

the Montrose Mirror

Fresh News for Busy People!

RE-1J BOARD VP ERIC KELLEY NAMED 2022 CASB MCGUFFEY AWARD WINNER



Re-1J Board Vice President Eric Kelley, who was appointed to the board in February 2020, has been honored with a 2022 Colorado Association of School Boards (CASB) McGuffey Award Courtesy photo.

By Caitlin Switzer

MONTROSE-All directors were present for the regular meeting of the Montrose County School District RE-1J Board of Education on Tuesday, Oct. 11. Board President Sarah Fishing joined remotely from Breckenridge, where she was on a business trip. Re-1J Directors include Fishing, Board Vice President Eric Kelley, District A Director Erik Westesen, District B Director Jacob Suppes, District C Director Alice Murphy, District D Director Tom West, and District G Director Stephen Bush.

Board Vice President Kelley called the meeting to order and led in saying the Pledge of Allegiance. Directors voted to approve the agenda as presented.

STUDENT SPOTLIGHT

Re-1J Public Information Officer Matt Jenkins and Cottonwood Principal Jack Christensen welcomed Cottonwood Fifth Grader Kara-leigh Nielsen, who read her poem (recently published in the *Young American Poetry Digest*).

COMMUNITY PARTNERSHIPS AND RECOGNITION

Altrusa Representative Allison Nadel presented two Altrusa Apple awards, to Nichole Berry of Cottonwood Elementary

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GOP CENTRAL COMMITTEE VOTES UNANIMOUSLY TO ISSUE MOTION OF CENSURE AGAINST SENATOR CORAM

By Caitlin Switzer

MONTROSE-Meeting on Thursday, Oct. 13 in the school district board room, the Montrose County Republican Party Central Committee voted unanimously to issue a Motion of Censure against State Senator Don Coram (R-District 6).

The vote was 100 percent in favor with no dissenting votes, Montrose GOP Chair Scott Riba said. Riba said that the decision to move forward with the Motion of Censure was based on Coram's endorsement of Democratic candidates for US House Colorado District 3 (Adam Frisch) and for Colorado Attorney General (Phil Weiser), which appeared in the Wednesday, Oct. 12 edition of the *Montrose Daily Press*. An article on Coram's endorsement also appeared in the *Durango Herald*. There were "easily 60 people there," Riba said of the Central Committee meeting.

For an elected official to cross party lines to support opposition candidates is unfortunate, he said. "The whole situation is unfortunate. We don't take this action lightly, but we felt that we needed to respond. This was an elected Republican going against the Republican nominees for office."



State Senator Don Coram (R-District 6. Courtesy photo.

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CITY BEGINS FALL LEAF CLEANUP NOV. 17

Special to the Mirror

MONTROSE — The City of Montrose will begin its annual fall leaf cleanup on Monday, Nov. 7. In preparation for the service, beginning Monday, Oct. 17, the city will begin selling bundles of leaf bags for the annual cleanup. The bundles, which contain four leaf bags each, are available for \$1 at Montrose City Hall, located at 433 South First Street, or at the Public Works office at 1121 64.50 Road. Any brand of clear leaf bag is acceptable for pickup.

Residents can fill the bags with leaves and place them curbside for pickup by city crews. Public Works staff will be making weekly sweeps across the city during this period. If you would like to schedule your pickup for a specific date, please call public works at 970.240.1480.

This free pickup service is available to all City of Montrose utility customers. City crews will begin collecting bags on Monday, November 7, and continue until the cleanup ends Thursday, December 1.

The City of Montrose would like to remind residents never to rake leaves into the street or city storm drains. In accordance with Section 3-7-2 of the City of Montrose Municipal Code.

For more information contact City Hall at 970.240.1400, or visit:
www.CityOfMontrose.org.

THE MONTROSE MIRROR

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HEY, YA'LL!

VERITAS DOESN'T KNOW WHAT TO MAKE OF THE MONTROSE COUNTY REPUBLICAN CENTRAL COMMITTEE CENSURING THEIR OWN SENATOR CORAM, SIMPLY FOR ENDORSING THE BEST LEADERS FOR THE HERD. WHAT THE HAY?

Paid for by the Montrose County Democratic Party



Mindfulness Matters

**October 18, 7 PM
Library Meeting Room**

Erin Easton, the founder of New Leaf Coaching, and a mindfulness based health and life coach, will present a two hour class introducing mindfulness and teaching some basic techniques. Join us for this enlightening program Tuesday, October 18 at 7 PM in the Library Meeting Room.

Email Taylor at tevens@montroselibrary.org for more information and to register.



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REGIONAL NEWS BRIEFS

CITY OF MONTROSE SCHEDULES 2023 BUDGET OPEN HOUSE

Special to the Mirror

MONTROSE-The City of Montrose's 2023 budget open house is planned for Tuesday, Oct. 18, in the City Council Chambers located at 107 S. Cascade Avenue. The event will begin at 4:30 p.m. with an overview of the budget, followed by informal, one-on-one discussions with city officials who will take comments and provide additional information. Copies of the proposed budget are also available at City Hall (433 South First Street) from 7 a.m. to 6 p.m., Monday through Thursday.

All interested citizens are encouraged to accept the opportunity to give written and verbal comments.



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GOP CENTRAL COMMITTEE VOTES TO ISSUE MOTION OF CENSURE From pg 1

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In the past, Republican officials have had good relationships with the local party, Riba said. "This is so out of the ordinary, it really caught us by surprise."

For his part, Coram said that he has no plans to become a Democrat, and there should be room for a difference of opinion. "I don't have to jump into line just because the so-called leader of the party says this is how you have to be," he said. "I can think for myself."

Republicans are number three right now because they are not very inclusive, Coram said. "You've got 45 people that are trying to be relevant...this is the same group that endorsed Tina Peters, who is under Federal indictment; I probably should be honored."

When asked for comment, Montrose Democratic Party Chair and HD 58 Candidate Kevin Kuns said, "I was shocked today that the Montrose GOP Central Committee censured Senator Coram, after his many years of service to this community and being reelected five times."

Background-Senator Coram was defeated by Incumbent Lauren Boebert in the Republican primary for U.S. House Colorado District 3 on June 28. Prior to becoming District 6 Senator in 2017, Coram served as the Colorado House District 58 Representative (2011-2017). Due to Colorado's redistricting efforts (which take effect following the 2022 general election), Coram will no longer represent District 6 in 2023, as he has been redistricted into District 5; his current term officially ends in January.

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REGIONAL NEWS BRIEFS

SPORTSMAN'S WAREHOUSE OPENS NEW STORE IN MONTROSE

Special to the Mirror

WEST JORDAN, Utah— Sportsman's Warehouse Holdings, Inc. (Nasdaq: SPWH), www.sportsmans.com, is opening a new store in Montrose, CO with a Grand Opening Celebration 11/3/22 through 11/5/22 from 9 a.m. until 9 p.m.

"This is our eighth store in Colorado," states Chuck Richards, Sportsman's Warehouse West Regional General Manager. "As part of our new, flexible format strategy, we are adapting our store footprint to fit this 12,009 square foot space and fill the in-demand need for high quality equipment, gear and accessories in this area."

Montrose residents and outdoor enthusiasts now have access to region-specific quality products for all of their camping,

hiking, hunting, fishing, and backyard barbeque occasions. Sportsman's Warehouse carries major brands like Coleman, Merrell, Simms, Sitka, Browning, Columbia, Kenetrek, Ruger and many more. They'll enjoy an easy-in, easy-out experience with award-winning service and everyday low prices backed by a best-price guarantee. To celebrate the new location, everyone is invited to the Montrose Sportsman's Warehouse Store Grand Opening Celebration which begins Thursday, 11/3/22 at 9 a.m. at 3451 South Rio Grand Ave., Montrose, CO 81401. On each day of the Grand Opening Celebration, the first 200 customers in line will receive a FREE Sportsman's Warehouse hat and gift card (one per family). Customers can enter a sweepstakes to win items like guns,

knives, fishing gear, binoculars, a pellet grill, and gift cards. Special discounts will be available, and various brand representatives will be at the store with giveaways, product demonstrations, and exclusive offers.

"The new Sportsman's Warehouse store here in Montrose will make it easier for families to enjoy outdoor adventures together and create great memories," states Char Miller, Montrose Store Manager.

"We look forward to providing exciting career opportunities, in-demand, high-quality outdoor gear and accessories and family fun to the local community."

For more information about the Grand Opening Celebration, call (970) 615-8200 or visit <https://www.facebook.com/SportsmansMontrose>.

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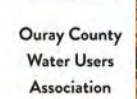
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REGIONAL NEWS BRIEFS

COLORADO PUC SEEKS PUBLIC INPUT ON GAS RULEMAKING

Special to the Mirror

DENVER –The Colorado Public Utilities Commission (PUC), is seeking public input on rulemaking related to natural gas utilities through a virtual public comment hearing on Oct. 19, from 4-6 p.m., or until concluded by the Commission, at PUC's Hearing Room A (Zoom link). The Commission scheduled an additional hearing for public comment on labor issues arising from the rulemaking, including:

- Best value employment metrics
- Use of Colorado-based labor and out-of-state labor
- Competitive solicitation provisions
- Labor standards for Demand-Side Management (DSM) programs, projects, and Clean Heat

Plan (CHP) undertakings. Individuals are encouraged to provide input representing potentially impacted communities as well as those that assist the Commission in identifying affected industries. Through Senate Bill 21-264, the Colorado General Assembly directed the Commission to create rules that require utilities to file CHPs and take other actions to reduce carbon emissions. In response, the Commission opened Proceeding 21R-0449G in October 2021, and issued a notice of proposed rulemaking (Decision No. C21-0610). The proposed amendments would modify existing provisions of the Commission's Gas Rules including those governing:

- Utility line extension policies

-Infrastructure planning

-CHPs and the calculation of greenhouse gas emissions

-DSM The Commission has held multiple workshops and public comment hearings and must make a final decision by Dec. 1, 2022. For more information on CHPs, click [here](#). To review materials that have been filed in this proceeding, access it through the PUC's E-Filings system, under Proceeding Number 21R-0449G. If you would like to provide oral comments at the hearing, please sign up [here](#): Gas Rulemaking Public Comment Hearing. Details on how to access remote public comment hearing through Zoom can be found on the PUC's calendar of events.

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SPOOKS, GHOULS, & GHASTLY BREWS CRAWL

Special to the Mirror

MONTROSE-Spooks, Ghouls, and Ghastly Brews Crawl This one-time event is for Adult thrill seekers to discover what hides behind the darkness of the downtown alleys. You will be joined by the local museum ghost authority with tales of history mingled with ghastly tales of Montrose's shadows. This tour will take you to special historical buildings, with plenty of time at each stop to soak up the atmosphere of history and sample various libations. There will be limited spaces for this special crawl. Tickets are \$25/ per person. RSVP at 970-249-2085 or email info@montrosethstory.org. (The ticket price includes appetizers as well as the guided tour with the local historian, drinks are excluded). The tour starts at the Montrose Historical Museum at 6 pm on Friday, Oct. 21st.

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COUNTY REVIEWS RECOMMENDED BUDGET FOR 2023

By Caitlin Switzer

MONTROSE-All commissioners were present for the special meeting of the Montrose Board of County Commissioners (BOCC) on Wednesday, Oct. 12. BOCC Chair Keith Caddy welcomed all to the special meeting. BOCC Vice Chair Sue Hansen led in saying the Pledge of Allegiance.

PUBLIC COMMENT PERIOD

There were no comments heard from the public on non-agenda items.

COUNTY MANAGER

County Manager Jon Waschbusch had no changes to the meeting agenda.



CONSENT AGENDA

The sole Consent Agenda item was approved unanimously: Sheriff's Office--Consideration and possible ratification of the Chair's signature on a Municipal New Purchase Order with Unified Fleet Services, LLC, as reviewed by Counsel. Unified Fleet Contract#MONTROCOUNTY82322.pdf.

GENERAL BUSINESS & ADMINISTRATIVE ITEMS

Said Waschbusch, "Mr. Chairman, Commissioners, it is time for presentation of the 2023 Recommended Budget...I want to start by saying thank you to the staff and to the organization as a whole. They put forward some very thorough and thoughtful budget requests this year...a special thank you as always to the Finance Department, with a personal shout out to Lanny Paulson who is extremely good at what he does--updating the fund models, entering these inputs, and debating pretty much every issue with us as we go through, and ultimately putting it in a format that we can analyze and make good decisions on....Thank you Lanny."

Waschbusch reviewed budget methodol-

THE BOTTOM LINE

COMPARATIVE REVENUE	2022	2023	\$ Change	% Change
Revenue Total	\$ 112,910,713	\$ 91,499,601	\$ (21,411,112)	-19%
Less: Pandemic Relief Funding	(12,728,164)	(8,375,996)		
Less: Courthouse Renovation Grant		(7,725,000)		
Less: Sale of Land		(1,872,000)		
Less: CDOT Bridge Grant	(952,000)			
Less: R&B Traffic Signal Cost Share	(600,000)			
Less: Airport Capital Grant Revenue	(14,406,695)	(3,488,834)		
Less: Airport Debt Proceeds	(10,000,000)			
Adjusted Comparative Total	\$ 74,223,854	\$ 75,037,771	\$ 813,917	1%

COMPARATIVE EXPENDITURES	2022	2023	\$ Change	% Change
Expense Total	\$ 99,358,829	\$ 112,192,482	\$ 12,833,653	13%
Less: Airport Debt Expense	(278,399)	(1,118,000)		
Less: Airport Capital Expense	(26,511,123)	(19,622,915)		
Less: All Other Capital Expense	(15,010,339)	(30,796,909)		
Adjusted Comparative Total	\$ 57,608,968	\$ 60,659,658	\$ 3,050,690	5%

Screenshot from the 2023 Recommended Budget. The budget and mill levy certification will come before the BOCC for final approval on Dec. 7.

ogy. "We plan at Montrose County. We run a five-year model on every single one of our funds...to assure that the decisions we are making now work not only for the current and subsequent budget year, but also throughout that five-year planning horizon."

All fund models maintain a minimum targeted reserve through the five-year planning horizon, he said. "We keep a lot more on hand than we are required to and are better prepared for rainy day situations as a result."

Macro drivers are Capital Projects, the labor market, and inflation. The 2023 Ending Balance for all funds is projected at \$61.9 million, a decrease of \$20.7M from the 2022 Projected Ending Balance of \$82.6M, due primarily to the \$50.4M Capital Improvement Plan.

Budget highlights include total expenditures of \$112.2M, \$12.8M (13%) greater than the revised budget for 2022. The

change is attributed to an \$8.9M increase in capital improvement projects and a \$3.9M increase in operating expenditures.

Capital expenditures totaling \$50.4M are included in the recommended budget for 2023. The Airport Fund includes \$20M to complete the terminal & parking expansion projects. Road and Bridge improvement projects total \$7.2M, heavy equipment purchases are budgeted at \$1.4M. \$14.7M is currently allotted for the 2023 portion of the Courthouse Remodel, and \$3.34M is budgeted in the PSST Fund for the first half of the Jail Renovation project. Total Revenues for 2023 are projected at \$91.5M.

Read the full summary here. The 2023 Recommended Budget and mill levy certification will come before the commissioners for final approval on Dec. 7.

Following the budget presentation, the special meeting was adjourned.



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GENEALOGY AT THE MONTROSE HISTORY MUSEUM AND ODD STORIES FOUND THERE

Special to the Mirror

MONTROSE-On Oct. 24 at 1 PM Sally Johnson, coordinator of the Montrose Historical Museum, will talk on "Genealogy at the Montrose History Museum and Odd Stories Found There." Meeting at the Warrior Resource Center, 4 Hillcrest Plaza Way. Sponsored by the Montrose Genealogy Center. All are welcome."



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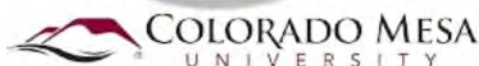
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INFLATION REDUCTION ACT

- Creates a 15% corporate minimum tax rate.
- Allows Medicare to negotiate the price of certain prescription drugs and cap out-of-pocket prescription drug costs.
- Extends subsidies to Americans who buy health insurance on their own.
- Invests in climate protection that will reduce greenhouse gas emissions while increasing clean energy technologies.
- **CHIPS ACT:** Bolsters USA leadership in semiconductors and legacy chips.
- **PACT ACT:** Ensures veterans receive high-quality screenings and services related to toxic exposures.
- **GUN REFORM:** Prevents dangerous people from accessing firearms and increases investments in our mental health system.

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

OPINION/EDITORIAL: LETTERS

KEVIN KUNS CARES

Dear Editor,

HD58 need a representative who will not just work tirelessly for Farming and AG, but also fight for more funding to recruit and retain our valuable teachers.

Colorado should be in the top ten of teachers' salaries and what we invest in each students annul education.

He wants to help teachers in Colorado that are paid worse that 49 other states resulting in many good teachers leav- ing education.

Kevin Kuns is someone I have come to know and respect. We both were raised in a family of educators. His grandmother was a superintendent in Wyoming. His mother, like mine, was a teacher raising a family of her own. He knows how deeply education impacts business and communi- ty. Kevin Kuns will champion and work hard to change the way the state budget has been failing schools and our children. He understands that Tabor has hurt us for three decades.

Marc Catlin worked on HB22-11011. It allows PERA retirees to come back to work without reduction in retirement benefits. Huh? Teachers are leaving the field and not returning. Talking about putting the cart before the horse.

Kuns will listen and work for mutually beneficial solutions to improve education. He is a creative thinker who really listens to a diverse group of community agents. Kuns is needed.

Ellen Angeles, Montrose

HD 58 REPUBLICAN REP'S VOTING RECORD NOT GOOD

Editor:

I often hear republicans say that they are against crime. They also carry on about your rights, mostly that another party wants to take them away. Let's see what the HD58 republican rep Marc Catlin has voted for or against. He voted for an amendment that would thank republican Ron Hanks for participating in attacking the US Capitol. Voted to support Tina Peters. Both are likely crimi- nals. Voted against rights to unionize, against the right to expose safety concerns in the workplace, voted against ensuring wom- en's rights to refuse or use contraception or the same with pregnancy. He was also against protection for people being evicted dur- ing the pandemic. Add on voting to decertify the 2020 election and goodbye to your voting rights. Not good.

Robert Fisk, Delta

ONLY 'ENERGY' DEMOCRATS LIKE IS THE 'GREEN' KIND

Editor:

Prior to my return to Grand Junction, I used to attend NRA Board of Directors meetings. One incident is relevant to Western Colorado voters: the resignation of John Dingle, Democrat Congressman from Michigan from the NRA Board. In the old days, there were Democrat politicians who supported the Second Amendment: John F. Kennedy and John Dingle, to name two. John's tearful resignation was the result of his vote for Bill Clinton's so called "Assault Weapons Ban". John's view of America and the Second Amendment, wasn't strong enough to stand up to his

party. John tearfully admitted his treason and resigned from the Board.

Adam Frisch's commercials say that he "supports the Second Amendment". Even if that is true, and I doubt it, his opinions will not matter to his Anti-Gun Anti- American party. The same is true for the rest of his "beliefs" or "credentials". "Conservative Businessman", almost caused me to choke on my beer, but sus- pending rational thought for a moment, still won't matter to the Democrat Party. Pro-Energy, hahahaha, the only "energy" the Democrats like is the "green" kind where they ship American "greenbacks"

to their Chinese associates.

So either Frisch is one of the most outra- geous liars I've seen in politics in the last few decades or the most naive and incred- ible fool to make on a ballot. I'll bet on the first, and figure that the naive fools are the people who might vote for him.

But the bottom line is that Frisch is a Democrat and even if he honestly believes the campaign statements, he must con- form to "Democrat Party Discipline" and will therefore be totally irrelevant and unable to do any of the things he says he'd do.

Gene H. Dreher, Grand Junction

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REGIONAL NEWS BRIEFS

STRAIGHT TALK ABOUT DEMENTIA AND NORMAL AGING

Special to the Mirror

MONTROSE-During Major Meetings for Caregivers, The Caregiver Support Foundation, Alzheimer's Association and Region 10 Area Agency on Aging will stage three one-hour seminars on diseases of the brain on Oct. 12, 19 and 26.

The programs will run from five to six p.m., at Cascade Hall, 334 S. 3rd Street in Montrose. They will be open to anyone interested. There is no charge.

The session topics will include:

- Understanding Alzheimer's and Dementia. Alzheimer's disease is not a normal part of aging. Join us Oct. 12 to learn about the impact of Alzheimer's, the

difference between Alzheimer's and dementia, stages and risk factors.

- The 10 Early Signs of Dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills.

Normal aging also causes some changes. You will learn the difference at this meeting on October 19.

- Ways Region10 Helps Patients and Caregivers. The third in the series and goes October 26.

The R10 of Colorado's Area Agency for the Aging has several programs to help both patients and caregivers. See if any are right for you.

These programs are part of the ongoing partnership between the Alzheimer's Association, Caregiver Support Foundation (CSF) and Region 10's Area Agency on Aging.

"This is an exciting time for the caregiver community," says Laird Landon, chair of CSF. "Caregivers is hard enough, but without a constant flow of new information and support from these three organizations it would be much harder."

More information about these three entities is available at their websites.

CSF is at www.Family-Caregiver.org; Alzheimer's Association is at www.ALZ.org; Region 10 is found at www.region10.net.





Affordable Workforce Housing

In 2014, the average home on the western slope cost \$175,000; eight years later, the average is now \$415,000. Our housing market is so inflated that most working families can't begin to afford a home. In meetings with leadership in San Miguel, Montrose, and Gunnison counties, the main cause of a shortage of affordable workforce housing (AWFW) is wealthy out-of-state investors buying houses and turning them into overpriced rentals. The market is so inflated that the people we need most in our communities — first responders, teachers, nurses, and customer service, to name a few — can no longer afford to live here.

I will fight to expedite more affordable housing projects in HD58. I believe that the future of affordable housing lies in giving incentives to companies and builders who will accelerate the construction of manufactured tiny homes, tiny apartments, and 1 to 3-bedroom homes. A new Grand Junction company plans to build 100 affordable manufactured units each month when it is fully operational. In San Miguel County, outside Norwood, construction has begun on 27 affordable 1 to 3-bedroom manufactured homes for teachers and first responders who work in Telluride but can't afford to live there. These home buyers also will get high-efficiency appliances and financial assistance for solar roof units to help reduce their utility bills.

These are just some innovative ideas for affordable housing that I will help bring to the western slope.



"Kevin Kuns is a leader who cares deeply about Southwestern Colorado. He's a strong ally for rural Colorado who brings an innovative spirit to solving problems. That's why he will make a difference as a representative, bringing people together to address critical challenges from how we manage water to addressing the opioid epidemic to delivering broadband to all Coloradans. I'm proud to support Kevin Kuns for State Representative, HD58."

Phil Weiser, Attorney General, State of Colorado



KEVIN KUNS

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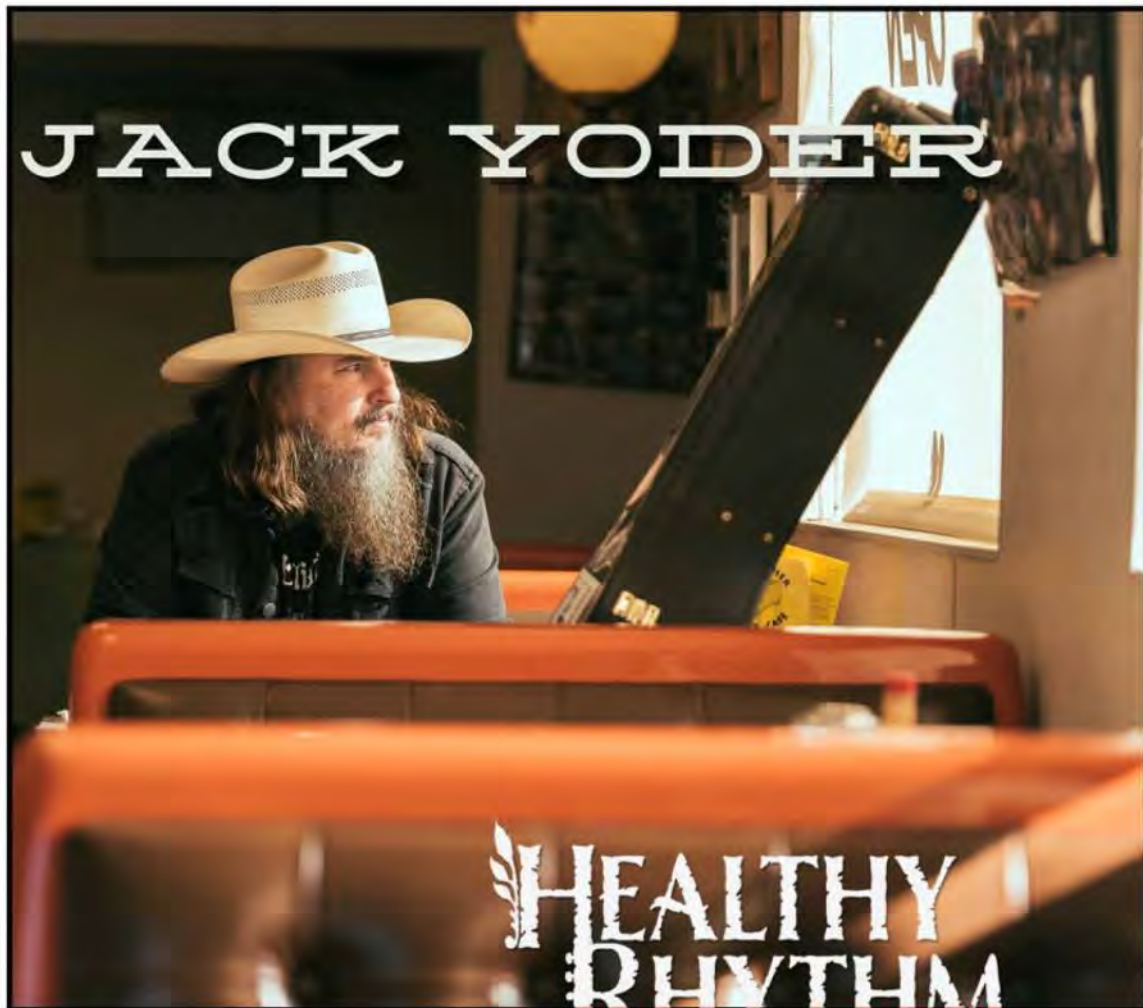
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OPINION/EDITORIAL: LETTERS & CARTOONS

TAXPAYERS ENDOWMENT THAT KEEPS ON GIVING

Dear Editor,

In last week's Mirror an opinion letter titled "A Superior Dining Experience", a comment is made about the noteworthiness of Montrose Regional Health breaking ground on the new ambulatory care center in south Montrose. The letter indicates that this is being accomplished by Montrose's largest non tax supported employer, Montrose Regional Health, as opposed to the large tax payer expenditure of Montrose Urban Renewal Authority, for the real improvements, in north Montrose.

In my opinion, it is important to note the

Montrose Regional Health expenditure for the ambulatory care center was made possible because of the Montrose County Commissioners "assigned" ownership of the real improvement assets of Montrose Memorial Hospital to Montrose Regional Health for the remainder of a 50 year lease Montrose Memorial Hospital Inc. had in place with the stipulation that Montrose County could possibly re-assume ownership of these aforementioned assets at the end of the lease. It is these assets that made possible for Montrose Regional Health to buy the money needed to build the ambulatory care cen-

ter, and take ownership of this property and improvements in the name of Montrose Regional Health on its completion.

In my opinion, Montrose County Tax Payers have been involved with the start, sustenance, and growth of what is now called Montrose Regional Health since a county referendum approving a 5.26 mill levy in 1946 was passed. Montrose Regional Health has its own evolutionary process that has had Montrose County Taxpayers involved all along the way. It is important to recognize this.

Thank you,

Ronald D. Henderson, Montrose

SOUR GRAPES

by Tim Jones



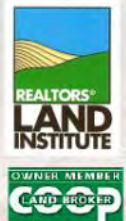
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OPINION/EDITORIAL: LETTERS

KEVIN KUNS WILL WORK TO MAKE THINGS BETTER

To the Editor:

I know Kevin Kuns well. He is a natural leader who honed his talent for inspiring others over decades working in the food services industry. There is no question that he will lead his future colleagues in the legislature to protect and expand the freedom we enjoy in Colorado.

I believe what drives Kevin is his desire that more of us feel secure in our jobs, our access to health care and in our ability feed, clothe and house ourselves and our families. Kevin understands that real freedom means sustaining an economy and culture in which everyone has a genuine opportunity to thrive.

There are issues which divide us in Colorado. Many of our "leaders" have made matters worse. Kevin is someone who will work to make things better in the policies he supports and in the way we communicate with one another. He deserves the opportunity in HD 58!

Michael Hoffman, Montrose

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REGIONAL NEWS BRIEFS

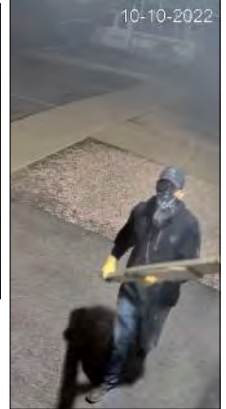
HELP LOCATE SUSPECTS IN RECENT BURGLARY

Montrose Regional Crime Stoppers Alert
THE MONTROSE POLICE DEPARTMENT seeks assistance from the public with regard to a recent burglary. On Oct. 9, 2022, to Oct. 10, 2022, in the early morning hours, a male and female unlawfully entered in the 2400 block of North Townsend Avenue and stole several items from within. The two were in a red truck and fled the area upon law enforcement's arrival. See the attachments below for photos. If you recognize these two individuals or have any information regarding this incident, please contact the Montrose Police Department or Crime Stoppers anonymously at 970-249-8500, use the app P3 Tips, or provide information via P3Tips.com. Crime Stoppers wants your information not your identity. If the tip results in an arrest, the tipster may receive a cash award. For additional information, please view our Facebook page, Montrose Regional Crime Stoppers. Crime

Prevention and crime solution are everyone's responsibility. MRCS would also like to remind everyone that all persons of interest depicted in our alerts, by photo or not, or by any other means, are presumed innocent until proven guilty in a court of law.



Photo courtesy Montrose Regional Crime Stoppers.



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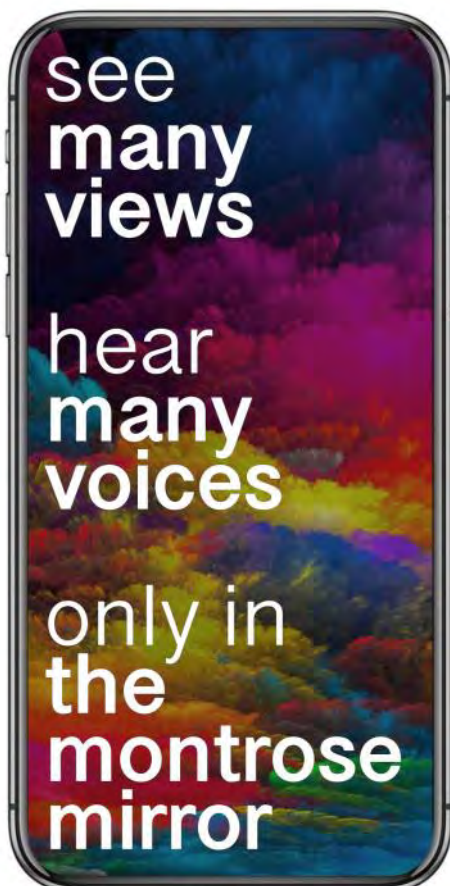
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OPINION/EDITORIAL: LETTERS

ADAM FRISCH APPEARS TO BE INTEGRITY CHALLENGED

Editor:

In the Wednesday Daily Press guest column, former 3rd CD candidate, Sen. Don Coram R??, came out in support of DEMOCRAT candidate Adam Frisch. Coram claimed he knew Frisch to be a "good man", who is "decent" and "honest". He probably should have waited for the traditional "October Surprise" before declaring his undying support!

As reported, Frisch just was exposed with his hand in the "cookie jar" among other places! Breitbart broke the story October 13 that Frisch was caught in an extra marital affair in Aspen, and was blackmailed into using his position on Aspen City Council to benefit an individual with a pending matter before that Council. to keep the incident quiet! So much for "honesty" and "decency"! Now we know Frisch can be bought! The possibility of sending an integrity challenged candidate to Congress is beyond all reason.

Readers can view all the details by Googling- BUSINESS OWNER ADMITS TO BLACKMAILING ASPEN DEMOCRAT
Dee Laird, Montrose

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RE-1J BOARD VP ERIC KELLEY NAMED 2022 CASB MCGUFFEY AWARD WINNER *From pg 1*

School and to Jen Romo of the Early Childhood Center (ECC).

Johnson Elementary School Principal Kirsten Bloomfield discussed how a new school mascot was chosen to replace the former Thunderbirds mascot, with the involvement of staff, parents, and students. "We named our new mascot last week in an assembly...our students were the final votes. I am proud to say that we're the Timberwolves...we're in the branding process...we do a howl at our assemblies on Friday, the kids love it...we're really excited for this process, and just to become a pack..."

Members of the Johnson Wolfpack who were present at the meeting joined in an enthusiastic howl.

Jenkins announced recent donations:

- The Montrose Wal-Mart donated approximately \$9,971 of school supplies which were split up and dispersed to all elementary schools.

- Five elementary schools have been selected by an organization called All Kids Bike to receive a class set of Stryder bikes, helmets, a teacher's bike, and a curriculum to use with kindergarten students who are just learning to ride. Cottonwood, Pomona, Outer Range, Johnson, and Northside will all receive these class sets. Olathe Elementary already works with the Nature Connection for a similar program and so they opted out.

BOARD ADVISORY COMMITTEE UPDATES

District C Director Alice Murphy briefed the board on the first meeting of the District Accountability Committee. "...It was nice to meet all of the parents, they were very energetic, I think it's going to be great. We've got our blue notebooks with information...CMAS scores, we discussed those..." The committee will meet four times over the school year. Members met with RE-1J Superintendent Carrie Stephenson and staff to answer any questions.

RE-1J's resident expert on policy is Board of Education Secretary Laurie Laird, Murphy said. "We are very lucky...I told Laurie that she can never retire."

Murphy said that district officials met in Ouray and toured the school building there, with students acting as tour guides.

She also spoke about seeing the Colorado Court of Appeals "[Courts in the Community](#)" event at the Montrose Pavilion, with students from three schools in attendance. "...They were all engaged, very."

Board Vice President Eric Kelley, who was appointed to the board in February 2020, has been honored with a 2022 Colorado Association of School Boards (CASB) McGuffey Award, Fishing said. "We're going to make sure we give him a round of applause."

She read the nomination into the record, "...Eric's calm character, willingness to support and participate directly in district projects and programs, and his outstanding ability to be available, has made him a consummate board member...Eric was instrumental in helping with the development of the district's master capital plan..." "Thank you Eric for your service," Fishing said. "I have never appreciated another board member more, and I am so glad to have you next to me."

COMMUNITY INPUT

PEER Kindness Executive Director Joey Montoya Boese spoke about the non-profit's efforts to address bullying and inspire kindness among local youth. "...We're really encouraging youth to create a kinder culture for themselves."

NARCAN UPDATE

RE-1J Lead Nurse Cyndle Sinclair presented a [NARCAN update](#), beginning with a video of a 16-year-old who had accidentally overdosed on Fentanyl and was saved with the use of NARCAN. Sinclair presented statistics and information on NARCAN as a means of harm reduction. Of 44 total overdoses in Region 10, 23 were opioid specific. Between 2020 and 2021, Montrose County saw a total of five overdoses. An Opioid antagonist, NARCAN is a means of reversing an overdose, allowing the patient to breathe again. Five school nurses will be trained in the use of NARCAN with assistance from online resources and help from partners in the community including the Montrose Fire Protection District.

A lot of overdoses are accidental, due to increased use of Fentanyl to cut other substances, said District G Director Ste-

phen Bush. Fentanyl is so potent that it can endanger those who merely come into skin contact with the substance, for example while picking up trash, he said. "I am fully on board with getting this NARCAN...not just for students but staff," Bush said. "The side effects are so minimal too...I appreciate you guys getting on board with this."

SPECIAL OLYMPICS HALL OF FAME

Montrose County School District RE-1J, which launched its Special Olympics program in 2002, will be inducted into the Special Olympics Hall of Fame on Nov. 4 in Denver. Taylor Brown and Paul Beller now organize the Special Olympics here in Montrose; the program was originally started by Carolyn Rettig, Nancy Morris, and Joyce Shusanski, who ran it up until last year and who were recognized and honored at the meeting.

RURAL CO-ACTION GRANT UPDATE

Director of Academic Services Jessica Beller presented a detailed [Co-Action grant update](#). "This is all about designing pathways to careers for our students," she said.

ENROLLMENT REPORT

Director of Finance Emily Imus presented the updated [enrollment report](#). District-wide enrollment as of Oct. 6 was 6,040 students.

EARLY CHILDHOOD CENTER UPDATE

ECC Information is included in [the meeting packet](#). ECC Director Penny Harris was present to answer questions.

CONSENT AGENDA

Consent Agenda items, including [Personnel Report](#), were approved unanimously without Items 5, 7, and 9, which were pulled for further discussion and approved separately.

Item 9, which includes Adoption of [Head Start Policy Council Bylaws](#), was pulled by District G Director Stephen Bush. Bush asked whether Policy Council Bylaws for the ECC are approved on a yearly basis, which was affirmed. The board voted to approve Consent Agenda Item 9.

Item 5, approval of a payment in the amount of \$84,000 to Sunbelt for a [contracted Sign Language Interpreter](#), was pulled by District D Director Tom West.

RE-1J BOARD VP ERIC KELLEY NAMED 2022 CASB MCGUFFEY AWARD WINNER ***From previous pg***

West questioned the cost for services. A new student has moved into the district who needs an interpreter to attend classes with her, and the only way to fill the position was through contracted services. The Board voted to approve Consent Agenda Item 5.

District C Director Alice Murphy asked to pull Consent Agenda Item 7, approval of the 2022-2023 Board Goals. Murphy asked about moving the final item up as it is academic in nature, although there is no hierarchy of goals. West said moving one goal up to a higher spot would give it more

importance. All of the goals are important, Kelley said. Murphy moved to approve Consent Agenda Item 7 as written; the board voted to approve.

With no further business the meeting was adjourned.



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REGIONAL NEWS BRIEFS

TRICKLE PARK ROAD REPAIRS BEGIN

Expect delays and heavy equipment operation Oct. 17 through Nov. 21

Special to the Mirror

DELTA— The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests' Grand Valley Ranger District announce the Trickle Park road repairs project on National Forest System Road (NFSR) #121. This project consists of repairing and replacing drainage structures (culverts) and reconstructing the roadway which includes road grading and surfacing. Construction will begin Oct. 17 and start at the intersection of NFSR #126 – Weir and

Johnson and continue to the intersection of NFSR #257 – Cottonwood Road. Over 3 miles of road will be reconstructed.

Visitors can expect two-hour traffic delays Monday–Friday, 8 a.m.–5 p.m. Visitors should pay attention to and obey all traffic signs when traveling in or near the area. This project addresses needed repairs and improvements to the Trickle Park road. Please be kind and patient with the contractors working under the guidance of the Forest Service.

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

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

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MIRROR IMAGES: BOSOM BUDDIES 30TH ANNUAL WALK/RUN



Clockwise from top left: The Pink Ladies won the Pink People Costume Contest winning gift certificates from SheShe Boutique at the Bosom Buddies 30th Annual Walk; A runner celebrates crossing the finish line at the Bosom Buddies Walk; Bosom Buddies President Phyllis Wiesner takes a bite out of a pink-iced cinnamon roll from DK's Snack Shack at the Bosom Buddies Walk; Gidget and her human Heidi English won the Pooches In Pink Costume Contest receiving a gift certificate from Chow Down Pet Supplies; Pryce Hoey of M&H Towing and Recovery presents a \$3,000 donation to Bosom Buddies President Phyllis Wiesner at the Bosom Buddies Walk; Pink was the color of the day at the Bosom Buddies 30th Annual Walk/Run Oct. 8. (Courtesy photos by CWstudiosphotography)



REGIONAL NEWS BRIEFS

MRH CELEBRATES COMMUNITY LEADERSHIP AT FALL CLINICS EVENT

Special to the Mirror

MONTROSE-At the 51st annual Fall Clinics event, the medical community recognized one community member, one advanced professional practitioner and one physician for their outstanding contributions to the hospital, the Community and the Medical Staff.

Dr. Mary Vader, representing the Fall Clinics Committee, recognized Dr. Kjersten Davis as an outstanding individual who is making a lasting impact on the Montrose Community. Dr. Davis was recognized for her services as past Chair and Board member of the Montrose County School District Board of Education (8 years) and current chairperson of the hospital's Board of Directors (8 years). Dr. Davis was also active on the Center for Mental Health Board of Directors serving as a member and Chair of that organization. Dr. Davis is an equine veterinarian and recently retired after 37 years of practice in veterinary medicine. Dr. Davis and her husband

Kevin have two sons Kane Darling a third-year medical student in Utah and Chase Darling who resides in New York and works as a financial analyst.

Suzanne Carmody, Family Nurse Practitioner, was chosen as the recipient of the "Advanced Professional Practitioner" of the Year. Sue was recognized for more than 30 years as an Intensive Care Nurse and Nurse Practitioner in Montrose and as one of the first to pursue Nurse Practitioner Certification. Sue currently works as a Nurse Practitioner at Cedar Point Health specializing in Internal Medicine. Sue graduated nursing school in Philadelphia in 1982. She began her nursing career in Colorado in 1990 and graduated from the University of Colorado with a Master of Science Degree as a Family Nurse Practitioner in 1998. Sue is an avid horsewoman and the mother of two sons, Bryan Felberg, a registered nurse who does travel nursing, and Patrick Felberg, who works in computer software in Denver.

The "Physician of the Year" is chosen based on the on-going contribution to quality medical care, medical staff and hospital activities, community service activities and years of service. Dr. Mary Vader highlighted the many accomplishments of this year's recipient, Dr. Bryce Lokey, Internal Medicine specialist. Dr. Lokey is a Montrose native who followed in his father's footsteps, pursuing a career in Medicine. Dr. Lokey is in a group practice at Cedar Point Health and is the Hospital's Chief Medical Information Officer and Chair of the hospital's Physician Technology Advisory Committee helping to lead the hospital in advancing their electronic medical information systems.

Dr. Lokey also works with hospital caregivers to train new practitioners as they begin practice at Montrose Regional Health. He is an avid outdoorsman who enjoys climbing, skiing, rafting, and spending time with his family, wife Sara and daughter Gracie.

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Teacher Reimbursement Program

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



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

—Lindsey Meewis



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

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

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MONTROSE ELKS LODGE CHARITY BALL

November 19, 2022
Saturday 6:00 PM

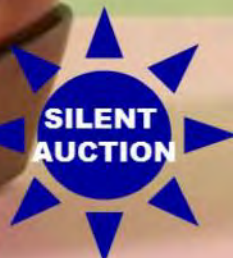


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STOP
The
WOW

**STOP
THE
WAR ON WOMEN**

**If you were given birth by a woman, they
need your help now!!!**

STOP THE WAR ON WOMEN

VOTE BLUE VOTA AZUL

**What are YOU doing to save OUR Democracy
for YOUR children and grandchildren?**

Jerome Waler, concerned Montrose citizen for Democracy

OPINION/EDITORIAL: LETTERS

DEFINITION OF INSANITY

Editor:

During the last presidential election, I was so anxious about what would happen to our economy and thus our country if a Democrat President was elected. Then I thought, we have had Democrat Presidents before, and our country finds a moderate balance to benefit all citizens. Not in my wildest dreams did I think we would experience what has been going on over the last 22 months. The craziest thing is that the white house administration, as well as Democrats in congress and in the senate continue to support the policies that create hardships for all citizens regardless of how insane these policies are. The Democrats ran an ad last week in the Montrose Mirror that read....

When Democrats are elected, they deliver

Well, they have delivered all right.....

Record high fuel prices

Diesel was **\$2.09** during the Trump administration - Under Biden **\$5.00** plus

This is due to the 18 executive orders Biden placed on the energy industry, causing hardship to so many. Loss of high paying jobs & higher delivery costs.

Record high food prices

Meats, poultry, and fish - 8.8% increase

Eggs – 39.8% increase

Milk - 17% increase

Fruits and vegetables – 9.4% increase

Coffee – 17.6% increase

Butter – 24.6%

Open borders.

1. One of the consequences of near-nonexistent border security is the mounting death toll due to preventable drug smuggling and unsafe crossings. The CDC estimates that in the 12-month period ending in October 2021, **more than 105,000 Americans died of drug overdoses**, with 66 percent of those deaths related to synthetic opioids like fentanyl.

2. Once paroled, illegal immigrants are free to go, often at taxpayer's expense, to areas where they have relatives or think they will find work.

3. While most illegal immigrants are peaceful, albeit indigent, thousands are convicted criminals. Many will offend again.

Record Crime

U.S. crime rate for 2020 saw a 28.64% increase from 2019.

This is the result of the defund the police movement and liberal DA's and judges paroling violent criminals.

190 police officer died in the line of duty YTD 2022

Our vote on November 8th will bring more of the same insanity if Democrats are elected.

Vote Republican! –

Respectfully submitted

Terri Leben, Montrose

249 8500 *ANONYMOUS*

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see something, say something



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 1 BD MED	 1 BATH	 492 SQFT
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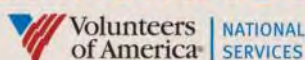
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REGIONAL NEWS BRIEFS

WELL-POSITIONED FOR SUCCESS: COUNTY MANAGER DELIVERS PROPOSED BUDGET FOR 2023

Special to the Mirror

MONTROSE—Last week, Montrose County Manager Jon Waschbusch presented the 2023 proposed budget during a special meeting of the Board of County Commissioners. The presentation of the proposed budget comes after months of reviewing fund models, capital plans and decision packages for new or expanded programs. The annual budget is developed in collaboration with the elected officials and staff of the entire county organization and serves as the first complete draft budget for the board to review.

"We are well-positioned to deliver results. The 2023 budget illustrates years of diligent financial and capital planning which has put Montrose County in a position to execute large scale projects at the airport, courthouse and jail. Additionally the county is also taking decisive action to invest in and retain one of our greatest assets—county employees," said Waschbusch. "The county continues to remain in strong financial condition across all funds due to our dedication to long range modeling. This practice is critical as it allows the county to test the potential long-term

impacts of current financial decisions in order to maintain fund balance goals."

"A lot of work goes into the presentation of the budget and I'm grateful to our staff for their hard work," said Board Chair Keith Caddy. "Assembling, analyzing, and ultimately approving the budget is one of the most important pieces of county government. I look forward to reviewing budget packages over the next month and making sure the county is prepared for the future."

Total revenues for 2023 are projected at \$91,499,601. Total expenditures are projected at \$112,192,482 not including transfers out to other funds. The total proposed county budget is \$108.3 million for total sources and \$129 million for total uses. The increases in expenditures are due to large capital projects including the ongoing airport terminal expansion, courthouse renovation and jail renovation. The decrease in sources is due primarily to a reduction in federal revenues and project financing related to the airport. The 2023 budget does not propose any debt issuance.

The 2023 ending balance for all funds is

projected at \$61.9 million, which is a reduction of approximately \$20.7 million from the previous year. This reduction is primarily due to planned capital expenditures for which the county has planned and saved over the past several years.

The proposed budget presentation may be found [here](#) and the video from the meeting is available [here](#). The public is encouraged to comment and ask questions regarding the county's proposed budget.

The next step in the annual budget process is further review by the Board of County Commissioners, county manager, and finance staff through meetings with department heads and elected officials. Additional changes to the budget will be incorporated and presented as part of the final budget.

In December, the Board of County Commissioners will host a public budget hearing to formally consider the budget for adoption and certify the mill levies per state statute.

To reach out to the commissioners regarding the budget, please contact your commissioner [here](#) or call 970-249-7755.



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The Montrose Mirror**



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COLORADO NEWS BRIEFS



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Montrose, CO 81401
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DaVinci Robotic Assisted
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TIMBERLINE BANK SUPPORTS CMU HOMECOMING

Special to the Mirror

GRAND JUNCTION-Timberline Bank has partnered with CMU Alumni Association to sponsor the next three years of Homecoming events to support current and future Mavericks.

"We are excited to be the CMU Homecoming sponsor, not only for 2022 but for the next three years! CMU plays such an important role in our community. We are proud to play a small part in celebrating our local University and to do what we can to keep our local talent, local," said Grand Junction Branch President, Louise Goodman.

As part of the sponsorship, Timberline Bank will host community events to kick off Homecoming week at their Grand Junction and Montrose locations. Timberline and CMU-Montrose Campus are working to incorporate students and faculty into the Homecoming spirit and activities. Timberline Bank, Montrose Branch, will host a Taco Tailgate event on Wednesday, October 19th, from 3:00 – 5:00 pm at 1561 Oxbow Dr. The Grand Junction Mav Mixer will take place on Friday, October 21st, from 11:00 am – 2:00 pm at 649 Market St. Both events are open to all community members. The events will have free food, courtesy of Timberline Bank, yard games, student organization performances, and more.

Timberline Bank's support goes beyond Mav Month for local Mavericks. In 2022 Timberline Bank has sponsored students' organizations such as the Rodeo Team, Future Business Leaders of America, Athletic teams, and is a founding member of the Student Business Closet. TIMBERLINE BANK 649 Market St. GRAND JUNCTION, CO 81505 970.683.5560

In addition to these events, Timberline Bank will also be featured in the Alumni Zone at the CMU Homecoming football game on Saturday, October 29th, to connect with CMU Alum, faculty, and community members.

For more information about Timberline Bank and other CMU events, visit us at www.timberlinebank.com or call (970)-683-5560. Our focus has been and always will be on the Communities We Serve!



*Jeffery Taets, Jim Peder-
sen, and Rowdy at Tim-
berline Bank. Courtesy
photo.*

REGIONAL NEWS BRIEFS

LEAGUE OF WOMEN VOTERS TO PRESENT BALLOT ISSUES FORUM AT MONTROSE LIBRARY OCT. 19

Special to the Mirror

MONTROSE-On Wednesday, Oct. 19, 11:30 a.m. - The League of Women Voters of the Uncompahgre Valley will give a nonpartisan presentation on the 11 State

Ballot Issues on the November 2022 ballot.

This presentation will be held in the Montrose Library Community Room, 320 S. Second St, Montrose. Everyone is invit-

ed to attend. LWV ballot issues pamphlets with explanations, pros and cons of the issues will be available. Additional voter information can be found at lwv-uv.org and Vote411.org.

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About The Property

Come quickly to see this new home in Brown Ranch Subdivision. The 6" wide entry way welcomes you. The warm tones in the cabinetry as well as the quartz countertops throughout are a refreshing combination. Laminate and tile floors are another welcome bonus. The pantry & inviting work island extending from kitchen into the dining area are both so efficient. Notice the dual walk in closets in the main suite along with the 5 piece bath as well as the walk in closets in the guest rooms AND the wonderful tile detail in both. Outside you will find the 21 x 12 covered patio ready for that entertaining and or relaxing. This home is on a cul'de'sac and just minutes from the busy-ness of Montrose.

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- 1825 sq. ft.
- Irrigation Water



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READER PHOTO SPOTLIGHT: TERI FARLEY



Photo by Teri Farley. See Teri's tips for taking great family photos on page 61!



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



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MEDICARE MONDAY

A Trusted Information Source for Open Enrollment October 15 to December 7



- 2023 Premiums, Deductibles, Co-Insurance, Co-Pays
- Drug Coverage - Insulin, Vaccines
- Should I Change My Current Coverage
- Individual Counseling
- Medication Management (CU School of Pharmacy Students)

In-Person Sessions

Check www.senioranswers.org or call 303-333-3482 for more dates and locations

LOCATION: Colorado Mesa University
Cascade Hall
245 S Cascade, Montrose

DATE: October 31, 2022
11:00 am

SPEAKER: Eileen Doherty, MS
Colo Gerontological Society

Refreshments will be served

Health Insurance Plans may join for comparison shopping

Zoom Recordings posted on YouTube/user/COGerontology



MEDICARE MONDAY Virtual Meetings - Zoom Only

- | | |
|-------------------------------|------------------------------|
| October 17
9:30 am | 2023 Medicare Changes |
| October 17
1:00 pm | New to Medicare |
| October 24
6:00 pm | New to Medicare |
| November 14
1:00 pm | 2023 Medicare Changes |

WEDNESDAY LUNCH AND LEARNS

Zoom Only - 12:00 pm

- October 19**
- What Is Right for Me? Medicare Advantage or Medicare Supplement
- October 26**
- Prescription Drug Benefits - Insulin, Vaccines, Formulary Changes/Tiers
- November 2**
- Still Employed: Coordinating Medicare with Employer Plans
- November 9**
- Selecting the Right Option if You Receive Medicare and Medicaid
- November 16**
- Durable Medical Equipment - Coverages and Benefits

In-person Registrations: 1-866-294-3971 or 1-855-880-4477 (Spanish)

Zoom Registrations: www.senioranswers.org

REGIONAL NEWS BRIEFS

ATTEND CITY OF MONTROSE BUDGET OPEN HOUSE

Special to the Mirror

MONTROSE — The public will have an opportunity to receive information and provide feedback regarding the City of Montrose's 2023 budget at an open house planned for Tuesday, Oct. 18, in the City Council Chambers located at 107 S. Cascade Avenue. The event will begin at 4:30 p.m. with an overview of the budget, followed by informal, one-on-one discussions with city officials who will take comments and provide additional information. The city budgets on an annual basis for a fiscal year that begins Jan. 1. The City Charter (Article V, Finance, Appropriations, and Taxation) outlines the basic budget procedure that is used to create,


approve, and implement the annual budget.

The city manager is required to prepare a recommended annual budget for the upcoming fiscal year and provide it to the City Council on or before Oct. 15. The budget development process begins in early summer with each department preparing a preliminary budget estimate based on an analysis of its operational needs for the coming year. Departmental budget estimates are carefully reviewed and adjusted by the city manager and are then combined into a draft budget for the entire city organization. The draft budget is then provided to the City Council for review. Two public hearings are held in

November to approve the budget and appropriation ordinance.

Residents who are unable to attend the open house are encouraged to view the proposed budget at CityofMontrose.org/Budget. The site includes an electronic version of the budget, a link to submit comments, documents related to past and current budgets, and more information about how the public can actively participate in the budget process.

Copies of the proposed budget are also available at City Hall (433 South First Street) from 7 a.m. to 6 p.m., Monday through Thursday. All interested citizens are encouraged to accept the opportunity to give written and verbal comments.



STOP The FLU BUG
FREE FLU SHOT CLINIC

Oct. 26th | 3-7pm at
Olathe Corn Park, Montrose County Event Center, and Basin Clinic

For more information, please visit
montrosefluclinic.com

WHILE SUPPLIES LAST

Logos: MONTROSE REGIONAL HEALTH, BASIN CLINIC, RIVER VALLEY, The Pediatric Associates, and various local law enforcement agencies.

FOR QUESTIONS please call 970-252-4505 or visit montrosefluclinic.com



STOP a la GRIPE
GRATIS CLINICA DE VACUNAS PARA LA GRIPE

Oct. 26th | 3-7pm
En Olathe Corn Park, Montrose County Event Center y Basin Clinic

Para más información visite
montrosefluclinic.com

MIENTRAS DUREN LAS RESERVAS

Logos: MONTROSE REGIONAL HEALTH, BASIN CLINIC, RIVER VALLEY, The Pediatric Associates, and various local law enforcement agencies.

Si tiene preguntas, favor de llamar 970-252-4505 o visite montrosefluclinic.com



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NEXT STOP !

Colorado Mesa University

Montrose Campus

245 South Cascade Avenue

Montrose, CO 81401

Tuesday, 10/18/2022

8am - 5pm



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It is easy to make an appointment at [Mobilevax.us](https://mobilevax.us) website or use the QR code!

Vaccines are free, and no ID, insurance, or appointment is needed!
If you are getting a follow-up dose, please bring your CDC vaccine card.

Freedom For All, Really?

Colorado & Federal Governments are Under Democrat Control

Remember When...

- Your business was forced to close because you were “non-essential”
- You lost your job because you were “non-essential”
- You lost your job if you would not take the “shot”
- Your children were forced into remote learning
- The war on domestic energy production started
- Law Enforcement and First Responders were HEROES

And Now...

- Record inflation at 14+% in Colorado
- Record energy cost at the pump and at home
- Record grocery prices
- Supply chain failures causing shortages in stores
- Open borders
- Record crime in auto theft, robbery, illegal drugs, and more

Then YOU Should...

Vote Republican

and have

Liberty and Freedom For All



REGIONAL NEWS BRIEFS

LOWV PRESENTATION ON STATE BALLOT ISSUES

MONTROSE-On Tuesday, Oct. 18, 1 - 2 p.m. - The League of Women Voters of the Uncompahgre Valley will give a nonpartisan presentation on the 11 State Ballot Issues on the November 2022 ballot. This presentation will be held in the Montrose Senior Center at the Pavilion, 800 Pavilion Drive, Montrose. Everyone is invited to attend. LWV ballot issues pamphlets with explanations, pros and cons of the issues will be available. Additional voter information can be found at lwv-uv.org and Vote411.org.

MONTROSE POLICE DEPARTMENT EXTENDS OUR THANKS TO OUR LOCAL, STATE & EDUCATION REPRESENTATIVES FOR ATTENDING THE FIRST WESTERN COLORADO LAW ENFORCEMENT ACADEMY GRADUATION

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COUNCIL MEMBER J. DAVID REED

COMMISSIONER SUE HANSEN

COMMISSIONER KEITH CADDY

COMMISSIONER ROGER RASH

7TH JUDICIAL DISTRICT ATTORNEY SETH RYAN

MONTROSE COUNTY SHERIFF GENE LILLARD

COLORADO MESA UNIVERSITY, PRESIDENT JOHN MARSHALL



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IN THE MONTROSE
POLICE DEPARTMENT?
VISIT:
MONTROSEPD.COM**

OPINION/EDITORIAL: LETTERS

VOTE RED (REMOVE EVERY DEMOCRAT) WHILE YOU STILL CAN

Editor;

There just doesn't ever seem to be an end to the Democrat election fraud attempts. Colorado Democrat Secretary of State, Jena Griswold, said she "mistakenly" sent postcards on Sept. 27 to 30,000 non-citizens encouraging them to register to vote. Isn't it amazing how political "mistakes" or coincidental events made by Democrats always falls in their favor? Griswold claims she received the names from the Electronic Registration Information Center (ERIC), which in itself is another voting system scam on the horizon to sneak in unqualified voters. (There will be more information on the ERIC voting fraud in the near future). The Department of Revenue driver's license list includes people who are not U.S. citizens. Of course Griswold's office said they were unaware of any non-citizens that have tried to register to vote and won't be allowed to vote if they try. Oh, that's comforting when all a non-citizen would have to do is declare the magic word, "racism", if they were denied a registration to vote after receiving an invitation by mail inviting them to register to vote! But why is Griswold putting on such an innocent show about illegals when Colorado is one state that issues driver's licenses to non-U.S. citizens anyway? Is she just covering for the fact she's on the Polis bandwagon of corruption? Colorado already issues drivers licenses to non-citizens and that automatically registers them to vote. Oh, but they say suspect cases will be sent to district attorneys for "review". Uh huh, how can a case be "suspect" for prosecution if the non-citizens were invited to commit the voting fraud by the secretary of state? Ya just can't make this stuff up!! Democrats have the system all rigged so fraud can happen and then they say,

"it's not our fault!" There is no end to Democrats' deceitful attempts to destroy the one "legal" vote per one LEGAL citizen laws. Secretary of State Griswold should be voted out of office along with her comrade, polis on Nov. 8 for their deceit and replaced by Republican Pam Anderson and Heidi Ganahl for governor. All Democrats need to be voted out of office at every level of government. They make a mockery out of our laws and Constitution. The America-hating Biden administration has recently awarded taxpayer funded \$41M in contracts to a new left-wing group, the Acacia Center for Justice that helps illegal immigrants (invaders) fight deportations. Yup, just where every American wants their taxes to go! The group's goal is to provide "exceptional" legal services to immigrants and expanding access to "justice, fairness and freedom" and protecting the "rights" of all immigrants at risk of deportation. Another Biden hate-America dream is the Vera Institute, which hauled in another \$171 million in government contracts to help unaccompanied minors avoid deportation and views immigration enforcement agencies as a "threat" to civil liberties of immigrants. Where is Biden's concern for the "civil liberties" of Americans walking down the street or riding a subway or trying to operate a small business under threat of being invaded at any minute by Democrat voters hooded and masked and stealing and destroying everything in their store? This agreement lasts until March of 2023 and can reach as high as \$983 million if renewed until March of 2027! And this same taxpayer-funded group is working to end "mass incarceration" in our prisons by cutting down on the number of jails, prisons and detention centers in the United States and they support "defunding" the

police! And then we see the Liar-in-Chief, Biden stand in front of a microphone while fingering his face and saying we need to "fund the police", not "defund the police!" He can't have it both ways! This administration is un-American in every way possible, but sure likes marching in lock-step with Communist China. Why is collusion by our president and family with Communist China alright with Democrats when failing communist regimes worldwide are what's causing this wave of invaders? And eventually America will be like the same down-trodden communist countries they left. Then the American dream will be over because once freedom is lost it is never regained. This is just more proof among an endless list of reasons why ALL Democrats must be voted out of office at every level of government on Nov. 8. When do their decisions or laws ever benefit or improve the lives of Americans? They don't. There are none because their total efforts at taxpayer expense revolve around cuddling and protecting invaders, not Americans, from over 140 world-wide countries and giving them everything they want at the expense of the hard working American taxpayer. Voters had better wake up before it's too late if it isn't already.

Democrats are destroying our Country. They are not your friend unless you are an invader or an American-hater. Vote RED (Remove Every Democrat) while you still can.

Ask yourself, are you better off today than you were two years ago? Then write down the reason and why. Then ask yourself, how are my 401k and other investments doing? Then write down the reason why. There you will find it a no-brainer on who to vote for on Nov. 8.

Jerry Bartholome, Montrose

**The Mirror:
many views,
one newspaper.**



OPINION/EDITORIAL: LETTERS

WITHOUT CHANGE IN THE GOVERNOR'S OFFICE LITTLE WILL CHANGE FOR THE BETTER

Editor:

Colorado state government is a mirror image of Washington, albeit on a smaller scale. All branches of state government are dominated by Democrats [ONE PARTY RULE]. And ,as in Washington, our state government has supported similar destructive policies as their Washington counterparts, all to the detriment of Coloradoans!

In just 3 years Polis signed 85 new taxes and fees into law, while working to eliminate TABOR refunds. Voters should be aware that one more tax is on the November ballot . PROPOSITION FF is designed to provide FREE LUNCHES FOR ALL in public schools! This is one more step toward Colorado being a Nanny State! Indigent children are already eligible for free / assisted food programs. Why should children from families of financial ability be granted a "free lunch," encouraging new generations to become government dependent! "There is no such thing as a free Lunch" because the taxpayer always pays the bill! Not surprisingly, Senator Don Coram was one of only two senators

to support this- one of the many reasons he was soundly defeated in the June primary. Voter response to Prop FF should be a resounding NO!

Safety of all Coloradans was compromised by decriminalizing fentanyl. Pro-criminal and anti-police measures have resulted in Colorado being ranked as having the 3rd worst crime rate in the nation. To make matters worse, Polis packed our parole board that has since had a history of releasing criminals early, all to the detriment of public safety!

Polis' policies have succumbed to the 'woke' idiocy of gender dysphoria, pronoun use, and diversity training. "Wokeness" influenced his law dictating that school districts with native American names be changed, In spite of the the Native American Guardians assoc. objecting to Polis' law. Some 25 school districts across Colorado had the high handed choice of complying or facing a huge daily fine!

In our Montrose School District , costs to date to implement the change are \$375 K and climbing! Project that over 25 districts

and you can see the real costs in just one aspect of "woeness"!

Covid hysteria mandates resulted in business closures, job loss, and big government deciding which businesses were "essential". Schools were shuttered with "remote" learning, the effects of which on children have yet to be assessed.

With the election just 23 days off, it just came to light that our Secretary of State, Jenna Griswold, had "mistakenly" invited 30,000 "noncitizens" to register to vote! As it is with Washington, isn't it time to say, ENOUGH IS ENOUGH!. and put an end to "ONE PARTY RULE" ?

Without change in the governor's office little will change for the better. Our best opportunity to right the sinking ship of the State of Color is to elect Heidi Ganahal as Governor, along with her team. Meet Heidi and review all of her agenda at [heidiforgovernor.com](https://www.heidiforgovernor.com/) . You can see her growing list of statewide endorsements at :

<https://www.heidiforgovernor.com/endorsements/>

wide range endorsements
Dee Laird, Montrose

SEE SOMETHING - SAY SOMETHING



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DARRELL & JULIA BOREN

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The Boren Team
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Julia (970) 380-3783
darrellboren@gmail.com



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danagleasonrealtor@gmail.com



JUSTIN GLEASON

Broker Associate
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justingleasonrealtor@gmail.com



KELLY LANDEN

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kelly@norris-snell.com



JENNIFER WEBER

Broker Associate
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Office (970) 249-8900
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ANN STALEY

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TERRI FLETCHER

Broker Associate
1425 Hawk Parkway
Cell (970) 275-4679
terrifletcher1980@gmail.com



HALLEY COMBS

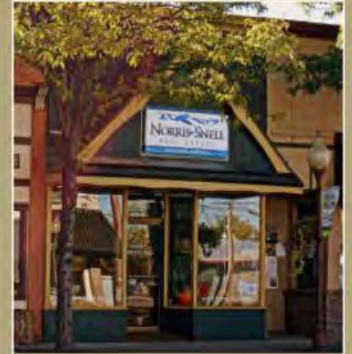
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Our Original Location:

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Montrose, CO 81401

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

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What Are the Benefits to Senior Living?

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2. Help When You Need It
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4. Safety and Security
5. Healthier Lifestyle
6. Focus on Independence

Each of our senior living care communities and programs are designed to provide optimal opportunities for every resident or participant to have the ability to live the life that makes them the happiest.

We are available to discuss options and recommend which services would be a good fit for you or a loved one!

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



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

COMMUNITY OBITUARIES

JON DAVID RARDIN

November 15, 1942-October 4, 2022

JON DAVID RARDIN passed away to his heavenly home on October 4, 2022. Jon was surrounded by his loving family in his Montrose home of 41 years after a short battle with pancreatic cancer.

Jon was born on November 15, 1942, at the family farm near Parkston, SD to parents Wesley Rardin and Mabel Taylor Rardin. He attended the local high school where he played football and ran track. His lifelong passion for running was inspired by his older brother William, a local track star. At the age of 15 Jon rescued William from a tragic swimming accident, although he later succumbed to his injuries.

Jon worked on the family farm throughout his college years at South Dakota State University. Upon graduation Jon went to work for the South Dakota Department of Welfare in Aberdeen, SD. During this time, he joined the State Air National Guard; he continued to serve at the local Montrose Armory before being honorable discharged in 2002 after 22 years of service. Jon met his beloved wife by opening his office building door for her on her first day of work, only to find out she would have the office next door to his. Following their marriage, they moved with his Civil Service career to Norfolk, NE, where they welcomed their first child, Genevieve. Moving on to Huron, SD where they were

blessed with their son, William. The next move was to Rapid City, SD then to Miles City, MT where they welcomed their son Matthew. There was a short move to Great Falls, MT. After leaving Montana they moved to Montrose in 1981 where they finally settled down for good when Jon became the manager of the local Social Security Office. Each move meant leaving good friends and churches, but they kept their beloved memories. On September 9th Jon and Barbara celebrated their 56th wedding anniversary. They cherished their years together; the love they shared, their 3 children, 4 grandchildren and their blessed home. Jon was always grateful for his life and family.

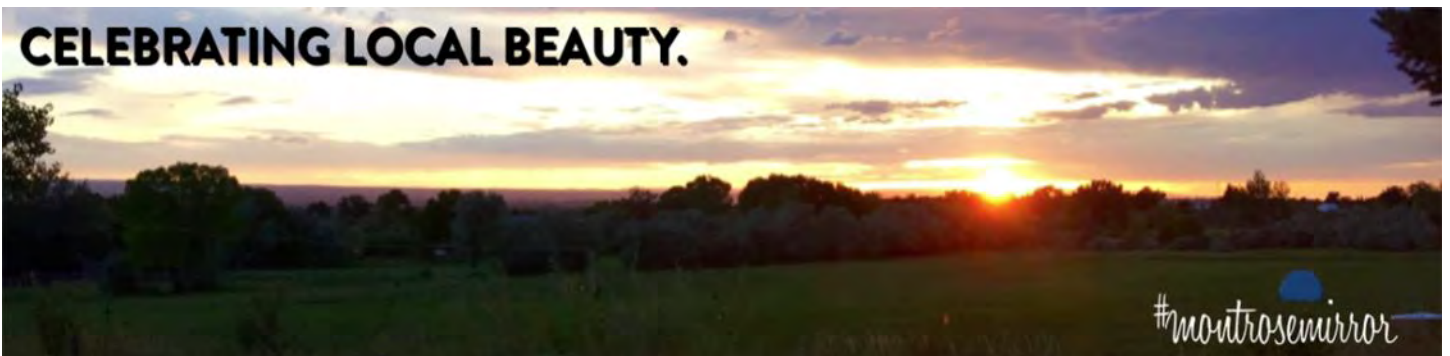
In his retirement, Jon enjoyed taking care of his grandchildren, looking after older friends, and caring for his beautiful yard and trees. When the local guardsmen were sent to Afghanistan he filled in as a Military Honor Guardsman for military burials. He served honorably and made many close friends through his continued service. Jon also volunteered at the local chapter of the American Legion where he helped with the fundraising through their Bingo nights. Jon was a quiet, positive man that would have a twinkle in his eye when sharing an old family joke. He enjoyed talking to old friends and reminiscing about the past and discussing histori-

cal events. His handwritten letters were always something to look forward to and were cherished by those who received them. He

found contentment at home; but enjoyed the occasional family trip to Mexico. He encouraged his wife, Barbara to travel and supported her activities. Jon overcame the tragic death of his son, Bill, with strength, love, and leadership to support his family. Jon is survived by his loving wife, Barbara Rardin, daughter Genevieve Lyon, (Robert Nelson), Montrose, son Matthew Rardin, (Hart), San Bruno, CA, grandchildren Clairissa and Alexa Lyon, Emma Lou and Wesley Rardin, brother Robert Rardin, (Donna) Bolingbrook, IL, close cousins Shirley Martin, (Dale) Jim Taylor (Karen), all of Mesa, AZ, nephew Doug Mika, (Angel) Pinedale, WY, and extended cousins nieces and nephews



CELEBRATING LOCAL BEAUTY.



#montrosemirror

COMMUNITY OBITUARIES

BERNADETTE MARIE BOX *August 24, 1949 - October 7, 2022*



Bernadette was born in Durango, Colorado the third child of Joseph and Evelyn Caranta, deceased. She graduated from Durango High School in 1967 and attended Barnes Business College in Denver, Colorado. There she lived in a co-ed dorm where she met Lionel Box, her future husband. They were married in January 1969. In 1974 their son, Matthew (Matt), was born in Denver, Colorado. In 1975 they moved to Montrose, Colorado, and in 1976 welcomed their daughter, KimberlyJo (KJ). Bernadette worked at Mountain Credit and then for the City of Montrose. In 1983 she went to work for her husband at Lionel's Auto Repair running the office. She not only managed the office but became known as the "gofer". You could always see her taking people to home or work and chasing down parts. Bernadette

loved her kids and did everything for them. She never missed a sporting event or an award ceremony. She was active in youth baseball and softball, keeping score for the teams and she even played catcher when there were not enough players. She was a leader in youth bowling, coaching and transporting kids to tournaments. She added to the adventure of the many trips by getting lost along the way. Her kids were her life. Bernadette is survived by her husband of 53 years, Lionel Box, brother Joseph B. Caranta (Sherry), sisters Irene Perry and Mary Francis Trujillo, son Matt Box, daughter KJ Almgren (Silas), and her grandchildren Nicole Box and Dylan Box. At her request there will not be a service. In lieu of flowers, please make donation to Hope West Montrose, Colorado.

Now more than ever...

Thank you for reading

THE MONTROSE MIRROR

ISSUE 392 Oct. 17, 2022

ART & SOL

YOUR BRAIN ON NATURE – HUMOR



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

Greetings Mirrorites!

“Never follow anyone else’s path, unless you’re in the woods and you’re lost and you see a path. Then by all means follow that path.” *Ellen Degeneres*

Now that’s funny. I wish I’d thought of it, especially since I am in the wilderness a lot.

I have been told I have a great sense of humor. I am glad to own that, and I don’t disagree. Like most older people, however, my sense of humor has changed. Jokes at another person’s expense don’t seem as funny (mostly just offensive) as they did when I was a teen. As is typical of older folks, the type of humor I prefer is affiliative, like the quote above. It doesn’t belittle any person or group.

In a harmless and innocent way, walking goats is a crack up. The sedate antics of

the older ones make me smile, but the performance by the current class clown, my buckling who is the equivalent of a seventh grader in age right now, are completely laugh out loud hilarious. I let myself do exactly that. LOL. This appreciation of humorous scenes and engaging in actual laughter, particularly outdoors, is benefiting my ventral striatum, located in the prefrontal cortex and associated with pleasure processes. I have found it interesting that since I have started to LOL at his pratfalls, I find that I am more personally humorous myself for the rest of the day. It turns out that I am using a part of the brain known for being enhanced by time spent in nature, the executive function portions of the brain. This is the place where jokes are born.

A decade ago, a British researcher claimed that jokes appear to involve executive functions such as thought organizing, insight development, and bridging inferences to re-establish a new context. We know pleasant nature experiences enhance executive function, thus the funny scenes I have witnessed end up making me funnier in turn. Funny Girl got nuthin’ on me, at least when I’m cracking jokes to myself the rest of the day.

I will admit right now that not everyone may be affected this way. Genetics and culture can determine a certain amount of our response to humor. When it comes to culture, Hindus think stuff is funnier than any of the adherents of major religions.

Christians are lowest on the chuckle meter. As one researcher posited, “There are two reasons for opposing laughter: it distracts the devout from their contemplation of God and there is no good reason to laugh. . . Not just the Benedictines but even the Franciscans and all other orders and congregations generally regard laughter as sinful while mournful tears are cultivated as true devotion.” (Geybels, 2011). Respectfully, I so disagree.

Then there’s genetics. My father was a very funny man, my mother, not so much. She could get humor, but she couldn’t make a joke to save her life. So it came from my dad’s side of the clan. I’m not making this up. There is evidence of a joker gene. The strongest association for the “sense of humor” trait is associated with the *FOXP2* gene, known to also be incredibly important for the ability to use language. My dad was a very funny English teacher. I rest my case.

A team of researchers that are veterans in the field of Attention Restoration have noted that the personality variables of *sense of humor* and *connectedness to nature* are independent of one another. Translated... you can be a very funny person and not give two hoots about the outdoors. However, they also found that these attributes are additive. The more time funny people spend outdoors in nature, the greater sense of overall well-being they report over those who are funny only indoors, at the office or the local

YOUR BRAIN ON NATURE – HUMOR From previous pg



Guffawing Granny courtesy of World Laughter Day Association (May 10) Courtesy photo.

local watering hole.

Specialists in the field of mood disorders have noted that major depression is associated with cognitive deficits including memory, executive functions, and affect perception. Depressed folks also perform less well on measures of humor processing in ways that seem to be related to executive functioning. This may be one reason why people who report that they

are funny in the field and then better all the way around the rest of the time feel this way. Depressed folks do retain their sense of humor, and we know that time in nature relieves symptoms of depression for most people. It makes sense then that wellness can be enhanced best, regardless of our emotional state but especially for those with the blues, by watching two hilarious squirrels chase each other around and around the bole of a tree in real life, rather than only watching funny cat videos. Dr. Hall Ruddell recommends that you do both. And be sure to move some. Test yourself for 150 minutes per week. See if you can walk and laugh outdoors all at the same time. This lifestyle has been shown to be protective against semantic dementia, to a certain extent. This afflicts people younger than 65 with sedentary lifestyles and often results in a loss of sense of humor. Frequent walking and laughter stimulates the frontotem-

poral cortex involved in humor and other language functions and increases neuroplasticity (see prior *Mirror* articles). Semantic dementia cannot be prevented indefinitely if the genes are there, but can be greatly delayed by laughter in the out-back while hoofing it.

I'd like to end this article with a little seasonally appropriate humor that is mostly affiliative, with a hint of teenage aggressive humor overtones.

Two hunters are out in the woods when one of them collapses. He doesn't seem to be breathing and his eyes are glazed. The other guy whips out his phone and calls emergency services. He gasps, "My friend is dead! What can I do?" The operator says "Calm down. I can help. First, let's make sure he's dead." There is a silence, then a shot is heard. Back on the phone, the guy says "OK, now what?"

Send great outdoor jokes to...
agescapesnow@gmail.com

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BOCC Meetings and Work sessions will continue to be held at the Planning & Development Building located at:
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QUESTIONS?

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HEALTHY RHYTHM
ART GALLERY



LA NOUE
DUBOIS
WINERY

John Hewitt

Healthy Rhythm Music Series Presents
John Hewitt :: Live at Healthy Rhythm
Thursday, October 27, 2022
Advance Reserved Seat \$15 • Day of Show \$20
Doors 7:00 p.m. — Show 7:30 p.m.

Healthy Rhythm Art Gallery
232 E. Main Street
Montrose, CO
www.healthyrhythm.net
www.johnhewittmusic.com

Healthy Rhythm Music Series
presents

An evening with

Alicia Stockman

Live at Healthy Rhythm

Saturday, October 22, 2022

Doors 7:00 p.m. | Show 7:30 p.m.

Advance Reserved Seat \$15

Day of Show \$20

Healthy Rhythm Art Gallery
232 E. Main Street, Montrose, CO
www.healthyrhythm.net
www.AliciaStockman.com

HEALTHY
RHYTHM
ART GALLERY



LA NOUE
DUBOIS
WINERY

TACO'S & BEER... SECOND TRY NOT SO HOT

By Carole Ann McKelvey

MONTROSE — My son and I decided to try Tacos & Beer for a second time. Went on a Wednesday night and the place was packed. Although the first time I tried it, just after they opened, the food was terrific, not so this time. Maybe I just didn't order right?

I ordered a grilled chicken tostada (\$12) and it disappointed. Probably cause the place was packed, the service just wasn't up to par — took a long time to get our food and no checking back from the waitress. We actually emptied our chip basket and salsa.

The tostada was unceremoniously plopped in front of me. It was pretty tasteless (used the last dribbles of our salsa to spice it up a bit); a very thin layer of refried beans, some lettuce and small little tomato pieces, 3 small slices of avocado. I don't even remember if there was any cheese. Com'on, this was bad.

Ian ordered quite a few tacos; it is Tacos & Beer after all. He had four tacos: Carnitas, Pastor, Billia and beer batter fish. (\$24) All but the fish disappointed him. I tasted, it was greasy stuff. The side of rice and beans? Well, it was a side of rice and beans.

Also, I know that wrestling is very big south of the border, but on the TV here? Nope. Who wants to see sweaty guys fake wrestling when they're eating? Not me.

I really didn't give the margaritas much of a chance, as I ordered skinny ones. Of course, it was disappointing. The first time I ate here the food was much better. What happened? Did the cook change?

I have to say the prices are still okay, it's family friendly and looks like it's been ac-

cepted by the Montrose community. Our dinner, with two skinny margaritas — I know — came to \$79.27.

But I have to say I wouldn't recommend it over the other many fine Mexican places in Montrose.

Still, there are plenty of food choices here: BOTANAS (appetizers):

Taquitos, quesadilla, loaded nachos, shrimp empanadas, camerones empanizados (priced from \$9 - \$12.)

TACOS:

Taco fillings you don't see everywhere: Tripia (beef small intestines); Buche (pork stomach); and Lenglia (beef tongue).

Don't freak out, their corn tortillas also come with carne asada, pollo (chicken), carnitas (pork), chorizo (Mexican sausage) and shredded beef. At \$4.50 each they are topped with fresh onions and cilantro. Three tacos for \$11.99. You will also find street tacos (three for \$7) with your choice of meat and served with toreados & cebollitas (grilled jalapenos) and green onions.

If you feel like cheesy tacos with a crispy corn tortilla shell topped with onions, cilantro and limes you can try pulpo (octopus) or camaron (shrimp). (\$4.99) Beer batter tacos at \$5 each include corn tortillas with a homemade coleslaw, topped with a spicy guacamole sauce, shrimp or fish.

Martin style tacos are \$5 each and are cheesy tacos with a crisp shell topped with onions, cilantro and limes and filled with your choice of meats.

COMBO PLATES: 1 item \$10; 2 items \$12 — taco, chimichanga, chili rellenos, enchilada, tostada, tamale or flauta.

HOUSE SPECIALS: \$15-16, carne asada,

"Rocky Mountain Cravings"
Carole Ann McKelvey, Food Editor



pollo asado, carnitas.

FAJITAS:

Chicken, steak, shrimp, fish, combo (\$16-18) served with a side plate of rice, beans, sour cream, guacamole, and tortillas.

Of course, you may decide to try the "Grande Burritos" stuffed with rice and beans, your choice of meat, and topped with pico de gallo, guacamole, sour cream and smothered in red or green sauce. (\$15-16). These are huge!

SEAFOOD:

Lots of choices here with some plates served with rice and French fries: bacon-wrapped shrimp; spicy camarones a la diablo; camarones o plop al ajillo (shrimp or octopus in garlic sauce); enchiladas del mar; chimichanga del mar; ceviche de camaron; coctel de camaron.

Tacos & Beer serves lunch specials from 11a.m. — 3 p.m. with a choice of combo plates served with rice and beans from \$7-9.50. Add guacamole or sour cream for \$2. Many choices.

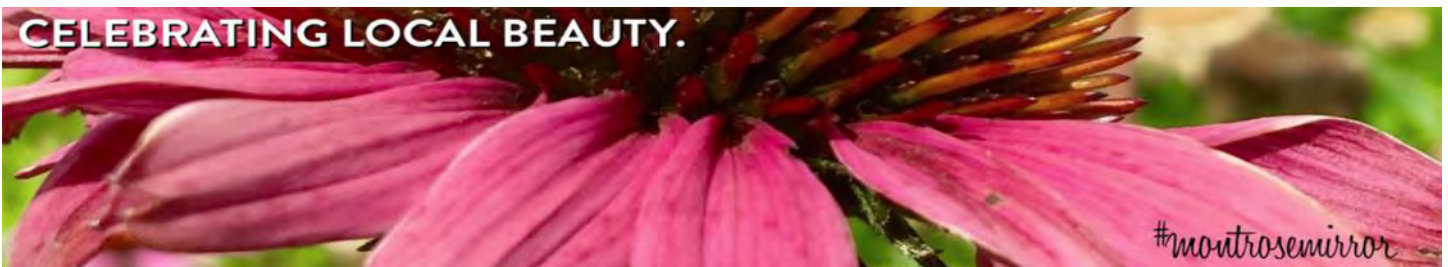
Feel like veggie? Order a bowl, quesadillas, fajitas, tacos, or burrito for \$11.

HEALTHIER SIDE: Taco salad, tostada, grilled chicken tostada (\$9-12)

DESSERT: We didn't partake but they have sopapillas, flan or fried ice cream for \$5.

Tacos & Beer is a venue in Montrose, a city with many Mexican choices. Tacos & Beer is located at 3410 Williams Dr. #400. Call 970-964-4448.

CELEBRATING LOCAL BEAUTY.



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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, 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

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 for more information.

MONTROSE UNITED METHODIST CHURCH

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

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

Email: montroselutheran@gmail.com

Pastor: Tim Onnen

Worship: Sundays at 9 AM

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

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,

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

Website: montroseucc.org

Current Pastor: Rev. Wendy Kidd

Worship service times: Sunday, 10 a.m.

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

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

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

email: office@rosemontbaptist.org

Senior Pastor: Rolland Kenneson

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

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

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

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

matter what stage of life they are in.

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

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

SPIRITUAL AWARENESS CENTER

Denomination affiliation: Independent Interfaith

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

Home Office – 970-252-0908

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

Name of current pastor: Rev. Dr. Arlyn

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

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

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

SUMMIT CHURCH OF MONTROSE:

Denomination affiliation:

Southern Baptist

Address: 10977 60.75 Rd. Montrose, CO 81403

Office hours: Varies

Contact information:

phone number: 970-275-7026

email: summitchurchmontrose@gmail.com

website: www.summitchurchmontrose.org

Name of current Senior Pastor: John De-

Sario

Worship service times: Sunday Worship is at 9 am followed by a time of fellowship and snacks. Summit Church has frequent Bible studies and other events for adults, young adults, youth and children. Please visit <https://www.summitchurchmontrose.org/events> for more information.

Summit Church Montrose is a new church plant that preaches the Word of God,

reaches the lost with the Gospel of Jesus Christ and equips Christians to serve the Lord. Summit Church has people of all ages!

We have families with children (babies, school aged, recent high school and college graduates) There are retired couples and widows. During the Sunday sermon we offer teaching for children ages birth to Kindergarten, in a kid friendly room called Base Camp.

VICTORY BAPTIST CHURCH OF MONTROSE

Denomination Affiliation: Independent Baptist

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

Office Hours: Monday-Friday 8am-12pm

Contact Information: Phone (970) 249-6874;

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

Current Pastor: Roland Kassales

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

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

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

Church Directory

Mirror Editorial Staff

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

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?

COMMUNITY NEWS BRIEFS

CHIPETA CHAPTER OF THE COLORADO ARCHAEOLOGICAL SOCIETY: CAPTIVATED WITH FOOTWEAR

Special to Art & Sol

MONTROSE-Chipeta Chapter of the Colorado Archaeological Society is excited to present Dr. Benjamin Bellorado as the October speaker on the 19th at the Montrose United Methodist Church, (Park Ave and 1st St) starting at 7 pm. Ben is an an-

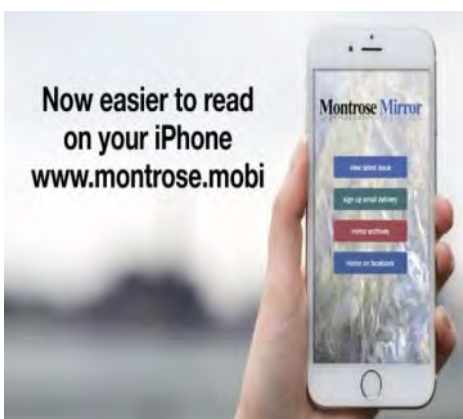
thropological archaeologist who focuses on Indigenous cultures in the northern Southwest. He is currently the Laboratory Director at Crow Canyon Archaeological Center. His presentation is "Captivated

with Footwear: Sandal, Sandal Imagery, and Social Identity across Cultural Landscapes in the Southern Bears Ears area during the Thirteen Century." This program is free and open to the public.

MHS OCTOBER DIVISION AWARD WINNERS



Pictured are L to R Jesus Jimenez, Audrey Richter, Austin Zimmer, James Maunakea, Lorelai Hough, and Teagan Kulbeth. Courtesy photo.



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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

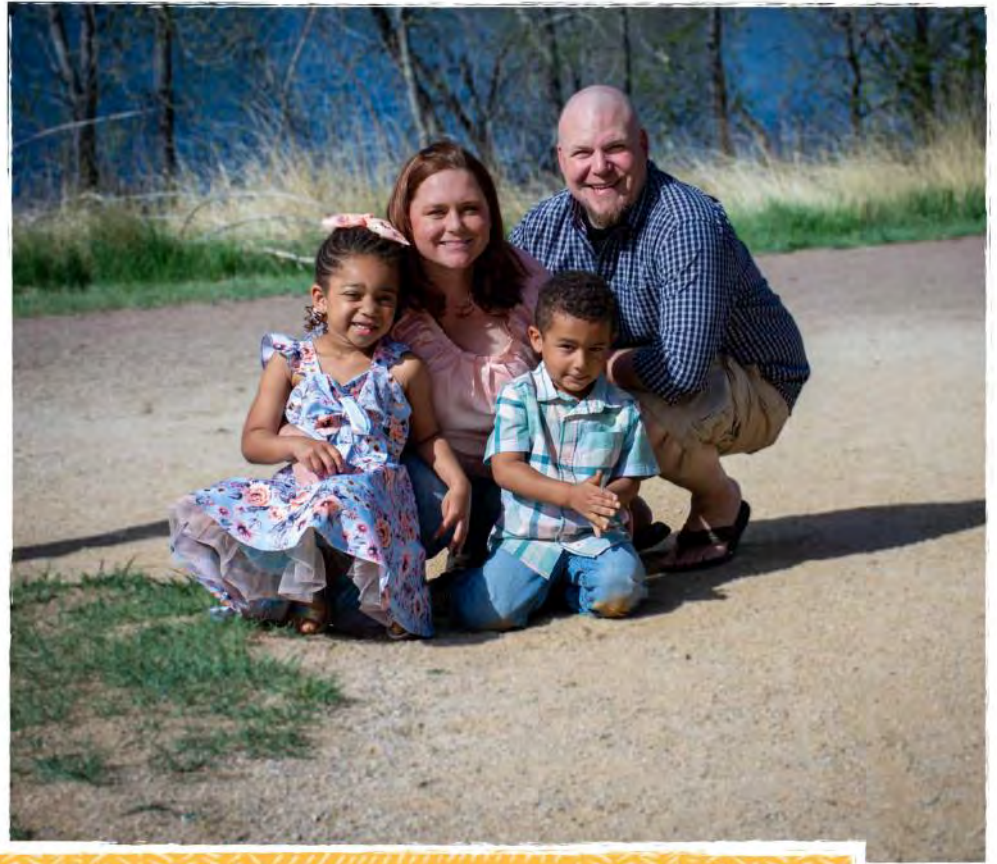


READER PHOTO SPOTLIGHT: LINDA LAKE



Beauti-FALL colors at Silver Jack Reservoir! Photos by Linda Lake.





6 TIPS FOR FAMILY PHOTOS

1. Have fun and enjoy the chaos
2. Wear what you love
3. Consider accessories and layers - ie scarf, belt, hat, headband
4. Remove clutter in front of and behind your kids
5. Include favorite stuffed animals, toys etc.
6. Promise them a fun treat when finished



PEAK PROFESSIONALS

1550 Niagara Road Montrose
(970) 497-4921
peakpros.org

PEDIATRIC ASSOCIATES

947 South Fifth Street Montrose
(970) 249-2421 **VFC PROVIDER**
thepediatricassociates.com

NORTHSIDE HEALTH CENTER

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

CEDAR POINT HEALTH

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

BASIN CLINIC

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

UNCOMPAHGRE MEDICAL CENTER

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

DELTA COUNTY HEALTH DEPT

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

RIVER VALLEY FAMILY HEALTH CENTERS

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

THE PIC PLACE

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

MESA COUNTY HEALTH DEPT

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

VFC (VACCINES FOR CHILDREN)

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

340b

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

CITY MARKET SOUTH

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

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

WALGREENS

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

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

CVS (IN TARGET)

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

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

CITY MARKET NORTH

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

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

SAFEWAY

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

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

WALMART

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

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

STACIE'S APOTHECARY SHOPPE

112 Village Square West Ridgway
(970) 626-7100

Flu	Pneumonia
Shingles	Tdap



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

COLORADO NEWS BRIEFS



MRH Ambulatory Care Center FREQUENTLY ASKED QUESTION

How will it benefit the city of Montrose to build the new ACC?

Many residents research communities before relocating with adequate healthcare often a top concern. For this reason, our ACC will keep the Montrose region an attractive destination – helping employers attract potential skilled labor prospects.

Healthcare is important for families: if a person has to travel for specialized care, that can be a significant burden. We know that access is a significant concern for members of our communities. We will increase access to care by adding services and providers for our communities as they continue to grow.

Learn more at MontroseHealth.com/ACC

800 S. 3rd Street
Montrose, CO 81401
970-249-2211

MontroseHealth.com



BLM TO OPEN A 30-DAY PUBLIC COMMENT PERIOD ON VEGETATION MANAGEMENT PROJECT

Special to the Mirror

GUNNISON — The Bureau of Land Management (BLM) Gunnison Field Office plans to open a 30-day public comment period on the draft North Powderhorn Fuels Project Final Environmental Assessment. The assessment intends to analyze a comprehensive vegetation management program to improve forest health and resiliency and promote ecosystem diversity across the North Powderhorn project area northeast of Lake City, Colorado. The project area comprises 90,725 acres, including 53,877 within the Powderhorn Wilderness and Wilderness Study Area. Gunnison Field Office would implement the project over 15 years with a total treatment target of 20,000 acres. "Over the past decade, historic fire suppression, persistent drought, and spruce beetle outbreaks have combined to disrupt natural processes and impact the character of the Powderhorn Wilderness," said Jon Kaminsky, Gunnison Field Manager. "The purpose of this project is to reduce the potential of high severity fires and protect wilderness character, surrounding communities, soil vegetation health, and wildlife habitat."

Many of the spruce and fir stands in the project area are overstocked from fire exclusion or have died from insect infestation and disease. The overstocked timber stands combined with drought conditions is an environment that can lead to wildfire. Fires of these fuel types in this condition tend to be high severity and long in duration, causing a threat to public safety and infrastructure, air and water quality, loss of habitat, soil erosion, and other concerns.

The 30-day public scoping period beginning October 7, 2022, is intended to identify potential issues and concerns and additional information the BLM should consider in its analysis. Project documents and information, including how to provide input, are available on the BLM ePlanning project website at: <https://eplanning.blm.gov/eplanning-ui/project/2021619/510> and a public meeting is planned for October 18, 2022, at the Western Colorado University Ballroom from 5:00 pm to 8:00 pm. The BLM will consider the public's substantive comments on the proposal from October 7, 2022, through November 7, 2022, online or by U.S. mail at: BLM Gunnison Field Office, Attn: Brian Stevens, 210 W. Spencer Ave., Ste. A Gunnison, CO 81230.

COMMUNITY NEWS BRIEFS

PRESENTATION ON EAGLE ROCK EXCAVATION

Special to Art & Sol

DELTA-The Delta County Historical Society is hosting a presentation on the Eagle Rock excavation Thursday, Oct. 20, at 7pm. This event will be held at the Methodist Church Fellowship Hall at 5th and Meeker one block east of Main Street in Delta. Admission is free and light refreshments will be served.

The event speaker will be Colin Price, BLM Archeologist. His expertise is the study of the human past through the excavation and analysis of artifacts and other physical remains. The vast public lands managed by the BLM feature significant evidence of the 10,000+ years of human prehistory and history in the western United States and Alaska. Sites long abandoned by ancient people offer important insights into the ways in which human activities and the environment have been linked together through time, and how seemingly minor cultural practices can contribute to substantial environmental change. Discovering, studying, and understanding the evidence of past human influences provide us with important lessons about how we should be using our lands today. Eagle Rock excavation is located between Delta and Hotchkiss and is the location of interest for tourists.

MCA PRESENTS WESTERN VISIONS

*Special to
Art & Sol*
MONTROSE-
Montrose
Center for
Arts is pleased
to present
"Western Vi-
sions," a two-



woman show in October featuring Sherry Cobb Kelleher and Twana Douglas. "Western Visions" is a collaboration of 2 mediums and two friends, who share the same love of the West and our Western heritage.

Please join us at MCA, 11 S. Park Ave. for an opportunity to meet both artists on Saturday, October 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. Stop by and take a piece of their "Western Visions" home with you to enjoy forever.



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

800 S. 3rd Street
Montrose, CO 81401
970-249-2211

MontroseHealth.com



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TEXT mirror TO 55678

THE
MONTROSE MIRROR

Your Source for Local Business News and Information

Join Us for
A BENEFIT CONCERT FEATURING:
FACE VOCAL BAND
an all-vocal rock band

Event benefits the San Juan Healthcare Foundation

Saturday, November 5, 2022

at the Montrose Pavilion
1800 Pavilion Drive; Montrose, CO
Concert doors open at 7pm

Tickets



SCAN ME

VIP Reception & Tickets: \$125

Include VIP reception with food and beverage and reserved concert seats
VIP Reception begins at 5:30pm

General Admission: \$35

Student \$20 (with valid student ID)
Kids 12 and under free

Online*: events.ourtownmatter.net or hello@ourtownmatters.net

Phone*: 970-765-0913

In person**: Our Town Matters Business Center
1245 E. Main Street, Montrose

*Online/Phone (Credit Card)

**In Person (Cash, Check or Credit Card)

Fundraiser for San Juan
Healthcare Foundation



Altrusa presents

Family Literary Festival *in the park*

**Saturday
October 22**

1:00 - 4:00

Altrusa Park

on S. Hillcrest Dr.

- book readings
- story telling and plays
- puppet shows
- author's table
- craft table

... and more

*free
giveaways*



and
visit the Library Bookmobile

For questions or info, call 512-468-4567

SAVE THE DATE! LOCAL EVENTS CALENDAR

ONGOING-

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

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

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

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

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

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

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

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

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

MONTROSE FARMERS MARKET SCHEDULE

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

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

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

MONTHLY

Oct. 18-City of Montrose's 2023 budget open house is planned for Tuesday, Oct. 18, in the City Council Chambers located at 107 S. Cascade Avenue. The event will begin at 4:30 p.m. with an overview of the budget, followed by informal, one-on-one discussions with city officials who will take comments and provide additional information. Copies of the proposed budget are also available at City Hall (433 South First Street) from 7 a.m. to 6 p.m., Monday through Thursday. All interested citizens are encouraged to accept the opportunity to give written and verbal comments.

Oct. 18-Tuesday, Oct. 18, 1 - 2 p.m. - The League of Women Voters of the Uncompahgre Valley will give a nonpartisan presentation on the 11 State Ballot Issues on the November 2022 ballot. This presentation will be held in the Montrose Senior Center at the Pavilion, 800 Pavilion Drive, Montrose. Everyone is invited to attend. LWV ballot issues pamphlets with explanations, pros and cons of the issues will be available. Additional voter information can be found at lww-uv.org and Vote411.org.

Oct. 19-Wednesday, Oct. 19, 11:30 a.m. - The League of Women Voters of the Uncompahgre Valley will give a nonpartisan presentation on the 11 State Ballot Issues on the November 2022 ballot. This presentation will be held in the Montrose Library Community Room, 320 S. Second St, Montrose. Everyone is invited to attend. LWV ballot issues pamphlets with explanations, pros and cons of the issues will be available. Additional voter information can be found at lww-uv.org and Vote411.org.

Oct. 19-Chipeta Chapter of the Colorado Archaeological Society is excited to present Dr. Benjamin Bellorado as the October speaker on the 19th at the Montrose United Methodist Church, (Park Ave and 1st St) starting at 7 pm. Ben is an anthropological archaeologist who focuses on Indigenous cultures in the northern Southwest. He is currently the Laboratory Director at Crow Canyon Archaeological Center. His presentation is "Captivated with Footwear: Sandal, Sandal Imagery, and Social Identity across Cultural Landscapes in the Southern Bears Ears area during the Thirteenth Century." This program is free and open to the public.

Oct. 20-The Delta County Historical Society is hosting a presentation on the Eagle Rock excavation Thursday, Oct. 20, at 7pm. This event will be held at the Methodist Church Fellowship Hall at 5th and Meeker one block east of Main Street in Delta. Admission is free and light refreshments will be served. The event speaker will be Colin Price, BLM Archeologist. His expertise is the study of the human past through the excavation and analysis of artifacts and other physical remains.

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 or call 970-209-9598.

Contact the Montrose Mirror:
970-275-0646

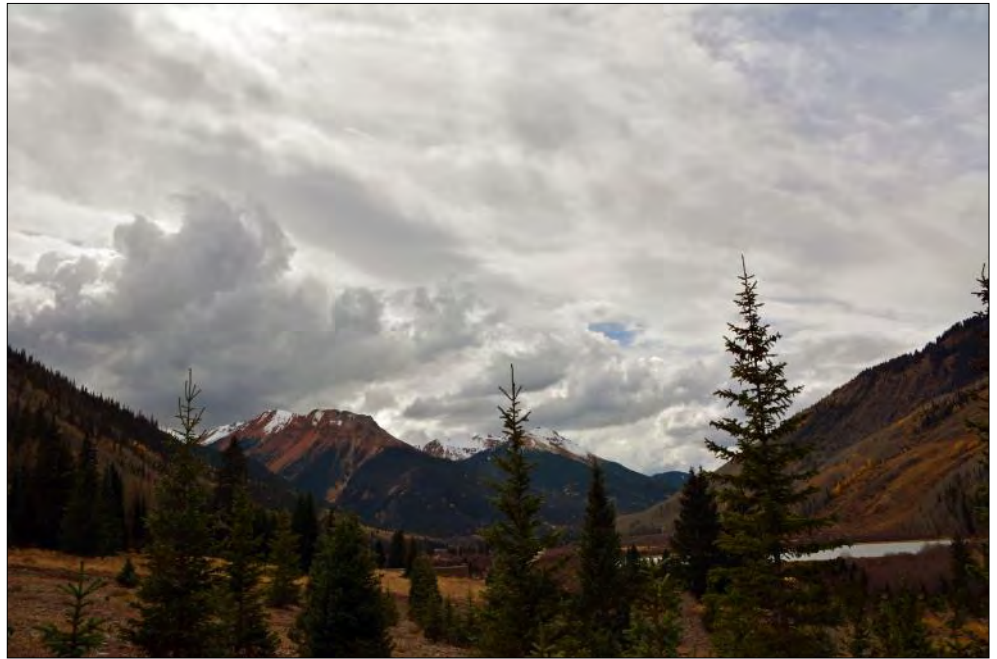
Editor@montrosemirror.com

www.montrosemirror.com

At right, *Red Mountain*, by Deb Reimann.
"The red/orange hues of Red Mountain capped with white snow, green firs, gold aspen and the blue/grey skies join to create a brilliant fall kaleidoscope," Deb said.
Below, *"Sheep,"* by Gunnison Clamp.



AUTUMN IN THE MOUNTAINS...



Remington's at the Bridges
970-252-1119

Horsefly Brewing
970-249-6889



Double Barrel Taco Co.
970-417-4340

Trattoria de Sofia
970-249-0433



San Juan Brews
970-901-8594

Camp Robber
970-240-1590

DineOutMontrose.com

Rio Bravo
970-964-4477

Jimmer's Steak & BBQ
970-252-1227

Fiesta Guadalajara
970-249-2460

El Jimador
970-249-8990

Buckaroos Slices & Scoops
970-787-9437

Busy Corner White Kitchen
970-323-6215

Rib City
970-249-7427

Stone House
970-240-8899

Mimo's
970-249-0616

My Favorite Muffin
970-765-0076

Sidelines Sports Bar
970-765-0129

Amelias Hacienda Restaurante
970-249-1881

Crash Burger
970-249-0825

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

Tacos & Beer
970-964-4448

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

Pahgre's
970-249-6442

Premier Sponsor:
Montrose Farmers Market
970-249-0705