

# the Montrose Mirror

© Issue No. 501 Oct. 3, 2022

Fresh News for Busy People!

## MONTROSE CELEBRATES GRAND OPENING OF NEW PUBLIC SAFETY COMPLEX

By Gunnison Clamp

MONTROSE-Tuesday, Sept. 27 saw the Grand Opening of Montrose's new Public Safety Complex. More than 100 community members, city and police employees, invited guests, and dignitaries attended the ceremony which started just after noon.

The local Brown Family Band opened the ceremony with a beautiful performance of "The Star-Spangled Banner," followed by an opening speech by City Manager Bill Bell.

"I want to give a thanks to all the staff that has worked really hard for the past several years under the leadership of the Montrose Police Department, and the rest of our City team...if you look around the community, the things that have happened over the last couple of decades for a community of our size, it's truly a place we should all be really proud of," Bell said.

Mayor Dave Frank gave the next speech. He thanked everyone in the community for coming out to the event, then gave a brief history of the foundations of the project and how the original Blue Ribbon Citizens Public Safety Committee, formed in 2018, became the Public Safety 2A Sales Tax Committee.

Among other information gathering activities, the committee talked with officers and went on ride-alongs



Montrose Police Chief Blaine Hall. Photo by Gunnison Clamp

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## RE-1J SWEARS IN NEW DISTRICT A DIRECTOR

By Caitlin Switzer

MONTROSE-The Montrose County School District RE-1J Board of Education met for a regularly scheduled work session on Tuesday, Sept. 27. Present were Board President Sarah Fishing, Board Vice President Eric Kelley, District B Director Jacob Suppes, District C Director Alice Murphy, and District D Director Tom West. District G Director Stephen Bush was absent.

Fishing called the meeting to order. The board voted to approve the work session agenda. District A Applicant Erik Westesen, who was interviewed at the previous meeting, left the room as the Board interviewed the second applicant.

### DISTRICT A DIRECTOR INTERVIEW

Applicant Elvira Padilla of Olathe responded to questions. She has been involved with the local Schools as a volunteer and would

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Above, Montrose County School District RE-1J Board of Education President Sarah Fishing swore in newly appointed District A Director Erik Westesen at the board work session of Tuesday, Sept. 27.

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[Historian Bob Cox: "You can't get there from here."](#)

[Reader photo Spotlight With Deb Reimann!](#)

[Lauren Hall Ruddell, PhD: Your brain on Nature!](#)

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### LEAGUE OF WOMEN VOTERS HOSTS COLORADO'S 3RD CONGRESSIONAL DISTRICT VIRTUAL CANDIDATE FORUM

*Special to the Mirror*

MONTROSE-On Wednesday, Oct. 12, 2022, from 6 pm to 7 pm (MDT), a Virtual Candidate Forum will be held for Colorado District 3 Congressional Candidates.

Participating candidates for CO District 3 Congressional Representative are Lauren Boebert,

Republican and Adam Frisch, Democrat.

The forum can be joined via Zoom at <https://bit.ly/CoD3Zoom> with Closed Captioning available.

Foro en-línea con interpretación en vivo—live Spanish translation provided. The forum will also be live streamed on Facebook at <https://www.facebook.com/lwvcolorado>. A recording can be

accessed on Oct. 13 at <https://bit.ly/LWVrecording>.

The forum is sponsored by the League of Women Voters of Colorado and the following LWV Chapters: Gunnison Valley, La Plata, Mesa, Montezuma, Pueblo, San Luis Valley, and Uncompahgre Valley. The forum will be moderated by Lori Schell, Ph.D, ERP, Founder and President, Empowered Energy.

The League of Women Voters also recommends voters check out more voter information at [www.vote411.org/colorado](http://www.vote411.org/colorado).

## THE MONTROSE MIRROR

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# COLORADO NEWS BRIEFS

## HELP DESIGN ANNIVERSARY LICENSE PLATE

*Special to the Mirror*

COLORADO-The Colorado Division of Motor Vehicles (DMV) is pleased to launch the Historic Colorado Contest, a license plate design contest aimed to honor the state's 150th anniversary with a commemorative license plate.

The Historic Colorado Contest is free to enter and each participant can submit up to three entries, each of which need to be the participant's original artwork. Coloradans interested in participating in the Historic Colorado contest can visit [DMV.Colorado.gov/HistoricColorado](https://DMV.Colorado.gov/HistoricColorado) for complete information, terms and conditions, and templates for drafting submissions.

will accept submissions from Monday, Sept. 19 to Wednesday, Nov. 30 and is open to anyone who lives or studies in Colorado. The contest will have two divisions — 13 and older, and under 13.

The DMV will accept a variety of file formats such as EPS, SVG, AI, PDF, and high resolution TIFF and JPEG (3.375 in x 2.125 in at 600 dpi) for entries, and asks that submissions not have any watermarks. Coloradans should email their designs and entry form to [dor\\_HistoricColorado@state.co.us](mailto:dor_HistoricColorado@state.co.us).

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# REGIONAL NEWS BRIEFS

## MONTROSE CENTER FOR ARTS PRESENTS WESTERN VISIONS

*Special to the Mirror*

MONTROSE-Montrose Center for Arts is pleased to present "Western Visions," a two-woman show in October featuring Sherry Cobb Kelleher and Twana Douglas. "Western Visions" is a collaboration of two mediums and two friends, who share the same love of the West and our Western heritage. Please join us at MCA for the First Friday reception on Oct. 7 from 5-7 pm, 11 S. Park Avenue, Montrose. There will also be an opportunity to meet both artists on Oct 22, from 2-4pm. Sherry will be doing a live painting demo and Twana will be showing her editing and creative skills with the camera. All work will be for sale the entire month of October.



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## REGIONAL NEWS BRIEFS



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## COLORADO NEWS BRIEFS

### MOUNT EVANS HIGHWAY FULLY CLOSES FOR THE SEASON MONDAY, OCT. 3

*Special to the Mirror*

CLEAR CREEK COUNTY — The Colorado Department of Transportation will fully close Mount Evans Highway (Colorado Highway 5) for the season on Monday morning, Oct. 3.

CDOT closed the top five-mile segment from Summit Lake to the top of Mount

Evans (14,264 feet) the day after Labor Day. The remaining 10 miles, from Echo Lake (Colorado Highway 103) to Summit Lake, will close to motorized vehicles the morning of Monday, Oct. 3. Vehicle reservations are still required through Sunday, Oct. 2nd, on [recreation.gov](https://www.recreation.gov).

Download the COtrip Planner app: [bit.ly/](https://bit.ly/)

[COtripapp](https://www.cotripapp.com)

Sign up for project or travel alerts: [bit.ly/](https://bit.ly/)

[COnewsalerts](https://www.cdot.gov/newsalerts)

See scheduled construction lane closures: [bit.ly/laneclosures](https://bit.ly/laneclosures)

Connect with @ColoradoDOT on social media: [Twitter](https://twitter.com/ColoradoDOT), [Facebook](https://facebook.com/ColoradoDOT), [Instagram](https://instagram.com/ColoradoDOT) and [YouTube](https://youtube.com/ColoradoDOT).

## Proposed Updates to Road & Bridge Standards OPEN HOUSE



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



## OPINION/EDITORIAL: LETTERS

### YOUR VOTE FOR BOEBERT ON NOV. 8 IS A VOTE FOR WESTERN SLOPE VALUES

*Editor:*

For about a decade our 3rd Congressional District was represented by an individual reluctant to voice opposition to the destructive policies set in motion by Obama, Biden, and an increasingly radicalized Democrat party. In 2020 we were fortunate to elect Lauren Boebert as our Representative. She has consistently exhibited the spine and willingness to voice opposition to those policies and decisions that are destroying our country today.

Her November 8 Democrat opponent, Adam Frisch [ aka "Aspen Adam" ], claims she is "anti-American," "anti-Colorado," and "extreme." Those claims are laughable and purposely misleading about Boebert, who openly supports our Constitution and Bill of Rights, places high priority on our individual freedoms, and respects her oath

of office.

She OPPOSES our current "open border policy" flooding our country with illegals and fentanyl, policies that have created rising inflation, policies that have cost us energy independence, indoctrination of our children in CRT, rising crime rates caused by defunding police, and politicizing our DOJ among many others. Frisch, on the other hand, has raised limited concern about inflation, but conveniently avoided addressing the policies of his Democrat party that have created our record inflation. Nor has he even voiced concern for any of the other critical issues noted that Boebert opposes.

According to the Editorial Board of The Colorado Springs Gazette, Boebert has, in just two years, done more than any Colorado first term member of Congress in

memory to preserve our state's Western values and assets. So much for Frisch's anti-Colorado claims!

Voters who may have been swayed by negative Democrat rhetoric to date about Boebert would be advised to read the Gazette's editorial at: [https://www.coloradopolitics.com/opinion/colorado-springs-gazette-reelect-boebert-to-save-the-western-slope/article\\_7d5dd06c-40d6-11ed-a0b2-97b36c1a40f2.html?fbclid=IwAR0SQ3q9zXjX2X63-lYXtEUOpzvSAYDzuO-K9NT9mUQjFAFLGvullBcMd0Q](https://www.coloradopolitics.com/opinion/colorado-springs-gazette-reelect-boebert-to-save-the-western-slope/article_7d5dd06c-40d6-11ed-a0b2-97b36c1a40f2.html?fbclid=IwAR0SQ3q9zXjX2X63-lYXtEUOpzvSAYDzuO-K9NT9mUQjFAFLGvullBcMd0Q)

Your vote for Boebert on November 8 is a vote for our Western Slope values and our best opportunity to help save our country from Democrat designed destruction!

*Dee Laird, Montrose*

## What Is Happening In Public Schools Today?

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# REGIONAL NEWS BRIEFS

## DON'T WAIT, PROTECT YOURSELF AND OTHERS THIS FLU SEASON

*Special to the Mirror*

DELTA - Flu season is fast approaching, and with health experts predicting a worse than average flu season, the time to get your flu vaccine is now. According to the Centers for Disease Control (CDC), the recommended time to get vaccinated is generally September and October.

Seasonal influenza is an acute respiratory infection caused by influenza viruses causing an illness that can for some lead to hospitalization and death, particularly

among high-risk groups including the very young, the elderly, pregnant women, health workers and those with serious medical conditions (WHO).

For over the last two years the world has been focused on transmission precautions such as hand washing and wearing masks, and this has also helped in preventing the flu. As those measures have been relaxed, experts are anticipating a worse-than-average flu season. Many may be susceptible this year because their immune sys-

tems haven't been exposed to the flu virus for a while.

Delta Health is ready and gearing up to serve the community and patients this flu season. On Oct. 14 Delta Health is offering a Drive Thru Flu Clinic at the hospital located at 1501 East 3<sup>rd</sup> Street in Delta. The high-dose vaccine will be available for anyone over the age of 65 years old who is interested. A regular dose is available for anyone over the age of 18 years old. The flu vaccine is free with most insurances, so please bring your health insurance information with you to the flu clinic. Cash/Check option is available: \$20 for Regular Dose and \$60 for high dose.

Delta Health primary care clinics in Delta and Hotchkiss are also ready for this year's flu season. Set up your appointment today with Delta Health Adult Primary Care, Delta Health Family Medicine, Delta Health West Elk Hotchkiss and Delta Health Pediatrics.

Although it is ideal and recommended to get vaccinated by the end of October, vaccination after October can still protect during the peak of flu season (December through February). But don't wait, protect yourself and others this season. And remember that no matter the illness, if you feel sick, stay home.

For more information about the Drive Thru Flu event or to contact Delta Health clinics, go to [deltahealthco.org](http://deltahealthco.org) or call 970-874-2291.



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## REGIONAL NEWS BRIEFS

### FRUITA FALL FARMERS MARKET BEGINS

*Special to the Mirror*

FRUITA-The leaves are falling, and the Fruita Farmers Market is rolling into its Fall Market. Hosted at the beautiful Reed Park off south Elm Street in Fruita, the market will continue to be held every Saturday from 9:30 am - 1:30 pm through the end of October. The Fruita Farmer's Market showcases local vendors of all kinds - from fresh local produce, handmade crafts, ready-to-eat food, local artists, and so much more!

The month of October will host five Markets, one every Saturday that will bring fresh produce and handmade goods from the vendors that have worked so hard to serve our community all summer long. The final Family Fun Day of the 2022 Market Season will be on October 15th and will have horse carriage rides from JRs Carriage and a bounce house from Shires Bounce Rentals. The end of the Fruita Farmers Market 2022 season will be our Halloween market on Saturday, October 29th. The Halloween market will be bursting with candy for all the Trick or Treaters, and kids will also have a chance to carve a pumpkin just in time for Halloween.

The Fruita Farmer's Market is brought to you by Family Health West, the City of Fruita, US Bank, Atlasta Solar Center, and KKCO 11 News & hosted by the Fruita Area Chamber of Commerce. Thank you to our Vendors and these sponsors for making the Fruita Farmers Market Possible. For more information, visit [Fruitafarmers-market.org](http://Fruitafarmers-market.org) or contact the Fruita Area Chamber of Commerce by calling 970-858-3894 or emailing [events@fruitachamber.org](mailto:events@fruitachamber.org).



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- Alpine Bank (Best Staff)
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- Camelot Gardens (Best Garden & Nursery Store)
- Camp Robber (Best Vegetarian Meal)
- Camp Robber (Best Dessert)
- Chow Down Pet Supplies (Best Pet Supply Store)
- City of Montrose (Best Trash Removal/Recycling)
- Davina Pope (Best Barista)
- Elevate Internet (Best Internet Provider)
- Flairmont Furniture-Carpet One (Best Furniture Store)
- Horsefly Brewing Company (Best Appetizer)
- Horsefly Brewing Company (Best Brewery)
- Horsefly Brewing Company (Best Place for Dining/Nightlife)
- Montrose County BOCC (Sue Hansen-Best Elected Official)
- Montrose Recreation Center (Best Health Club)
- San Juan Brews (Best Places to Work)
- San Juan Brews (Best Bloody Mary)
- San Juan Brews (Best Coffee Shop)
- San Juan Brews (Best Service)
- San Juan Brews (Best Customer Service/Business)
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- Tonya Maddox - Our Town Matters (Best Mover & Shaker)

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## REGIONAL NEWS BRIEFS

### GMUG SEARCHING FOR NEXT YEAR'S SEASONAL WORKFORCE

*Special to the Mirror*

**DELTA** — The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests is looking to fill up to 150 temporary positions across the Forests. The positions include recreation (trails, wilderness, off highway vehicle), fire, timber, fisheries, range, archeology, heavy equipment, fire dispatchers, administrative and customer service. Duty stations include Grand Junction, Paonia, Gunnison, Norwood, Montrose and Delta, Colorado. Applications must be submitted between Sept. 29 and Oct. 6, 2022. Government housing may be available for some positions. These positions will be temporary, not to exceed 1039 hours. All positions will be advertised on USAJOBS: [www.usajobs.gov](http://www.usajobs.gov). No applications will be accepted at local Forest Service offices.

The wildland fire positions being advertised are for fuels, engine and hand crews. Successfully passing the work capacity test (WCT) at the arduous level is a condition of employment for all wildland fire positions. The arduous work capacity test requires completing a 3-mile hike within 45 minutes while carrying a 45 pound pack.

**How to apply:** Apply online at [USAJobs](http://USAJobs). This online application process allows applicants to submit employment information that can be printed for personal use and/or edited on the website for future use. Accounts can be used for other federal job vacancies. Those who wish to be considered must apply to the corresponding announcement number by midnight Eastern Standard Time (EST) on the day the vacancy announcement closes. All applicants who have applied to the an-

nouncement on or before the listed closing date and are found to be qualified will be referred for consideration.

The Forest Service is a federal agency within the U.S. Department of Agriculture that manages 193 million acres of land, roughly the size of Texas. The Rocky Mountain Region includes 17 national forests and seven national grasslands located in Colorado, Kansas, Nebraska, South Dakota and Wyoming. The GMUG covers over 3 million acres of some of the most diverse landscapes on the Western Slope of Colorado. The mission of the Forest Service is to sustain the health, diversity and productivity of the nation's forests and grasslands to meet the needs of present and future generations. You can be a part of that mission. For more information visit <https://www.fs.usda.gov/main/>

# MONTROSE COUNTY ADMINISTRATION BUILDING

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8am - 5pm (Lunch 12pm - 1pm)  
Friday by Appointment Only

## BOCC MEETINGS & WORK SESSIONS

BOCC Meetings and Work sessions will continue to be held at the Planning & Development Building located at:  
63160 LaSalle Road  
Montrose, CO 81401

## QUESTIONS?

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## OPINION/EDITORIAL: LETTERS

### DEMOCRATS HAVE A TOUGH TIME DEBATING ISSUES OR POLICIES

*Editor:*

For some reason, Democrats are surprised that American voters are not ignoring the out-of-control crime, unbearable inflation, unaffordable fuel prices, foreign policy disasters, federal government expanding beyond belief, supply chain disruptions, recession, insane national debt, racial divi-

sion, etc. --- all resulting from Democrats' destructive actions since Biden's inauguration. They assume we are all either so ignorant that we accept all their happy talk and gaslighting on such topics --- or that we fear their Goebbels-like tactics to demonize and destroy anyone standing in their way. Unfortunately for the left, there

are enough sane people in this country that recognize that everything is going to get dramatically worse the longer the "America last" crowd remains in power. The Leftists in control of the Democrat Party do not want anything -- especially the truth -- to harm the false narratives they so desperately seek to advance. They no longer want us to have the right to disagree, debate, and speak freely, because they cannot compete in a fair and honest discussion. Now anyone willing to dissent publicly from the policies of this federal government is slandered as an "insurrectionist" and subject to a late-night arrest by twenty armed FBI SWAT team members.

I express my opinions in a public format because I see everything being done to this country by Biden and his handlers to be destructive. I refuse to live a poorer life because a small group of Marxists believe in a globalist utopia. I refuse to accept the federal government thinking they have more control over our children than their parents. I refuse to accept that an XX chromosome is not really a female and that a XY chromosome is not really a male. I refuse to accept the destruction of industries that supply plentiful, practical, affordable, and reliable energy decades before we have any workable replacement alternatives. And I refuse to accept most of the "news" the left-wing media spews out --- including some that I see in the DCI and a lot that I see in the MDP.

I mostly chuckle when I occasionally get challenged by Democrats who don't like my opinions because I know they can only try to censor or slander me. They have a tough time debating issues or policies. I even have a Delta "fan" who occasionally sends a letter to my home telling me how divisive and angry I am. Unfortunately, his letters are anonymous because, like most Democrats today, he can't really hold his own in an honest discussion of Biden's "successes."

*Ed Henrie, Montrose*

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## REGIONAL NEWS BRIEFS

### OCTOBER IS NATIONAL PEDESTRIAN SAFETY MONTH

*Special to the Mirror*

LAKEWOOD-- In an effort to save lives, the Colorado Division of Motor Vehicles (DMV) reminds motorists to watch for pedestrians during National Pedestrian Safety Month.

The awareness month is from Oct. 1 to 31, a time when Coloradans traditionally spend time outdoors, especially when celebrating Halloween by trick-or-treating. When driving remember these eight safety tips:

Be on the lookout for pedestrians at all times.

Use extra caution when driving in hard-to-see conditions, such as nighttime or bad

weather.

Slow down and be prepared to stop when turning or entering a crosswalk

Yield to pedestrians in crosswalks and stop well back from the crosswalk to give other vehicles an opportunity to see the pedestrian crossing so they can stop too.

Never pass vehicles stopped at a crosswalk.

There may be people crossing where you can't see.

Never drive under the influence of alcohol and/or drugs.

Follow the speed limit, especially around people on the street, in school zones and in neighborhoods where children are pre-

sent.

Be extra cautious when backing up and look for pedestrians.

In 2020, more than 6,500 pedestrians were killed in traffic collisions in the U.S. with over half of the deaths occurring during low-light hours, according to the National Highway Traffic Safety Administration.

In Colorado, the state has seen a steady increase in pedestrian fatalities with 2020 having the highest number of pedestrian fatalities — 93 pedestrians which accounts for 15% of all traffic-related fatalities according to a Colorado Department of Transportation report.

## MONTROSE COUNTY PLANNING & DEVELOPMENT

### NEW HOURS

Effective October 3

**Monday - Thursday**  
**Open 7AM - 5:30PM**  
**Closed Fridays**



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# REGIONAL NEWS BRIEFS

## CITIZENS CLIMATE LOBBY TO MEET OCT. 10

Special to the Mirror

MONTROSE-On Oct. 10, 5:30 Citizensclimatelobby.org meets for progress on combating climate change. Montrose library meeting rm., nonpartisan, national, environmental all [welcome.info](http://welcome.info) at 970-765 9095.



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- Lower healthcare costs and premiums
- First major gun safety legislation in decades
- Medicare can bargain down prescription drug prices with costs capped at \$2,000 annually
- \$369 billion for climate action and clean renewable energy
- Took out an Al Qaeda leader who planned 9/11 and other terrorist attacks on Americans
- \$1.87 billion for farm programs
- PACT Act provides health care to veterans exposed to toxic substances
- Protecting our land, air and water
- Low unemployment and historic job growth
- CHIP Act expands semiconductor production in American companies
- Leading allies in support of Ukraine and the expansion of NATO
- Defending the Rule of Law and democratic principles

All of this – and more – was accomplished on your behalf with little or no support from the Republican Party, the party of "No."

ELECTION DAY IS  
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\*\*\* Please, vote by November 8th, and help determine the direction you want our leaders to take our state and our country.

**VOTE THE ENTIRE DEMOCRATIC TICKET  
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## REGIONAL NEWS BRIEFS

### SUNSET MESA FUNERAL DIRECTORS DOCUMENTARY RELEASED

*Hard hitting, true crime documentary about events in Montrose*

#### Special to the Mirror

**COLORADO SPRINGS**—MacGeez Productions and Humble Beast Productions of Colorado have released a proof-of-concept documentary about the events that unfolded at Sunset Mesa Funeral Directors in Montrose, Colorado that led to an FBI raid in 2018.

The proof of concept titled, *Cremains Unknown*, follows a victim of Sunset Mesa, Danielle McCarthy. Danielle McCarthy, a Gold Star wife, unexpectedly lost her husband, David, a U.S. Veteran, in 2017. His body was brought to Sunset Mesa in Montrose, Colorado to be cremated.

One day, she received a call from the FBI informing her that the cremains she had may not be her husband after all. As a

result of the FBI investigation, Danielle learned David's body had been sold without her consent and later learned it's not considered illegal in the state of Colorado. Producer Megan MacGrath said, "Our goal for *Cremains Unknown* is to raise awareness of this horrifying experience that affected so many families. There is a need for laws to protect families and the wishes of their loved ones who have passed."

The goal of the film is to make the public aware of this horrible situation and call for a change in laws.

Danielle McCarthy who the film follows said, "My hope for the film is to use my voice and story to enact laws and prevent this from happening to other families. I want society to do better, I am fighting for

better." Finally, Director Jake Dangel hopes the film receives much exposure, "When I first heard this story, I was speechless. No family should ever have to experience what the victims of Sunset Mesa did. To create change, we need to be sure this story is shared as far and wide as possible."

MacGeez Productions and Humble Beast Productions have plans of creating a full-length feature film telling the story and following those involved. To achieve this, they have launched a crowdfunding page on Indiegogo. To learn more about the film and how you can support their efforts, visit: <https://www.cremainsunknown.com/>





# 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 new reality of an overdrawn Colorado River without all water sectors — agricultural, industrial, municipal, and recreational — making sacrifices. The future of our water will depend on collaboration, innovation, education, and incentives for all seven states of the Colorado river basin and all water sectors. What will not work is politicizing water, finger-pointing, and gaslighting; **we need solutions.**

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



RESTORE  
THE BALANCE

"In the contest for Colorado House District 58, Restore the Balance endorses Kevin Kuns. He demonstrates a strong understanding of the threat posed by political extremism. He cites specific (and successful) examples of working with Republicans to solve problems. He delivers a strong analysis and a pragmatic approach to the issues of public education, mental health, and teen suicide."

**Restore the Balance**, a non-partisan group building an alternative to political extremism



**KEVIN KUNS**  
♦ COLORADO HOUSE DISTRICT 58 ♦

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The Boren Team  
1425 Hawk Parkway  
Darrell (970) 768-3399  
Julia (970) 380-3783  
darrellboren@gmail.com



**DANA GLEASON**

*Broker Associate*

306 East Main Street  
(970) 209-2451  
danagleasonrealtor@gmail.com



**JUSTIN GLEASON**

*Broker Associate*

306 East Main Street  
(970) 275-5930  
justingleasonrealtor@gmail.com



**KELLY LANDEN**

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(970) 234-7918  
kelly@norris-snell.com



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*Broker Associate*

1425 Hawk Parkway  
Cell (970) 589-2999  
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## MONTROSE CELEBRATES GRAND OPENING OF NEW PUBLIC SAFETY COMPLEX *From pg 1*



**Back row, Former Montrose Mayors Dave Bowman (left) and Judy Ann Files joined Montrose County Sheriff Gene Lillard (right), Governor Jared Polis (center) and other dignitaries at the grand opening of the Public Safety Complex. Photo by Gunnison Clamp.**

with the police, to determine what the police department needed to better serve the public. In November 2019, the citizens of Montrose passed the 2A Public Safety sales tax.

"COVID coming on the next year changed everything...but because of the perseverance of our partners, our incredible City volunteers...City employees, our partnership with Shaw Construction, and our partnership with a lot of other entities, this project never stopped," Mayor Frank said of the challenges faced the past couple of years. He then encouraged members of the public to tour the Public Safety complex in the following days during organized open houses.

Mayor Frank then introduced Chief of Police Blaine Hall, who commented "This facility will be the home of public safety in our city for many years to come...and it will be the new working home for a total of 61 police officers."

Chief Hall continued to speak of the magnitude and importance of such a state-of-the-art facility. "We were able to assemble the best team...which I believe has resulted in the best facility in the State of Colorado, or for that matter, one of the best in the nation." Chief Hall went on to speak of the many benefits of the new facility, and then introduced Governor Jared Polis.

Governor Polis encouraged and praised the community and its police department for their efforts: "Once again, just as they do every day, law enforcement delivered...it's about stronger hiring, better equipment, more training opportunities for both aspiring and...current officers. Safe



**The Grand opening Ceremony for the Montrose Public Safety Complex drew dignitaries, citizens, as well a peaceful protest (not pictured) concerning the deaths of young adults Zachary Pace and Michael Sandoval in 2019. Photo by Gunnison Clamp.**

communities are a critical part of our Colorado way of life."

Polis concluded with a hopeful message for the future. "We've set a statewide goal of making Colorado one of the ten safest states in the next five years, but it will take projects like this in other areas of the state...and all of us coming together, to truly make that happen."

The ceremony concluded with a proclamation from Chief Hall: "To our citizens, I commit this building to you. We are committed to your safety, this is our job, and we utilize this facility for those duties forever."

An open house of the facility quickly followed.

Also present at the event was a protest concerning the deaths of Zachary Pace and Michael Sandoval in 2019. The protest was kept peaceful, as the demonstrators held up signs in the Centennial Plaza area adjacent to the police building.

The new Public Safety Complex, started in spring of 2021, is more than 36,000 square feet. The Complex joins the Montrose Regional Health Hospital and former Russell Stover factory as one of the largest buildings in the city. It houses dozens of offices for department staff, and modern facilities for vehicles, training, K-9 operations and more. It is adorned with light-

colored brickwork, matching well with the surrounding buildings in the Civic Campus on 1st Street. Grand Junction-based Shaw Construction headed up the construction of the facility, overcoming challenges with the supply chain and product costs to complete the building in only a year-and-a-half.

State Representative Marc Catlin was asked what it means to have a community in District 58 which is so committed to public safety. Catlin's response held Montrose's dedication and hard work in high regard.

"That's one of the reasons I'm proud of Montrose. When they decide it needs something...they're going to do it. These are the kinds of things communities need to do. The 58th district is really full of communities like this that really care about public safety...so I'm very proud," Catlin said.

The Police Department has made other strides in progress this year, starting the new Western Slope Law Enforcement Academy in the spring, which graduated its first class in September.

The Police Station will fully open in coming weeks after staff are moved into the new space. The front office is still temporarily located in City Hall at 433 S 1st Street.





# Teacher Reimbursement Program

**Alpine Bank will reimburse teachers for school supplies for their classrooms, up to \$200, before November 1, 2022! <sup>[1]</sup>**



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.





## RE-1J SWEARS IN NEW DISTRICT A DIRECTOR *From pg 1*

like to be more involved with the district. Her grown children attended the Olathe schools, and now her grandchildren are attending school in Olathe. The role of the Board of Education is to look out for the kids. The district is going in the right direction, she said. Board involvement with social media is good, as all of the kids are using it. Faced with a board decision that she did not favor, she would not support it.

When asked the role of the superintendent, Padilla said, "To organize events and fundraisers."

Following the interview, Fishing asked Westesen to return.

Having heard from both applicants, the board held a brief discussion before voting unanimously to appoint Westesen to the open seat for a one-year term.

The decision was not easy, said District C Director Alice Murphy. "I know them both; they are both really involved with our schools and they are both bilingual."

District B Director Jacob Suppes encouraged Padilla to stay involved.

"Come and talk to somebody," Suppes said. "Get a little more working understanding of how schools are funded...of how our school district works...coming to

meetings would help you tremendously."

Fishing said she was excited to have two great candidates. "It seems like you are really here for the right reasons, to do the right thing for kids and for the community."

Following his swearing in, Westesen took his place at the dais to hear a lengthy presentation on school safety and an update on the Sept. 19 MHS swatting incident, led by RE-1J Director of Operations James Pavlich.

The presentation is also included in the work session packet. RE-1J's approach to school safety is based on protection, prevention, and a culture of vigilance, Pavlich said.

Protection includes high tech solutions as well as simple ones, such as upgraded push button door locks in every classroom. "In no school shooter attack ever have they breached a locked door."

Prevention includes threat assessment, suicide assessment protocol, as well as prevention and engagement programs.

The bar is set low when it comes to threat assessment, Pavlich said. He listed local resources for youth who need help, as well as source material and books for further reading.

Following the safety discussion, Pavlich debriefed the Board of Education with regard to the Sept. 19 SWAT incident at Montrose High School, sharing video recordings and information.

While the Sept. 19 incident was ultimately deemed a hoax, it underscores the need to be vigilant.

Given the right factors and stressors, humans are capable of great things and bad, Pavlich.

"We all possess the potential," Board Vice President Eric Kelley said.

In 88 percent of school shooting incidents someone knew of the shooter's plans ahead of time. "We've just got to share our concerns," Pavlich said. Through reporting and assessment, "We intervene before they can change their life and the lives of the entire community."

Complacency in itself can be a threat, Fishing noted.

"...the worst possible thing is to make that tiny mistake, leaving the door unlocked...just assuming everything is alright, not being willing to have that conversation..."

With no further business, the meeting was adjourned.



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## REGIONAL NEWS BRIEFS

### TRAFFIC HOLDS ON I-70 IN GLENWOOD CANYON SCHEDULED FOR OCT. 4-6

*Special to the Mirror*

STATEWIDE—The Colorado Department of Transportation and contractor partners will oversee safety-critical helicopter and rockfall operations in Glenwood Canyon on Tues., Oct 4 through Thurs., Oct. 6. Traffic holds for motorists on Interstate 70 will be necessary in order to allow crews to safely conduct work (please see below for more details about traffic impacts). Crews have combined emergency repairs and rockfall operations along Interstate 70 next week in order to streamline and limit traffic impacts

for the traveling public as much as possible. The interstate holds are anticipated to be the last round for the 2022 emergency repairs. The project and rockfall work are a continuation of emergency repairs carried out since major debris flows damaged I-70 in 2021. Work Oct. 4-6 is contingent on the weather forecast.

On Tues., Oct. 4 and Wed., Oct. 5, crews will conduct necessary rock scaling next to the highway at Mile Point 123.7. Workers will clean out rockfall debris that has accumulated above a fence in this location on the

north side of the highway. Crews will install a temporary rockfall barrier, using super sacks, to protect the roadway during debris clearing operations. If the clearing goes smoothly, it is possible impacts to east-bound traffic will be reduced. This is the last fence location that needs to be cleared by Midwest Rockfall, Inc. in Glenwood Canyon this fall.

On Thurs., Oct. 6, crews will use a helicopter to fly debris flow fence material to the steep canyon slope above MP 123.5/Blue Gulch. The material is essential in order to build two fences above the section of I-70 where the roadway was most heavily damaged during the 2021 debris flows. Helicopter operations will also allow crews to place ring net and anchor systems, and also safely remove heavy equipment used to conduct the first round of work in that location.

During both helicopter and rockfall operations, crews will hold eastbound and westbound traffic in both directions. During helicopter operations, traffic will be held for 30 minutes in order to protect the traveling public and provide a safe work zone for crews. During rockfall work, traffic will be held in both directions for 20 minutes. In both cases, crews will then release the queue of motorists lined up at the closure points. Once the queue is cleared, crews will hold traffic again. Holds will take place 9:00 a.m.-3:00 p.m. on Tues., Oct 4 through Thurs., Oct. 6. As a safety measure, the Glenwood Canyon recreation path between the Shoshone Power Plant (exit 123) and the Hanging Lake Rest Area (exit 125) will be closed during the operations. Flaggers will be utilized to ensure the integrity of the recreation path closure. The safety-critical operations are required to protect the traveling public on I-70 in Glenwood Canyon and is an important part of resiliency work in the canyon.

The current phase of the emergency relief project is being undertaken to provide mitigation measures for future geohazard events. Work on the project includes: rock scaling, traffic control, debris barriers, gabion baskets, excavation, and pier protection. Work is anticipated to be complete later this fall.

Midwest Rockfall, Inc. is the contractor on the geohazard mitigation project. Lawrence Construction is the contractor on the continuation of repairs to I-70.

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# OPINION/EDITORIAL: LETTERS & CARTOONS

## VOTE FOR OUR FREEDOM AND VOTE FOR KEVIN KUNS HD 58

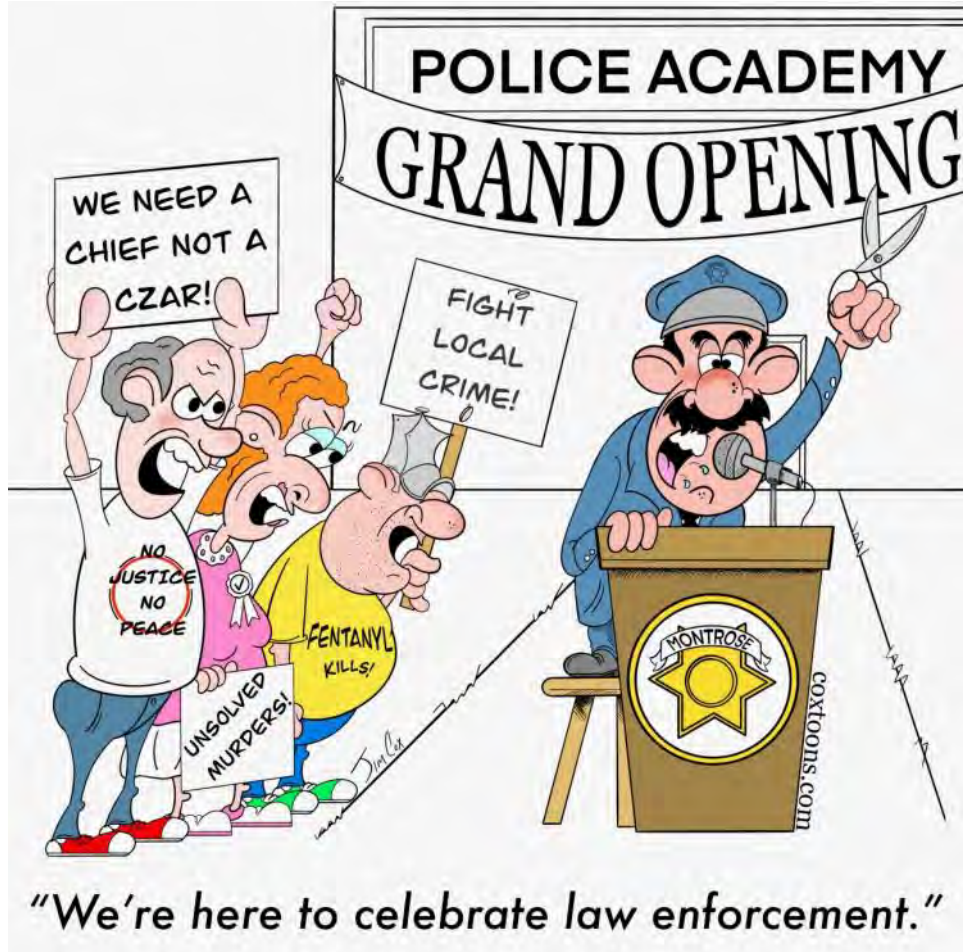
Editor:

I drive around town and see FREEDOM flag signs everywhere. The GOP is taking that FREEDOM AWAY little by little. They support meddling in women's rights, LGBTQ rights, against climate change and they are banning books! They throw around conspiracy theories, continue with the lies and are a HUGE THREAT to our democracy! Kevin Kuns believes in FREEDOM FOR ALL. WE NEED A CHANGE AND Kevin Kuns HD 58 will do just that. Vote for OUR FREEDOM and vote for KEVIN KUNS HD 58.

Gwen Vaughn, Montrose



## EDITORIAL CARTOON BY JIM COX



## SOUR GRAPES

by Tim Jones





## REGIONAL NEWS BRIEFS

### REP. BOEBERT VISITS MAYFLY OUTDOORS IN MONTROSE



Rep. Lauren Boebert took time recently to visit Mayfly Outdoors in Montrose. Courtesy photo.

#### *Special to the Mirror*

MONTROSE-Rep. Lauren Boebert visited Mayfly Outdoors in Montrose to see their facility that produces premier fly-fishing equipment and employs over 125 people. Congresswoman Lauren Boebert stated, "Mayfly Outdoors in Montrose is one of the premier manufacturers of fly-fishing equipment in the world. I thoroughly enjoyed visiting with David and his team who have received many awards for their outstanding products including Abel, Ross Reels, and Airflo.

"Thank you for inviting me! I look forward to coming back soon."

#### **Background:**

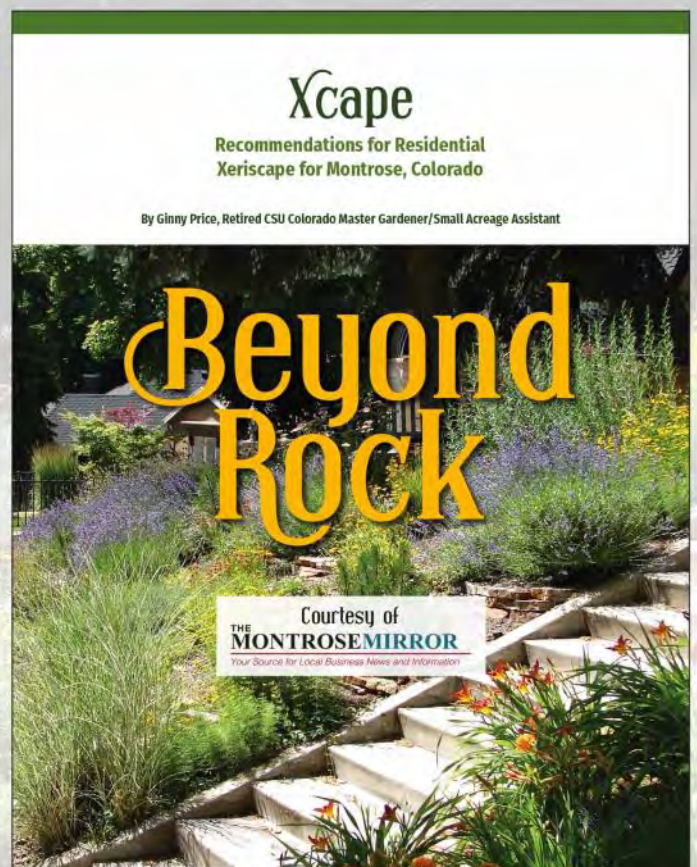
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## READER PHOTO SPOTLIGHT: DEB REIMANN



*Deb captured these images while camping near the Great Sand Dunes National Park, revealing Autumn colors as well as light and shadow.*

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## REGIONAL NEWS BRIEFS

### RIDGWAY ADVENTURE SPORTS RECOGNIZED AS OCTOBER 2022 RACC MEMBER OF THE MONTH



Courtesy photo.

Member of the Month in October. The Member of the Month program is an ongoing effort by the chamber to provide the community and visitors with information about businesses and organizations in the area and promote patronage of local resources and small, independent companies and nonprofits.

Andy Persio and Amanda Swain opened Ridgway Adventure Sports (RAS) in 2018. Prior to opening RAS, Andy owned and operated a mobile bike shop in San Francisco and Amanda had a residential real estate brokerage company. Both Andy and Amanda have been coming to Ouray County since the early 1990s. Amanda's grandparents had a B&B in Ouray and Andy started coming to the area with a Prescott College avalanche forecasting course. Since opening RAS, Wren Persio, the real boss, joined the team and he will be two in December.

"Besides the beauty in every direction, Ridgway offers something for all levels of adventure. For example, if you come to Ridgway to bike, you can ride from town to the reservoir, gravel tour the county roads, and/or ride the RAT singletrack," said Swain.

Describing her and Persio's philosophy about selecting products, she said, "Good gear is critical for the experience, well-being and safety of a hiker, biker, skier, runner, camper, etc. We try to balance high-quality, durable products with value in our product selection and to source products that are environmentally conscious. Trying to have Colorado-based

companies is important, too."

The most popular services at RAS are regular bike tune-ups and 550 ski tune-ups. "I think locals and tourists are less aware of our summer and winter rental/demo programs. In the summer we offer hardtail and full-suspension mountain bikes and hybrid e-bikes for rent/demo. In the winter we offer cross-country ski, snowshoes, AT skis/boots, and splitboard rentals/demos," she explained.

In September, RAS started its first bike sale in years, offering deals on rental and

demo bikes and up to 25% off new in-stock bikes, helmets, packs, and bike racks. The store will close due to the seasonal change and vacation at the end of October and reopen on November 12 with a locals ski tune special: \$10 off any ski tune service and \$99 Phantom application through November.

To learn more about Ridgway Adventure Sports, go to the website at <https://ridgwayadventuresports.com/>, call 970-626-8500, or visit their store at 109 N. Lena St., Ridgway, Colorado 81432



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## REGIONAL NEWS BRIEFS

### RIDGWAY SMALLMOUTH BASS CLASSIC A RECORD-SETTING SUCCESS IN 2022

#### *Special to the Mirror*

RIDGWAY – Angler participation in the Eighth Annual Ridgway Smallmouth Bass Classic fishing tournament at Ridgway State Park helped Colorado Parks and Wildlife reduce the population of adult smallmouth bass in the reservoir by more than 70 percent.

This year's incentive tournament saw 58 anglers participate, up from 25 in 2021. A cash prize purse was distributed among anglers who caught the most fish as well as prizes awarded to anglers who turned in any of the 25 tagged fish that were worth various cash prizes.

Chase Nicholson of Ridgway was crowned

the champion for a fourth consecutive year, as he caught 3,036 smallmouth bass to win \$3,000. He also turned in seven tagged fish worth an additional \$1,600.

Second place went to Delta's Chris Cady, who caught 1,005 fish. Three of those were tagged, giving him a grand total of \$2,700. Weldon Flowers, who caught 643 fish and one tagged fish, took third place and earned a total of \$600.

Youth fisherman Tobias Vigil turned in one of the most valuable tagged fish to earn \$500.

The tournament, which ran from July 16 through Sept. 3, resulted in the removal of 5,569 smallmouth bass, a new record for

the tournament. CPW aquatic biologist Eric Gardunio said the adult population of fish six inches and larger was reduced from an estimated 1,302 to 274.

"The tournament continues to meet our goals of suppressing the population," Gardunio said. "We really want to thank all of the anglers who participated as well as the Ridgway State Park and CPW staff that helped make the tournament a success."

Additionally, more than 4,500 smallmouth bass less than six inches in length were turned in this year.

"This should help to limit smallmouth bass recruitment to adult size classes in future years," Gardunio said.

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## REGIONAL NEWS BRIEFS

### 'FIND YOURSELF IN RIDGWAY YEAR ROUND' PHOTO & VIDEO CONTEST DEADLINE IS OCT. 24

#### *Special to the Mirror*

RIDGWAY-Amateur and professional photographers and videographers are invited to enter the "Find Yourself in Ridgway Year Round" Photo and Video Contest to win prizes and get your photos in front of thousands of viewers. The Ridgway Area Chamber of Commerce will award \$300 to the winning video and \$200 to the winning photo, as well as presenting three honorable mentions in each category with Ridgway, Colorado hats.

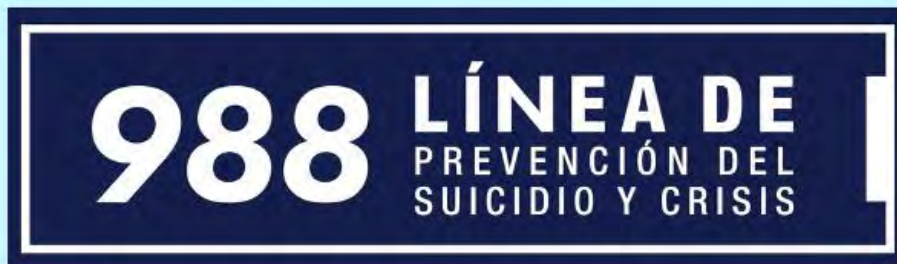
The contest theme of find yourself in Ridgway year round was selected to encourage

contestants to enter photos of discovery where people are feeding their souls and spirits in the Ridgway area, especially in the quieter times of the year from October to April. Photos and videos including people in them will be scored higher, and contest entrants must provide a signed release from the photographed or video-recorded people.

Photos and videos entered in the contest may be used by the Ridgway Chamber in promotion and marketing of the Ridgway area, including the visitor's guide, [ridgwaycolorado.com](http://ridgwaycolorado.com) and social media. Pho-

tographers and videographers be credited for their submitted work.

It's free to enter the contest, and each person can enter up to five photos and videos. Everyone is encouraged to enter including students of all ages, chamber members and visitors. Photos and video, along with brief captions, should be submitted no later than Monday, Oct. 24 (midnight). Complete contest guidelines are listed online at <https://ridgwaycolorado.com/news-events/find-yourself-in-ridgway-year-round-photo-video-contest-deadline-is-oct-24>.



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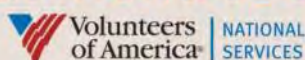
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## COLORADO NEWS BRIEFS



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### CELEBRATE NATIONAL COOPERATIVE MONTH AT THE MOVIES!

*Special to the Mirror*

REGIONAL-It's that time of year again! October marks National Cooperative Month, and Delta-Montrose Electric Association (DMEA) is celebrating with something special just for members.

This year, DMEA is inviting members to a Movie Night. On Sunday, October 9, members will be able to attend any screenings at the Fox Theater in Montrose. Admission is free for DMEA members, and each family will receive a \$5 snack voucher.

"We appreciate all our valued members. National Cooperative Month is an excellent opportunity for us to show feelings of gratitude while looking for ways to give back to the community we care so deeply about," said Kent Blackwell, interim CEO and Chief Technology Officer at DMEA.

For films and showtimes, please visit – [MontroseMovies.com](https://MontroseMovies.com)

Update – The Paradise of Paonia movie theater is currently undergoing maintenance. Due to this, the screenings will only be available at the Fox Theater in Montrose.

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## REGIONAL NEWS BRIEFS

### FREE SCREENING OF THE DOCUMENTARY FILM *A DECENT HOME*

#### *Special to the Mirror*

MONTROSE — The Hispanic Affairs Project and Housing Resources of Western Colorado do invite the community to a free screening of the documentary film *A Decent Home*. In *A Decent Home*, filmmaker Sara Terry addresses urgent issues of class and economic (im)mobility through the lives of

mobile home park residents. When housing that's on the lowest rung of the American Dream is being devoured by the wealthiest of the wealthy, Whose dream are we serving?

-Free admission

-Screening followed by a discussion with hosting organizations and impacted resi-

dents. WHAT: A Decent Home film screening

WHEN: Tuesday, October 18, 2022 at 6 pm.

WHERE: MADA Community Room, 17 N 6<sup>th</sup> Street, Montrose, CO 81401

More information: [hapgi.org](http://hapgi.org) / 970-249-4115



#### FEATURES

This property in the Brown Ranch Subdivision is waiting for you! 1740 square feet of open and light, on a cul-de-sac, all so perfect. The double side-lites framing the main entry door are a hint to the detailed interior. These rooms are spacious with their 9' ceilings and windows full of light. The open feel of the common areas and 12 x 17 covered patio are all ideal for relaxing and sharing with your "family & friends". This home is designed with the fresh look and color palette of greys and whites! Cabinets have the "soft close" feature. Notice the tile in baths and laundry and the easy maintenance "water-proof" wood styled laminate floor in greatroom and kitchen and stainless appliances. Did I mention "details"? the gas range has a convection oven and more!! check it out!! Come home to Brown Ranch, enjoy life!!

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## COLORADO NEWS BRIEFS



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### AGENCIES, CONTRACTOR CELEBRATE COMPLETION OF I-70 PARACHUTE TO RULISON RESURFACING PROJECT



*CDOT Courtesy photo.*

*Special to the Mirror*

GARFIELD COUNTY — The Colorado Department of Transportation, contractor Elam Construction and partner agencies gathered on Wed., Sept. 28 to celebrate the completion of a resurfacing project on Interstate 70 from Parachute to Rulison. The project was completed on time and under budget. Agencies at Wednesday's event included the Federal Highway Administration, Colorado State Patrol and the Town of Parachute Police Department. Resurfacing work on the project took place along I-70 for six miles, from roughly the community of Parachute (Mile Point 75.4) to just east of Rulison (MP 81.6).

"Good transportation projects do two principal things," said Colorado Division Administrator John Cater with the Federal Highway Administration. "They support the economy or economic development by allowing people to get to and from jobs and expedite the movement of freight and essential goods. This project accomplishes these goals."

On the Parachute to Rulison project, crews placed 2-inch hot mix asphalt overlay and leveled asphalt at select locations on I-70. The hot mix asphalt will add approximately ten years of life to the highway, provide a smoother road surface and increase durability by increasing roadway resistance to ruts and road damage. This will allow for a smoother and safer drive for motorists.

Crews also repaved on and off-ramps at exit 81 (Rulison). Project improvements also included installation of new guardrail, replacement of bridge rail and striping. New guardrail is 31 inches high and designed to meet new safety standard requirements. The higher railing will help veering vehicles remain on the road more effectively, making the highway safer for the traveling public. The former standard height of guardrail was 27 inches.



## REGIONAL NEWS BRIEFS

### POOCHES IN PINK: Bosom Buddies Annual Walk/Run Is Going To The Dogs!



*Courtesy photos Annual Bosom Buddies Walk-Run.*

*By Patti Powell*

MONTROSE-Calling all dogs to wear pink, grab their leashes and take their humans for a walk at the 30<sup>th</sup> Annual Bosom Buddies Walk/Run Oct. 8 at the Montrose Pavilion.

"One very lucky dog will win a gift certificate from Chow Down Pet Supplies," said Bosom Buddies Walk Chairperson Denise Distel. "All they have to do is dress up in pink and strut the runway in a pooch parade."

Every year, many of the Walk participants bring their dogs dressed in pink to show their support for their humans who have been affected by breast cancer said Distel. "The costumes are wonderful, and the dogs seem to enjoy it," said Distel. "Plus, they get free treat bags from Chow

Down."

Americans spend more than half a billion dollars each year on costumes for their dogs according to a 2019 report from the National Retail Federation with Halloween and Christmas leading holiday expenditures.

KJ, one of the managers at the Montrose Chow Down, said "Our customers love to show off their furry family members and I can't think of a better reason for a dog to wear pink than to support our very own Bosom Buddies. Big or small, every dog looks good in pink when they're showing their human love and support."

Dr. Rachel Blankmeyer from Black Canyon Veterinary Clinic will have the difficult task of selecting the winning pink pooch costume.

"I'll be judging solely on the costume," she said. "Please don't dress your dog in anything overly tight that might restrict breathing, and we do not recommend using dye to color your dog pink. This will be a fun contest, so we want to avoid anything stressful for your pet, and just focus on the good cause we are gathering to support!"

Anyone interested in entering their pooch in the costume contest can sign up the day of the Walk when the doors open at 8 am for same-day registration. The pooch parade will begin right after the opening ceremonies at 9 am.

For more details on the 30<sup>th</sup> Annual Bosom Buddies Walk/Run, visit their website at [bosombuddieswc.org](http://bosombuddieswc.org).



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## REGIONAL NEWS BRIEFS

### FORT UNCOMPAHGRE INTERPRETIVE CENTER DEDICATES PEACE POLE

*Special to the Mirror*

MONTROSE-Fort Uncompahgre Interpretive Center, 440 N. Palmer Street, Delta, hosted two events on Saturday, Sept. 24. The annual VFW Flag Retirement Ceremony where 230 US Flags and 150 small grave flags were retired honorably. Chris Miller, Director of Fort Uncompahgre, noted that the VFW has been providing this event for the past 30-years. Local Scouts and our Delta High School JROTC attended and participated in the ceremony. They learn about the history of our great flag and how to fold and prepare them to be retired by fire. The ashes are then buried in a location at the Fort.

Following the Flag retirement event at the Fort, "100 Peace Pole Project," dedicated the first of many Peace Poles to be installed at the Fort. The Fort Peace Pole was dedicated as a silent reminder of Peace at the Historic Fort, in honor of the Diverse People who built it and all those who volunteer today to keep its history alive. It also honors the people of Delta and all the visitors who are dedicated to Peace. For more information on how you can become part of the Community of Peace project by planting a Peace Pole at your home or place of business and supporting Peace Poles in public places. The goal is to plant



100 Peace Poles in our community and declare ourselves to be a Community of Peace. Contact: [arlyn@spiritaware.org](mailto:arlyn@spiritaware.org) or phone: 970 252-0908.

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## REGIONAL NEWS BRIEFS

### CHILDRENFIRST PRESENTS FILM OCT. 11 AT ALL SAINTS ANGLICAN CHURCH

*Special to the Mirror*

MONTROSE—"What is happening in schools today? Whose Children Are They," film at All Saints Anglican Church, 6:30pm. 2057 South Townsend Ave. Adult viewers only recommended. Presented by ChildrenFirst, No charge. Child care provided.

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## OPINION/EDITORIAL: LETTERS

### KEVIN KUNS IS WELL VERSED ON THE ISSUES, AND WILL TACKLE PROBLEMS HEAD ON

*Editor:*

Kevin Kuns is running for House District 58 in western Colorado. He has a strong business background, and wasn't interested in politics until recently as a result of alarm, which many of us share, at the dysfunctional divide that has developed between Democrats and Republicans, and which is tearing our country into two warring camps. No country can long survive a situation where its people are constantly fighting, with nothing getting done to solve the problems that we face.

Kevin has a knack for getting to know the decision makers in Colorado in order to get things done; and has received numerous endorsements from them. With a friendly, outgoing personality, he is able to get people to open up. He is skilled at talking with people, whether it's one on one, or in front of large crowds. I've seen him operate up close in the years I've known him; he doesn't waste time, but gets to the nub of whatever challenge he faces. He grew up working summers for many years on his uncle's ranch in Wyoming, and understands the needs of farmers and ranchers. His volunteer work for the Western Colorado Alliance, the Montrose

County Commissioners Advisory Committee, numerous local charity organizations, as chair of the local Democratic Party, and his long experience in executive management in the restaurant industry have prepared him to serve wisely and effectively.

He has been endorsed unanimously by the Grand Junction based Restore the Balance, a group of Republicans, Democrats, and Independents working to tamp down the division that has poisoned political dialog in the last couple of decades, and which threatens the stability of our democracy. It is not sufficient to have a representative who "tows the party line", we need folks who can listen to all sides of a debate, and come to a reasonable decision, and Kevin Kuns is that man.

His incumbent opponent has opposed affordable housing for workers (HB 22-1304), health care plan competition (HB 21-1232), establishment of a drought and climate stability office (21-1242), sick leave for employees during the Pandemic (SB-20-205), and a clean air bill (SB 22-193). These "no" votes are out of touch with the challenges that Montrose and other communities face in the 21<sup>st</sup> Centu-

ry, and are a disservice to the young people who must find ways to thrive in a constantly changing economic environment. Whether its farmers and ranchers suffering from lack of water and pests due to climate change, our dying national forests, or lack of affordable housing for lower wage workers, Kevin is well versed on the issues, and will tackle these problems head on.

We need a strong voice and a strategic thinker as our representative in House District 58 in order to make sure that our region gets our fair share of available resources. The Kevin I know will work diligently to improve conditions for working people in Western Colorado, and will listen to people who are affected by changing economic conditions. He's comfortable working along with those holding different opinions to seek consensus, and will create a better working environment for our young people, no matter what their background or circumstances. Prosperity and civil order result when people of all stripes work together, rather than when they are too busy fighting ... Kevin Kuns understands that.

*David Congour, Montrose*

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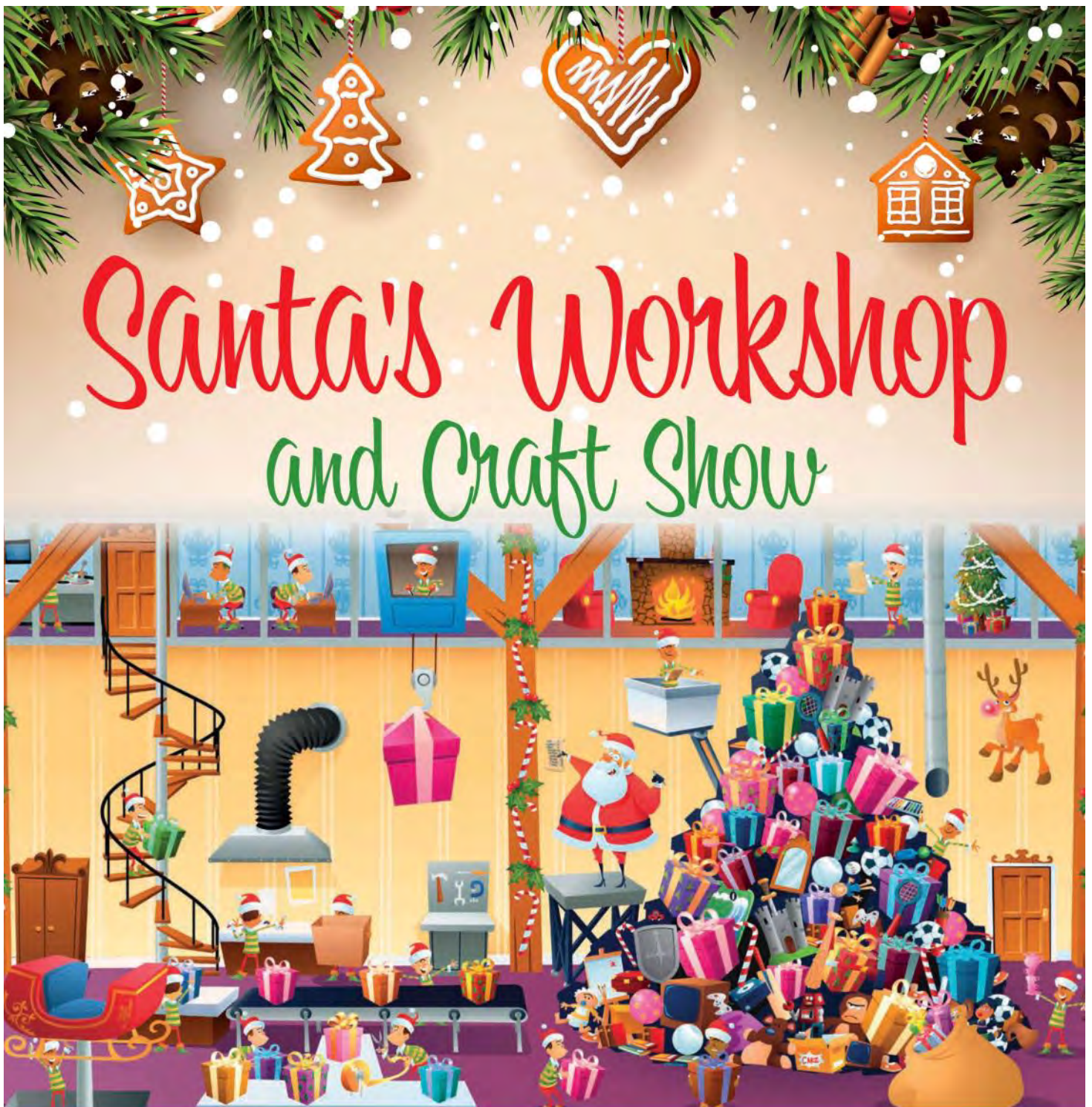
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# OPINION/EDITORIAL: LETTERS

## BOEBERT SHOULD NOT BE TOLD TO CHECK HER BELIEFS AT THE DOOR

*Editor;*

The snippy letter Pam Rule wrote last Monday, Sept. 26, about Congresswoman Lauren Boebert is completely out of line. Her first two words were "extremist politician?" The radical Left know that if they call someone a name often enough it will stick. Their problem is if a person is a conservative and a patriot they are automatically an "extremist". They have been taught that by their own propaganda machine, the Democrat party. Then she accuses Boebert of "promoting" Christian Nationalism and the abolishment of the separation of church and state. Of course she gave no examples to back-up her accusations. That's because her claims are not true. So let's look at who Congresswoman Boebert really is. She is serving her first term as the Representative for Colorado's 3rd Congressional District. She had never held public office before. She is co-chairwoman of the Congressional Second Amendment Caucus, vice-chairwoman of the Congressional Western Caucus, and an active member of the House Freedom Caucus. She is 35 years old from Rifle, Co. and the first woman, first mother, and youngest ever to represent Colorado's 3rd District. Rep. Boebert was raised in a Democrat household on welfare. In high school she served as assistant manager at her local McDonald's. She made the difficult decision to drop out of school to help put food on her family's table, realizing she could provide better for herself than the government ever could. She is active in her church and spent years as a volunteer counseling and assisting at-risk women at the local jail. She is a strong supporter of the 2nd Amendment and supports legislation that allows more individual liberty, freedom and less government intrusion in our daily lives. She is working to secure the border, terminate amnesty policies, building the wall and improving the care for our veterans.

Now, what do the words "separation of church and state" really mean? Some people like to twist those words around to suit their own selfish point. Thomas Jefferson wrote....."their Legislature should make no law RESPECTING an ESTABLISHMENT of religion, or prohibiting the FREE EXERCISE THEREOF."(emphasis added). He explained that the government could not establish a state-sponsored religion, but neither could it prohibit others from freely practicing their own religion. Has Rep. Boebert ever indicated she wanted to abolish that concept? Absolutely not!! Does she have the power to abolish that concept? Absolutely not! Anyone should know that. Ms. Rule should apologize for her false accusation. Now, what it does not mean is that it does not require a separation of morality from lawmaking nor does it require a separation of religiously informed opinions from the lawmaker. Usually the political Left Democrats resent a religious person who runs for office, so they resort to slinging mud and hope it sticks.

But most of our Founding fathers were religious and Boebert should not be told to check her beliefs at the door. Everyone, whether religious or secular, should have the freedom to publicly make the case for laws they believe should be passed. Any deviation from that simple and fair concept would be arrogance. Ms. Rule said she doesn't want a government run by the "extreme religious right" or any other religion. So, she can rest assured from the above words of Thomas Jefferson that she won't be controlled by any religion. She said she is a Christian, but if she really is, she would know this great nation was founded by Christians and on the gospel of Jesus Christ.

On another note, Republicans from Wisconsin are outraged at a report the public school district there gave radical gender ideologues a role in designing a "raunchy"

sex education curriculum for kindergarteners! Yes kindergarteners!! The committee that approved the curriculum includes a Planned Parenthood activist and a doctor who promotes castration of teenagers! Every Wisconsin Republican responded saying Democrat Gov. Tony Evers must be held accountable. The radical Democratic Left are forcing their extremist agenda on innocent children and betraying the parents' trust.

Democrats must be voted out of office! The phony Covid scare has already sent test scores of students into the dumps. So instead of using valuable time now to make up for education lost through remote learning, the radical Left is spending time educating children in "gender identity". The curriculum introduces the idea with books such as "Sparkle Boy" and "Not All Princesses Dress in Pink".

Five-year-old students are required to point out from pictures the penis and vulva as well as the nipples, butts and anuses of boys and girls. They are also teaching these young children to be ashamed of their skin color. School districts must get back to educating children, not indoctrinating them. It's clear the goal of radical Democrats is to rob children of their innocence and sexualize them at a young age and it is all done with federal funds.....your taxes! But not to worry, Biden's new 87,000 new IRS agents will make sure you don't forget where you put that last penny you earned on Dec. 31.

Donald Trump gave another SAVE AMERICA rally Saturday night in Michigan to another jam-packed, peaceful, happy, excited crowd. No, this is not a man who lost the last election with legal votes. How can Donald Trump withstand this amount of unwarranted abuse and still function? Because.....God is with him! And remember.....it's critical to vote RED (Remove Every Democrat) in November. *Jerry Bartholome, Montrose*



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spot on news.**



# The Mirror

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



## COMMUNITY OBITUARIES

### SUZANNE SHELLEY

*October 11, 1933-September 27, 2022*

With unbearable sadness, but what comes with that is great relief, Mother, Mom, Ma left us Tuesday morning and was quickly reunited with our earthly Father, having been separated due to his untimely death March 6, 1999. She will also be with our beloved Grandma, her mother and above all, Mom, is now with our Lord and Savior, Jesus Christ.

Her death was the result from complications of multiple falls this summer. After weeks of unbearable physical pain, she is now at peace, total peace. My faith tells me she was immediately mended and complete.

Known to her friends, Suzie was born Oct. 11, 1933, in Denver, Colorado, to Ted and Jane Gardner. Mom had one sister, Lois, who is deceased. Mom has a niece with Lois, Ann Trainer, Washington State.

She graduated from South High School in Denver as their star female athlete. Mom was very athletic and excelled at any sport you want to mention.

Our mom and Dad met and married Sept. 28, 1956. September 23, 1958, their first child was Nancy Lee and on Nov. 12, 1960, along came James Ben.

As a wedding present her grandma gifted them with one acre of land in the mountains, above Tiny Town, which was part of the family's property since 1926. Mom and Dad built the home we grew up in and we were blessed with the best childhood two kids could ever ask for. The memories we share are treasured and countless.

My husband Dan, (Mom's favorite) and I, moved to Montrose in the summer of 1991. Mother was so torn up we left the

area; you would have thought we were going to Saudi Arabia!

Jimmie and his wife Lynda, (the angel in the family), moved from the Denver area to Montrose the summer of 1997. Mom and Dad got so lonesome, they sold our home place and moved here too in September of 1998. It wasn't after too many visits she fell in love with Montrose and the people. She loved the people in this community. "You couldn't drag me back to Denver on a bet!" They were here six months when our dad was killed.

Mom was so many things, so talented and passionate with everything she did. (Except cleaning house). She enjoyed riding horses. Quick story. Mom was out riding bareback chasing deer a week before I was born and riding a horse the day before Jimmie was born. So, one could say we both were practically born on a horse, or in a barn! Mom missed very few barrel races of mine, which she gave me undying support in.

Mom couldn't see a dirty window but could spot the angle of a horse's foot off 2 degrees from 50 feet! She loved target shooting with Jimmie and was on many hunting trips. Horse racing. Rock hounding, pretty much anything outdoors. Madly in love with the Native American culture. "I should have been born an Indian! My answer? "You would have been Sitting Bull!"

Funny, all these things are what I love. She instilled so many passions in both Jimmie and me from the love of the mountains, outdoors, animals, music. She got me hooked on Bill Gaither!



Thank you for letting me share. It is hard to condense what an enormous mark and void she has left on our hearts. We are at peace now too.

— Nancy Shelley Deans

We, the family, want to thank George Etchart. He was as good to our mom as he was to his. I've told mom many times, George needs to be in the will!

Thank you staff at Montrose Health, Delta Health. The Olathe Fire and Rescue. Crossroads Senior Living, you were so good to us. St Mary's. Thank You, Colorow Nursing Center. I thought it was fitting that Colorow was a Ute Chief. ALL of you deserve a crown in heaven, thank you.

And Hope West; I could not do your job, you are special people, what a gift.

Arrangements are under the care of Crippin Funeral Home. (970) 249-2121





## COMMUNITY OBITUARIES

### ELIZABETH (BETTY) VAN LIERE *November 15, 1923-September 23, 2022*

Ninety-eight-year-old Elizabeth (Betty) Van Liere was born in Holland, Michigan on 11/15/1923 and passed away 09/23/2022 in Montrose, Colorado following a brief illness. She was surrounded by family, deeply loved, and left a tremendous void.

Betty was excited to go home to the loving arms of her Christ Jesus and be rewarded by His embrace!

Betty was preceded in death by her parents and her husband of 45 years, Chester (Chet) Van Liere, who passed away in December 1991. Survivors include four children, Dennis (Nancy) Van Liere of Springfield, Virginia; Robert (Kwi Ye) Van Liere of Denver, Colorado; Mark Van Liere of Raleigh, North Carolina; and Jo Anne Scalf of

Montrose, Colorado. There are 12 grandchildren and 23 great grandchildren.

For 33-years Betty was an active member of Montrose Christian Church. Her work for the Lord included leading women's bible studies and bringing gospel music to Heidi's Nursing Home until she was 95 years-old. A writer for more than 60 years, her articles, stories and poems have been published in various magazines. She published her first book at age 87, *Dare to Live...for those "over the hill, but not under it"*. Her second book, *Dare to Laugh...devotions for those "full of years"*, was published when she was 93.

Betty had a full life pouring into the lives of both the young and old. She is a blessing that will be truly missed!

Cremation has taken place. A Celebration of Life Service will be held November 11th at 11 AM at the Montrose

Christian Church, 2351 Sunnyside Rd, Montrose, CO 81401

Instead of flowers, donations can be made to her Grandson Samuel's church plant at <https://www.reverchurch.com/give>

Crippin Funeral Home is assisting the family with arrangements.



### ELEANOR MAE HOFFMAN *October 4, 1936-September 1, 1956*



Our cherished Mother, Grandmother & Great Grandmother, Eleanor Mae Hoffman, passed away on September 23, 2022, at St. Mary's Medical Center from complications of a fall. Her children and grandchil-

dren surrounded her. She has been reunited with the love of her life, who left this earth only a few months ago.

Eleanor was born in St. Anthony, Idaho, on Oct 4, 1936, to Lewis C & Emily White. She was the oldest of five children. She met and married her sweetheart on September 1, 1956. They were blessed with

five children: Dallas Jr, Jolene Wilson (Daniel), James C (Rebecca), Russell D (Lorene) & Terri L Galvan (Valentin).

She is survived by her five children and 26 grandchildren, and 40 great-grandchildren.

Eleanor was an outstanding member of The Church of Jesus Christ of Latter-Day Saints and was an active affiliate of the Daughters of the Utah Pioneers, and she loved doing her genealogy work. Her favorite calling was Young Women's Stake President in Honolulu, HI; the girls called her "Mah Hoffman." She served her family tirelessly and ministered to those in need with genuine love. She was the personification of grace and composure.

Eleanor had an infectious smile and giggle. Her smile could light up a room and lift heavy hearts. She lived so that those

who knew her wanted to know the Savior.

Eleanor wore many hats while raising their five children during her husband's career in the service. She learned to be frugal and how to pack an entire house every three years. She loved crafting, making her great-grandkids quilts, and crocheting. Her most immense joy was her grand and great-grandchildren. She remembered anniversaries and birthdays and attended special events at every opportunity.

The family would like to thank St. Mary's Trauma team and all the ICU nurses involved in her care. There will be one less "empty chair" with the passing of our sweet Mother and Grandmother. She will rest next to her eternal companion at the Cedar Creek Cemetery. Crippin Funeral Home is assisting the family.



## COMMUNITY OBITUARIES

### JOHN JOSEPH DELTONDO

*December 27, 1933-September 23, 2022*

JOHN JOSEPH DELTONDO, age 88, of Montrose, entered into eternal rest on September 23, 2022, at Mantey Heights Care Center in Grand Junction, Colorado where he had been residing since July of 2022 under Hospice care. Sadly, John had battled dementia for the last several years of his life.

John was a native resident of Colorado, born on December 27, 1933 in Montrose. He was the oldest of 6 children born to Domenick Deltondo and Jane DeVincentis. Shortly after John was born, the family relocated to Pueblo, Colorado. By the age of two, John and his family had moved to Ordway, Colorado where he lived until he was a 12 years old. In 1946 the family moved back to Montrose where he helped his father with ranching and farming throughout his adolescence.

In December of 1954, just a few days before his 21st birthday, John was drafted into the United States Army. He served in Germany for most of his active duty service as an Artillery Surveying Specialist. He spoke fondly of his experiences while in the Army and was honored to have served his country. In December of 1956, John returned to Montrose and was transferred into Army Reserves. He was honorably discharged from the Army in November of 1962.

John wed the love of his life, Joe Ann (Judy) Priddy on February 11, 1961 in Montrose, Colorado and they built a wonderful life together. They were proud parents to 3 children. Throughout his life,

with Judy by his side, John ranched and farmed around the surrounding area of Montrose and owned a ranch on Shinn Park. John and Judy owned and managed a successful business for over 25 years. He lost his lovely wife on January 6, 2006 to a heart attack. They were married for 46 years. John, "Johnny Boy", was an active member of the community. He was a longtime member of Montrose Potato Growers and on the board for the Uncompahgre Water User's Association. Together with his brother, Albert, he grew award winning sugar beets and the two brothers were featured on the cover of the Farm Journal highlighting the rich agricultural resources in this area. He grew barley for Coors Beer until the late 1970s. John was well known as one of the best bowlers and arguably the best horseshoe pitcher around. In fact, he competed in the World Horseshoe Pitching Tournament in South Dakota more than once, placing 2nd in the world one of those times! John also boasted that he was an undefeated arm wrestling champion. He loved sports of all kinds and was a proud supporter of the Broncos, Avalanche, Nuggets and Rockies as well as Montrose High School football and wrestling. He loved to dance, especially to polka music at family parties. John loved to play his harmonica and he sang beautifully until days before his death, remembering all the words to his favorite songs despite his advanced dementia. John had the softest heart for all creatures big and small. He was a devoted and pro-

tective husband and father, a loving brother and a proud Poppy to his grandkids. John was a wise businessman and witty and charming person who loved a good laugh.

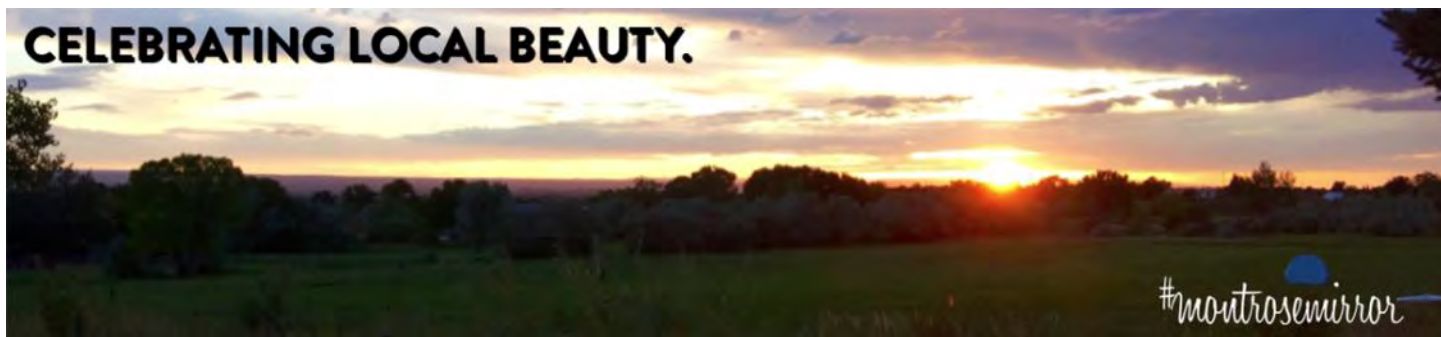


John's spirit will live on through his surviving family members: his daughter Melissa (Missy) Tyson (Clay) of Higgins, TX, son Marius (Marty) Deltondo (Janelle) of Montrose, Melanie Bushee (John McGuire) of Montrose. Siblings: brother Albert (Donna) Deltondo-California, sisters Josie Deltondo (Dennis Bailey)-Montrose, Terri Hanna (Earl Elam)-Montrose, Linda George (Tim Duffy) -Montrose as well as 9 grandchildren and 3 great-grandchildren. John was preceded in death by his father Domenick, mother Jane, wife Judy, Homer and Lillie Priddy (in-laws), Lorraine Deltondo, sister and brother-in-law's Jim Moore and Ray Morgan.

In John's own words, "Glad you got to see me! Don't do anything I'd do."

In lieu of flowers please contribute to HopeWest Hospice, 725 South 4th Street, Montrose, CO 81401. Arrangements have been entrusted to Crippin Funeral Home.

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**OCTOBER  
24th  
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## 7th Judicial District

### **FREE Attorney Consults, Parenting Education Workshop & Classes**

Need legal advice in a civil, probate or domestic matter? Schedule a free in-person attorney consult on Friday October 28, 2022 or anytime during the week of October 24, 2022 by phone or virtual format.

Do you have an existing or upcoming divorce, legal separation, or custody proceeding within the 7<sup>th</sup> Judicial District? Join us for a free parenting workshop (offered in both English and Spanish) on Friday October 28, 2022. This course will be taught by CASA and will satisfy the court ordered requirement for domestic relations cases.

Interested in learning more about a particular legal issue? Register to attend free classes on Thursday, October 27, 2022 for estate planning, modifications & enforcement of parenting time, and all things child support.

**Registration will close October 17, 2022**

**Register by calling 970.252.4312**



**Call 970.252.4312 to register. Space is limited so register early!**



## Semana nacional de recursos legales gratuitos 2022



**Del 24 al  
28 de  
Octubre,  
2022**



### 7.º Distrito Judicial

## Consultas con abogados, clases y talleres sobre crianza de los hijos GRATUITOS

¿Necesita asesoramiento legal en un asunto civil, testamentario o de lo familiar? Programe una consulta en persona gratuita con un abogado el viernes 28 de octubre de 2022 o en cualquier momento durante la semana del 24 de octubre de 2022 por teléfono o en formato virtual.

¿Tiene un divorcio, separación legal o procedimiento de custodia existente o próximo en el 7.º Distrito Judicial? Acompáñenos a participar en una clase gratuita sobre la crianza de los hijos (que se ofrece tanto en inglés como en español) el viernes 28 de octubre de 2022. Este curso será impartido por CASA y cumplirá con el requisito ordenado por el tribunal para causas de relaciones de lo familiar.

¿Está interesado en saber más sobre un tema legal en particular? Regístrese para asistir a las clases gratuitas el jueves 27 de octubre de 2022 para planificación patrimonial, modificaciones y cumplimiento del tiempo de crianza, y todo lo relacionado con la manutención infantil.

**La inscripción cerrará el 17 de octubre de 2022**

**Inscríbase al 970.252.4312**

**O por correo electrónico: [7JDLRD2022@gmail.com](mailto:7JDLRD2022@gmail.com)**

Disponible para los residentes de los condados de Delta, Gunnison, Hinsdale, Montrose, Ouray y San Miguel



**Llame al 970.252.4312 para inscribirse. Espacio limitado,  
¡inscríbase pronto!**



ISSUE 390 Oct. 3, 2022

## ART &amp; SOL

## YOU CAN'T GET THERE FROM HERE

By Bob Cox

REGIONAL-When Colorado became a territory in 1861, it was divided into 17 counties. As time went on and settlements expanded, those 17 counties were split up in various ways, and for various reasons. Some of the resulting county boundaries were not necessarily decided by the new county, but by the boundaries of preceding counties. The result was that some of those borders were arbitrary and seemed to make little sense. The counties of the Western Slope were more adversely affected than those of the eastern plains or the vast expanses of South Park.

There were 26 counties in Colorado when it became a state in 1876. Ouray County, which split off parts of Hinsdale and Lake, was formed in 1877.

If one peruses a map of one of the eastern most counties, roads and section lines often share the same coordinates. In some cases, each section of land has at least one adjoining road. That simplicity is impossible in the rugged terrain of counties like Ouray, Gunnison, Montrose and even Mesa. In the latter part of the 19th century and early 20th century, although the first state highway commission was established in 1909, the building of roads was largely the responsibility of each county. When automobiles started showing up the pressure was on to build roads that were adequate for travel by the new machines. The funding for the construction of roads became a challenge for nearly every coun-

ty. Some of the solutions proved to be interesting and, in at least one case, somewhat humorous. On June 1, 1911 the *Paonia Progressive* newspaper reprinted an article from an unnamed Grand Junction newspaper:

**Propose to Extend Highway**

*Grand Junction - With an automobile highway as smooth as a boulevard extending to this city from Durango via Ouray and Montrose, the commissioners of Mesa and Garfield counties are planning to extend it to Glenwood Springs by convict labor. The counties have done all road work out of*

*Durango and have purchased thousands of dollars worth of road building equipment. Neither Garfield nor Mesa County is well equipped with road building materials, but with the thirty-five convicts now at work on the roads of this county, it is thought completion of the highway to Glenwood will be an easy matter.*



**A Conoco road map, distributed in 1920, shows two new Conoco gas stations in Delta and Montrose that helped give focus to the highway between the two towns. From the Bob Cox collection of 'STUFF' - 'Some Things Uncovered From Files.'**

ed a vehicle registration fee based on a motor vehicle's weight, but two years later there were 5,844 miles of designated state highways and only 2,600 had been contracted and a meager 196 miles was all that had been surfaced. In 1919, owing to those previously mentioned county boundaries, the Maher community was feeling left out. They were in Montrose County and less than 30 miles as the crow flies from the county seat in Montrose, but had to travel a very tedious road of about 75 miles to get there.



## YOU CAN'T GET THERE FROM HERE From previous pg

In 1919 a group of ranchers and farmers in the Maher area went on the offensive and demanded better access. The June 27, 1919 *Montrose Press* printed the following:

**WANT MORE DIRECT ROUTE FROM MAHER SECTION HERE**

*R. M. Collins and other prominent ranchmen of the Maher country, who were in Montrose Wednesday, interviewed several of the local businessmen and officials in connection with the movement for a more direct road from their section to Montrose. At present the only route from the Maher country to Montrose is by way of Crawford and Delta, which makes the trip about 75 miles long. The promoters of the new road state that a road can be made from this city to Gunnison where the old Ute trail crosses the stream and then to Crawford and to the Maher country. This would be only about one third as long as the present route. This is one of the richest cattle sections of the state and at present practical-*

*ly all the ranchmen trade in Delta and Crawford. They state that if a proper road is built to Montrose the trade will come here.*

All records indicate that the proposed route could not be established and Maher, known as the Muddy District in the 1920 census, had only 149 of the 11,000 people in Montrose County; not enough to cause much interest in the proposal.

The money was channeled into more popular areas. In early 1920 the establishment of new gas stations in Delta and Montrose helped the people in those towns to get a new highway done. On May 20, 1920 *The Olathe Criterion* printed this: *Work Begun on the New State Highway The Girardet Hotchkiss Construction Co. that secured contract for building the state road from Delta to the Montrose County line began work yesterday. The surveyor is now setting stakes for the grade and people are urged in using the road to avoid knocking down the stakes.*

As soon as that section of road is completed to the railroad where the Ash Mesa road turns off, autos and other vehicle going to Olathe and Montrose will be urged to use the Ash Mesa drive in order not to interfere with the men on construction work. A few months later the Black Mesa road was taken over by the state and Maher had some hope. In part, the Paonia newspaper printed: *The Black Mesa road, while rather narrow and somewhat steeper than the Blue, has recently had the loose rock raked out and is by no means dangerous. We understand that because of the failure of the Montrose County officials to cooperate through the Maher section on this road the State Highway Commission has taken the road over entirely from Gunnison, Montrose and Delta counties and this is good news.*

But the old saying still stands today, that when some people in Montrose are asked where Maher is, they reply, "Well, you can't get there from here."



**Healthy Rhythm 12-Year Anniversary**

**Fundraiser & Silent Auction**

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Doors will open at 6PM • Silent Auction 6:20 PM

Wines will be poured by LaVine Bullets Winery.

Delicious homemade cookies by Flour & Flowers

Music begins at 8PM

Donation: \$50 per person

Featuring renowned blues guitarist Eli Cook!

Silent Auction of prints by Matt Dey, Brad Klausen, Jeral Tidwell, Justin Hampton, Cone The Weir, oil painting of B.B. King by Wayne Vee, rare prints by world-renowned photographer Jay Blakesberg, a signed rock 'n roll canvas print by Colorado photographer Lisa Skiffano, a one 12-month concert pass for two to most live music shows at the Gallery, plus other surprises. This will be a night to remember!

Please e-mail Ken Vail at [healthyrhythm@gmail.com](mailto:healthyrhythm@gmail.com)

Can't Attend? Donations can be made out to HRAQ/Ren Vail and sent to Healthy Rhythm Creative Group, 282 E. Main St., Montrose, CO 81401

Healthy Rhythm Art Gallery, 282 E. Main St., Montrose, CO [www.healthyrhythm.net](http://www.healthyrhythm.net)



## YOUR BRAIN ON NATURE – PREVENTING SEASONAL AFFECTIVE DISORDER



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

Greetings Mirrorites!

REGIONAL-In January of this year I wrote an article for *The Mirror* on Seasonal Affective Disorder (SAD). By January, any of us cabin confined folks were already in the throes of this depressing condition, which is not considered true depression by the experts, but can sure feel that way sometimes. So I thought before winter is fully underway, I would build upon the earlier work by suggesting things we can all do now, in glorious October, to help prepare for and possibly prevent the winter blues.

What causes SAD? From a circadian pace-maker malfunction to a retinal pineal receptor issue, no one really knows. As mentioned in the previous article, shrinking day length in northern latitudes is a serious concern for about 5-10% of folks living in those climes. And for women especially, as they are more than four times as likely to suffer than the menfolk. It is estimated that as many as 20 percent of humans living at this latitude and even further north suffer from this ailment. Inuit people suffer from SAD at a rate of 23 percent, as one might easily intuit, about the Inuit.

How is SAD experienced? Regardless of the root cause, whether its day length or light intensity, people with SAD seem to have difficulty regulating serotonin, a neurotransmitter believed to be responsible for balancing mood. In a recent one study, people with SAD had 5 percent more of a protein shuttle bus for serotonin called SERT in the winter months than in sum-



mer. More SERT is not a good thing, and indicates that serotonin is being shuttled to a destination where it can do less to influence mood in a positive manner. This means the brains of these folks seems to ship off their happy chemicals more than people who aren't bothered by winter conditions as much. Abundant summer sunlight generally keeps SERT levels naturally low. But as sunlight diminishes in the fall, guess what happens?

People with SAD may also have difficulty with overproduction of melatonin. Melatonin is a hormone produced by the pineal gland that responds to darkness by causing sleepiness. As winter days become darker, melatonin production increases and, in response, those with SAD feel sleepy and lethargic too much of their waking hours, like a bear preparing for hibernation. I know I respond to day length at the end of October by starting to sleep more. In mid-winter I can sleep for 11 hours easily, so I believe I am a poster child for the effects of this by-product of changing seasons. Other symptoms can be irritability and mood instability. Some sufferers may cry frequently, have difficulty concentrating, withdraw from social situations, crave carbohydrates and sugars, and tend to gain weight due to over-

eating (kinda like a bear, yet again.)

I find the melatonin angle compelling for personal reasons. In winter I find myself going to bed way too early, and just after Christmas this starts to impact my productivity. This year, I am going to begin my New Year's resolution three months early. Instead of writing my way through my early morning daylight, I am going to leave my home office within half an hour after dawn any day the sun is shining, just to see if I can offset that winter snooze fest. I always spend two-four hours outdoors in winter three-four times a week, but not necessarily first thing in the morning. So I will make this change and report back to you in February.

As a naturally early riser, I spring to life around 3:30 AM like Athena springing fully formed from Zeus' head. In winter, many sufferers of SAD find that they simply cannot get out of bed without tremendous effort and they drag throughout the day. Many find that, just the opposite of me, they cannot get to sleep at a decent hour. This vicious cycle gets worse and worse until the vernal equinox. For these folks, a short period of enforced sleep deprivation has been shown to be effective.

SAD folks tend to advance their circadian rhythm in the winter in a way that is super



## ***YOUR BRAIN ON NATURE – PREVENTING SEASONAL AFFECTIVE DISORDER***

### ***From previous pg***

inconvenient for those working a 9-5 job. Making a determined effort to get up early enough to get extra one hour of morning shine whenever possible in the morning is apparently effective at suppressing melatonin more quickly. Following this with mid-day exercise outdoors is also recommended. Then, for the night owls, a melatonin tab one hour before sundown can help pull the circadian rhythm back toward a more summer-like regime. This is not merely theoretical and has been supported with several recent studies.

In one, researchers found that melatonin amplitude was indeed significantly decreased by bright light. The melatonin phase position was advanced by morning

light (it went away like it's supposed to) and its reemergence was delayed by evening light.

Symptoms of SAD in the participants were significantly eased through this phototherapy regime. Since October is a month in which the unfavorable circadian phase alteration begins, it is not too soon to institute some prevention.

Sunrise in Montrose on Oct. 1 is 7:08 AM. I recommend that folks with a tendency toward SAD get outside no later than 7:30 AM in this first week. When the weather is foul or overcast, turn on every light in the room you are working in, and then get outside for two hours at your first opportunity when the sun is shining. Make sure

you turn your face to the sun like a sunflower, and allow that pineal gland that produces melatonin to get the message. You are not a bear in a dark cave, you are more like an elk that has to be alert to make it through the winter.

Don't get me wrong, melatonin is not a villain. In fact, not only is it essential for sound and restorative sleep, it's also involved in cell protection, neuroprotection, and the reproductive system. But for people with SAD, it seems to be one of the systems that get out of whack in winter.

Stay in whack, get lots of morning sun, and as always send questions and comments to:

[agescapesnow@gmail.com](mailto:agescapesnow@gmail.com)



**The next Wine Tasting with History Tours of the LaNoue DuBois Winery will be on October 8th This venue is operated by a pioneer family with a wonderful history in the valley. There will be two opportunities to go on a tour, one starting at 1:30 pm and the other at 4:00 pm. The tickets are \$25.00/person which includes a complimentary shuttle service (to/from the museum and the winery), the wine tasting, and a cheese plate with an exclusive wine tote designed especially for this event.**

**There is limited space of 10 spaces for each tour, so sign up early at 970-249-2085 or**

**Email at [info@montroshistory.org](mailto:info@montroshistory.org).**





## COMMUNITY NEWS BRIEFS

### LOCAL ARTIST CIE HOOVER UNVEILS NEW PUBLIC ART SCULPTURE IN RIDGWAY'S ATHLETIC PARK



*Ouray Artist Cie Hoover. Courtesy photo.*

#### *Special to Art & Sol*

RIDGWAY – Nearly a year in the planning, preparation, and construction, Ridgway is now home to a brand new public art sculpture titled “Crescendo”. The passion project, created by Ouray based artist Cie Hoover, stands at just over 11 feet tall and is situated next to the pavilion by Frontier Field and the Ridgway Athletic Park. With the planning support of PARC (Public Art Ridgway Colorado), Cie hopes this sculpture will serve as a source of inspiration and contemplation for the community and visitors alike for years to come.

An official unveiling and dedication ceremony will take place on Thursday, October 6th at 5pm at the pavilion by the soccer

fields in the Ridgway Athletic Park. Both Cie Hoover and Mayor John Clark will be speaking at the event, and light refreshments will be provided. Members of the public are invited to attend and are welcome to ask questions and see the sculpture up close and personal.

“As its name implies, “Crescendo” aims to convey an uplift both physically and mentally for viewers. It is intended to be abstract and contemplative...beckoning viewers to absorb and reflect on it from all angles,” said Cie. “The spiral is comprised of layered variations of my “branches” theme with an abstract sculpture residing at the crest. The base pedestal is imbued with depth and texture, and the cladding along the sides of the pedestal conveys a sense of abstract cliffs, icicles and mountains...or perhaps something else altogether depending on the viewer. It is also important to mention that the top of the sculpture is intended to sway slightly in the wind, like a tall tree. Overall, I personally like to think of the sculpture as an embodiment of the feeling you get when you climb a proverbial, or very real, mountain.”

With support from businesses and individuals throughout the county, Cie was able to cover the majority of the material costs of the project. Subtle carvings were made in the metal base of the sculpture in recognition of their support.

The recently revamped Ridgway FUSE Creative Main Street Program had this to say about the installation, “Cie’s Hoover’s passion for art rings true. “Crescendo” a wood piece anchored into stone and a

solid base of community support, rises like an anthem into the bluebird Western Colorado sky. Its rhythm echoes the lines of the park pavilion it adorns.”

In 2019 Cie received the Mayor’s Choice Award at the Inaugural 610 Arts Collective Regional Arts Exhibition from Mayor Clark, and Cie acknowledges that as being a major catalyst to his continued foray into the visual arts. “From the first time I saw Cie’s woodwork, I was struck by its originality, and his work has grown exponentially since then. It has been a joy to watch his evolution as a visual artist, alongside his already well-recognized talents as a performing artist. There appear to be no limits to what he can accomplish!” says Mayor Clark.

Reflecting back to 2019 Cie had this to say, “That award, and the communities’ encouragement, really helped to inspire me to continue to create. Art went from being a hobby, to a second career path, and ultimately helped steer me towards my passion for public art. Art can be expensive and is not always accessible to many individuals...this is why I believe public art is so important. It allows art to be accessible to EVERYONE. It allows people to come together, to contemplate, and to be inspired. Not only this, but I believe public art plays a profound role in helping to shape a community’s identity and is an impactful way to showcase a community’s civic pride.” Now with several other public art installations around the state, Cie is pleased to dedicate “Crescendo” to this creative community that helped to support and start it all.

**The Mirror:**  
Coverage with vision for the future.





# MIRROR CHURCH DIRECTORY

## ALL SAINTS ANGLICAN CHURCH

Anglican Church in North America  
Address: 2057 S. Townsend, Montrose, CO 81401  
Office Hours: Varies and by appointment  
Contact Information: (970) 249-2451  
<https://www.allsaintsmontrose.org/>  
Priest: The Rev Gary L. Way  
Worship Service Times:  
Sunday, 9AM, Holy Eucharist.

## CHRIST LUTHERAN CHURCH

**Denomination:** Christ Lutheran Montrose  
**Affiliation:** Lutheran Church Missouri Synod  
**Address:** 1980 N. Townsend Ave., Montrose, CO 81401  
**Contact:** 970-633-0226

## FIRST CHURCH OF THE NAZARENE

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

## FIRST PRESBYTERIAN CHURCH MONTROSE

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

## 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:**

## 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](mailto: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](mailto:office@montroseumc.org), [montroseumc.org](http://montroseumc.org)

Wednesday, Noon, Multi-denominational Prayer Hour. There are multiple Bible Studies during the week. All Saints Anglican Church is Biblical, Anglican and Orthodox. The Liturgy (order of service) is from the Anglican Church in North America Book of Common Prayer (2019). Music is a combination of traditional hymns, contemporary, and more modern songs. This is a family-sized church that welcomes all individuals

**Website:** [www.montroselutheran.org](http://www.montroselutheran.org)

**Email:** [montroselutheran@gmail.com](mailto:montroselutheran@gmail.com)

**Pastor:** Tim Onnen

**Worship:** Sundays at 9 AM

Sunday School and Adult Bible Class at 10:15 AM; Women's Bible Study Fridays at 9 AM. At Christ Lutheran Montrose you will

**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*

[form@fpcmontrose.com](mailto:form@fpcmontrose.com),

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

**Pastor:** Jesse Mabanglo

**Worship Service times:** 9:30AM,

Student Worship at 6PM. *We strive to encourage, challenge and support one another*

Phone number: (970) 249-9047

Email address: [office@montroseucc.org](mailto:office@montroseucc.org)

Website: [montroseucc.org](http://montroseucc.org)

**Current Pastor:** Rev. Wendy Kidd

**Worship service times:** Sunday, 10 a.m.

Hillcrest Congregational UCC is a welcoming, open and affirming church, open to all no matter who you are or where you are

and families. We are currently comprised of families and singles, ages 25 to 90. Fellowship time follows each Sunday Service with a potluck meal following the service on the 3d Sunday.

All Saints Anglican Church

2057 S. Townsend Ave

Sunday Holy Eucharist, 9 am

The Rev Gary Way, Interim Priest

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

find friendly people gathered in a welcoming environment being comforted and encouraged by the forgiveness and love of Jesus, and sharing that with one another.

We are a small congregation of seniors and middle-aged, sprinkled with young children and teenagers.

*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.

*er 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.*

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.

*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](http://www.RosemontBaptist.org)

email: [office@rosemontbaptist.org](mailto:office@rosemontbaptist.org)

**Senior Pastor:** Rolland Kenneson

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

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

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

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

*matter what stage of life they are in.*

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

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

### SPIRITUAL AWARENESS CENTER

**Denomination affiliation:** Independent Interfaith

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

**Home Office** – 970-252-0908

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

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

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

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

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

### SUMMIT CHURCH OF MONTROSE:

**Denomination affiliation:**

Southern Baptist

**Address:** 10977 60.75 Rd. Montrose, CO 81403

**Office hours:** Varies

**Contact information:**

phone number: 970-275-7026

email: [summitchurchmontrose@gmail.com](mailto:summitchurchmontrose@gmail.com)

website: [www.summitchurchmontrose.org](http://www.summitchurchmontrose.org)

**Name of current Senior Pastor:** John De-

Sario

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

*Summit Church Montrose is a new church*

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

### VICTORY BAPTIST CHURCH OF MONTROSE

**Denomination Affiliation:** Independent Baptist

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

**Office Hours:** Monday-Friday 8am-12pm

**Contact Information:** Phone (970) 249-6874;

email at [info@vbcmontrose.org](mailto:info@vbcmontrose.org); website: [vbcmontrose.org](http://vbcmontrose.org)

**Current Pastor:** Roland Kassales

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

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

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

#### Church Directory

#### Mirror Editorial Staff

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

#### information 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?**

**PLANNING FOR THE HOLIDAYS?  
WE HAVE CATERING OPTIONS: WEDDINGS, REUNIONS,  
RECEPTIONS, OR YOUR EVENT**

**Liquor:**

**Beer Barn II**  
**970-249-5550**

**House of Spirits**  
**970-240-4799**



***DineOutMontrose.com***

**Camp Robber**  
**970-240-1590**

**Jimmer's Steak & BBQ**  
**970-252-1227**

**Stone House**  
**970-240-8899**

**Fiesta Guadalajara**  
**970-249-2460**

**Mimo's**  
**970-249-0616**

**Alpen Confections**  
**970-648-0609**

**Pahgre's**  
**970-249-6442**

**Remington's at the Bridges**  
**970-252-1119**

**My Favorite Muffin**  
**970-765-0076**

**Rib City**  
**970-249-7427**

**Light House Eatery**  
**970-964-4424**







### **PEAK PROFESSIONALS**

1550 Niagara Road Montrose  
(970) 497-4921  
[peakpros.org](http://peakpros.org)

### **PEDIATRIC ASSOCIATES**

947 South Fifth Street Montrose  
(970) 249-2421 **VFC PROVIDER**  
[thepediatricassociates.com](http://thepediatricassociates.com)

### **NORTHSIDE HEALTH CENTER**

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

### **CEDAR POINT HEALTH**

300 South Nevada Ave Montrose  
(970) 249-7751  
[cedarpointhealth.com](http://cedarpointhealth.com)

### **BASIN CLINIC**

421 Adams Street Naturita  
(970) 865-2665 **VFC PROVIDER (RHC)**  
[basinclinic.org](http://basinclinic.org)

### **UNCOMPAHGRE MEDICAL CENTER**

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

### **DELTA COUNTY HEALTH DEPT**

255 West Sixth Street Delta  
(970) 874-2165 **VFC PROVIDER**  
[deltacounty.com/8/personal-health-services](http://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](http://rivervalleyfhc.com)  
**340B PARTICIPANT & VFC PROVIDER (FQHC)**

### **THE PIC PLACE**

87 Merchant Drive Montrose  
(970) 252-8896  
[pic.place](http://pic.place)

### **MESA COUNTY HEALTH DEPT**

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

**CITY MARKET NORTH**

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

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

**SAFEWAY**

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

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

**WALMART**

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

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

**STACIE'S APOTHECARY SHOPPE**

112 Village Square West Ridgway  
(970) 626-7100

Flu	Pneumonia
Shingles	Tdap



Please note that this list is not exhaustive and is not an endorsement of any pharmacy or provider. Visit [www.cdc.gov/vaccines](http://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.



# COMMUNITY NEWS BRIEFS



## MRH Ambulatory Care Center FREQUENTLY ASKED QUESTION

### Why do we need an ACC now?

Our communities are growing. MRH serves Montrose, San Miguel, Ouray, Gunnison, Delta, Hinsdale and San Juan counties. Montrose County's population is projected to exceed 50,000 by 2035 according to the Montrose Economic Development Corporation. MRH has outgrown its current footprint and needs to grow into a new space that will, additionally, help make healthcare more affordable by offering care in a lower cost environment.

Learn more at [MontroseHealth.com/ACC](https://MontroseHealth.com/ACC)

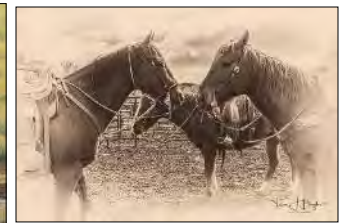
800 S. 3rd Street  
Montrose, CO 81401

970-249-2211

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



## MONTROSE CENTER FOR ARTS PLEASED TO PRESENT "WESTERN VISIONS"



*Montrose Center for Arts is pleased to present "Western Visions, a two-woman show in October featuring Sherry Cobb Kelleher and Twna Douglas. Courtesy images.*

*Special to Art & Sol*

MONTROSE-Montrose

Center for Arts is pleased to present "Western Visions," a two-woman show in October featuring Sherry Cobb Kelleher and Twna Douglas. "Western Visions" is a collaboration of two mediums and two friends, who share the same love of the West and our Western heritage.

Sherry Cobb Kelleher will be showing her fine art paintings, scratch boards and drawings. Sherry's earliest memories of art were watching her grandmother and mother paint, when she was very young. They encouraged her to embrace art. She comes from a long line of ranchers and farmers, so she developed both a deep love of animals and a life well spent working the land.

Twna Douglas is known for her beautiful photos depicting the Western lifestyle. She is a Colorado native who lives on a mini-farm with 3 horses and 13 dogs, mostly border collies. When her son graduated from high school, he went to work on a ranch, and she began to accompany him on cattle drives and brandings, taking pictures along the way. She became enthralled with the cowboy lifestyle, and made it her mission to capture and preserve the activities, values and heritage that are quickly disappearing.

> Please join us at MCA for the First Friday reception on Oct. 7 from 5-7 pm, 11 S. Park Avenue, Montrose.

> There will also be an opportunity to meet both artists on Oct' 22, from 2-4pm. Sherry will be doing a live painting demo and Twna will be showing her editing and creative skills with the camera. All work will be for sale the entire month of October. Stop by and take a piece of their "Western Visions" home with you to enjoy forever.



## Scenic Fall

Compose a colorful  
fall scene with  
Alcohol Ink.  
Mosaic downtown  
Montrose and whafv,  
east Montrose at  
4 Hillcrest Plaza Way

**OPEN STUDIO TIME**  
also available  
at whafv

## with Alcohol Ink

whafv, 1-3 pm, Sat. Oct. 15

Register: [kathrynrburke.com/101522](https://kathrynrburke.com/101522)

or 5:30-7:30 pm, Tue., Oct. 18

Register: [kathrynrburke.com/101822](https://kathrynrburke.com/101822)

Both include materials and refreshments.

Mosaic, 6-8 pm, Thr. Oct. 20

Includes a drink & all materials

Register: [kathrynrburke.com/102022](https://kathrynrburke.com/102022)

Private Group Sessions available.

Questions, [kate@kathrynrburke.com](mailto:kate@kathrynrburke.com)

\$35 Everything included. No experience necessary

With Kate Burke. Learn the secret to salvaging those pieces that didn't quite work. Drink included with evening classes and cash bar available. Open Studio Time at whafv: bring your own projects, we have supplies. More info., more classes: [kathrynrburke.com/education](https://kathrynrburke.com/education).



## MIRROR IMAGES: SHARING MINISTRIES DONATION



**ABOVE, Young Sharing Ministries volunteers work Friday to unpack boxes of food following a generous donation (35,844 lbs) on Thursday from the Church of Jesus Christ of Latter Day Saints last week.**

**CELEBRATING LOCAL BEAUTY.**



#montrosenmirror



# 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. [evebeck-erdoyle@icloud.com](mailto:evebeck-erdoyle@icloud.com) Or Schedule a \$10 Ridgway walking tour of True Grit downtown filming sites. Contact [evebeckerdoyle@icloud.com](mailto: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](mailto: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](mailto: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

**Oct. 6**-Montrose County Public Works Open House-Proposed updates to Road & Bridge Standards—Public Works Conference Room, 63160 LaSalle Road.

**Oct. 7**--Montrose Center for Arts is pleased to present "Western Visions," a two-woman show in October featuring Sherry Cobb Kelleher and Twana Douglas. "Western Visions" is a collaboration of two mediums and two friends, who share the same love of the West and our Western heritage. Please join us at MCA for the First Friday reception on Oct. 7 from 5-7 pm, 11 S. Park Avenue, Montrose. There will also be an opportunity to meet both artists on Oct 22, from 2-4pm. Sherry will be doing a live painting demo and Twana will be showing her editing and creative skills with the camera. All work will be for sale the entire month of October.

**Oct. 8**-Bosom Buddies Fun Run. Opening ceremonies will begin at 9am. For info visit [www.bosombuddieswc.org](http://www.bosombuddieswc.org).

**Oct. 10**-On October 10, 5:30 Citizensclimatelobby.org meets for progress on combating climate change. Montrose library meeting rm., nonpartisan, national, environmental all [welcome.info](http://welcome.info) at 970-765 9095.

**Oct. 11**-"What is happening in schools today? Whose Children Are They," film at All Saints Anglican Church, 6:30pm. 2057 South Townsend Ave. Adult viewers only recommended. Presented by ChildrenFirst, No charge. Child care provided.

**Oct. 14**-On Friday, Oct. 14, from 4-7 PM, the Montrose Area Woodturners Art Exhibition and Sale-Cobble Creek Clubhouse - 699 Cobble Dr. Enjoy happy hour and the art of the lathe from the Montrose Woodturners.

**Oct. 15-16**-Montrose Botanic Gardens Scarecrow Festival, 10am to 4pm.

**Nov. 7**-The next meeting of the Montrose Women's Giving Club is Nov. 7, 5:30 p.m. at The Bridges. Everyone who attends may nominate their favorite charity. More information is available by contacting the club at [GIVINGCLUBOFMONTROSE@GMAIL.COM](mailto:GIVINGCLUBOFMONTROSE@GMAIL.COM) or call 970-209-9598.

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

**Nov. 10**-Healthy Rhythm Music Series Presents Kirstie Lynn Mosher + Galen Clark :: Live at Healthy Rhythm

Thursday, Nov. 10, 2022 Advance Reserved Seat \$10 • Day of Show \$15 Doors 7 p.m. — Show 7:30 p.m.

Healthy Rhythm Art Gallery 232 E. Main Street, Montrose, CO [www.healthyrhythm.net](http://www.healthyrhythm.net)



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Contact the Montrose Mirror:  
970-275-0646

[Editor@montrosemirror.com](mailto:Editor@montrosemirror.com)  
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## MHS RED HAWKS BEAT GJ CENTRAL WARRIORS



No. 6 ranked MHS Red Hawks continued their winning streak on Thursday, Sept. 29 against the GJ Central Warriors, winning 51-20. Photos by Harry Switzer.

Remington's at the Bridges  
970-252-1119

Double Barrel Taco Co.  
970-417-4340

San Juan Brews  
970-901-8594

Horsefly Brewing  
970-249-6889

Trattoria de Sofia  
970-249-0433

Camp Robber  
970-240-1590

***DineOutMontrose.com***

Rio Bravo  
970-964-4477

Rib City  
970-249-7427

Crash Burger  
970-249-0825

Jimmer's Steak & BBQ  
970-252-1227

Stone House  
970-240-8899

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

Fiesta Guadalajara  
970-249-2460

Mimo's  
970-249-0616

Tacos & Beer  
970-964-4448

El Jimador  
970-249-8990

My Favorite Muffin  
970-765-0076

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

Buckaroos Slices & Scoops  
970-787-9437

Sidelines Sports Bar  
970-765-0129

Busy Corner White Kitchen  
970-323-6215

Amelias Hacienda Restaurante  
970-249-1881

Pahgre's  
970-249-6442

Premier Sponsor:  
Montrose Farmers Market  
970-249-0705

