHS Sophomore Harry Switzer.



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.





Water & Climate

The western slope and southwest U.S. are facing something much worse than drought or even a super drought. The aridification of the Southwest means the western slope is 4½ degrees warmer than 100 years ago. This amounts to 20% less moisture falling on the western slope. It is going to continue to get warmer. Any conversation that involves water management and conservation must have climate change in that conversation.

We will not solve the problem without developing new ideas for how we practice agriculture. The future of our water will depend on collaboration, innovation, education, and incentives for all seven states of the Colorado river basin and all sectors of water. What will not work is politicizing water, finger-pointing, and gaslighting, especially regarding municipal water. Municipal water in Colorado amounts to 6% of all water usage in Colorado; agriculture is 85%. On average, municipal water usage on the front range has gone down 36% in the last 20 years!

I will work tirelessly to bring 21st-century water conservation and management solutions to HD58 and Colorado.



"Kevin Kuns is a tireless worker for the people of Southwestern Colorado and I am energized to endorse his campaign for Colorado's House District 58. Kevin grew up working on a family ranch and saw first-hand how climate change creates problems for the environment and agricultural farming needs in Colorado. His background has granted him the experience needed to represent a rural constituency, and as a Colorado House Representative, Kevin will deliver for hard-working families and support the needs of District 58."

Michael Bennet, United States Senator (CO)



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REGIONAL NEWS BRIEFS

LEARN ABOUT THE ARTIFACTS AND ARCHIVES AT THE MONTROSE GENEALOGY CENTER

Special to the Mirror

MONTROSE--On Monday, Sept. 26--1 p.m.--Local genealogist, Judy Bunyard, will present a program on "Artifacts and Archives at the Montrose Genealogy Center" at the Warrior Resource Center, 4 Hillcrest Plaza Way. All are welcome to this event sponsored by the Montrose Genealogy Center.

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RE-1J BOARD CONDUCTS 1ST INTERVIEW FOR DISTRICT A *From pg 1*

present for an interview. The Board opted to interview the applicant who was present and interview the other in two weeks at the upcoming board work session.

The Board interviewed Applicant Erik Westesen, who is a graduate of the Olathe schools. Westesen is fluent in English and Spanish. He expressed excitement at the opportunity to bring his skills and community ties to the Board of Education. Local schools do a great job, he said. Though his daughter is presently out of the area, she has also attended Olathe Schools, allowing Erik to gain experience as a district parent. His family includes several teachers. The role of a school board member is unique, as directors are able to interact with school staff and students, as well as members of the community.

Also, "I think our school district is very focused on the well-being of our students by and large I think we put kids first," Westesen said. "...I would hope our next priority is our staff members."

Westesen answered questions from the board and was asked about his thoughts on the use of social media. RE-1J should be careful about communications in general, he said. "You can get online and ruffle a lot of feathers with your opinions," he said, "You certainly don't want to be posting any wild things that cause trouble for the school district."

Westesen expressed support for the use of surveys and quantifiable data to gain insight; he also advocated for showing up, meeting people, and listening. "You cannot place enough value on relationships with the people in the schools."

The job of the Superintendent is to lead the district, overseen by the Board of Education, he said.

When asked if he had questions for the Board, Westesen asked about the politicization of schools, and Board members shared their own thoughts and experiences, emphasizing that the priority is always the students.

"...It's awesome to see community engagement," Board President Sarah Fisher said, "Our guiding star is always what is best for kids."

"Whatever times prevail, what circumstances, it's all about the kids," District D Director Tom West said.

Feelings do get involved, District B Director Jake Suppes said. "We can't get political."

The Board of Education has been able to rise above politics in the past by asking, "What can we do best for the majority?" said District G Director Stephen Bush.

District C Director Alice Murphy said she has learned to listen a lot. "You've got to listen to everybody and take that into consideration. "We do work well together," she said. "...I do enjoy this."

With no further business, Fishing adjourned the work session.

REGULAR MEETING

The Board of Education began its regular meeting at 6:30pm.

The Board voted to approve the meeting agenda, with removal of Item B (appointment of a new District A Director) which was rescheduled for the next board meeting.

Student Spotlight & Community Donations

Public Information Officer Matt Jenkins presented the Student Spotlight. Students from Montrose and Olathe High Schools shared information regarding homecoming activities.

Olathe High School Principal Scot Brown introduced Student Council Advisor Kari Keller and OHS Head Boy Owen Wagner, who talked about this year's activities, including the parade, coffin races, and volleyball game. Students painted the road this year, Wagner said. "Friday we're having a tug of war assembly. I'm really excited about that...hope you all can come...it would mean a lot for us to have you there."

Said Keller, who recently celebrated her 40-year class reunion as an Olathe graduate, "We're trying to bring some of the old traditions back that have been gone for about 20 years." District B Director Jacob Suppes is also an OHS graduate. "Jake was my Powderpuff King," Keller said.

Montrose High School Interim Principal Heidi Voehringer introduced Business &

Technology Teacher Renae Manuel and Student Council representatives Tashi Sherpa and Kate, who discussed MHS Homecoming week activities and events, including the powderpuff game, the parade, and Red Hawk Day.

Jenkins said that the KREX Apple Award winners for August and September were MHS Band Teacher Sheridan Lloyd and Fifth Grade Teacher Kyle Ayer of Olathe Elementary School.

Altrusa Apple awards will return next month.

Oak Grove Elementary School received a donation from Charities Aid Foundation America in the amount of \$1,000 for their STEM lab.

"We're really stoked and excited that students are back and that staff are all back," Jenkins said.

Board Advisory Committee Updates

There were no Board Advisory Committee Updates.

Community Input

Carolyn Rettig of Community Options invited the Board of Education to Community Options' 50th Anniversary Celebration on Oct. 8.

Enrollment Report

Director of Finance Emily Imus presented the [Enrollment Report](#). Current enrollment is 6043, which is eight students fewer than last school year.

2021-2022 Fourth Quarter financials

Imus presented the Fourth Quarter Financials for the 2021-2022 school year, including [quarterly](#) and [investments](#) reports. RE-1J will be moving its accounts from Wells Fargo to Alpine Bank due to large fee increases.

Early Childhood Center (ECC) Report

ECC Director Penny Harris gave an update with attachments including [data dashboard](#), [Headstart](#) and [program](#) information, and [feedback](#). The ECC presently has an enrollment of 274, with capacity for 325. Harris read a comment from Outer Range Campus Principal Keeley Vaughn, noting that Outer Range students survived their first day of rain, had a wonderful start to the school year, and went home muddy and tired.

RE-1J BOARD CONDUCTS 1ST INTERVIEW FOR DISTRICT A

From previous pg

CMAS Update

Instructional Services Director Jessica Beller presented and discussed a CMAS update. The full report is included in the meeting packet.

Board Goals Review and Recommendation

Superintendent Carrie Stephenson gave an update and led a discussion of the Board's goals for the previous year in preparation for creating new Board goals. After some discussion it was determined that the board met all but one of its goals for last year. Stephenson offered recom-

mendations for the updated goals.

Consent Agenda

Murphy asked that Consent Agenda Item three be pulled for further discussion. The board voted to approve the remaining Consent Agenda items, including Personnel Report. Among the items in the Personnel Report is the departure of Property Services Director Philip Bailey.

Following a brief discussion, Item Three--acceptance of 2022-2023 Read Act funds from the Colorado Department of Education in the amount of \$214,900.62 and approve related expenditures--was ap-

proved as well.

New Business

The Board voted to adopt Resolutions 14-2022, 15-2022 and 16-2022 request to amend and appropriate the 22/23 Adopted Budget and authorize the use of beginning fund balance in the Insurance Reserve Fund in the amount of \$135,000 due to higher insurance premium renewals costs than projected.

With no further business the Board of Education voted to adjourn. The board will meet again for a work session on Tuesday, Sept. 27 at 6:30pm.

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MIRROR IMAGES: MHS HOMECOMING FOOTBALL GAME



Photos from the MHS Homecoming Football Game on Friday, Sept. 16 are by Gunnison Clamp. The stands were packed as the MHS Red Hawks scored 40-14 to triumph against the Palisade Bulldogs.



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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. Thank you for your support, Alpine Bank!

—Lindsey Meewis



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[2] Alpine Bank debit cards are available with no annual fee to individuals with an Alpine Bank checking account.

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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.

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OPINION/EDITORIAL: LETTERS

QUEEN OF QUEENS

Editor:

It was 1950 in LA and I was ten. I'd heard of kings and queens around the world and especially in England, but I was busy playing cowboys and Indians with my pals, or refigting World War II with toy guns. Then one day my Mom was reading the newspaper about the new Queen of England in a parade with a photo of her little boy watching through a fence. The paper read that the boy's "nanny" was showing him the new Queen going by the palace. The boy asked who the queen was and the "nanny" told him that the Queen was his mother!

My mother showed me a photo of Queen Elizabeth II. My mother's middle name was Elizabeth and she actually resembled the Queen. That was the beginning of an interest in Great Britain and its Monarchy.

Throughout the years of her reign Queen Elizabeth II traveled the world over many times on behalf of Great Britain, spreading not only genuine good will, but also help, always with a smile or an expression that said she was serious, and she was! Even ordering the Band of the Welsh Guard to play America's National Anthem at Windsor Castle on the

20th anniversary of Nine-Eleven! I wondered how she could do it all, never faltering, refusing or complaining, even with some poking fun or worse.

As time went by, Her Majesty, fragile though she looked, dealt with a quiet, but iron hand where such problems surfaced that could be harmful

to the family, the Monarchy and to England. Such problems would continue to the Queen's passing. But for seventy years Elizabeth II, with a "stiff upper lip," remained a beacon spreading love and good will throughout an uncertain world, almost certain to hear "Well Done!"

Gary Paul Johnston, Montrose



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COLORADO NEWS BRIEFS

CRITICAL HABITAT, MIGRATION CORRIDOR CONSERVED IN COLORADO

Special to the Mirror

MISSOULA — A significant section of an important northwestern Colorado elk and mule deer migration corridor will remain undisturbed thanks to a collaborative conservation effort by landowners and the Rocky Mountain Elk Foundation.

"We appreciate the willingness of the

Keystone Ranch to enter into this volunteer conservation agreement," said Kyle Weaver, RMEF president and CEO.

"Thanks to their vision and prudent stewardship, the wildlife values of 11,752 acres will remain intact going forward."

The Keystone property is approximately 15 miles northwest of Meeker and fea-

tures a landscape varying from grasslands, sagebrush shrubs and canyons to aspen and conifer woodlands, cultivated croplands and riparian areas. In all, it provides vital elk calving and winter range, and is also home to sage grouse, pronghorn antelope, black bears and other wildlife.

The Colorado Parks and Wildlife (CPW) Action Plan indicates the acreage encompasses the state's number-one priority migration corridor used by Colorado's two largest migratory herds, the White River elk and mule deer herds. Up to 10,000 thousand elk cross the property twice each year.

The agreement also cements hunter access to the private property since it finalizes a 20-year access easement with CPW through its Ranching for Wildlife Program, which it administers. Hunters will have access to a specified number of hunts annually while additional time is set aside solely for wildlife viewing.

"As an example of how prudently the landowners utilize their land, they use a grazing cycle where each pasture rests for two years for the benefit of livestock and wildlife alike. That's a win-win," added Weaver.

Great Outdoors Colorado, CPW, National Fish and Wildlife Foundation and Gates Family Foundation provided financial support for the easement and access.

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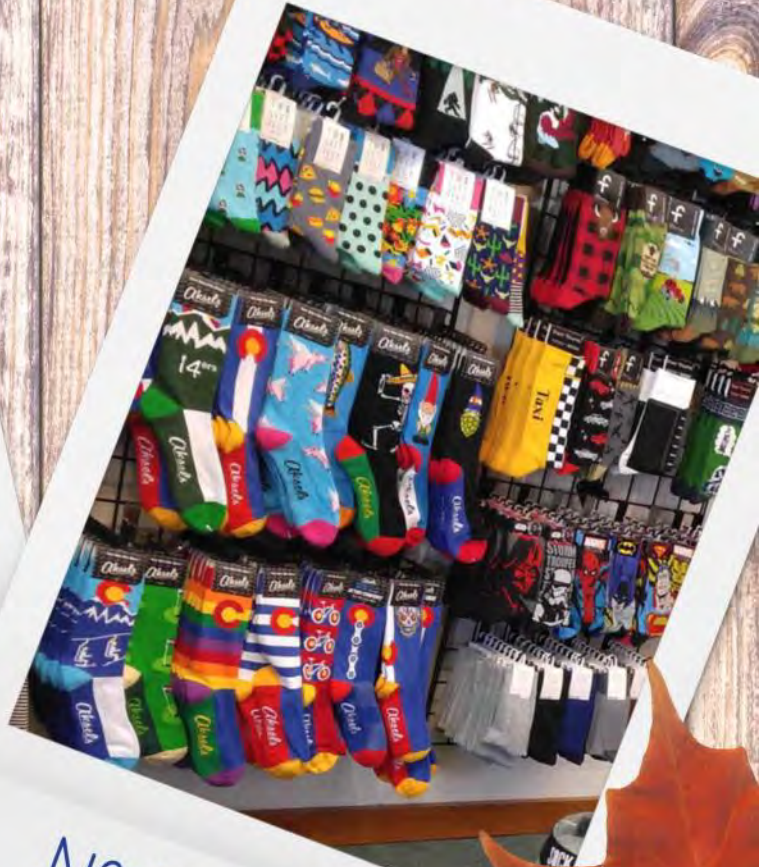
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REGIONAL NEWS BRIEFS

DELTA COUNTY UPDATES JUNK AND RUBBISH ORDINANCE

Special to the Mirror

DELTA - At their regular Board of County Commissioners' Meeting on September 6, 2022, an updated Ordinance Prohibiting the Accumulation of Rubbish (Junk) within Delta County was adopted, and is now in effect. This Ordinance applies throughout the unincorporated area of Delta County including public and state lands.

The purpose of this Ordinance is to protect the public health, safety, and welfare of the citizens and residents of Delta County, by eliminating and controlling, to the extent possible, the accumulation of rubbish within the County. Rubbish, if not eliminated or controlled, can result in visual blight, attractive nuisances, incompatibility with existing land uses, reduction in

property values, hazardous or toxic substances being deposited in unapproved sites, attraction of disease-infested rodents and other vermin, air, noise and water pollution, as well as, fire and other hazards.

The goal of the code compliance program is education and voluntary compliance. However, if after several failed attempts to work with the owner, or the owner does not want to comply, the updated Ordinance offers an avenue to issue a fine.

"We are here to educate and truly help our residents work through the updated Ordinance," said Everett Neil, Delta County Code Compliance Officer, "I want to have a conversation with landowners, not

just hand out tickets."

The most notable change to the Ordinance is shifting enforcement from a criminal to a civil process in accordance with changes in state statute. This civil process involves the ability to issue a Summons and Complaint (fines and penalties) to non-compliant property owners. By statute, this Ordinance does not apply to agricultural land in unincorporated Delta County. Funds collected from fines of non-compliance can help support the program. "We are on a mission to make Delta an even better place to call home," said Neil.

If you would like to read the Junk and Rubbish Ordinance, please click [here](#).

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

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OPINION/EDITORIAL: LETTERS

STATE LEGISLATURES ARE VITAL TO OUR WELL-BEING

Dear Editor,

State legislatures across the country have been instrumental in protecting our voting rights and secure elections – or undermining them, safeguarding women’s reproductive health rights – or eliminating them. They have worked to protect our environment, or not. With frequent impasses at the federal legislative level and a reactionary Supreme Court, state legislatures are more vital to our lives and our democracy than ever.

In Colorado, we have been well served by our state legislature and elected officials. Our elections have been fairly managed and kept secure. Access to voting is made simple and convenient. Women’s reproductive health has been preserved. Environmental protections are prioritized. What can we do to ensure we continue to have the same or better work done on our

behalf? We can support the right candidates this year and vote for them. It is best to take advantage of early voting as soon as mail-in ballots arrive. If you choose to wait, be sure to get your ballot in before or on election day - November 8th.

The redistricting that was based on the 2020 census has drastically changed State House Districts, including ours - State House District 58. By default, in this newly reconfigured district, we have an incumbent who could be our representative, or we can support a man who is new on the scene. As I compare the two possibilities, the clear choice is the new guy, Kevin Kuns. He has the background to understand the needs of all the constituents of the District. Kevin Kuns has lived and worked on a family ranch in Wyoming, and he grew up surrounded by educators.

His professional career was in the business world. Kevin has a broad background. His understanding of Western Slope issues is personal and deep. Kevin is well versed in the overlapping issues of water, agriculture, water-reliant recreation and environment. He supports all aspects of women’s health care – and all health care, including mental health. Education and affordable housing are core issues for him. Protecting voting rights, supporting veterans and ensuring the public safety are other key concerns that candidate Kevin Kuns speaks to, demonstrating his values align with those of the people of the 58th State House District. I encourage every voter to learn about him and find an opportunity to meet him. Kevin visits locations across the District often. He wants to know your concerns.

Laurie Gery, Gunnison



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OPINION/EDITORIAL: LETTERS

TUESDAY, SEPTEMBER 20, IS NATIONAL VOTER REGISTRATION DAY

Editor:

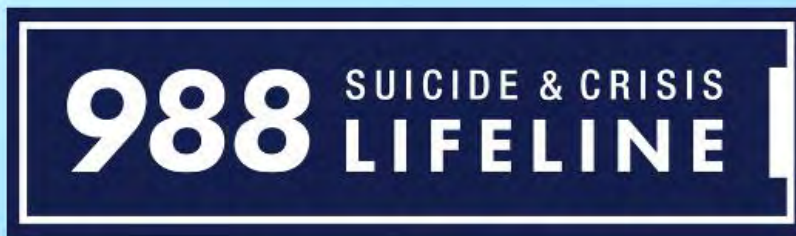
National Voter Registration Day (NVRD) is a nationwide, nonpartisan effort to register eligible voters.

Voter registration is the first step to ensuring your voice is heard. If you want to vote on Election Day, November 8, via a mail-in ballot, you must be registered by October 31. Already registered? Is your registration current---correct address and name?

Colorado makes voter registration easy. You can register at your local clerk and recorders' offices or online. Be sure to have your Colorado driver's license or ID card on hand. Google [GoVoteColorado.gov](https://www.govotecolorado.gov) Or Text the word "Colorado" or "CO" the SOS' online voter registration and election information site.

The second step is to VOTE on November 8. Voting is a both sacred right guaranteed by the U.S. Constitution **and** a civic duty. Democracy is not a spectator sport!

Nancy Ball, Montrose



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REGIONAL NEWS BRIEFS

MONTROSE COUNTY CHIPETA HIGHWAY 550 SIGNAL PROJECT

Special to the Mirror

MONTROSE— Beginning September 19, Montrose County and Mountain Valley Contracting will implement the construction of a traffic signal located at the intersection of Chipeta Rd and Highway 550. Improvements include traffic signals, curb and gutter, and striping. Project Schedule and Information The project will start on September 19. The project will be in operation Monday through Friday, from 7 a.m. to 7 p.m. Anticipated completion date is late December 2022. The contractor chosen for this project is Mountain Valley Contracting.

Travel & Other Impacts

A northbound and southbound right shoulder closure on HWY 550 at Chipeta Road will be in effect for the majority of the duration of the project. Any lane closures will be posted on COtrip.org.

Montrose County and Mountain Valley Contracting appreciate your understanding and patience during the construction process. Please be advised that traffic detours, closings, and openings may change as the project progresses.

If you have any questions or concerns or would like to be added to our public outreach contact list and receive construction

updates, please contact us at the phone number or email address below.

Thank you for your patience in ensuring a safe and successful project.

Montrose County & Mountain Valley Contracting. STAY INFORMED:

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◦ Email: chipetahwy550signalproject@gmail.com

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REGIONAL NEWS BRIEFS

PLAN TO ATTEND THE MONTROSE VETERANS PLAZA SIGN 'PLANTING' SEPT. 20

Special to the Mirror

MONTROSE- The Montrose Veterans Memorial Coalition and the City of Montrose will join forces for installation of a Montrose Veterans Plaza sign Tuesday, Sept. 20 at 1 p.m. in Cerise Park.

The sign planting will be one of the first steps in the development of the Veterans Plaza, a serene memorial location in the park for veterans and the community.

A memo of understanding was approved by the Montrose City Council earlier this month and paved the way for the Coalition to begin fundraising efforts to develop the plaza.

According to Coalition member Dave

Powers, the sign will have a model of the plaza printed on both sides. The plaza, a five-point memorial honoring military services, is a three-year effort of the Coalition, he said, and is spearheaded by Mike Trickey, president of the organization. J. Bob Brueske serves as the Coalition's vice president, Powers said.

The Coalition, made up of local Veterans of Foreign Wars, Disabled American Veterans, American Legion, American Legion Riders posts and Montrose's own Welcome Home Alliance for Veterans, will have representatives at the park to oversee the sign planting. Powers said representatives from the city will help with the

actual installation of the sign. Local companies/individuals contributing to the project include InDesign Signs, Buckhorn Engineering Inc., Del-Mont Consultants, Julie Wolverton, Cam Electric and others.

The public is invited and encouraged to attend the sign planting, he said.

"There are plans for a website and Facebook page," said Amy Eifling from Welcome Home Alliance for Veterans. For now, she said anyone interested in donating to the Montrose Veterans Plaza at Cerise Park can mail a check or drop it off at the Alliance office at 4 Hillcrest Plaza Way, Montrose, CO 81401, or call (970) 765-2210 for more information.

NIGHT AT THE DEPOT

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Join us for a Night of History at the Depot. There will be a meet and greet with members of the local Preservation Boards, local authors and Photography Exhibit. There will be a special short walking tour highlighting the west side of Main Street historic buildings.

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COLORADO NEWS BRIEFS

34 GROUPS, LED BY VETERANS AND MILITARY FAMILIES, URGE PRESIDENT BIDEN TO DESIGNATE CAMP HALE-CONTINENTAL DIVIDE NATIONAL MONUMENT

Special to the Mirror

WASHINGTON, D.C. — A coalition of veterans, military families, and national and local organizations, led by Vet Voice Foundation, sent a letter last week to President Biden, urging him to use his authority under the Antiquities Act to designate the Camp Hale-Continental Divide National Monument in Colorado.

Camp Hale - Continental Divide National Monument, based off Camp Hale, located outside of Vail, was where the legendary 10th Mountain Division trained for alpine warfare during World War II. Many of the soldiers returned to Colorado to play a pivotal role in founding the state's ski industry.

The letter reads:

"We recognize and thank you for making the conservation of America's public lands and waters a priority by committing your administration to the important goal of conserving 30% of this nation's lands and waters by 2030. 'Your 'America the Beautiful' Initiative has made strides over the past 18 months, and designation of Camp Hale-Continental Divide National Monument will contribute to this goal.

READ THE FULL LETTER TO PRESIDENT

BIDEN HERE: <https://vvfnd.org/wp-content/uploads/2022/09/Camp-Hale-CD-NM-Letter-to-POTUS.pdf>

The letter, organized by Vet Voice Foundation, was signed by Access Fund; Californians for Western Wilderness; Coalition to Protect America's National Parks; Conservation Colorado; Conservation Lands Foundation; Conservation Society of California, Oakland Zoo; Continental Divide Trail Coalition; Dolores River Boating Advocates; EcoFlight; Environment America; Environment Colorado; Friends of Plumas Wilderness; Grand Junction Area Chapter - Great Old Broads for Wilderness; Great Old Broads for Wilderness; Hispanic Access Foundation; Hunters of Color; Information Network for Responsible Mining; League of Conservation Voters; Mountain Mamas; National Parks Conservation Association (NPCA); National Wildlife Federation; Partnership for the National Trails System; Rocky Mountain Recreation Initiative; San Juan Citizens Alliance; Sheep Mountain Alliance; Soda Mountain Wilderness Council; The Mountain Pact; The Wilderness Society; Trust for Public Land; Tuleyome; Western Leaders Network; Wilderness Workshop and

Wildlands Network

"Few places epitomize the connection between Veterans and our nation's public lands quite like Camp Hale, a former training site for the U.S. Army – most notably for the 10th Mountain Division – where Soldiers learned to fight in cold weather conditions.

After World War II ended, those very same Veterans returned to these areas and helped launch the ski industry and modern outdoor recreational economy of Colorado," explained Janessa Goldbeck, U.S. Marine Corps veteran and CEO of Vet Voice Foundation.

"President Biden, we urge you to use your authority via the Antiquities Act to permanently protect Camp Hale and create the Camp Hale – Continental Divide National Monument – a place everyone will be able to enjoy for generations to come, Veterans and non-Veterans alike."

This letter comes on the heels of a similar [letter to the president](#), authored by Senators Michael Bennet and John Hickenlooper, Governor Jared Polis and Representative Joe Neguse, and highlights the breadth of support this effort has collected.

SEE SOMETHING - SAY SOMETHING



970-249-8500

ANONYMOUS CALL

**MONTROSE REGIONAL
CRIME STOPPERS**

Veterans Appreciation Taco Bar

**September 30th
4:00 p.m – 8:00 p.m**

**Montrose Elks 1053
801 S Hillcrest Dr
Montrose CO**

**Please RSVP to
970-249-4852 by
September 26th in order
for us to plan for food.**

REGIONAL NEWS BRIEFS

I-70 RAMP SAFETY MAINTENANCE PROJECT BEGINS

Special to the Mirror

MESA, GARFIELD, EAGLE & SUMMIT COUNTIES — The Colorado Department of Transportation will begin night work starting the evening of Sunday, Sept. 18 to update wrong-way detection systems along Interstate 70. Work will take place over a three week period on I-70 exit ramps from the Utah state line to Silverthorne. The project will start at exit 2 (Rabbit Valley) and continue east to exit 205 (Silverthorne), which is Mile Points 2-205. Motorists should note that ramp closures will take place only at night or in the early morning hours, and only one exit ramp will be closed at a time. The goal with this schedule is to reduce travel im-

pacts as much as possible. Each ramp is anticipated to be closed for approximately one hour, conditions permitting. Starting the night of Sept. 18, crews will close one exit ramp at a time, beginning at exit 2 eastbound. Crews will then move operations to the next exit ramp to the east.

The project will upgrade existing wrong way detection safety indicators on interstate ramps. Work will primarily consist of closing one ramp at a time while crews access the indication equipment to install the upgraded software. Work will be done on both the eastbound and westbound ramps for a two-hundred and four mile stretch of I-70. Upgrading this equipment has important safety benefits for motor-

ists.

Traffic Impacts

Nighttime work hours are 7 p.m.-5 a.m., Sunday through Friday morning. Work will not take place on Friday nights. A full ramp closure at each exit during active maintenance work is required. At that time, all traffic will detour to the nearest I-70 ramp. Each ramp closure will remain in place for approximately an hour, and will last only as long as is necessary to complete work. The project is expected to last until early October.

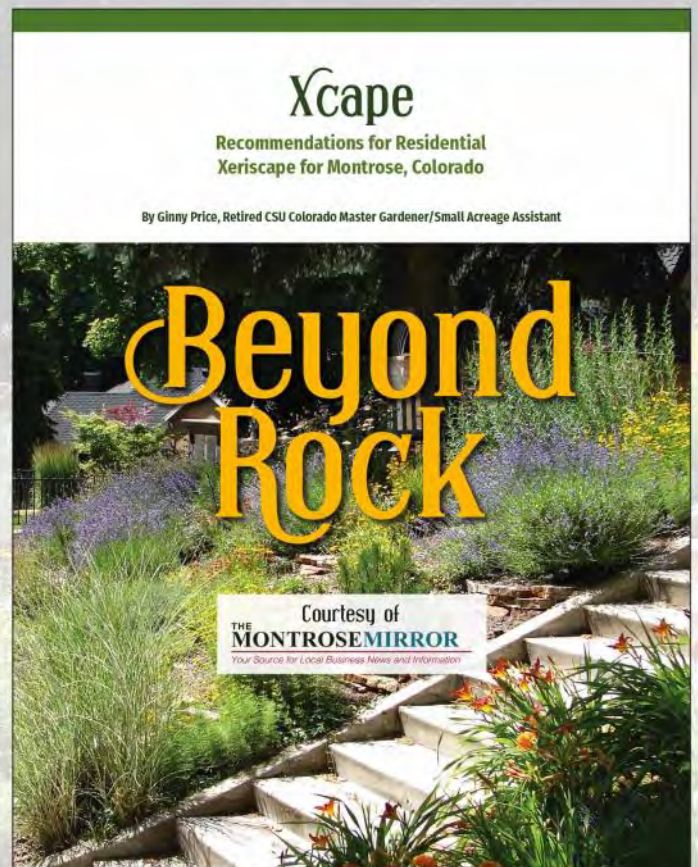
Project Information

For additional information about this project: Call the project information line at 970.822.7452

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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

TALLMADGE RICHMOND ANNOUNCED AS MONTROSE COUNTY'S PLANNING & DEVELOPMENT DIRECTOR

Special to the Mirror

MONTROSE— Montrose County Planning and Development office has a new face in its leadership—Tallmadge Richmond, the current Planner II will take the reins of the division in late September. Mr. Richmond has been with Montrose County since 2020 and was previously with the City of Montrose as a planner as well. Steve White, the current Planning and Development Director, is retiring at the end of the month.

"I am looking forward to this new opportunity," said Mr. Richmond. "I look forward to continuing strong long-range planning to help with thoughtful growth and development of Montrose County. Also, the division has a strong history of efficiently processing permits as well as cost-effective operations to serve our residents in a timely and affordable manner, and I look forward to continuing that standard of excellence."

"It has been a pleasure serving the citizens of this community and working with the amazing county staff over the past 16 years," said Steve White.

"I am grateful to Steve for over 16 years of dedicated service to Montrose County," said Commissioner Roger Rash. "Having served as a member of the planning commission before becoming a commissioner, I have worked with Steve for several years and I appreciate his attention to detail and drive to continue to provide a seamless experience for our residents who need to use planning and development services."

In his time at Montrose County, Mr. White helped transition the division from paper permits to online permits in 2020, implement new zoning regulations, new subdivision regulations, and updates to the Montrose County Master Plan. Montrose County would like to extend its gratitude to Mr. White for his service and wishes him well on his retirement.

Mr. Richmond and his wife reside in Montrose County and enjoy basketball, football, and the many outdoor opportunities in the area.



Tallmadge Richmond.
Courtesy photo.

Alpine Women's Centre CLINIC & MED SPA

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

- **MonaLisa Touch** \$2,500+
Promotes gynecologic health with laser technology
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Improves the appearance and texture of skin
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Utilizes platelets and plasma to rejuvenate the skin
- **Facials** \$45 - \$135+
Cleanses, exfoliates and nourishes the skin
- **Plasma Pen** \$300 - \$1,500
Treats wrinkles, sagging, and dull skin
- **Microneedling** \$275 - \$800
Stimulates collagen production
- **BioTe HRT** \$350+
Addresses hormone imbalances using pellet hormone replacement therapy

Saturday treatments available by appointment.



MONTROSE
REGIONAL HEALTH

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

MontroseHealth.com/MedSpa

REGIONAL NEWS BRIEFS

LAW ENFORCEMENT EXECUTES WARRANT FOR ILLEGAL GROW

Delta County Sheriff's Office

DELTA- On Wednesday, Sept. 14, 2022, agents with the Colorado Bureau of Investigations' Marijuana Enforcement division, with the support of investigators with the Delta County Sheriff's Office, U.S. Drug Enforcement Administration, Seventh Judicial District Drug Task Force, and the Colorado State Patrol, executed search warrants on two adjoining properties located in rural Delta County outside the community of Crawford, Colorado.

Law Enforcement responded to 34085 and 34091 B25 Road and located two large illegal marijuana cultivations. During

the operation, four suspects were contacted and detained without incident. Upon execution of the warrant, law enforcement seized over 680 mature marijuana plants, sixteen pounds of processed marijuana, and approximately one ounce of mushrooms.

When asked about the search, Sheriff Taylor stated, "within unincorporated Delta County, a person may legally grow a maximum of 12 marijuana plants on their residential property for personal use. The cultivation of 680 mature marijuana plants is clearly unlawful under state law and the harvested marijuana from these plants is

clearly meant for distribution. The Delta County Sheriff's Office will continue to investigate individuals that cultivate these types of large marijuana grows in our county."

Sheriff Taylor also added that not only are these types of cultivation and distribution operations illegal, but "they are a strain on our natural resources as 600+ mature marijuana plants require an exorbitant amount of water which Fruitland Mesa does not have." The CBI Marijuana Enforcement Division will refer the case to the Seventh Judicial District Attorney's Office for prosecution.

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*



Wear long sleeves, pants and socks in areas where mosquitoes are active.



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.



REGIONAL NEWS BRIEFS

50TH ANNIVERSARY CELEBRATION

Oct. 8th • 3-6pm



"Park Place"
in Montrose
932 N. Park Ave

COME
CELEBRATE
OUR 50TH
WITH US!



ALL ARE INVITED TO CELEBRATE 50 YEARS WITH COMMUNITY OPTIONS

Special to the Mirror

MONTROSE-Community Options celebrates 50 years of service on Saturday, Oct. 8. All are invited to join the celebration at 932 Park Avenue in Montrose, from 3 to 6pm, for music, food trucks, adult beverages, and more. For more information contact Aimeepruitt@communityoptionsinc.org, or call 970-249-1412, Ext. 206.



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IRRIGATION
WATER

LOT 3

10.91 AC.

7.6 SHARES
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WATER

KINIKIN ROAD

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Min- 1800 sq ft home



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THE COWBOYS ARE COMING

MOUNTAIN STATES RANCH RODEO SEPTEMBER 23 & 24

CPRA FINALS SEPTEMBER 30 - OCTOBER 2

WESTERN MARKETPLACE AT FRIENDSHIP HALL SEPTEMBER 30 - OCTOBER 2

RODEOS TICKETS WILL BE SOLD AT THE DOOR



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WWW.MONTROSECOUNTYEVENTCENTER.COM

COLORADO NEWS BRIEFS

PUBLIC INPUT SOUGHT ON GAS RULEMAKING SEPT. 19

Special to the Mirror

DENVER - The Colorado Public Utilities Commission (PUC) will conduct a virtual public comment hearing in the PUC's Hearing Room A on Sept. 19, 2022, beginning at 9 a.m. and lasting until 5 p.m., or, until concluded by the Commission, to take comment on a rulemaking related to natural gas utilities.

While members of the public may provide comment at any time, we encourage interested persons to provide comment from 9-to-10 a.m. or from 4-to-5 p.m. on Monday, Sept. 19. Updates on topics expected to be covered during the hearing and an approximate schedule can be found at the PUC's E-Filing's website for Proceeding No. 21R-0449G.

Through Senate Bill 21-264, the General Assembly directed the Commission to create rules that require utilities to file Clean Heat Plans (CHPs) and take other actions to reduce carbon emissions. In response, the Commission opened Proceeding 21R-0449G in October 2021, and issued a notice of proposed rulemaking (Decision No. C21-0610). The proposed amendments would add to as well as revise, the existing provisions of the Commission's Gas Rules in several areas, including the rules governing:

- Utility line extension policies.
- Infrastructure planning.
- Clean heat plans and the calculation of greenhouse gas emissions; and Demand side

management.

The Commission has since held multiple workshops and public comment hearings and must make a final decision on the rules by Dec. 1, 2022. Individuals who wish to review materials that have been filed in this proceeding can access it through the PUC's E-Filings system, searching for Proceeding Number 21R-0449G.

What are Clean Heat Plans?

In 2021, the General Assembly required gas distribution utilities—utilities that transport gas to retail customers like residents and businesses—to reduce greenhouse gas emissions by four percent by 2025 and by 22 percent by 2030, from a 2015 baseline.

To show that they are meeting these targets, gas utilities will file CHPs with the Commission starting in 2023. A CHP will include a mix of clean heat resources, which may be:

- Energy efficiency programs, which could allow you to purchase more efficient equipment like water heaters for reduced costs.
- Recovered methane, which could come from solid waste in a landfill.
- Green hydrogen, which is when water is converted to hydrogen through electrolysis using renewable energy.
- Beneficial electrification, which could allow you to switch from a gas furnace to an electric heat pump for heating, or from a gas to an electric stove for cooking.

To achieve these targets, utilities can use a

mix of supply-side resources which replace traditional gas

and demand-side resources which reduce the gas customers use.

If you would like to provide oral comments at the hearing, please sign up here: Gas Rulemaking Public

Comment Hearing. Details for how to access the remote public comment hearing through Zoom meeting can be found on the Calendar of Events on the PUC website at <https://puc.colorado.gov>.

The Commission will be providing live Spanish language interpretation from 9-to-11 a.m. of the public comment hearing.

Tell Us What You Think

You can submit written or verbal comments at any time the proceeding is open:

- Submitting written comments through the Commission's Electronic Filing System (E-Filings) at https://www.dora.state.co.us/pls/efi/EFI.homepage.at_dora_puc_website@state.co.us. These comments will be posted in E-Filings for this Proceeding.

- Mailing comments to the Commission's offices at: Colorado Public Utilities Commission, 1560

Broadway, Suite 250, Denver, CO 80202.

- Calling (303) 869-3490 to leave oral comments (English and Spanish options). Oral and written comments will be given the same weight.

Please include "Proceeding No. 21R-0449G" in public comments.



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4. Safety and Security
5. Healthier Lifestyle
6. Focus on Independence

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The Homestead at Montrose
Valley Manor Care Center
Horizons Care Center
Senior Community Meals
Senior Community Care PACE
AdvantAge Health Resource Center



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**Visit voaseniorliving.org for information on
local and national services for older adults**

REGIONAL NEWS BRIEFS

DELTA COUNTY ANNOUNCES CONSTRUCTION OF NEW G50 ROAD BOAT RAMP

Special to the Mirror


DELTA - Colorado West Land Trust and Western Slope Conservation Center have received grants from Forever Our Rivers to fund habitat improvement at Delta County's new boat ramp on G50 Road.

Scheduled for completion in spring of 2023, the new boat ramp will be constructed by Delta County. It will be located at what some know as the "Witches Bridge" on G50 Road, approximately 2 ½ miles west of Delta. In addition to ample parking, there will also be a vault toilet,

shade structure, trails to reach a sandy beach area and view wildlife, as well as interpretive areas to observe the Sandhill cranes and other migrating bird species. Colorado West Land Trust and Western Slope Conservation Center will use these funds in partnership to engage volunteers and youth programs in restoring native vegetation and riparian habitat on Delta County's property. Collaborating with Delta County, these two organizations intend to enhance the recreation experience as well as educate boat-

ers about the importance of riparian habitat and conservation. Delta County and Colorado West Land Trust partnered in 1998 to conserve the property for its ecological contribution to the Gunnison River corridor. Delta County plans to hold an internal campaign to let county employees name the G50 Road boat ramp. An announcement of the new name will be released to the public in March 2023. If you would like to learn more about the G50 Road boat ramp, please visit <https://www.deltacounty.com/13/GIS>.

Art Class at Welcome Home Alliance for Veterans. 4 Hillcrest Plaza Way, Montrose
off East Main & Hillcrest



Collage in the Canteen

**Tue., Sept. 20, 3-5 pm
at WHAFV Montrose**

With Kate Burke

Have fun and enjoy an adult beverage or non-alcoholic drink while you create your amazing masterpiece—in just over an hour! No experience necessary. \$35 Includes a drink, snacks, and everything you need. *Military Discount Available.*



Signup at front desk or Register online: kathrynrburke.com/product/092022-collage-canten-at-whafv



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Cocktails & Collage

**Wed., Sept. 21, 3-5 pm
at Mosaic Montrose**

With Kate Burke

Have fun and enjoy an adult beverage or non-alcoholic drink while you create your amazing masterpiece—in just over an hour! No experience necessary. \$35 Includes a drink, snacks, and everything you need.



Signup at front desk or Register online: kathrynrburke.com/092122

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peakpros.org

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(970) 249-2421 **VFC PROVIDER**
thepediatricassociates.com

NORTHSIDE HEALTH CENTER

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

CEDAR POINT HEALTH

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

BASIN CLINIC

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

UNCOMPAHGRE MEDICAL CENTER

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

DELTA COUNTY HEALTH DEPT

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

RIVER VALLEY FAMILY HEALTH CENTERS

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

THE PIC PLACE

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

MESA COUNTY HEALTH DEPT

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

VFC (VACCINES FOR CHILDREN)

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

340b

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

CITY MARKET SOUTH

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

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

WALGREENS

2351 South Townsend Ave Montrose
(970) 252-1743
Register Online

Flu	Shingles
Pneumonia	HPV
Tdap	MMR
Td or DT	Rabies
Meningitis	Polio
Varicella	Japanese Encephalitis
Hep A	Typhoid
Hep B	Hep A/Hep B
	COVID-19 (Moderna)

CVS (IN TARGET)

3530 Wolverine Dr Montrose
(970) 497-8981
Register online

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

CITY MARKET NORTH

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

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

SAFEWAY

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

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

WALMART

16750 South Townsend Ave Montrose
(970) 249-7742
Walk-in's welcome

Flu	Hep A & Hep B
Shingles	IPV
Tdap	Varicella
Td	Pneumococcal
MMR	Meningococcal
	COVID-19 (Moderna & J&J)

STACIE'S APOTHECARY SHOPPE

112 Village Square West Ridgway
(970) 626-7100

Flu	Pneumonia
Shingles	Tdap



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

REGIONAL NEWS BRIEFS

EASTBOUND RUNAWAY RAMP CLOSURE ON US 50 MONARCH PASS

Special to the Mirror

SOUTHWEST & SOUTH CENTRAL COLORADO — A week prior to Colorado Department of Transportation's repair of a runaway truck ramp, Colorado State Patrol held a commercial vehicle safety check operation at the summit of US Highway 50 Monarch Pass located between Gunnison and Poncha Springs. CSP troopers alerted truckers of the eastbound ramp closure located at mile point 204 (Sept. 12 through the end of October) and advised them to use extreme caution while traveling over mountain passes.

"With the scheduled ramp closure, we want to really emphasize to truck drivers to check their brakes, use their gears appropriately, and slow down on the pass," stated Master Sergeant Dave Evridge of CSP's Motor Carrier Safety Division.

During last week's safety check operations, CSP diverted all eastbound commercial trucks weighing over 10,001 pounds through a checkpoint at the pass summit where troopers informed truckers of the upcoming ramp closure, performed inspections, and ensured drivers were prepared to continue the route down the mountain pass safely.

CSP will conduct intermittent safety check operations and more frequent patrols on Monarch pass during the two-month construction period. CDOT has placed additional signage along the route to warn semi-truck drivers of the ramp closure and construction impacts. Permanent signage along this US 50 route notifies drivers of the 6% grade and reads, "Trucks Stay in Lower Gear."

"We urge all drivers to practice the utmost caution and understand the steepness of mountain passes in our region. Know the road, obey the speed limit, anticipate curves, and utilize safe driving practices to keep control of your vehicle," stated Julie Constan, Region 5 Transportation Director.

A semi-truck descends the east side of Monarch Pass on US Hwy 50 between



During the week of Sept. 6, CSP's Motor Carrier Safety troopers teamed up to inspect commercial motor vehicles and alert drivers of a runaway truck ramp closure approximately four miles east of Monarch Pass summit (US Highway 50). Courtesy photo.

Gunnison and Poncha Springs where posted signs warn drivers of the 6% steep grade for 10 miles.

Traffic Impacts

The speed limit for eastbound traffic will be reduced to 25 mph. CDOT urges commercial truck drivers and passenger vehicle drivers to use extreme caution when traveling eastbound on the east side of the pass. Most work will take place off of the highway, with only limited traffic stops to accommodate periodic movement of equipment or materials.

Maintain Control

Check brakes before descending the pass. Maintain a low speed, in low gear. Use flashers to warn other vehicles of the truck's low speed.

Do not "ride" the truck's brakes. This will cause overheating and possible loss of the brake system. Jake Brakes (or compression brakes) can be a useful braking mechanism to help control the speed of a heavy

truck. However, the best practice is to remain in low gears to avoid overheating. Keep brakes cool by pulling into brake stations or onto the shoulder of the road, if a safe spot can be located.

Project Background

Earlier this summer, maintenance crews performed a temporary repair of the eastbound Monarch Pass truck ramp after a sinkhole developed due to a failed culvert. CDOT in partnership with Bechtolt Engineering and Williams Construction are 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.

OPINION/EDITORIAL: LETTERS

VOTE RED ON NOV. 8-REMOVE EVERY DEMOCRAT

Editor;

Once again President Trump held a rally on Saturday in Youngstown, Ohio. And once again he was greeted with an overflow enthusiastic crowd in the thousands. Like always, the crowd was happy and were dancing in the isles while waiting for Trump to appear and then again at the end of the rally. There were no unruly people, no hateful catcalls, no riot, no burning down buildings, no fighting, no injuring police, no attacking innocent people, no jumping on top of people's cars and stomping the roofs in. No, the people there were hard-working, patriotic citizens who love their country and are worried about the destruction of our Republic and the divisive name-calling of half of America by the most pathetic excuse for a president in history. He previously promised he would "restore the soul and secure the future of America"). And then he gives the most partisan and hate-filled speech in history that would make their donkey bray! Then he has the gall to say the global standard of producing an ID to ensure election integrity constitutes "a threat to democracy", when in fact it constitutes a threat to the systemic ELECTION FRAUD Democrats would like to implement permanently nationwide.

Now, some Republican governors have taken responsibility for dealing with the immigration crises that the Democrat mayors and governors of the famous sanctuary cities and states have created and

encouraged. The Democrat misleaders have been shameless in their bragging about welcoming and protecting lawless people in their jurisdictions. Now they have their chance to prove what a great host they are, but they failed. They are fuming mad with the arrival of the people they have invited in! They are crying fowl now and say the Republicans are using them for "political pawns"! DC Mayor Muriel Bowser even called in the National Guard for help. Our glorious Kacklin' Kamala Harris lies and swears our border is closed. So Texas Gov. Abbot decided to send a couple busloads of illegals from the "closed" border to her official DC residence. She clammed right up! Then another 50 migrants were sent to Martha's Vineyard, another Leftist playground for the rich and famous, including Obama. But they promptly sent the migrants on to Cape Cod. Why? Were they discriminating against those people? The residents overwhelmingly voted for all Democrats in the election. Biden 9,763, Trump 2,610. So if they voted for Democrats they must like their policies like open borders. Right? If they like open borders they must like illegal invaders. Right? So why can't they live in their neighborhood?

Sounds like we're back to the '50s and '60s when blacks were discriminated against by Democrats who many were Ku Klux Klan members. Republicans had to fix that with the Civil Right Act of 1964 with only limited support from Democrats. The

hypocrisy from Biden and his Democrat comrades is brazen because Biden was secretly flying people in the middle of the night and dumping them all across the United States mostly in non-sanctuary cities.

In 2021 alone, Biden authorized almost 1,000 large charter "ghost flights" to many U.S. locations including planes loaded with children. Now who has the "political" pawns? Their corrupt dishonesty has no bounds. So if it's Biden doing it it's alright. But if it's Governors DeSantis or Abbott or Ducey, Democrats get all bent out of shape! Democrats don't care about the welfare of illegal immigrants except for their eventual value as future voters.

Biden has become the world's most notorious and embarrassing human trafficker as well as the head of the world's leading drug cartel because of his open border idiocy. An old quote from one of the Democrats' most Leftist comrade, "People who enter the U.S. without our permission are illegal aliens, and illegal aliens should not be treated the same as people who enter the U.S. legally. When we use phrases like 'undocumented workers,' we convey to the American people that their government is not serious about combatting illegal immigration. It is illegal and wrong."Chuck Schumer

Remember RED on Nov. 8! (remove every democrat) Also, men still cannot have babies!

Jerry Bartholome, Montrose

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COMMUNITY OBITUARIES

ANDREW "ANDY" RAYMOND MARTINEZ

December 06, 1958- August 22, 2022



ANDY MARTINEZ 63, Federal Heights, Colorado.

Andy was born in Montrose, Colorado on December 6, 1958, to Juan and Sadie Martinez.

He is survived by his wife Evelyn and his kids Jason and Andrea Martinez, and step-daughter Margaret. His siblings Herman, Barbara, and Donna, and many nieces and nephews and grandchildren.

He was preceded in death by his parents, Juan and Sadie, sister Irene, and daughter Audrey.

Andy was an avid Harley rider and enjoyed many rides with his friends and family. He also enjoyed camping and fishing.

Andy will be laid to rest September 24, 2022, at Grand View Cemetery 16204 Hogback Rd, Montrose, Co at 11 a.m.

Please come join and celebrate Andy's life.

The Mirror:

*For coverage that never leaves
our readers out in cold ...*



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COMMUNITY OBITUARIES

PATRICIA MARY CALDWELL

August 20, 1931 - September 9, 2022

PATRICIA "PAT" MARY CALDWELL was born in Phoenix, Arizona on August 20, 1931. She passed away peacefully on September 9, 2022, surrounded by her family. She was a light in both her friend's and family's lives and will be dearly missed. Pat is survived by her daughter Wendy of New Castle and two sons, Bob (Vicki) Caldwell and David (Tamara) Caldwell, both of Grand Junction. She was a warmhearted, loving grandmother to Jenna, Jillian, Reis, Lily, Caleb, and Noah. Pat was preceded in death by her loving husband, Harry Caldwell; mother and father, Miriam and Charlie Jones; and two brothers, William and Richard Bean.

Patricia grew up in Phoenix, Arizona, and moved to Ouray, Colorado, in 1945 with her family. Known for her athletics, she excelled in all sports, such as softball, golf, and bowling. Pat was also a great student. She worked at the Ouray Café and later at the Sunset Restaurant in Ridgway, Co., with her parents. She worked as the secretary for Johnny Wise, the manager of the



Idarado Mining Company, in the early 1950s. Patricia married her husband, who also grew up in Ouray, in 1955. They moved to Grand Junction three years later, where they started Mesa Mack Trucks Sales & Service, the oldest truck dealership on the Western Slope. The couple were married for 51 years and resided in Grand Junction, where they raised their children and grandchildren.

Patricia was outgoing, hilarious, and made friends wherever she went. Her laugh and gentle heart were infectious! She was a kind and selfless soul passion-



ate about giving to friends, family, and others she didn't know. What stands out most is her ability to inspire others to make the best of everything despite life's difficulties. Her greatest pleasures were watching golf, eating a chocolate malt, cuddling with the family dogs, and enjoying time with those close to her.

Memorial contributions in lieu of flowers may be made in Memory of Patricia Caldwell to HopeWest Hospice Care Center (<https://www.hopewestco.org/donate/>) or Second Chance Humane Society (<https://adoptmountainpets.org/donate/>). Arrangements are being held by Crippin Funeral Home in Montrose, Colorado.

ROBERT EARL ROGERS

March 6, 1944- July 4, 2022



ROBERT EARL ROGERS, "Rob", passed on July 4, 2022. He was born in Tulsa, OK on March 6, 1944. Survived by wife (Conni), 5 children (Allison, Randy, Kim, Rod, Bryan), brother (Harold), grandchildren, great-grandchild, nephews and

nieces. "Life is too short not to live in Colorado" was a favorite saying on his office wall. He enjoyed hiking, photography, bicycling (several Ride the Rockies), climbed several 14ers, jeeping, festivals. And just exploring the beauty of the Colorado Mountains. Thoughts of Rob... - Baseball was his passion since he was a young boy collecting baseball cards, keeping team records, going to minor league and major league games, doing baseball tours. He especially LOVED the Yankees. Rob enjoyed watching (in person when he could), on TV or listening on the radio... every chance he got! The JUCO tournaments in Grand Junction were "must goes" for several years. - Music always took him away... Loved his country, blue grass, and gospel... enjoy-

ing the sounds and the lyrics.

- His dogs were loves of his life, especially his last two cockers Maggie Rose and Georgia Rose.

- Chevy trucks – especially his burgundy "Bow Tie"...

- A keen sense of humor...

- A quiet but passionate and always active man willing to help wherever needed ... After a snow storm he was the first one out, enjoying clearing the neighbors' sidewalks and driveways!

- Much of his career was in the construction industry working on the job, then moving into Inspection until retirement. Rob loved his family, his God, his life....

A family remembrance is planned for a later date In the Colorado Rockies, of course!

COMMUNITY OBITUARIES

STANLEY R KUNS

July 17, 1930 -August 31, 2022

Stan was born on July 17, 1930 in Kansas City, MO. He was adopted by Ford and Grace Kuns of Lusk, WY. He graduated from Lusk High School in May, 1948, and then attended Chadron State for one year. He then moved to Torrington, WY and worked at the Torrington Telegram. He married Maxine James in July, 1950. The couple briefly moved to Oakland CA prior to working for Argo Oil Corp in Lance Creek, WY.

Stan was drafted into the US Marine Corps in Feb 1952 and sent to San Diego, CA. After boot camp, he was assigned to the band/drum & bugle corp, where he was later transferred to Pearl Harbor, HI in 1953. He was discharged from the Marines in Feb. 1954, where they moved back to Lusk WY. Stan was proud of being a Marine

While living in San Diego, his daughter, Janet was born in Sept 1952. His son, Kevin, was born in March 1955. Tragically, Maxine passed away at this time.

In 1956, he met and married his soul mate, Patricia Vondra in Lusk and they lived in Lance Creek, WY where Stan worked for Ohio Oil Co/Marathon Oil Co as an engineering clerk. The family was transferred to Tripoli, Libya in Feb 1960 where he worked in Oil Field Materials and transferred to Engineering Dept as Ad-

min Assistant.

In 1964, Marathon Oil transferred the family to Findlay, OH where he worked in the purchasing department until 1975. During this time both his kids graduated from Findlay High School. Stan was very involved in golf, tennis, and racquetball, playing on many leagues for Marathon Oil. He also became a huge fan of the NFL.

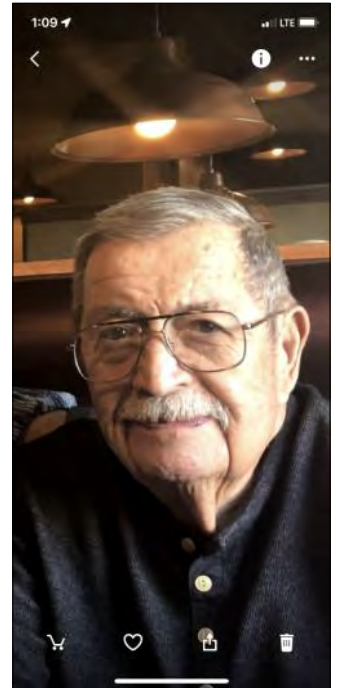
In 1975, Stan and Patricia moved to Houston TX where Stan worked for Mitchell Energy Corp in the purchasing department. He took an early retirement in 1986. Not one to stay at home, he worked his dream job at Randall's Food Market in the Deli from 1988 to 1998, and then worked as an office manager for Hydraulics Tech from 1998 to 2007, when he finally really retired at the age of 77. While in Houston, he and Pat had season tickets to the "Luv Ya Blue" Houston Oilers. He and Pat were present at the Astro Dome when Nolan Ryan threw a no-hitter in 1981. He still has the tickets to that game.

Stan and Pat moved back to Torrington in 2008 to be near family. In 2018, they decided to move to Montrose to be closer to their son, Kevin and his wife Bobbie. Following a brief illness, Stan passed away on August 31st at Valley Manor with

his love, Pat, at his side.

The family wishes to thank Valley Manor for the profound respect they paid Stan as they transported his body outside. They covered him with the American flag and the staff and residents lined the halls with respect, and taps played for this fallen marine.

Stan is survived by his wife of 66 years, his daughter Janet (Mark) of Colorado Springs, son Kevin (Bobbie) of Montrose, two grandchildren, Anne (Terry) and Jacob and numerous great grandchildren, nieces and nephews and their families. Services will be held in May, 2023 at the family gravesite in JayEm Wyoming.



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ISSUE 388 Sept. 19, 2022

ART & SOL

YOUR BRAIN ON NATURE – SEEING SAVANNAH



By Lauren Hall Ruddell, Ph.D.

Greetings Mirrorites!

Ah, the great American lawn. Ubiquitous throughout the nation, and universally appealing to most humans. Because of climate change related drought issues, the perfect lawn is under attack. But they look so nice!

Viewing a short grass lawn studded with mature trees is one of the most relaxing scenes that we can enjoy. That enjoyment is deeply embedded in our evolution. There is a strong nexus between the human eye, brain, and the lovely lawn.

In earlier articles I have briefly touched on *prospect-refuge theory*. This is a school of thought to explain human preferences for certain landscapes. But before I delve into that, let me touch on a more basic theoretical foundation for our love of lawns, *the Savannah Hypothesis*. This evolutionary supposition holds that due to the long-



Typical North American savannah, otherwise known as a lawn.

term hominization (a fancy word for evolving humans) in the East African savanna, parklike environments are now an integral part of our general landscape preferences.

The basic claim of the Savannah Hypothesis is that humans have innate, automatic tendencies toward preferring certain types of natural settings that provide food, water, and security for survival. We just naturally tend to enjoy natural scenes that contain those critical elements. Our biped-

al ancestors needed open vistas with room to roam, while also needing places to hide. This ancient form of hide-and-seek formed our preferences for viewing and when possible, relaxing in spaces that provide visual extent and complexity (prospect) while also providing a safe bolt hole (refuge).

When we visually feast upon scenes that have just the right combination of elements, we take a deep breath, relax, and allow our brains to lose

Continued next

YOUR BRAIN ON NATURE – SEEING SAVANNAH From previous pg

oxygen. Wait, what?

When we are truly relaxing and reducing both stress and vigilance, the eyes are continually signaling to the brain that it's OK to rest and digest. That is the function of the parasympathetic system. Turn off the adrenaline, and turn on the dopamine. When that process is underway, the bits of the brain used for fight or flight responses de-oxygenate. That happens because heightened metabolic activity in those areas is not needed, at least temporarily.

This visual permission to de-escalate occurs swiftly and easily when viewing landscapes containing friendly elements of prospect and refuge in just the right combo. Urban landscapes do not do this for us, no matter how cleverly they are designed. It is only when built environments incorporate natural elements of prospect and refuge, such as a safe and expansive city park, that the limbic system gets to deflate and lose air like a leaky soccer ball. It sounds funky, but this process is critical to physical and mental health.

I'm not making this up. One research team asked female university students to view forest scenes and urban landscape scenes while the oxygen content of the hemoglobin in the prefrontal cortex was continuously measured. The urban scenes increased oxygen, indicating arousal and possibly cognitive distress, while the forest scenes decreased the oxygen levels. It is interesting to note that views of forest edges decreased oxygen the best, whereas deep cover forest interiors were less

relaxing. The participant's brain survival processes were analyzing the prospect-refuge features, and deciding that it might be harder to get away from those hidden lions, tigers and bears in the most closed in, if lovely, surroundings. Another study, the findings of which surprised me, illustrated that the de-oxygenation is greater for men than women when viewing natural vs. built environments. It seems as though guys especially need to spend time gazing at forest edges, or neatly trimmed green lawns.

The type of natural elements that we view can have a great effect on our relaxation response. Fresh water scenes that are non-threatening heighten the response, while the presence of other humans, even folks relaxing in a similar fashion, diminishes relaxation. Apparently, although fellow tribal members can help to ensure safety, they better have our backs and while also being out of eye-shot, cuz we don't really want to gaze upon them.

Eye tracking technology is very cool, and is now being used to quantitatively assess what we look at in the outdoors, and for how long. This data can then be matched with perceptions of pleasantness and even prospect and refuge principles. For instance, a team in Australia measured the eye movements of participants viewing a video of two different local parks. Trees, bushes, path and sky, as well as artificial objects such as light posts and benches were measured. The more open of the two parks was preferred. The data showed that where the vegetation was

very tall and close to the path, more time was spent looking down at the path. Although appreciation for both venues was expressed by most people, a large number described one park as being 'too closed in.' Folks viewing the more spacious park spent more time looking at the sky and less at the path. For both parks, the viewer's eyes dwelt the most often and longest on bushes and trees, with rocks, sky and artificial objects coming in a distant second. We seem to naturally orient toward representations of living things. We like them a lot, just not too many of them and not too close.

With this information in mind, we can more mindfully choose the venues in which to feast our peepers. Riverbottom Park in Montrose provides many opportunities for immersion in ideal prospect-refuge settings, and adjacent lawns with mature trees emulate savannah conditions. Spending time in the vicinity of the quieter stretches of the river will help with de-oxygenation better than standing on the bridge (although I do love standing on the bridge, by the way, and absorbing all of those negative ions, also beneficial as mentioned in an earlier article). The best advice for that park or any other is to treat your eyes to the full menu, so that elements absent in one location can possibly be viewed just down the path a ways.

So here's a toast to that modern savannah, the American lawn. Long may she be green. Comments can be offered up when you get off of that park bench at

agescapesnow@gmail.com



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COMMUNITY NEWS BRIEFS

MONTROSE HIGH SCHOOL STUDENTS ACHIEVE NATIONAL RECOGNITION

Special to Art & Sol

MONTROSE-Montrose High School students have earned this recognition because of their academic achievements in school and outstanding performance on the PSAT/NMSQT®, PSAT™ 10, and/or AP® Exams. They've accomplished these milestones during an immensely demanding period of their high school career. We couldn't be more delighted to share this great news.

The following student(s) have been awarded recognition (award key below):

Alexander Radovich: NRSTA

Brianna Stone: NRSTA

Mekhi Mangrum: NRSTA

Naomi Lee: NRSTA

Olivia Guseman: NRSTA

Riley Kettell: NRSTA

Vance Couturier: NRSTA

Students pictured from left to right . . .

First row: Mekhi Mangrum, Naomi Lee, Riley Kettell

Second row: Olivia Guseman, Alexander Radovich,

Third row: Vance Couturier, Brianna Stone

Award Key:

National African American Recognition Award = NAARA

National Hispanic Recognition Award = NHRA

National Rural and Small Town Award = NRSTA

National Indigenous Award = NIA

Students pictured from left to right . . .

First row: Mekhi Mangrum, Naomi Lee,

Riley Kettell

Second row: Olivia Guseman, Alexander Radovich,

Third row: Vance Couturier, Brianna Stone



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READER PHOTO SPOTLIGHT: TERI FARLEY



Professional Photographer and Montrose resident Teri Farley shared some of the gorgeous scenic photos she has taken here. Farley specializes in business branding head shots, high school senior and family portraits. www.terifarleyphoto.com.



COMMUNITY NEWS BRIEFS

21ST ANNUAL MOUNTAIN HARVEST FESTIVAL SEPT. 22-25

Special to the Mirror

PAONIA-North Fork Valley Creative Coalition is thrilled to announce the 21st Annual Mountain Harvest Festival on September 22-25, 2022 in Paonia, Colorado. The festival kicks off on Thursday night with the Harvest of Voices at Blue Sage Center for the Arts.

Friday's festivities begin with a costume bike parade from downtown Poulos Park to Town Park. North Fork School of Integrated Studies students perform *Festival of Courage* - a play on the park stage. Then, we roll into two community favorites, the Chili Cook-Off hosted by Paonia Experiential Leadership Academy and Pie Contest hosted by Lambert Grange. Friday night continues with a downtown Pub Crawl to our local breweries and bars, including local acts and specials. Big B's Delicious Orchards will host live music with Albert Cummings and AJ Fullerton - hop on the free shuttle to and from town. Saturday features activities at Town Park including an arts and crafts market, food court, drink locally tent, kids' creative zone hosted by Arts For All, and lots of local music on the town stage. North Fork Valley farms tours & wine tasting will continue throughout the day. On Saturday evening, the party moves to Downtown Dinner & Dancing on the 200 block of Grand Ave. Dine out with specials from our local restaurants and pop-ups. Denver based band Devotchka will headline the grand stage with Tropa Magica from San Diego, Greg Schochet & Little America, and the North Fork Community Parade Band. Late night entertainment continues at Chrysalis, Paradise Theatre of Paonia, and The Hearth. Town Park opens on Sunday with the VOGA Farmer's Market and Annual Tasting Event, along with an arts and crafts market, food court, drink locally tent, kids' creative zone hosted by Arts For All, and lots of local music on the town stage. Mountain Harvest Festival is small town americana at its best! A big thank you to our main sponsors: Colorado Creative Industries, West Elk Community Fund, Kampe Foundation, Pittsburgh Foundation, West Elks AVA, EmJ's Paonia, Valley High Dispensary, Atlasta Solar, Sally Kane, Big B's, Cirque Boutique, Pickin' Productions, SITE, Paradise Theatre, Shadescapes Americas, The Farm Collaborative, Edible Aspen, and Zephyros Farm and Garden.



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COMMUNITY NEWS BRIEFS

GLEN CAMPBELL TRIBUTE CONCERT HIGHLIGHTS WEST FEST WEEKEND IN RIDGWAY SEPT 24

Special to Art & Sol

RIDGWAY-Debby Campbell, Glen Campbell's oldest daughter, comes to Ridgway for a memorable encore performance of inspiring country music featuring many of her father's most popular songs.

Debby is an accomplished singer with her own career, having toured more than 24 years throughout the world. She has performed at the Roy Clark Theatre in Branson, Missouri, at the Grand Ole Opry in Nashville and countless other venues. "Debby was last in Ridgway for the 2019 *True Grit* 50th Anniversary celebration and had such a good time that she always wanted to return," said Eve Becker-Doyle, president of the Ridgway Western Heritage Society, the event organizer.

The matinee performance will be held Sept. 24 at 4 pm at the Ouray County Events Center Barn, corner of highways 550 and 62. Tickets will be sold at the door or at the West Fest headquarters booth 12 noon - 3 pm. The booth will be found between the Ouray County Ranch History Museum and the Ridgway Railway Museum along Railroad Street in Ridgway. Admission is \$15 but children age 11 and under are free. The first 50 attendees will receive a free West Fest tee-shirt.

The Ranch History Museum will have a variety of special demonstrations and an

exhibit on the filming of *How the West Was Won*, some of which was done in the Ridgway area. The Railroad Museum will be offering free rides and the locally-famous "Galloping Goose." The heritage society will also offer a special walking tour to *True Grit* filming locations at 2 pm beginning at the Hartwell Park gazebo. (Adults \$10.)

Glen Campbell has a strong connection to Montrose as told in the locally-produced book *True Grit: A 50 Year Tribute*. Montrose County Sheriff Lewis Howlett and family befriended the singer, having him over for home-cooked dinners while he co-starred in the *True Grit* movie filmed in 1968. Many of the cast and crew stayed in Montrose motels.

Lewis also took Glen to his cabin near Gunnison to go fishing and the two men kept in touch until Lewis died in 2012. "We have only a few copies left of this outstanding book and we will offer them for sale at the concert," said Edward Bovy, the book's editor.

Detailed information on West Fest Weekend can be found at ridgwayoldwestfest.org, ocrhm.org and ridgwayrailroadmuseum.org.

"There will be lots of family-friendly fun to be had so we hope a lot of folks come over to take advantage of some of the



Debby Campbell. Courtesy photo.

unique opportunities Sept. 24," said Becker-Doyle. Montrose area sponsors include Alpine Bank, Montrose Nissan-Ford and Turner Toyota.



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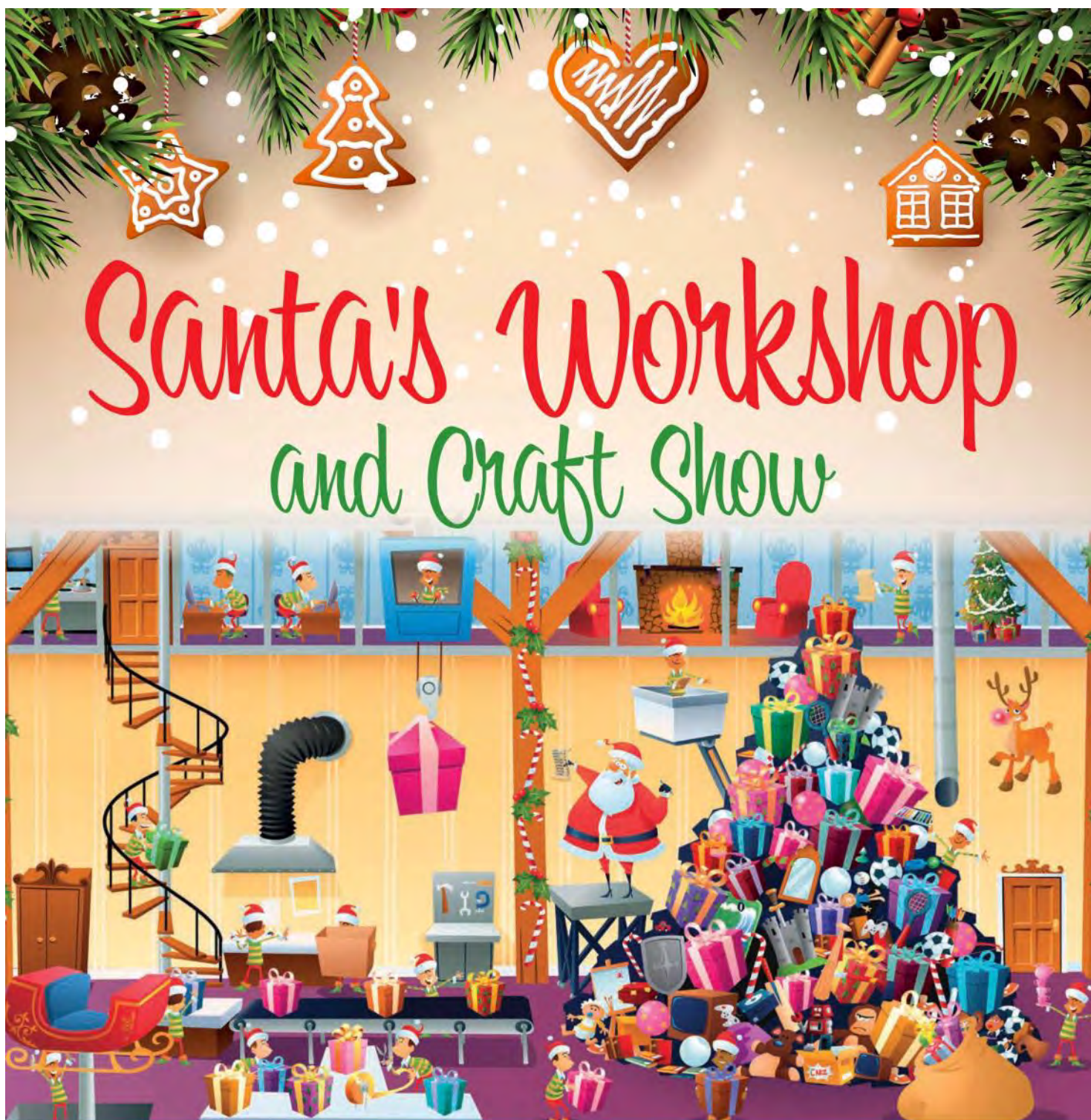
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COMMUNITY NEWS BRIEFS

PEOPLE ARE PRETTY IN PINK!

Pink People Costume Contest Adds Style To Bosom Buddies Annual Walk



Courtesy photos.

By Patti Powell

MONTROSE-Pink never goes out of style according to Bosom Buddies President Phyllis Wiesner.

"To celebrate the 30th anniversary of the Bosom Buddies Annual Walk/Run on October 8th, we have added a Pink People Costume Contest. So, pile on the pink and come out and support us."

Bosom Buddies will start sign-ups for the costume contest when the doors open at 8am at the Montrose Pavilion. The contest will be set up like a fashion show according to Denise Distel, Bosom Buddies Walk Chairperson.

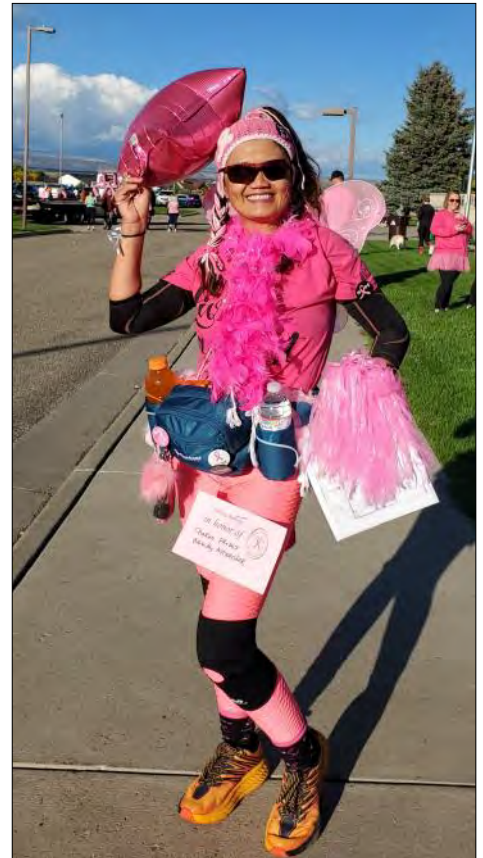
"After the opening ceremonies and the Pooches In Pink Parade, our DJ will turn the microphone over to Kimberly McGehee, owner of SheShe Boutique," said Distel. "Kimberly will introduce each con-

testant and describe their outfits as if they are walking the runway."

"In most fashion shows, I focus on how an outfit flatters the wearer, but on Walk day, I'll be judging on how pink looks good on everyone" laughed McGehee. "There's no such thing as too much pink when it comes to supporting Bosom Buddies."

Most people wear pink to the Annual Walk according to Wiesner, "Every year, we get some amazing costumes and, this year, one of our supporters will win a gift certificate from SheShe Boutique."

October was designated as Breast Cancer Awareness Month in 1985 with former First Lady Betty Ford, a breast cancer survivor herself, speaking at a national event. Pink and especially pink ribbons became the international symbol for breast cancer awareness in the 1990s.



Bosom Buddies Breast Cancer Support Group of Southwestern Colorado serves the residents of Montrose, Ouray, and San Miguel Counties by giving financial medical assistance for diagnostic procedures such as 3D mammograms at Montrose Regional Health to those who qualify.

"Early detection is so important in fighting this disease," emphasized Wiesner. "We want our 30th Annual Walk/Run to be fun and hope it encourages everyone to perform a monthly self-check and talk with their health care provider."

To register for the 30th Annual Walk/Run and for more information on the services offered by Bosom Buddies, visit their website at www.bosombuddiesswc.org.

COMMUNITY NEWS BRIEFS

FORT UNCOMPAHGRE CELEBRATES WEEK OF UNITY & PEACE

Special to Art & Sol

DELTA-Fort Uncompahgre Interpretive Center 440 N. Palmer Street, Delta. will be celebrating Week of Unity and Peace by hosting the annual VFW Flag Retirement Ceremony on Saturday, Sept. 24 at 10 am followed by the Dedication of the NEW Peace Pole that will be installed at Fort Uncompahgre following the Flag Retirement Ceremony at 11 am. For additional information call 970 874-8349.

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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, in-

form@fpcmontrose.com, www.fpcmontrose.com
Pastor: Jesse Mabanglo
Worship Service times: 9:30AM, Student Worship at 6PM. *We strive to encourage, challenge and support one*

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

HILLCREST CONGREGATIONAL UNITED CHURCH OF CHRIST

Denomination affiliation: United Church of Christ
Address: 611 South Hillcrest Drive, 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 MEDITATION CENTRE

The Meetings will be on Tuesdays at 6:30 PM at 602 N. Nevada in Montrose, 81401 at the Lions Park Community Center. Brought to you by Denis Hoin Darby, a Buddhist Zen Monk. Contact Rev.Hoin.Darby@gmail.com for more information.

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?

2022
SEPTEMBER 23–OCTOBER 16
(REGULAR MUSEUM HOURS 11–4 W–SA 12–4 SU)
**CRAFTSMEN ~ ARTISAN
LEATHER MUSEUM SHOW**
&
REVISITING 1962:
HOW THE WEST WAS WON

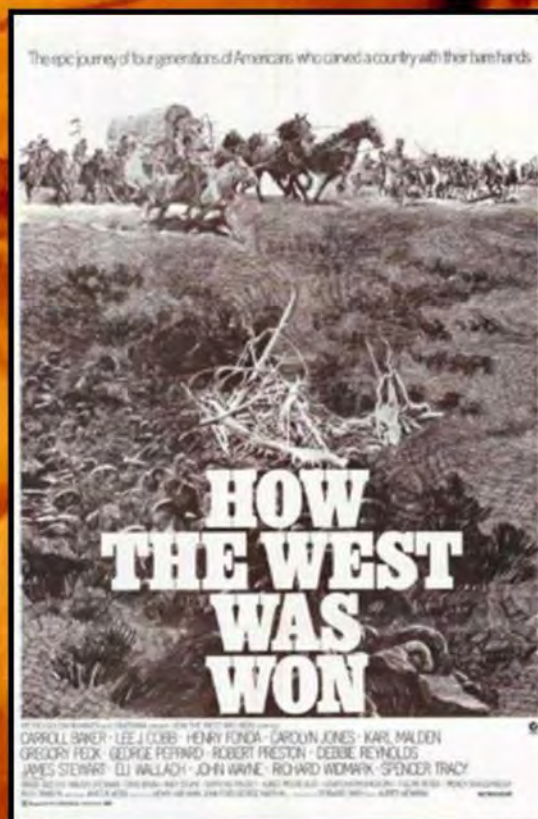
SATURDAY, 9. 24. 22:

- PACK MULES—RIDES
WITH TOM HEFFERNAN
11–1 PM
- LUNCH FUNDRAISER
11–1 PM \$ 8. 00



**OURAY COUNTY
RANCH HISTORY MUSEUM**

**3 2 1 SHERMAN STREET
RIDGWAY, CO OCRHM.ORG**



COMMUNITY NEWS BRIEFS

MONTROSE OKTOBERFEST RETURNS SEPT. 24

Special to Art & Sol

MONTROSE-The 17th Annual Montrose Oktoberfest, benefiting All Points Transit, will be held at the Montrose Rotary Amphitheater in Cerise Park on Saturday, Sept. 24 from 1pm - 5pm. The event is being presented by TEI Rock Drills, Telluride Express and the Black Canyon Homebrewers Association. "We are humbled by the support of the community including our beverage partners and are ready to put on another great event!" said Sarah Curtis, Executive Director of All Points Transit.

Tickets are available at Montrose-BeerFest.com, and each ticket includes beer tastings from numerous local, regional and national breweries. Live music from Con Brio and A.J. Fullerton will fill the stage, and plenty of fun entertainment options including Oktoberfest-themed costume and stein hoisting contests, with great prizes! The costume contest will have three categories this year: Adult, Youth, and Group, and costume contest winners will win \$100 in Montrose Bucks!

Multiple food trucks will be on site for food purchases. Blankets and lawn chairs are encouraged. Tickets are \$35 online, or \$45 at the gate. Quantities are limited, so pre-sale is recommended. Children ages 12 and under are free with a ticketed adult.

Parking is limited and alternate forms of transportation are encouraged. All Points Transit will be running the Blue Route (Main Street Shuttle) every 30 minutes from 12pm-6pm. The bus route starts at the Pavilion with bus stops on Hillcrest and Main St. and ends at the West Main Trailhead, just a short walk on the trail to the Amphitheater. Service into the Cerise Park parking lot will be available for passengers with mobility concerns. Final pickups at the West Main Trailhead will be at 4:30pm, 5pm and 5:30pm. The schedule can be found online at montrose-beerfest.com or on the Montrose CO Oktoberfest Facebook page. Safe rides home will also be available from Telluride Express from the venue, starting at 3pm.

Oktoberfest has been a staple of the Montrose fall calendar for 17 years, and it is the key local fundraiser for All Points Transit. Top-level sponsors include TEI Rock Drills, Telluride Express, The Liquor Store, Alpine Bank, City of Montrose, Mize Family, Bustang Outrider, Cherry Creek Radio, Colorado Finance and Housing Authority, Flower Motor Group, K&K Concrete, Montrose Press, Peak Professionals, Performance Auto Body, Stryker & Company, The Colorado Trust, Shelter Distilling and High Country Beverage

All Points Transit is a 501c3 non-profit organization that has been consistently serving the community for over 35 years. All Points Transit provides safe, reliable, and affordable transportation to older adults, persons with disabilities, and the general public in communities throughout four counties on the western slope of Colorado.

For more information, contact Sarah Curtis, Executive Director of All Points Transit, at 970-249-8865.



249 8500

ANONYMOUS

Download The APP. **P3TIPS** 

**MONTROSE REGIONAL
CRIME STOPPERS**

see something, say something

SAVE THE DATE! LOCAL EVENTS CALENDAR

ONGOING-

Schedule a \$10 **RIDGWAY TRUE GRIT WALKING TOUR**, named readers choice for best historic town tour by True West magazine. evebeckerdoyle@icloud.com Or Schedule a \$10 Ridgway walking tour of True Grit downtown filming sites. Contact evebeckerdoyle@icloud.com.

MEDITATION CENTRE in Montrose. Meetings will be on Tuesdays at 6:30 PM at 602 N. Nevada in Montrose, 81401 at Lions Park Community Center. Brought to you by Denis Hoin Darby, a Buddhist Zen Monk. Contact Rev.Hoin.Darby@gmail.com for more information.

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.

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. 3-Sept. 30-Children's Peace Art Show, in the Children's Room at the Montrose Library. Open during regular library hours. Free peace coloring sheets for children. Event of the Week of Unity and Peace.

Sept. 21-International Day of Peace, 5:30 p.m., Peace Meditation at Riverbottom Park along the river. Bring chairs and water. Event of the Week of Unity and Peace. Everyone welcome. Info - 970-252-0908, www.spiritaware.org.

Sept. 22-Noon - Prayer Gathering at the Peace Pole in Ute Indian Park, across the street from the museum. Bring drums and prayers for peace on earth. Event of the Week of Unity and Peace. Everyone welcome. Info - 970-252-0908, www.spiritaware.org.

Sept. 22-6 p.m. – Peace Dinner at Guru's Restaurant, buffet dinner, special program by Terry Burnell, presentation of 2022 peace awards. Western Colorado Friends of the Himalayas. Event of the Week of Unity and Peace. Reservations requested for buffet dinner, \$25/person. Info and reservations – 970-252-0908, www.himalayanfriends.com.

Sept. 23-Please join us at the "Night at the Depot" on Sept. 23rd, from 5-8 pm in the Historic Denver & Rio Grande railroad Depot. The Depot is currently the home of the Montrose County Historical Museum at 21 N. Rio Grande Ave. Tickets are \$10 per person for the special event. For more information please call 970-249-2085 or contact us by email at info@montrosethistry.org

Sept. 24-10 a.m. to 4 p.m. – Peace Pole Display at Culture Fest, Ute Indian Museum, co-sponsored by Hispanic Affairs Project and Ute Indian Museum. Open Heart Drum Circle to play, in afternoon. Info – 970-252-0908.

Sept. 26-On Monday, Sept. 26--1 p.m.--Local genealogist, Judy Bunyard, will present a program on "Artifacts and Archives at the Montrose Genealogy Center" at the Warrior Resource Center, 4 Hillcrest Plaza Way. All are welcome to this event sponsored by the Montrose Genealogy Center.

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/sjmrc>

Contact the Montrose Mirror:
970-275-0646

Editor@montrosemirror.com

www.montrosemirror.com

READER PHOTO SPOTLIGHT: LINDA LAKE



Montrose Resident Linda Lake shared this photo, "I spotted and snapped a photo of this unusual and elongated rainbow on our way back from Grand Junction (between Olathe and Montrose)," Lake said.

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



DineOutMontrose.com