

the Montrose Mirror

Fresh news for free people!

@ Issue No. 506 Nov. 7, 2022

CITY APPROVES MRH SUPPORT IN 2-1 VOTE

By Caitlin Switzer

MONTROSE-All councilors were present for the regular Montrose City Council meeting of Tuesday, Nov. 1. Mayor Dave Frank welcomed everybody and called the meeting to order. "If you would, please rise and join me in the Pledge of Allegiance."

Mayor Pro Tem Barbara Bynum had no changes to the meeting agenda.

CALL FOR PUBLIC COMMENT ON NON-AGENDA ITEMS

No comments were heard from the public on items not related to the meeting agenda.

APPROVAL OF MINUTES

Council voted to approve minutes of the October 17, 2022, special City Council meeting and the October 18, 2022, regular City Council meeting.

NEW BREWPUB LIQUOR LICENSE APPLICATION

Council considered, held a public hearing, and ultimately voted to approve an application for a new Brew Pub liquor license at 830 N. Townsend Avenue for Pomona Brewing Company, Inc., d.b.a. Pomona Brewing Company, for consumption on the licensed premises and to sell malt liquor beverages manufactured on the licensed premises and packaged in sealed containers for consumption off the

Continued pg 30



Montrose City Council met for a regular meeting on Tuesday, Nov. 1. Meeting screen capture.

BOCC AWARDS AIRPORT AD CONCESSION RFP TO LOCAL NEWS NETWORK OF DURANGO

By Caitlin Switzer

MONTROSE-Montrose Board of County Commissioners (BOCC) Chair Keith Caddy opened the regular BOCC meeting on Wednesday, Nov. 2. All commissioners were present.

Facilities Director Ken Norris led all in saying the Pledge of Allegiance.

Pastor Buddy Cook of First Church of the Nazarene delivered the invocation, "...we pray that you would be with us now as we look to our elections next week...we pray for good leaders who would serve us well...we pray that we would be a county that people would look at and say, 'that's the kind of county I would like to be a part of...'"

PUBLIC COMMENT PERIOD

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

COUNTY MANAGER

County Manager Jon Waschbusch had *Continued pg 5*



BOCC meetings and work sessions are presently being held at 63160 LaSalle Rd., above. Mirror file photo.

in this
issue

Featuring Montrose:
CB Williams visits specialty Coffee Shops!

Lauren Hall Ruddell:
Your Brain on Nature!

Deer Hunting 101
By Bob Cox!

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for Lively Soles!



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CLOSURE SET FOR US 160 NOV. 8 TO ALLOW FOR HELICOPTER OPERATIONS ON WOLF CREEK PASS

Special to the Mirror

SOUTHWEST COLORADO — In preparation for the upcoming winter season, the Colorado Department of Transportation will close US Highway 160 Wolf Creek Pass the morning of Tuesday, Nov. 8, for approximately three hours from 7 a.m. to 10 a.m. The lengthy closure is needed to allow for motorist safety during critical helicopter operations and preparations of avalanche mitigation equipment. The helicopter operations are dependent upon weather conditions.

Travelers are advised to check COtrip.org for the most current information.

Traffic Impacts

Both eastbound and westbound motorists will encounter full stops and a lengthy delay of up to three hours. Motorists are urged to allow for extra travel time or seek alternate routes.

-West Closure Point: Treasure Falls (MP 157), 13 miles east of Pagosa Springs

-East Closure Point: Wolf Creek Pass Ski Area (MP 167), 19 miles west of South Fork
 Please be aware the delay times are approximate and may be extended should unusual circumstances arise.

THE MONTROSE MIRROR

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REGIONAL NEWS BRIEFS

WATCH FOR WILDLIFE, AVOID COLLISIONS

Special to the Mirror

COLORADO-Colorado Parks and Wildlife asks drivers to stay alert and share roads with wildlife. Autumn is the peak seasonal mating and migration time for many species, so drivers should watch for wildlife as they begin to experience darker commutes.

The Colorado Department of Transportation also advises motorists to stay vigilant, drive with caution and slow down, as winter storms often push wildlife from the high country into lower elevations.

"With the changing seasons and snow already in the mountains, we are seeing a lot of deer and elk across our highways that motorists need to look out for," said CPW Assistant Area Wildlife Manager Steve McClung. "It is important for people to adhere to speed limits and remember that many of our highways have reduced speed limits from dusk until dawn to help prevent collisions with wildlife. Drivers should be aware of animals in town, on county roads and on highways and keep their eyes on the road and shoulders to help prevent dangerous collisions."



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REGIONAL NEWS BRIEFS

PIANIST DAVID OSBORNE TO PERFORM IN DELTA NOV. 7

Special to the Mirror

DELTA-On Monday, Nov. 7, at 7pm., Pianist David Osborne takes the stage at the Delta Center for Performing Arts at 822 Grand Avenue in Delta, CO. Doors open at 6 PM. Single performance tickets will be available at the door. Price \$20 for adults and \$5 for students. For more information, contact Bob at 970-835-4480 or Connie at 970-249-4308 or visit our website at 222.deltamontroseconcerts.com.

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BOCC AWARDS AIRPORT AD CONCESSION RFP From pg 1

no changes to the meeting agenda.

CONSENT AGENDA

Consent Agenda items were approved unanimously, with Resolution No. 72-2022 assigned to Consent Agenda Item 9, Resolution No. 73-2022 assigned to Consent Agenda Item 10, and Resolution No. 74-2022 assigned to Consent Agenda Item 13.

MONTROSE COUNTY LOCAL LIQUOR LICENSING AUTHORITY

The BOCC left regular session to reconvene as the Montrose County Local Liquor Licensing Authority, approving renewal of the Lodging & Entertainment Liquor License for CampV, 31412 EE 26 Road, Naturita, Colorado 81422, license #03-15199. All appropriate documents, reviews, inspection, background check and fees have

been submitted pursuant to CRS 44-3-302. No concerns were reported by the Sheriff's Office or the Planning Department.

GENERAL BUSINESS & ADMINISTRATIVE ITEMS

Commissioners reconvened as the Board of County Commissioners and returned to regular session.

Commissioners approved a request by Montrose Regional Airport Director Lloyd Arnold to award a Request for Proposals for Montrose Regional Airport advertising concessions to Local News Network, and possible authorization of the Chair's signature on the Concession Lease Agreement effective Dec. 1, 2022. This represents annual revenue in the amount of \$27,080. Formerly Clear Channel was the service

provider, Arnold said. Local News Network is based in Durango, Arnold said, unlike Clear Channel, which is based in Pennsylvania.

PLANNING & DEVELOPMENT

The BOCC returned to regular session to hear Planning & Development items.

Approved were the Solar Heights Filing 2 Lot 9 Amended [AM22-005] proposal to remove Wetland delineation from Solar Heights Filing 2, Lot 9 at Parcel 399321308004; and the Menke Large Tract Exemption [EX22-039] proposal to divide one lot from a 178.790-acre parcel at Parcel 76924400065, 73265 HIGHWAY 50.

With no further business, the meeting was adjourned.

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REGIONAL NEWS BRIEFS

BODY RECOVERED IN RED CANYON AREA

Special to the Mirror

MONTROSE—The Montrose County Sheriff's Office recovered a body in the Red Canyon area adjacent to the Black Canyon. The sheriff's office has been searching for a missing hunter reported in the area, Calvin Prochnow of Grand Junction since Sunday afternoon. At this time, the identification of the body is pending official release from the Montrose County Coroner's Office.

Since Sunday, over 75 people have assisted in this search and recovery effort. Crews searched over 1,300 acres based on the last known location of the missing person. On Tuesday afternoon, flight crews noticed a body in steep and rugged terrain on the south side of Red Canyon in a very remote location. This morning, recovery crews flew in by helicopter, dropped near the location of the body, and the team hiked in to begin the recovery process.

"As an avid outdoor community, this type of incident affects us all," said Commander Ty Cox. "We would like to express our condolences to the Prochnow family and community. On behalf of the Montrose County Sheriff's Office, we are grateful to our partners for their assistance with this search and recovery effort—this recovery would not have been possible without the additional resources and volunteers."

At this time, foul play is not suspected and the case is under investigation by the Montrose County Sheriff's Office. The Montrose County Sheriff's Office would like to recognize the following partner agencies for their assistance: Montrose County Sheriff's Posse, search and rescues crews from Delta search and rescue, West Elk Search and Rescue, Olathe Spray Service, Colorado Parks and Wildlife, Ouray Mountain Rescue, Delta County Sheriff's Office, Colorado Division of Fire Prevention and Control, and CareFlight of Parachute/Rifle.



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Sides — Garlic mashed potatoes, sweet potatoes, turkey gravy, andouille cornbread dressing, cranberry ginger compote, 4-cheese mac & cheese, roasted rainbow Amaretto carrots, Janet's "green bean casserole," rolls and whipped butter

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REGIONAL NEWS BRIEFS

CITY OFFICES TO CLOSE FOR VETERANS DAY

Special to the Mirror

MONTROSE — In observance of Veterans Day, City Hall, Municipal Court, Animal Shelter, Downtown Visitor Center, City Shop, Montrose Pavilion, and Police Department offices will close Thursday, November 10.

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

The Black Canyon Golf Course and the Rusty Putter restaurant will be open.

City residential trash customers who would normally receive service on Thursday, November 10, will instead be served on Tuesday, November 8, and Wednesday, November 9.

Thursday customers located east of Townsend Avenue will be served on Wednesday, November 9. For Thursday

customers located west of Townsend Avenue, trash pickup will occur Tuesday, November 8.

Recycling customers who would normally receive collection service on Thursday, November 10, will instead be served Friday, Nov. 11.

For more information contact City Hall at 970.240.1400, or visit [CityofMontrose.org/Holiday](https://www.cityofmontrose.org/holiday).

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REGIONAL NEWS BRIEFS

LISA DELPICCOLO HONORED BY COLORADO MUNICIPAL CLERKS ASSOCIATION

Special to the Mirror

MONTROSE— Montrose City Clerk Lisa DelPiccolo was recently honored by her peers and public servants across Colorado with the 2022 Outstanding Contribution to the Colorado Municipal Clerks Association by a Municipal Clerk award. DelPiccolo's service was recognized during the Colorado Municipal Clerks Association, CMCA, conference held in Canon City, Colorado, on Thursday, October 20.

DelPiccolo was also nominated for the 2022 CMCA Clerk of the Year award by the Montrose City Council, City Manager Bill Bell, and Deputy City Manager Ann Mor-

genthaler. Mayor Pro Tem Barbara Bynum, along with Bell and Morgenthaler, were present for the awards ceremony in Canon City.

"I am extremely fortunate that the City of Montrose encourages my participation in the Colorado Municipal Clerks Association," DelPiccolo said. "This has given me the opportunity to network with my peers across the state, participate in educational programs, and serve on the CMCA Board and committees. I am honored to be a part of the city organization and CMCA, and I am grateful for this acknowledgment."

DelPiccolo joined the City of Montrose in 2007 and became the city clerk in 2011. DelPiccolo is a Certified Municipal Clerk and Certified Master Municipal Clerk. CMCA gave DelPiccolo the award in recognition of the leadership she has provided the organization, including serving as its president, hosting trainings for municipal clerks, recruiting new CMCA board members, and acting as a resource for all within the profession.

"Lisa DelPiccolo is a valuable asset to the city, more than people perhaps know. Her recognition by her peers is a well-deserved honor," Mayor Dave Frank said.



The last Wine Tasting with History Tours of the LaNoe DuBois Winery will be on November 12th. This venue is operated by a pioneer family with a wonderful history in the valley. There will be two opportunities to go on a tour, one starting at 1:30 pm and the other at 4:00 pm. The tickets are \$25.00/person

which includes a complimentary shuttle service (to/from the museum and the winery), the wine tasting, and a cheese plate with an exclusive wine tote designed especially for this event. There is limited space of 10 spaces for each tour, so sign up early at 970-249-2085 or Email at info@montroshistory.org.





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REGIONAL NEWS BRIEFS

PUBLIC INPUT SOUGHT ON BLACK HILLS ELECTRIC'S ELECTRIC RESOURCE PLAN (ERP) AND CLEAN ENERGY PLAN (CEP) AND 2023-2026 RENEWABLE ENERGY STANDARD COMPLIANCE PLAN

Special to the Mirror

DENVER – Public comment is sought on Black Hills Electric's 2022 Electric Resource Plan (ERP) and Clean Energy Plan (CEP), on Thursday Nov. 10, from 4-6 p.m. The meeting will be located at the Pueblo Convention Center, in the Fortino Grand Ballroom A, located at: 320 Central Main St, Pueblo, CO.

The Commissioners will also be taking public comment on the utility's 2023-2026 Renewable Energy Standard (RES) Compliance Plan. ERPs are like roadmaps for utilities to plan for and acquire generation sources. RES Compliance Plans set forth the incentives and programs utilities will use to ensure that at least 30 percent of retail

electricity sales will be generated by renewable energy.

Black Hills Electric provides service to approximately 100,000 customers in 24 counties, including the City of Pueblo, Cañon City, Cripple Creek, and Rocky Ford among others.

Under Senate Bill 19-236, Black Hills' CEP is required to achieve an 80 percent reduction in carbon dioxide emissions by 2030 based on 2005 levels. Black Hills' preferred plan is projected to exceed the statutory minimum and produce a 90 percent reduction in carbon dioxide emissions by 2030.

To do this, Black Hills plans to add roughly 450 megawatts (MW) of new clean energy resources such as wind, solar, and battery storage.

In addition, Black Hills Electric plans to add incentives through its 2023-2026 RES Compliance Plan to provide and encourage programs such as rooftop and off-site solar, as well as community solar gardens for residents and businesses.

Black Hills Electric expects that impacts to customers from both the ERP/CEP and the RES Compliance Plan will result in short-term customer bill savings. However, long-term overall costs from the proposed resource mix might be higher than they would be currently.

The commissioners are scheduling an additional virtual public hearing on Thursday, Jan. 19, 2023. Additional details to follow.

To register to speak at the Nov. 10 public hearing, click [here](#).

For more information on the proceeding, please visit: Proceeding Number 22A-0230.

In addition, members of the public can submit written comments through the Commission's E-Filing System at <https://www.dora.state.co.us/pls/efi/EFI.homepage>, by emailing dora_puc_website@state.co.us, or by mailing comments to Colorado Public Utilities Commission, 1560

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RE-1J PRESENTS NON-TRADITIONAL SCHOOL OPTIONS



Public Information Officer Matt Jenkins loves his work and is very excited about some of the new alternative school options that RE1J is undertaking. Photo by L. Hall Ruddell.

By L. Hall Ruddell

MONTROSE-Each week, *The Forum* in Montrose hosts a speaker who shares a topic of interest to the community. Membership is free and open to all who have an interest in Montrose and surrounding Western Slope communities. The Forum meets 8 - 9 AM on Wednesdays (except major holiday weeks) at Colorado Mesa University in Montrose in Cascade Hall, which is south of Montrose Library on the corner of S 3rd Street and S Cascade Ave.

On Nov. 2, Matt Jenkins, Public Information Officer with the RE-1J School District, presented non-traditional school options for Montrose/Olathe students. Jenkins enthusiastically outlined alternatives for students who have not found success in the traditional classroom. These non-traditional educational methods can help build self-esteem and feelings of competence by setting and achieving reachable, realistic, and individualized goals, while assuring basic educational needs are met.

This forum illuminated alternative school



The Sleeping Tree is a kid magnet and creates a natural amphitheater for lessons for young learners. Photo courtesy of Outer Range staff

options for outdoor engagement, socio-emotional skills for older kids who struggle with conventional curriculum, and a holistic approach to family/school/ community interdependence and support.

Outer Range was inspired by the pandemic, although the desire for such a program had been in the works for a few years before. But during those lock-downs and complicated times, the district got numerous requests from parents for outdoor learning opportunities. Jenkins explained that between community input and state educational mandates, a core was devised for outdoor learning outcomes. Among other outcomes, the Outer Range program is dedicated to meeting dynamic needs, promoting the ability of youngsters to be 'radically' seen, and facilitating 'transformations,' that is, assisting young learners to interpret and appreciate the earth's natural rhythms. The program takes place for young learners and their families in all kinds of weather. Helicopter parenting is not encouraged, and risk taking, within reason and under qualified supervision, is. Bug bites and skinned knees are not encouraged, but are accepted as part of the process of engagement with nature.

The emerging opportunities and activities available for Peak students were also discussed. Cross-school platform collabora-

tion for in-person activities was discussed as a way for online or hybrid learners to access more conventional (and fun) activities such as band, cheer, and school dances.

The Forum concluded with a presentation by Principal Angelique Chavez of Black Canyon High School. For students who struggle with the expectations of traditional high schools, Black Canyon provides more real world, and less abstract, instruction with a vocational bent. Ms. Chavez used math examples, such as why trigonometry or other advanced math skills might be useful in real world situations, such as work and family economics. She expressed that this hands-on approach, especially when combined with visits to families (instead of the conventional parent-teacher conferences), appeared to be very effective at strengthening community bonds and lessening the feelings of disconnect between certain segments of Montrose and Olathe communities and the educational system. She herself does family visits, with advance agreement from the families, to sit and chat about a student's progress and challenges. She often takes enchiladas, and said that appreciative parents often gift her and her colleagues with homemade tamales in return.

The speakers made a very compelling

RE-1J PRESENTS NON-TRADITIONAL SCHOOL OPTIONS From previous pg

case for doing education in a way that is a change from traditional schooling even just a decade ago. For more information about these programs, and about waiting lists (since certain opportunities are already full for 2023), interested parents and students can contact:
Angelique Chavez (principle Black Can-

yon): angelique.chavez@mcsd.org
Keely Vaughan, Program Manager for Outer Range, Yurtergarten, and other nature-based school programs in Montrose and vicinity at: outerrange@mcsd.org or by phone at 970-249-7726 ext. 5012
For more information on these non-traditional school programs and to see

what's coming up next at The Forum, check out these websites.

Black Canyon: <https://www.mcsd.org/BCHS>AboutUs>

OuterRange: https://www.mcsd.org/outdoorededucation_outerrange.aspx

The CMU Forum: <https://www.visitmontrose.com/event/>

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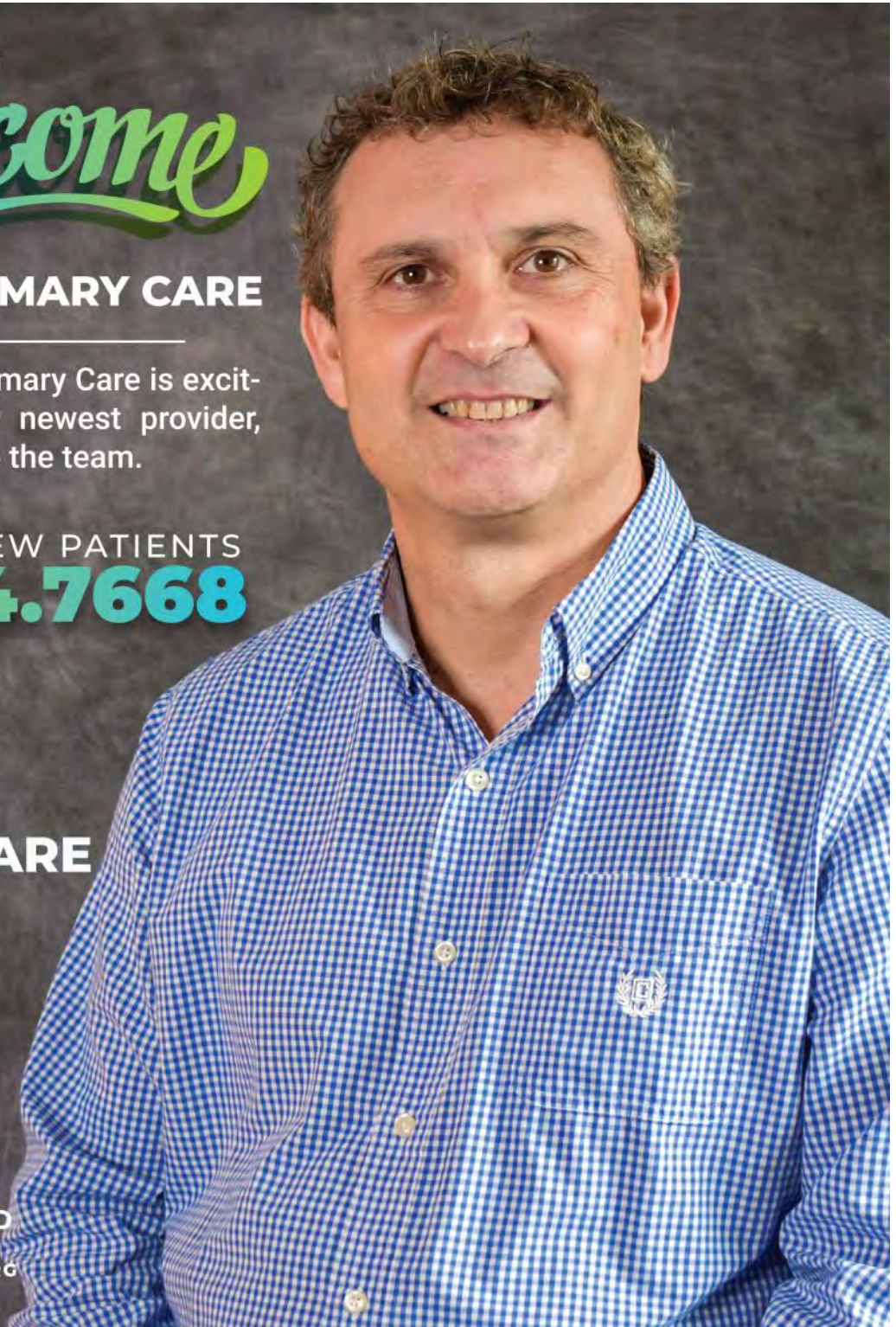
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Women's Rights

On June 24, 2022, six conservative Supreme Court Justices voted for the first time in history to remove a human right from the Constitution. The impulsive decision to overturn *Roe vs. Wade* appears to be motivated by political ideologies and religious doctrine — neither of which belong in the halls of the Supreme Court. Once our government starts deciding which fundamental freedoms and rights for Americans are more important than others, we all lose our freedom.

HD 58 deserves a representative that will protect these rights for all women — left, right, or center:

- ★ to choose what they do with their bodies and their lives;
- ★ to be paid equal pay for equal work;
- ★ to be free from sexual harassment and sexual violence;
- ★ to be safe from domestic abuse;
- ★ to have full and equal educational and career opportunities.



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REGIONAL NEWS BRIEFS

GMUG ANNOUNCES FOREST WIDE FALL AND WINTER PILE BURNING PROJECTS

Special to the Mirror

DELTA-Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests will be looking for an opportunity to initiate the burning of slash piles over the next few months. The slash piles are the result of multiple timber sales, fuels reductions and hazardous tree removal projects. Pile burning will begin as early as November when there is sufficient snow or rain present to prevent fire spread and will continue as long as conditions allow.

Slash piles have been created to remove debris and vegetation (fuels) to help reduce the risk of larger wildfires. The piles are burned in project areas where other means of disposal were not feasible. Forest thinning projects improve forest health and wildlife habitat and reduce the risk of wildfire near private residences and other infrastructure. Implementing pre-

scribed fire is a critical part of reducing the risk of wildfire to communities and improving forest health conditions.

The public is reminded not to call 911 or emergency services if smoke is visible in specific burn areas. Slash piles areas and possible dates will be posted on the [GMUG Fire Info Facebook page](#).

Prescribed fire is only implemented under very specific environmental conditions (e.g., wind speed, relative humidity, smoke dispersion). Prescribed fires are conducted by trained fire managers with a strong understanding of fire behavior and years of on-the-ground experience. These prescribed burns will only be implemented when pre-identified firefighting resources are available to support safe operations. Fire managers will staff the fire until it is deemed secure and patrol the prescribed fire until it is declared out.

The safety of firefighters and the public are the most important factors considered when planning prescribed fires.

Burning will only occur when all conditions of the state-issued smoke permit are met.

The USDA Forest Service has recently completed a 90-day nationwide operational pause and program review of protocols, decision support tools and practices related to the implementation of prescribed fire.

This pause has allowed us time to identify and immediately implement program improvements to ensure firefighters have the resources, tools and support needed to safely carry out this important work. The lessons we've learned, driven by the best available science, will be implemented before we resume our prescribed fire program.

REGIONAL NEWS BRIEFS

PROCLAMATION CELEBRATING THE 20TH ANNIVERSARY OF "OLD SPANISH NATIONAL HISTORIC TRAIL"



gress amended the National Trails System Act to designate the Old Spanish Trail as a National Historic Trail. This legislation is called the "Old Spanish Trail Recognition Act of 2002."

WHEREAS, the Old Spanish Trail Association, also known as OSTA, worked very hard for years to support and further the eventual designation of the Old Spanish Trail as a National Historic Trail.

WHEREAS, the Old Spanish National Historic Trail passes through Arizona, California, Colorado, Nevada, New Mexico, and Utah, beginning in 1829 and continuing to 1848, the Old Spanish Trail was the principal overland route between the northern Mexican provinces of Nuevo Mexico and Alta California. The trail has been described as "the longest, crookedest, most arduous pack mule route in the history of America".

WHEREAS, Mexican trader Antonio Armijo led the first caravan from Abiquiú, New Mexico to Los Angeles in late 1829. The Old Spanish Trail was part of an international trade route established by and for traders that included the Santa Fe Trail and El Camino Real de Tierra Adentro. The Association collaborates with native tribes whose ancestors and livelihood were greatly affected by trail traffic and travelers.

WHEREAS, The Old Spanish Trail Association's mission continues to be the preservation of the Trail's landscape and historic legacy for present and future generations as it celebrates the 20th anniversary of becoming a National Historic Trail.

THEREFORE, BE IT RESOLVED TO hereby proclaim the 4th day of December, 2022 as "**Old Spanish National Historic Trail Day 20th Anniversary**"

WHEREAS, on December 4, 2002, Con-

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FEATURING MONTROSE: CB WILLIAMS

COFFEE SHOPS CARVE OUT A NICHE IN CROWDED LOCAL MARKET



At left, San Juan Brews owners John and Davina Pope with Pastor John DeSario and his wife Debra; above, Jireh Café & Bakery; right, Cimarron Coffee owner Eric Palumbo at work. Photos by CB Williams.

By CB Williams

MONTROSE-A simple look around town and one can identify at least 20 coffee shops. Some are standalone, some are café or bakery combos, and some are embedded in other stores. Some are small businesses, some are medium-sized, and some are owned by very, very large corporations. But one thing they all have in common—they all have a niche of their own as they navigate the complicated waters of coffee. They are special in taste, ambience, activity, interest and in numerous other ways...

A few of those 'niches'

Cimarron Coffee Roasters, located at 72 S. Grand Ave. in Montrose, with its workhorse The San Franciscan coffee roaster machine, focuses on the activity of coffee roasting. With the San Franciscan – touted by many as “The best commercial coffee roaster in the world” – Cimarron Coffee owner Eric Palumbo is able to roast beans “to order,” he said, for many shops throughout the nation.

Palumbo sells to locals – in weekly standing orders or as needed – as well as to places as far away as the famous Musso & Frank Grill in Hollywood, Calif., where Cimarron coffee is served beside a \$58 filet mignon or a \$39 omelet.

Cimarron has two blends of coffee that Palumbo and Production Roaster Jeff pro-

duce the most, and they receive or reach out for opportunities to experiment with other coffee beans. It is easy to tell that Palumbo cherishes the San Franciscan roaster. He uses his “coffee lab” at the Montrose shop to experiment with new beans and roasting techniques.

He said it enables him to do so much with many different beans and talks about single origin beans: knowing the washing stations, farms, co-ops, transparency of the origin, temperatures, humidity, soils, etc., in complicated terms; but brings it back to the simplicity of the San Franciscan machine.

“The best chefs...are the best sources,” Palumbo said, and so it is with coffee beans. He looks for interesting beans, he said, and he cannot make uninteresting coffee interesting. “It’s in the bean,” he said, “We highlight it using different techniques on the roaster.”

To find the best beans Palumbo works with importers and follows varietals and crop production, and much like fine wine-makers he:

- Knows every crop is different
- Knows what he is looking for
- Experiments in the lab on the San Franciscan, much like laboratory tests in wine-making

-Is always learning – “Always trying to own it!”

Stop by on a Monday or Thursday morning and you will probably catch him or Jeff at the computer hooked up to the San Franciscan in the old Sampler Square brick building while a barista is serving customers a tasty blend. The customers might purchase a bag or two of coffee while Palumbo is downloading the current temperatures of the roaster. If you watch closely, you will see he might have seconds to react and change the roasting variables. Palumbo suggests roasting is a mix of science and craftsmanship.

So, if you are sitting in Cimarron Coffee & Books in Ridgway (formerly owned by Palumbo but now owned by Nate Wick) having a pumpkin spice latte, or you are at San Juan Brews drinking a Red Mountain signature latte, you might be drinking coffee roasted at Cimarron Coffee Roasters.

Speaking of San Juan Brews...

And what is the niche at San Juan Brews? Well, where to start?

San Juan Brews has something unique nearly every day. Just one look at their November calendar and it is clear this is

Continued next pg

COFFEE SHOPS CARVE OUT A NICHE IN CROWDED LOCAL MARKET *From previous pg*

not just your simple coffee shop.

Owners Davina and John Pope have opened their doors at San Juan Brews to customers for coffee, beer, and wine; and to folks who are into art classes, non-profit fund-raising, musical gigs, and now a young singles adult Bible study.

The Popes are Christians and they want their business to be Christian-centered, John Pope said. They are no longer open on Sundays and have offered to host a fellowship for 18- to 20-something year-olds called "Summit Connect" on Sunday nights.

Summit Connect meets the second and fourth Sundays of each month (except Christmas) from 8-9:30 p.m. A simple knock on the back parking lot door is all a young adult needs for entrance to the private event.

"We seem to have a unique following of that age-group," Pope said. Pope was approached by Pastor John DeSario of the fairly new church plant Summit Church Montrose who was looking for a location to minister to young adults.

"I was a singles pastor for the 20s ministry age group at First Baptist Dallas (Texas)," DeSario said, "and we had about 80-90 attending at the time.

"It was like a small church with activities and outreach, and I saw that need here in Montrose."

DeSario said as they were formulating Summit Connect, he and his wife Debra wanted the outreach to be:

- downtown
- easy to get to
- inviting
- innocuous
- comfortable

It must have been more than coincidence when John Pope hired DeSarios' son Marshall for lawn-mowing off a social media ad and the two families met. When the Popes learned of the Summit Connect mission, they graciously offered to host it at San Juan Brews – the perfect fit.

"We spend the first half-hour of Summit Connect drinking coffee (San Juan Brews, of course), eating food and talking," DeSario said, "then I do about a 15-minute

Bible devotional pertaining to the challenges these young people face."

Following the devotional, he said, the young people break up into small discussion groups for a half-hour. Often, they hang out longer, particularly when they are talking about topics like *What do you do when you're not sure of a direction?* or *Maybe you're not where you thought you'd be right now.*

The young adults who have been attending the last few sessions are varied and are in different stages in their lives. Some are recent high school graduates, some back from college, and some young professionals starting out, DeSario said. There are limited things for young adults to do and he wants to give them a chance to connect with other singles and to connect with God.

"We would love to see this become a robust, thriving event for young adults," DeSario said. He would like it to grow to encompass service projects together – have "a cause" – and also have social activities, "more fun" that might spin off.

"I'd love for the young people to become involved in a church...for the Christian fellowship that a church can bring," DeSario said. He is thankful the Popes have opened up this opportunity for them to fellowship in this way.

And, what else is happening at San Juan Brews?

The Popes are responding to customers' requests for more food.

"We're building out a kitchen for a farm-to-table restaurant," John Pope said. They soon will serve breakfast, lunch, and dinner. For the menu options, "pastries, other baked goods, salads, paninis, charcuterie... we're developing that now." Davina Pope is planning the design for the restaurant seating. She talked of rearranging tables and furniture that are already there, and maybe adding a couch. John Pope said they are bringing in a large, rough-edge table with epoxy finish – to set up in the back of the restaurant.

"We will open the kitchen sometime after Thanksgiving," John Pope said, with a soft launch perhaps of Christmas parties. Stay

tuned for more info.

So much more in the land of coffee...

There is so much more to the Montrose story of coffee. Like the new Jireh Café & Bakery at 2724 N. Townsend Ave., owned by Ruthy and Darwin Miller. Jireh (meaning God will provide) is sandwiched between RJ's Painting and Wenco Golf Cars on the frontage road, an easy turn from Townsend at LaSalle Road then around the corner past Flower Motor Co. For a quick cup of coffee, something to eat, a Bible study, book club meeting, job interview, etc., here are *some* of the other coffee shops, old and new, found around town:

The Coffee Trader – also at airport, in Gunnison and Grand Junction
845 E Main St
thecoffeetrader.com
(970) 249-6295

Looney Bean Coffee Roasting Co – roast their own coffee, bake their own goods
3480 Wolverine Dr
In River Landing Shopping Center
(970) 240-4320

Daily Bread Bakery & Café – 31 years of wholesome home cooking
346 E Main St
(970) 249-8444

Backstreet Bagel Company – a dream to bring genuine East Coast bagels to Western Colorado
127 N Townsend Ave
backstreetbagel.com
(970) 240-3675

Montrose Donut and Deli – hand-rolled donuts and croissants
1011 S Townsend Ave
(562) 310-3149

Bluecorn Cafe & Mercantile – watch candle-making while sipping a latte
1842 S Townsend Ave
bluecorncafemontrose.com
(970) 626-3501

...and that leads to Dunkin Donuts, Starbucks and so much more!

If your favorite coffee shop has a special niche you want to share, please send a short note to montrosemirror@gmail.com. Put "Coffee Niche" in the subject line!

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OPINION/EDITORIAL: LETTERS

ONLY ONE ISSUE REPRESENTS EXISTENTIAL THREAT TO HUMANITY

Editor:

The elections are happening Tuesday. I encourage voters, especially those who may be undecided, to consider who would best represent Colorado's Third Congressional District.

Pollsters and pundits in the mainstream media would have us believe that the economy and inflation are top of mind for voters in the midterms. The economy writ large is doing just fine according to most knowledgeable sources. There is no question that inflation is hurting many households. I would suggest a different focus this year and in 2024. Inflation comes and goes, along with stocks, wars and myriad

other issues. I believe there is only one issue that represents an existential threat to humanity now and in the foreseeable future. If our country and the nations of the world do not get serious now about climate change, all other issues will fade into near irrelevance as the planet continues to warm and eventually becomes uninhabitable for billions of people. Those billions will include our own children and grandchildren. CO-3 is smack dab in the middle of one of the worst droughts in recorded history. The worsening climate is directly contributing to the drought, which is in turn threatening the livelihoods, health and well being of everyone in the

district. You will search in vain on the incumbent's congressional and campaign websites for any serious mention of the climate crisis. There is, however, one statement on her official Congressional website that sums up her attitude: "Republicans know the answer to the energy crisis (*note she says energy, not climate*) ...Drill baby, drill." When you cast your vote, please remember that flippant non-policy statement that promotes fossil fuels while the planet alternately burns and floods. Think what it means for your future and the future of the people you love.

George Bacon, Montrose

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OPINION/EDITORIAL: LETTERS

ARE YOU BETTER OFF THAN YOU WERE TWO YEARS AGO?

Dear Editor,

In election ads, which party has a positive view of the future. The Democrats are pushing that if you vote Republican, you are voting against democratic ideals. You are actually voting against Democratic Party ideals and they want to scare you.

Republicans want a less intrusive government, not no government. We want to be allowed people to go out and be rewarded for hard work, not just be given handouts. For example, Georgia passed a voting bill, that Joe Biden called Jim Crowe 2.0 and the Democrats said would suppress the vote. Georgia even lost the Major League All-Star game as a result. Georgia is having a record voter turnout. Democrats try to say they are for the 'working people;' but who was most effected by losing the All-Star game, the 'working people' like vendors at the ballpark, people that clean hotel rooms and serve food at restaurants, taxi and Uber drivers, workers at airports: the 'working people' that Democrats claim they are trying to support. Colorado was a winner because the All-Star game came to Colorado and supported our 'working people.' Democrats want you to support their Democratic ideals not 'working people.'

The Democrats want green energy and think that high energy prices will push us to support green energy. Who are getting hurt the most are 'working people' as high fuel prices effect everything we buy and 'working people' have the least incomes

to buy the inflated products. Democrats want bail reform that releases criminals before their sentences are served and that is spiking crime. Sometimes the criminals are back on the street before the officers finish the paperwork. Democrats want open borders which is inhumane as cartels are trafficking people making millions and bringing in drugs as Border Patrol is processing aliens and not able to patrol and enforce the border.

Democrats are touting that they are giv-

ing us back money that was required by former conservative laws, like the Colorado \$750 rebates forced by TABOR. All Governor Polis did was to move up the date to attempt to take credit before the election. Now Democrats are touting the increase in Social Security which is due to high inflation from their overspending.

Are you better off than you were two years ago? Remember when you cast your vote.

Ed Moreland, Montrose



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REGIONAL NEWS BRIEFS

RIDGWAY CHAMBER INVITES COMMUNITY TO VISIT TRUE GRIT CAFÉ DURING NOVEMBER

Special to the Mirror

RIDGWAY-November is a great time to visit the True Grit Cafe as the Ridgway Area Chamber of Commerce recognizes the iconic Ridgway restaurant and film history museum as Member of the Month. An ongoing effort to introduce Ridgway-area businesses and organizations, the chamber's Member of the Month program aims to promote patronage of independent, local companies and non-profits.

The business owner since 1996 has been Tammee Tuttle. At the beginning of 2023, the current general manager, Stephanie Kissner, will be purchasing the business.

"Nothing will change at the True Grit Cafe. We will still serve quality comfort food in a friendly atmosphere. The décor and local

community support will stay the same," said Tammee, who will continue to do caterings and private cheffing under the True Grit Cafe name.

While a new winter menu as well as Happy Hour appetizer specials are in the works, locally sourced beef and elk will continue to be important menu offerings, as well as customer favorites such as chicken fried steak, meatloaf, and chicken fried chicken. Karaoke or Open Mic nights are planned for after the first of the year.

As far as other reasons to come in this winter, "We offer a warm, friendly environment with consistency in our meals. We have a great place to hang out with family and friends, enjoying one of our 12 drafts or our house-made margarita and Bloody Mary. We

can accommodate and love to take care of large groups and parties," she explained.

Visit the True Grit Café at 123 N. Lena Street, Ridgway. To learn more about the restaurant, go online to <http://truegritcafe.com/> or call 970-626-5739, and to get information about catering, call 970-626-4343 (For information about restaurants in Ridgway, go to <https://ridgwaycolorado.com/businesses/dining>.



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CITY APPROVES MRH SUPPORT IN 2-1 VOTE *From pg 1*

licensed premises. Owners Kevin and Chelsea McHugh were present to answer questions.

ORDINANCE 2599-FIRST READING

Finance Director Shani Wittenberg presented the 2023 budget and budget appropriations. Council voted unanimously to approve Ordinance 2599 on First Reading, although Councilor Ed Ulibarri said, "Reluctantly, yes." [Review the City's \\$94.8M budget for 2023 here.](#)

RESOLUTION 2022-14

Council voted to approve Resolution 2022-14, adopting the 2023 Fee Schedule and repealing 4-1-4 (G) subsections (1) and (2) of the Montrose Regulations Manual. A memo from City Clerk Lisa DelPiccolo to Council outlines fee schedule revisions.

RESOLUTION 2022-15

As discussed previously in work session, Council voted unanimously to approve Resolution 2022-15, opting out of the Colorado Paid Family and Medical Leave Insurance (FAMLI) Program pursuant to Colorado Revised Statutes § 8-13.3-522. The City's current plan is superior to FAMLI, but employees who wish to opt in may do so as individuals.

REQUEST FOR SUPPORT FOR MONTROSE REGIONAL HEALTH AMBULATORY CARE CENTER

Prior to consideration of a request for support by the Montrose Regional Health Ambulatory Care Center, Mayor Pro Tem Barbara Bynum and Councilor J. David Reed recused themselves and left council chambers due to the potential for a conflict of interest.

Deputy City Manager Ann Morgenthaler presented a [request to abate](#) the actual cost of water and sewer connection fees for the Montrose Regional Health Ambula-

tory Care Center, estimated to total \$47,533. Council. Staff previously discussed the request in work session. A [memo from the City Manager's Office](#) to Council states that City Council action is needed to abate because the fees will be paid out of the City's general fund to the water and sewer funds.

The memo also states, "The City intends to offer additional support for the project which does not require City Council approval, including waiving an estimated \$297,547 of building permit fees, contributing up to \$50k for improvements along the Uncompahgre Riverway Trail that would benefit and be available for use by the public, contributing up to \$11,450 towards the extension of the public water main into the site (including mainline connection, valves, 8" lateral, and fire hydrant), and sponsor the project's bike racks."

No comments were heard from the public; Councilor Doug Glaspell moved to approve the request. The request passed in a two-to-one roll call vote, as Mayor Frank voted in support while Councilor Ed Ulibarri voted no.

Bynum and Reed returned to the dais.

THE FALLS AT VALLEY RANCH AMENDED PRELIMINARY PLAT

Council approved the Falls at Valley Ranch Amended Preliminary Plat, "expressly conditioned upon City staff ensuring that all policies, regulations, ordinance and municipal code provisions are met and that the Applicant adequately addressed all of staff's concerns prior to the execution of the Final Plat."

ORDINANCE 2600 - FIRST READING

[Ordinance 2600](#) was approved, amending the zoning designation of the Eagle Ranch

P.D. Filing 1, Amendment 3, Outlot 1 from R-2 Low Density District to R-3A Medium High-Density District.

ORDINANCE 2598 - SECOND READING

As [previously considered](#) in work session and on first reading, Council voted to approve [Ordinance 2598](#) on first reading, designating the Knights of Pythias Building, 33 S Cascade Ave, Montrose, Colorado, as a City of Montrose Historic Property.

STAFF REPORTS

Morgenthaler said that City Clerk Lisa DelPiccolo was honored with an award by the Colorado Municipal Clerks Association for outstanding contribution to the Colorado Municipal Clerks' Association and was also nominated for Clerk of the Year.

"Congratulations Lisa, thank you for all you do," Morgenthaler said.

Police Chief Blaine Hall said that Halloween weekend was extremely busy for patrol staff. There was an armed robbery at House of Spirits Liquor Store. The suspect had a firearm but was disarmed and arrested. With help from Sheriff's officers, MPD Sgt. Chris Velasquez and his team found the suspect almost immediately, Hall said. There was a situation the next day with a reported explosion in a local trailer park in which officers were menaced by a person with a knife who was in the midst of a mental health episode. The person threatened to assault and kill officers. Officers used less than lethal options to get the person into custody. "They just did a great job."

Ulibarri spoke of a recent incident in which a constituent had a positive interaction with local police.

With no further business, the meeting was adjourned.



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REGIONAL NEWS BRIEFS

CMU LECTURE SERIES: CULTURAL ANTHROPOLOGIST LYNN SIKKINK PRESENTS 'THE OLDEST TOWN IN COLORADO' NOV. 10

Special to the Mirror

MONTROSE-Colorado Mesa University Lecture Series presents "Cultural Confluence: Early Hispanic Encounters, Colonies, and Settlement in South-Central Colorado," a slide presentation and lecture with Cultural Anthropologist Lynn Sikkink, PhD, Nov. 10 from 6-7:30 p.m., Cascade Hall, S. 3rd, Montrose. Sikkink focuses on San Luis, "the oldest town in Colorado," whose roots go back to Spain and North Africa, with Mexican and Native American contributions, indicating the cultural confluence it represents. Free and open to the public.

OPEN HOUSE

MONTROSE COUNTY TRANSPORTATION PLAN MAP

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COLORADO NEWS BRIEFS

CPW INVESTIGATING POACHING CASE OF DESERT BIGHORN RAM NEAR GATEWAY

Special to the Mirror

MONTROSE – Colorado Parks and Wildlife is asking for help from the public in identifying the person who illegally killed a desert bighorn sheep off Colorado State Highway 141 between Gateway and Grand Junction. CPW wildlife officers responded Monday, Oct. 31 when a rock climber called to report a desert bighorn ram that had been shot and left off Highway 141 between mile markers 147 and 148. Officers found a mature desert bighorn and determined the ram had been shot at least 24 hours earlier. Officers recovered a rifle bullet from behind the front shoulder of the ram. CPW collected evidence at the scene and is actively investigating this poaching incident.

"The ram was shot and left there with nothing removed from it," said CPW wildlife officer Kevin Duckett. "There is a desert bighorn sheep hunting season in that unit, but it does not start until Nov. 1, and this ram was killed out of season and left to rot."

Duckett said the ram had a $\frac{5}{8}$ to $\frac{3}{4}$ curl of

its horns. Fines could exceed \$25,000 for the illegal take of a bighorn ram over half-curl. Willful destruction of a big-game animal is a felony in Colorado and can result in a lifetime suspension of hunting and fishing privileges. Convictions could result in fines and jail time, depending on the charge.

CPW is asking the public for any information regarding the parties responsible for the killing of this desert bighorn sheep. Duckett can be reached at 970-275-3556 or kevin.duckett@state.co.us. Wildlife officer Stuart Sinclair may also be reached at 970-209-2370 or stuart.sinclair@state.co.us. To provide information anonymously, the public can contact Operation Game Thief by phone at 877-265-6648 or by email at game.thief@state.co.us. Operation Game Thief is a Colorado Parks and Wildlife program that pays rewards to citizens who turn in poachers. A citizens committee administers reward funds in many poaching cases, which is maintained by private contributions. The board may approve



CPW's Tyson Floersheim is pictured investigating a desert bighorn sheep that was illegally killed off Highway 141. CPW seeks the public's help in identifying the person who poached the ram. CPW courtesy photo.

rewards of up to \$1,000 for flagrant cases. Poaching is a serious and costly crime. It robs legitimate sportspeople of game and fish, robs businesses and taxpayers of revenues generated by hunting and fishing, and robs all of us of a valuable natural resource that makes Colorado so special: our wildlife.



20 ★

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DEER HUNTING 101



Louie Simonson (L) and Arthur Bielz pose with a large buck that was killed by Bielz in the early 1930s. The head was mounted and adorns the wall in home office of Bielz's grandson, Bob Cox. Photo from the Bielz family collection.

By Bob Cox

COLORADO-With the regular big game seasons in Colorado coming to an end, it is interesting to look back 101 years ago and compare some of what we see with today's hunting. It is especially interesting to focus on deer hunting.

Actually, what happened in 1921 was the result of some actions taken by the Colorado Legislature a decade before that. In April of 1911, the Colorado House of Representatives adopted an amendment to the pending fish and game bill that basically closed the hunting of deer statewide for five years. Some of the representatives feared that deer were in danger of becoming extinct within the boundaries of Colorado.

While the years from 1916 to 1921 saw an increase in deer population, hunting success was limited. In May of 1921, the Colorado State Fish and Game issued the results of the new laws and regulations con-

cerning the purchase of hunting licenses. At the time all hunting and fishing licenses had to be purchased from the office of the county clerk.

The notice, in part included the cost of licenses. Resident big game licenses cost \$5, while nonresident licenses sold for \$25. The notice also contained some other pertinent information, including that those under 18 were not permitted to hunt big game. The following is a verbatim account of the last paragraph:

Aliens are permitted to fish when provided with non-resident fishing license. It is unlawful for any unnaturalized (sic) foreign-born person to hunt, capture or kill any wild bird or animal, except in defense of person or property; or to own or possess a shotgun, rifle, pistol or firearm of any kind.

By September of that year, Colorado Game Commissioner Roland G. Parvin proposed a regulation that many claim resulted in hunter education decades later.

Parvin, reacting to a case where some Boulder youths shot a ptarmigan, purportedly believing that it was another species of bird, proposed that, "all hunters must pass an examination to get a license." The measure did not find favor with the other commissioners.

So, while the interest in deer hunting was gaining interest, 1921 brought another proposal to close the seasons once again. An article in the *Montrose Daily Press* on Oct. 6, 1921 pointed out that, while the coming season was short, it was popular: **BIG GAME LICENSES IN GREAT DEMAND** *Deer Season Open from October 12 To 15, Inclusive: Resident licenses Sell for \$5. Big game licenses are coming more and more in demand over the country as the deer season, October 12 to 15, inclusive, approaches, and already a goodly number of them have been disposed of...Already a number of hunting parties are being organized, and it is probable that the number of deer hunters this year will exceed that of former years, as it is very probable this will be the last open season on deer for a number of years. There is a general sentiment over the state for the closing of the season on deer for a period of years, that the state may again become stocked with*

them.

Reports indicate that about 150 big game licenses were sold by the opening of the 1921 season. The deer hunting was so unique that the successful hunter often found his name in the local paper. On October 13, 1921 the *Montrose Daily Press* printed the following:

FIRST BUCK REPORTED KILLED AT DIEHL CAMP

The first buck reported killed by Montrose hunters was by the party at the Morris Diehl camp at Cerro. At this camp were Foster Wilson, E. S. McConkle, Leon Benedict, Herman Elliott, and Mr. Woodland. They phoned at 10 o'clock Thursday that one buck had been killed but did not say by who.

On October 21, 1921, the *Delta Independent* recognized a few of the hunters from Delta County:

HUNTERS BRING IN TWO BEAR AND ONE DEER

A hunting party composed of Charlie and Jimmie Bettis. H. F. Cook, Frank Garrison and Mr. Dickerson returned Sunday, having been successful hunting down a 500-pound Cinnamon bear and one of its cubs. The lucky lot fell to Mr. Cook to meet the large bear, which he successfully accomplished with two shots; Jimmie Bettis stopped the cub. This makes six bear brought in by the Bettis boys this year. The Bettis brothers also brought in a fine buck this trip.

Some locales had no success at all as indicated in another *Daily Press* notation: **SAYS RICO DEER HUNTERS WERE ALL UNSUCCESSFUL**

After publishing a long list of the game hunters, we fully expected to have at least one dinner of roast venison, but it failed to materialize. So far as we can learn, not a single deer was killed by Rico Sportsmen - Rico item.

While reports from the game commission showed that, by early 1925, the deer population had stabilized, there were still efforts to close the state to deer hunting. House Representative E. C. Johnson proposed a complete closure of all hunting, but his desires were ignored while the other legislatures discussed establishing

DEER HUNTING 101 From previous pg

.game refuges in the mountainous areas of the state.

On October 17, 1929 the *Surface Creek Champion* indicated that game was plentiful in the Grand Mesa area, but the hunters were not very successful.

By the early 1930s most reports show that hunting was once again more popular

and more deer were being brought out of the woods. That was evidently not the case for at least one hunter in the Craig area. On November 25, 1931, the Craig Empire Courier ran the following ad:

Wanted to trade, one unused big game hunting license, one slightly used fishing and hunting license, one badly damaged

set of golf clubs, and one lot of non-descript fishing tackle. Will take in exchange heavy underwear or coal. Inquire at the Empire-Courier office.

In 1932 another attempt to raise the hunting license fees failed. The cost for a big game license, which included the privilege of shooting an elk, was still \$5.

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REGIONAL NEWS BRIEFS

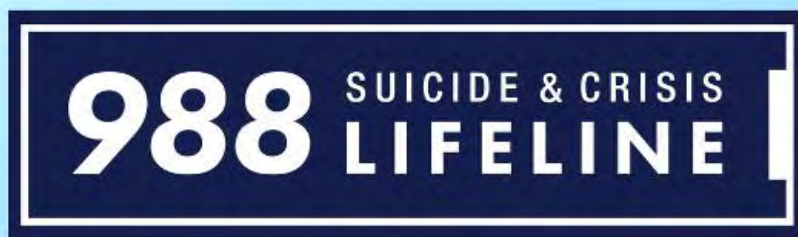
MONTROSE ELKS LODGE VETERANS & 1ST RESPONDER BREAKFAST NOV. 12

Special to the Mirror

MONTROSE-On Saturday Nov. 12, 2022 the Montrose Elks Lodge will host the Veterans and 1st Responder Breakfast.

Please join us as we salute Veterans and 1st Responders with a free breakfast between the hours of 8:am and 11am.

Our Elks Lodge will proudly serve breakfast in recognition of and service of our Veterans and 1stResponders in our community. Let us also remember the words of Elk member and President John F. Kennedy who said, "As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them."



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REGIONAL NEWS BRIEFS

CURECANTI MEDICAL SOCIETY 2022 SCHOLARSHIPS

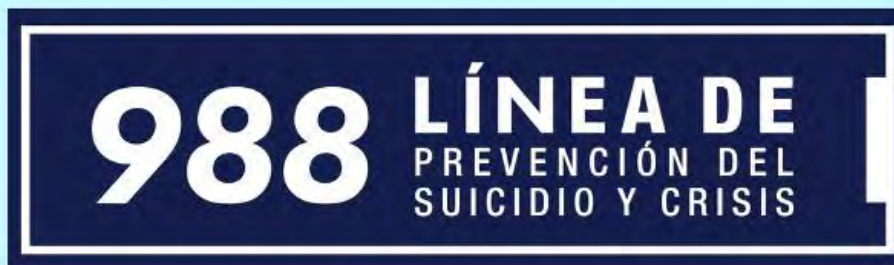
Special to the Mirror

MONTROSE-The Curecanti Medical Society is comprised of Montrose and Gunnison area physicians who, as part of the larger Colorado Medical Society, are dedicated to furthering health care access and services. One significant way in which the Curecanti Medical Society achieves its goals at a local level is by offering educational scholarships.

For the 26th consecutive year, the Cure-

canti Medical Society is accepting applications for scholarship awards for health science professionals and students. Qualified applicants must be currently pursuing training in a health-related field-of-study. Nurses, medical students, therapists, hospital or clinic employees, and anyone else seeking additional health-sciences training are encouraged to apply. Four scholarship winners will be selected by the Scholarship Committee of

the Curecanti Medical Society. Preference will be given to applicants from Montrose and Gunnison Counties who intend to return to their local communities to utilize their training. Scholarship winners will be announced in late January. Contact Julie Disher by phone at 240-7394 or via e-mail at jdisher@montrosehealth.com to request an application. Applications are being accepted now through Dec. 1, 2022.



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REGIONAL NEWS BRIEFS

MRH FALL CLINICS PHOTO CONTEST DEADLINE NOV. 14

Special to the Mirror

MONTROSE- The Fall Clinics Committee of the Medical Staff of Montrose Regional Health is sponsoring the Fall Clinics Photo Contest. The committee is looking for a fall scene of Western Colorado to be used for the hospital's annual Fall Clinics events taking place in 2023 and 2024. The photo will be used on advertisements and event materials. The winning photographer will receive a \$100 cash award. The contest deadline is Monday, November 14. Entries must be submitted to jdisher@montrosehealth.com. Your entry must include your name, address and a telephone number. All participants will be acknowledged. The annual Fall Clinics event is an educational conference aimed at medical professionals to improve education on topics timely and relevant to the community. The Fall Clinics event strives to improve physician competence and performance, patient outcomes, and personal and population health in the community. Photographs will be judged by the Fall Clinics committee. For further information, call (970) 240-7394.

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Julia (970) 380-3783
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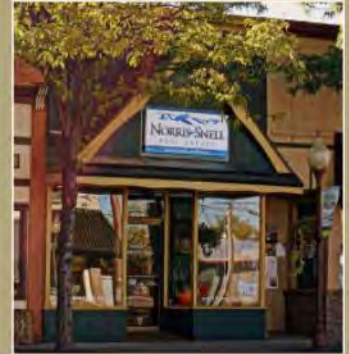
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OPINION/EDITORIAL: LETTERS

FEDERAL GOVERNMENT HAS BORROWED OVER \$2 TRILLION FROM SOCIAL SECURITY TRUST FUND

Editor;

The old cry of the donkey Democrats at election time is, "Republicans are going to take your Social Security and Medicare." They always say that because they don't have anything positive to say they have done for America. There is plenty they are doing TO America, but is despicable beyond imagination. Lying seems to be their only dependable and unquestioned act of desperation to paint Conservatives bad. But they better clean their own house before the truth arrives. During the Democrat Johnson Administration, the transactions to the Social Security Trust Fund were included in what is known as the "unified budget." This is just gobbely gook political manipulation talk. And sometimes it is described by saying the Social Security Trust Funds are "on-budget". But they say this on and off budget talk is primarily a question of "accounting practices" and has no effect on the actual operations of the Trust Fund itself. HUH? To clean the smoke screen away, the actual truth is that the federal government automatically puts ALL of the money that should be set aside for the Social Security Trust Fund into the General Fund and from there it lands in Donkey social giveaway programs. This precedent was set in 1968 by none other than Left wing Democrat donkey President Lyndon B. Johnson to pay for the Vietnam War and his Great Society welfare give-aways. That's when Donkeys discovered the huge minority voting bloc bought by your tax money. And to date, the federal government has borrowed over \$2 trillion from the Social Security Trust Fund to spend on their Socialist programs. Probably an easy guess would be the Socialistic programs that are creating some of the inflation are going to the five million invaders who have crossed our southern border. They are given anything and everything they want at the expense of the good ol' American taxpayer. The donkeys have stolen our hard-earned money and are giving it to people

who don't deserve it. Thanks to the out-of-control taxocrats and spendocrats. Consequently, there is nothing left in the Social Security Trust Fund to pay future benefits to Americans and the Democrats are blaming Republicans for it!! So the donkeys blame Republicans by lying about what they themselves have created, which is nothing new. A finger-pointing Barack doesn't need to skip and bounce and strut onto a stage and point his fingers at Senator Ron Johnson and scold him about why there is Social Security when Barack has never held a real job and paid Social Security taxes like Ron Johnson. During his eight years in the oval office Barack did nothing to save Social Security. All the Democrats have to do is appropriate enough money to put back in the Social Security Trust fund, but to them that would probably be a waste of money. They always have enough money to give all the invaders everything they want for free including free transportation to any destination of THEIR choice for luxury motels and hotel rooms complete with room service, laundry service, vouchers for free food, free medical care, free cell phones and meals and the long list goes on, but our veterans have to sleep on the sidewalk!

But isn't our skin calloused by now to fend off the insulting lies from Biden and his Democrats? Let's start with Biden's son, Beau. By now everyone has heard Biden say over and over that his son died in Iraq. Nope, that's another lie. Beau was deployed to Iraq in 2008 and was stationed there for a year. He died in 2015 right here in the U.S.A. Biden says the price of inflation and gas is down. He said gas was over \$5 gallon when he took office. Nope, another lie! The inflation is said to be the result of the American Destruction Plan, which dumped \$1.9 Trillion into Covid relief. Nancy Pelosi said when we talk about inflation, we have to change the subject! Then Democrats dumped another \$1 trillion on "infrastructure

spending". Biden now wants another \$ trillion for his Bilk Beyond Belief boondoggle. Then he wants another \$420 billion for his illegal student loan forgiveness. He said recently he will shut down ALL the coal-fired plants in the U.S.A. while China is building new coal plants every week. (China probably paid Biden to say that!) Democrats used to be the self-appointed champions of anti-discrimination of the races. Now the Donkeys are engaged in widespread racial discrimination against WHITE and Asian Americans. One of Biden's executive orders was to mandate racial "equity" as a central policy of the U.S. Government.

"Equity" is the code word for excluding white people from jobs, college admissions and government and financial benefits based solely on the color of their skin! Biden's Restaurant Relief Program excludes white male owners. Even airline pilots will be hired based on skin color-not flying ability. They call that, "diversifying pilot staff." When you're 35,000 feet in the air and going 500 miles an hour, the last thing from anyone's mind should be the color of the pilot's skin! From the Jan. 7, 2022 Washington Free Beacon, the Food and Drug Administration Guidance drives racial rationing of Covid drugs. And the Wall Street Journal says, "New guidelines say whites may not be eligible for antibodies and antivirals, while nonwhites are." Aid was offered to Black farmers only.....whites need not apply! And Biden has the gall to preach that Republicans are dooming Democracy! There's no end to all the insanity and lies from Democrats!

Now for more hypocrisy from the radical Left.....We can't bring nail clippers on a plane, but we're supposed to let millions of illegal aliens continually cross our border unchecked for every and any disease known to man. President Trump continues to hold his SAVE AMERICA rallies with massive crowds. Vote RED!

Jerry Bartholome, Montrose



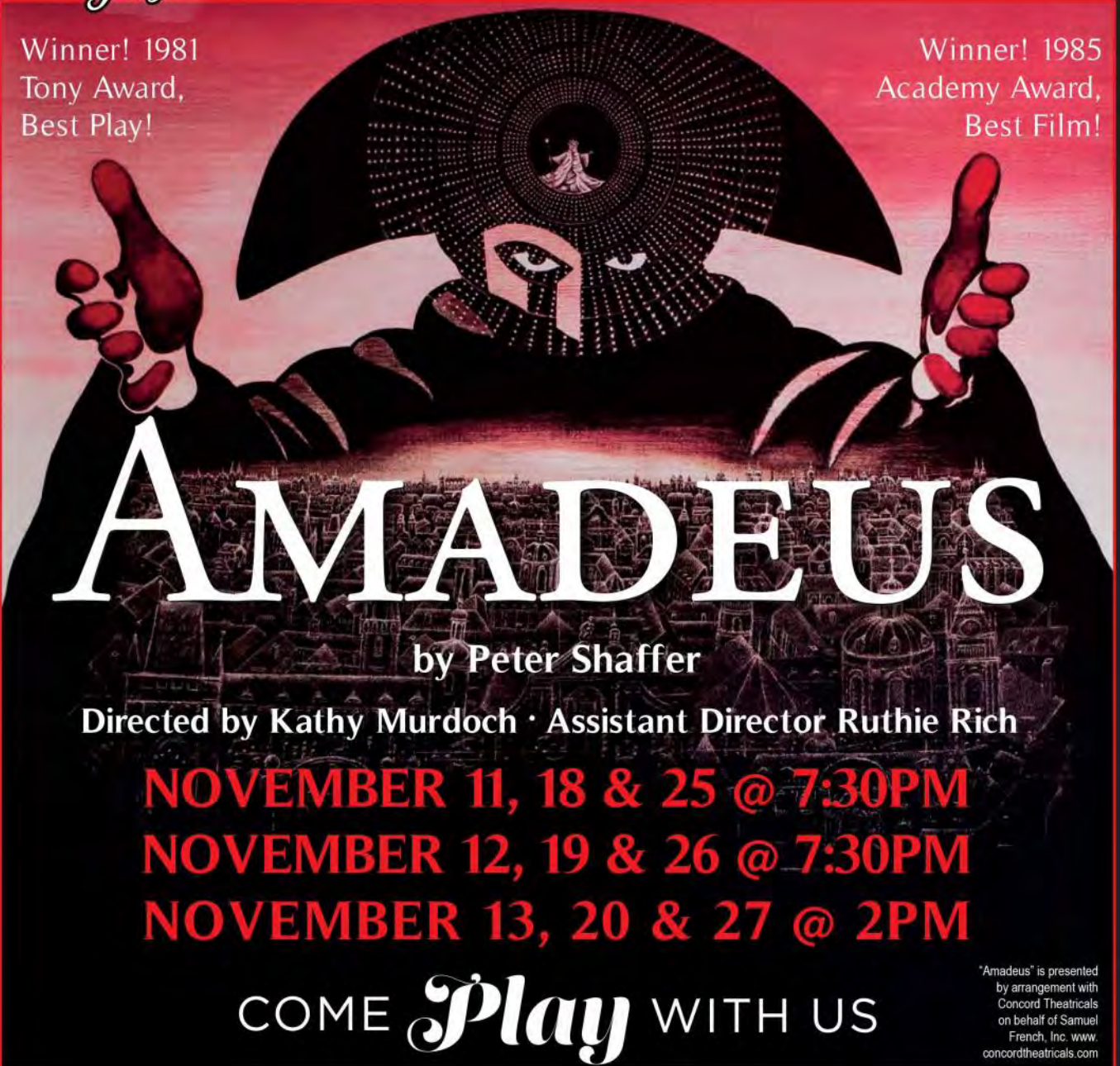
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OPINION/EDITORIAL: LETTERS & CARTOONS

STAND UP, GO FORTH, AND VOTE!

Editor:

In "The Republic" [Book 1], Plato points out that if good, honorable, and intelligent people do not wish to serve in government, then they will be punished by being ruled by those who are bad, dishonorable, and dumb. A variation of that sentiment relative to the importance of voting in a critical election states: "One of the penalties for refusing to participate in politics, is that you end up being governed by your inferiors."

Another variant of Plato's philosophy on the subject was voiced by Ralph Waldo Emerson: "Plato says that the punishment which the wise suffer who refuse to take part in the government, is, to live under the government of worse men."

No matter which variant of Plato's teachings resonates, the importance of voting on November 8 is paramount, and applies even more now than it did in 325 BC.

Of late our country and our state of Colorado have been led down dark and sinister paths by "inferior" elected officials, intent on the destruction of our great Republic! Make no mistake, November 8, 2022 will be recorded as the tipping point in American history! In just 20 months Democrats have brazenly made known for all to see and experience, their "plan" for our future. All Americans have been suffering the consequences of extremely poor election decisions. If you want more of the same or much worse, by all means vote Democrat.



**"Partnering with private developers
is good for Montrose,
and we get to pick winners and losers."**

If you want our state and country on a different path, vote Republican! IT'S REALLY THAT SIMPLE !!

Unaffiliated, disillusioned Democrats, and Republicans--stand up, go forth, and

VOTE ! It will be the most important vote you ever cast ! Your personal future and the future of our state and country depends on wiser decisions than in the past!
Dee Laird, Montrose

SOUR GRAPES

by Tim Jones



REGIONAL NEWS BRIEFS

MONTROSE WOMEN'S GIVING CLUB TO MEET NOV. 7

Special to the Mirror

MONTROSE-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.



FOR SALE

3740 Scarlet, Montrose

\$545,750 MLS# 798635

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.

Amenities

- 3 Bedrooms
- Attached Garage
- 2 Bathrooms
- Patio/Covered Porch
- 1825 sq. ft.
- Irrigation Water



The
Real Estate Store

500 E Main Street, Montrose, Colorado 81401
the-res.com | (970) 249-7653

970-209-3934
peg@pegevanoika.com



Peg Evanoika
Broker Associate

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November 19, 2022
Saturday 6:00 PM



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\$20 Single
Admission at the Door

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Wheel**

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Dance to
Cimmarron Band



801 So. Hillcrest, Montrose CO 81401

BOEBERT, CATLIN RALLY IN MONTROSE



On Friday, Nov. 4, US Congresswoman Lauren Boebert (CD3) and Colorado Representative Marc Catlin (HD-58) spoke to voters in Montrose. When asked about serving the people of Colorado's Third District, "It's my honor to do it," Boebert said. Photos by Gunnison Clamp.



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OPINION EDITORIAL: LETTERS

HD 58 DESERVES A REPRESENTATIVE WHO WILL FIGHT FOR EVERYONE'S RIGHTS

Editor:

Hello, fellow HD58 voters and neighbors. Make no mistake: your vote matters on November 8th. For every person — left, right, or center — your fundamental freedoms and human rights are on this ballot. For the first time in the history of the United States, six conservative Supreme Court Justices overturned *Roe vs. Wade* to remove a human right from the Constitution. This misguided decision seemed solely based on political ideologies and religious doctrine, neither of which belong in the halls of the Supreme Court.

This trend threatens to continue in the current Supreme Court. Will other fundamental rights be passed back to states? Voting rights? Other women's rights? The rights of our LGBTQ+ community? The protections of DACA and other rights of our Latinx community? If so, how will our state respond?

HD 58 deserves a representative who will fight for everyone's rights. Once any government picks and chooses whose rights are more important than others, there is

no freedom for anyone.

In the last six months, I've been fortunate to meet with some of Colorado's leading experts regarding water policy, water law, and forest management. They all shared with me that we are not in a mega-drought; this is the aridification of the southwestern US. This is climate change, and denying it won't change that fact. Our region will continue to get hotter and drier, and the seven states of the Colorado River Compact must figure out how they will share a river running at 10-million-acre feet, not the 14 MAF that has been used for the last 20 years. If they don't, I fear the Bureau of Reclamation will step in, and no one will like their demands. The federal government is not going to let Lakes Mead and Powell fail.

It takes innovation, collaboration, and incentives to face a changing Colorado River Basin, which made passing the Democratic-sponsored Inflation Reduction Act crucial because it included \$40B for agriculture and forestry, and \$4B alone to assist with the Colorado River Basin. It

amazes me that every Republican in their self-proclaimed "party of agriculture" voted against this bill.

All the water in the world, however, will not address the other critical issues facing HD58, including our woefully underfunded public school program; the lack of sufficient mental health resources; the need for innovative, affordable workforce housing options; more competitive health insurance plans; and funds to combat our Fentanyl crisis.

HD58 deserves a representative who will work hard on all the critical issues in our district and always puts people over party. I will fight hard to preserve our rural values and agricultural history.

I will work to bring hope and healing to the western slope and deliver innovative solutions that unite us in solving our many challenges.

I am Kevin Kuns, a western slope Democrat, and I would be honored to have your vote and trust to represent you in Denver for the next two years.

Kevin Kuns, Montrose

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- Guardians of Liberty for civilization

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- The American Dream

Americans Are...

- Vibrant, passionate, and innovative
- Hopeful for the future for ourselves, our children, and grandchildren
- Strong and have character, courage, and perseverance
- Exceptional: the common person can achieve greatness

— Excerpts from Nick Adams speech on 5-27-22
American Author & Founder of FLAG

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Vote Republican

for

"The American Dream"



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REPUBLICANS**

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MIRROR IMAGES: MEDC 2022 MANUFACTURERS' EXPO



With students from Montrose and Olathe High schools and a host of business leaders in attendance, the 2022 MEDC Manufacturer's Expo was held at the Montrose County Event Center Nov. 3. Clockwise from top left, Executive Director Sandy Head of MEDC introduced presenters to students; Cedar Point Health shared information and swag with attendees; culinary treats were prepared and shared by students.



COMMUNITY OBITUARIES

EDWARD MILLER HOLTON

August 31, 1932 - October 30, 2022



EDWARD MILLER HOLTON (Ed) died peacefully in Montrose on Sunday morning, October 30, after 90 great years on this earth.

Ed was born in Read, Colorado on August 31, 1932 and grew up in Hotchkiss (Go

Bulldogs!). He was a tremendous athlete, boxing and playing football throughout high school. But his favorite sport for most of his life was water-skiing. He owned jet boats that he liked to drive fast, and could throw a spectacular rooster-tail whenever he slalom-skied behind one of them.

Ed earned bachelors and master's degrees at Western State and taught school for more than 30 years. He coached almost every middle and high school sport, from wrestling to football, boxing

to basketball, and even did a stint as a baseball coach in Hugo, Colorado. He read avidly and liked to watch pro football and cop dramas. He bought and sold more cars, trucks, and motorcycles than anyone could count, and really, really liked to

drive fast. He was preceded in death by his beautiful wife Judy, both his parents, his older brother Jim, and nephews Little Jim and Geoffrey. He is survived by his daughter Debra McQueen, his brother Tilmon (Piper) Holton, nieces Carrie, Tracylee, Candy, Belinda, Sara, and Judi, nephews John, Jerry, David, Justin, and Bruce, and many great and great-great nieces and nephews. His best friends till the end were sister- and brother-in-law Deby and Buddy Kay. He was a good and generous friend to everyone who knew him. Ed will be remembered most for his excellent storytelling and dry sense of humor. He could teach just about anyone how to do just about anything. He is sorely missed by all who knew him. Arrangements are under the direction of Crippin Funeral Home, 802 E Main St., Montrose, Co 81401. (970) 249-2121

CHARLEEN DIAN (MILLS) BEARD

January 20, 1933 - October 30, 2022

CHARLEEN DIAN (MILLS) BEARD, went peacefully to the Lord on Sunday, October 30, 2022 in her home surrounded by her family. She was born on January 20, 1933 to Violet (Mueller) and Ivan Mills in Los Angeles, California and was raised in San Pedro, CA.

Charleen married the love of her life, Colonel James L. Beard, a decorated Special Forces Veteran, in October of 1954. She and Jim grew their family in San Pedro, CA with the birth of their first son, James Michael in December of 1955 and completed their family with the birth of their second son, David Jason in May of 1958. In 1979, Charleen and Jim moved to Monterey, CA where they opened and ran their military supply store for 18 years. She was a talented artist who enjoyed many mediums such as watercolor, acrylic and alcohol inks. She also enjoyed stitching, going on camping trips with her husband and their whippets in their motorhome, traveling abroad, hosting foreign families, and spending time with her family and friends.

Charleen is survived by her son David (Janene) Beard of Montrose, CO, grandchildren Ashley (Christopher) Waite of Medina, OH, Jessica (Benjamin) Larson of Montrose, CO and Andrew (Jessica) Beard of Montrose, CO, great-grandchildren Evan and Oliver Waite, Zachary Larson, Layla and Wyatt Beard, and many other loving family and friends.

Charleen is preceded in death by her parents Ivan and Violet Mills; husband James Louis Beard and son James Michael Beard. In lieu of flowers, donations can be made to the Montrose Animal Shelter, 3383 N. Townsend Ave, Montrose, CO.



COMMUNITY OBITUARIES

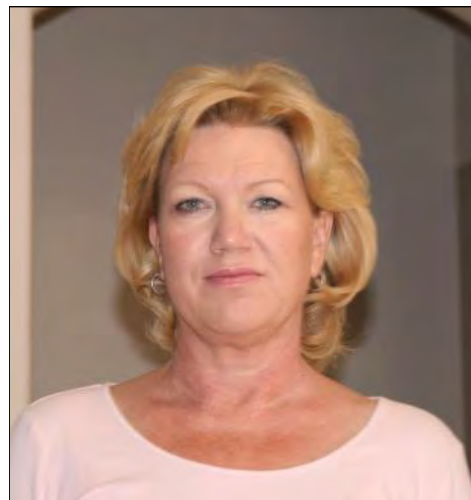
PAMELA RENEE GLICK GURNEY ***March 13, 1959-October 24, 2022***

PAMELA RENEE GLICK GURNEY was born to Jerry and Dorothy Glick on March 13th, 1959, in Alice Texas, and returned to be with her Heavenly Father on October 24th, 2022, at the age of 63. Pam married Robert Christian Lambert on December 12, 1976. Robbie passed away tragically in a car accident leaving Pam widowed with their newborn son, Eric. Pam then married Dennis Gurney on August 18th, 1977, in Alice TX. In February of 1980, Dennis was severely burned during an oil rig explosion, & whilst in the hospital with him, Pam gave birth to Jessica. In 1982 Pam gave birth to their son, Kevin.

Colorado had always been a home away from home hunting and being in the mountains, so in 1989 Dennis and Pam moved their family to Montrose. Dennis passed away in 2009, leaving Pam widowed again.

Yet Pam embraced life. She loved rock hounding, photography, crocheting, sewing, cooking & baking, gardening, spending time in the mountains, but most of all being with her family. She could hide & wait forever to jump out and scare someone. She loved to laugh & make others laugh too.

Pam was preceded in death by her parents, Dorothy & Jerry Glick, husband Robbie Lambert, and husband Dennis Gurney. Pam leaves behind her three children, seven grandchildren, and one great-granddaughter; Eric Gurney and wife Lydia and their children, Taylor (Todd & daughter Skylar), Trenton, and Candra; son, Kevin Gurney and his children, Brooklynne, and Hailey; daughter, Jessica Meiners and husband Kevin and their children, Kadin (Erin), Jylliane and Jorja, all of Montrose CO. Pam was the eldest of 5 sisters who love her dearly; Karen, Sharon (Earl), Cindy (Johnny), & Darlene (Kle) and many nephews, nieces, aunts, & cousins.



Now more than ever...

Thank you for reading

THE MONTROSE MIRROR

ISSUE 395 Nov. 7, 2022

ART & SOL

AMADEUS ARRIVES AT MAGIC CIRCLE THEATRE

By Nick Hoppner

MONTROSE-*Amadeus* is arguably the best-known stage play by the late English playwright, screenwriter, and novelist, Peter Shaffer.

First produced in November, 1979, the drama received five Tony Awards in 1980 and eight Academy Awards for its movie adaptation in 1984.

Set in 18th century Vienna, the fictionalized story depicts a struggle for primacy between two classical music giants: Antonio Salieri and Wolfgang Amadeus Mozart. In the opening scene, the ailing and aged Salieri claims to have intentionally poisoned Mozart. Relating his tale to us, his theater audience, in flashback, Salieri explains why he felt compelled to destroy Mozart. Ah, but is he telling the truth? Therein lies the mystery.

Antonio Salieri (played by M. A. Smith) serves as the court composer to Joseph II, Emperor of Austria, (played by Gary Hokit). A devout Catholic in the Holy Roman Empire, Salieri yearns for the ultimate honor—immortality—his name and renown lasting even beyond the grave. On his knees, he begs God to grant him his wish.

Unfortunately for Salieri, God seems to have other plans. Bursting on the scene is the brash and boorish Mozart, whose scatological sense of humor and inappropriate

egotism were exceeded only by his seemingly effortless composing genius, (played by Everett Gregory).

Furious with God for misplacing the gift of musical immortality that he craves, Salieri renounces his faith in God and his admiration of the skills and talents of the naive but fowl-mouthed Mozart. Filled with bitterness, Salieri embarks on a course of character assassination that crushes every financial opportunity for Mozart. Posing as a supporter of the young composer, he deftly squelches every opportunity. Even when Mozart's wife, Constanze Weber (Janel Culver) secretly pleads for help from Salieri, she comes up empty-handed—virtually stripped of her dignity.

Bending the ears of the Emperor are three sycophants: Count Johann Kilian von Strack (Jeff Nelp), Count Franz Orsini-Rosenberg (Bill Bottomly) and Baron Gottfried van Swieten (Bob Sorrell).

And throughout the play are the drones of gossip and negativity. Like a Greek Chorus, these "Little Winds" (Eli Tafoya and Connor Gregory-Clutts) echo the action and meaning of the play. Filling out the cast are a dozen servants and citizens of Vienna.

As the inevitably tragic life of Wolfgang Amadeus Mozart ends, and the suicidal Antonio Salieri ponders the outcome of his scheming, the questions still endure

for all of us: What is the price of genius? Who wins if everyone loses? And who killed Amadeus?

Amadeus is directed by Kathy Murdoch and assisted by Ruthie Rich. Technical direction is provided by Chuck Vanderwist and Scene Design by Ray Jantzen. The play opens on November 11 with additional evening performances on November 12, 18, 19, 25 and 26. Sunday matinees are November 13, 20 and 27.

Amadeus is for mature adults due to language and a brief sexual reference.



Square Pegs
for
lively soles

1. Sprucing up with monstera greenery from Camelot Gardens 2. Decorative gourds - first for decoration than later for baking 3. Custom crafted earrings at Mosaic 4. Decorative saucer from The Grove Market in Delta 5. Tropical Garden Bowl from The Root Juice Bar 6. Gathaithi AA pourover at Cimarron Coffee Roasters 7. Cotton fibers from Clubb's Variety Store 8. Roasted pepper infused cocktail at San Juan Brews 9. Wide selection of books including large print editions and new releases from Montrose Regional Library

Valley life used to be a little staid, but these days adventure seekers can find a plethora of fun ranging from culinary delights to bespoke gifts and curated experiences. Check here monthly as we embark on an intrepid quest for all things funky and see what we bought and experienced in the last month.

COMMUNITY NEWS BRIEFS

COLORADO POET LAUREATE NOMINATIONS NOW OPEN

Special to the Mirror

DENVER — Nominations for the next Colo-

rado Poet Laureate are now open, today through February 1, 2023. Chosen by the

Governor, the Colorado Poet Laureate will serve a four-year term beginning in July 2023.

The Poet Laureate position was created to promote an appreciation of poetry in Colorado, to honor outstanding Colorado poets, and to serve as an active advocate for poetry, literacy, and literature by participating in readings and other events at schools, libraries, literary festivals, and the State Capitol.

The Poet Laureate will also provide the Governor with an annual account of the impact and success of the Colorado Poet Laureate program. Colorado Humanities & Center for the Book and Colorado Creative Industries will annually supply the Poet Laureate with a \$5,000 honoraria and up to \$5,000 to cover public presentation travel expenses.

The selection of the Poet Laureate will be based on artistic excellence, a demonstrated history of community service in the advancement of poetry, and the ability to present poetry effectively. A panel of former laureates and poetry leaders will review nominations and make recommendations to the Governor, who will make the final selection.

Any organization or individual may nominate a poet for consideration. Nominators should work closely with their nominees to submit the nomination form and information requested. Self-nomination is also an option.

The Colorado Poet Laureate must be a legal, full-time Colorado resident for at least three years prior to the nomination deadline. In addition, the Poet Laureate must remain a resident of Colorado during the term of office and pass a standard background check. Nominations must be submitted no later than Feb. 1, 2023 to Colorado Humanities & Center for the Book via Submittable at <https://coloradohumanities.submittable.com/submit/240980/colorado-poet-laureate-nominations-2023>

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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



COMMUNITY NEWS BRIEFS

MONTROSE COMMUNITY FOUNDATION GRANT CYCLE OPENS WITH \$70,000 TO AWARD

Special to the Mirror

MONTROSE – Montrose Community Foundation's 2022 grant cycle opened with more than \$70,000 available to fund programs and projects improving the quality of life for all in Montrose and the surrounding area. Since 2012, the City of Montrose has partnered with MCF to help provide grants to local nonprofits through the annual Impact Grant Cycle.

MCF seeks organizations working in collaboration with others in our community in the areas of arts & literature, basic needs, community development, education, health and wellness, and recreation. Grants will be made between \$1000-\$5000. MCF Executive Director Sara Plunhoff explains, "As a Community Foundation, we are powered by the generosity of the Montrose community and not held to

a specific cause or issue. Our Impact Grant Cycle allows us to support nonprofit organizations small or big with funding for a wide variety of programming or operating expenses." To determine if your organization, program, or project qualifies for grant funding, visit montrosecf.org.

Last year, the Montrose Community Foundation continued its 30+ year legacy as a granting foundation, by awarding more than \$80,000 to 28 local and regional non-profit organizations. Grant applications with supporting documents must be submitted online by November 30, 2022. Organizations should be a registered 501 (c) 3 or have a current fiscal sponsor. Funded organizations must have programs that directly impact Montrose County residents. Grant awards will be announced and checks will be distributed

in the second half of January 2023.

Email MCF Grants and Scholarship Manager Kim Lisenby at klisenby.montrosecf@gmail.com with questions.

About Montrose Community Foundation: Founded in 1989 to help fund community projects, the Montrose Community Foundation (MCF) is a charitable 501(c)3 organization with the long-term goal of building permanent funds for the public benefit of the residents in the Montrose community. MCF serves the community as a non-profit resource, it grants funds, administers scholarships for local students, collaborates with community groups and fosters a compassionate community that is focused on the future through planned giving. For more information visit www.montrosecf.org.



Montrose Senior Center, 1800 Pavilion Drive.

1 pm. Mon., Nov. 14th. Western History with Kate Burke

Goodtime Gal Gamblers of the Old West



Some of the best and most notorious gamblers of the old west were also goodtime girls. Often they partnered with the men who also made history at the gaming tables. See the games they played, meet their men and learn the notorious stories of some of the best, including Poke Alice, Kitty LeRoy, Calamity Jane, Lotty Deno, Eleanor Dumant, Belle Starr, Laura Bullion, and Big Nose Kate.

Poker Alice



Calamity Jane



Reservations, Questions, Call Cindy 970-252-4884.



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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?

YOUR BRAIN ON NATURE: BEING IN YOUR *RIGHT* MIND



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

Greetings Mirrorites!

If someone has referred to you as very right-brained, they are probably either complementing you or accusing you of being very creative, spontaneous, and emotional. And they are partly right. I do, however, want to dispel the myth that the right brain is the airy-fairy part of the mind. The right hemisphere is quite multi-talented and critical for some very mundane but important functions.

At the time of this writing, most research indicates that the right hemisphere controls and informs alerting, orienting, and executive attention. Alerting tells you 'heads up!' Orienting tells you 'heads up and look over there!' Executive attention tells you to focus on the mass and speed of the soccer ball headed towards your noggin and not to look away at the wrong time. Sure, there is some overlap for these responses with regions and networks in the left hemisphere, but in general, the consensus remains that the right hemisphere is the big cheese for attention allocation. Not tremendously airy-fairy after all, but quite critical to daily survival and wellbeing. Time in restorative environments has a direct effect on the health and functioning of this part of the brain. Fatigue and stress have measurable effects on the attention regulating part of the right brain dubbed the Anterior Cingulate Cortex (ACC). Attention fatigue appears to be a function of sustained and focused use of this part of the pre-frontal cortex. This effort engages the ACC, which is deeply involved in the executive attention mentioned above. Executive attention is often required for extended periods of



Even lumberjacks need soft fascination! Courtesy photo.

task completion that involve voluntary attention, such as driving in heavy traffic, taking mid-term exams, or finishing a book chapter on time. To refresh the thinking here, pun intended, this is the opposite sort of attention that time outdoors in restorative environments offers, that of involuntary attention through soft fascination. Research on this cognitive process has demonstrated that the more voluntary attentional processes are used without a break in the task completion, the more the connections to the default mode network (DMN) and the reward centers of the brain are diminished. This vicious cycle results in both higher error rate, greater difficulty in conflict resolution, and more of a 'who cares about this damned project anyway' attitude. By conflict resolution, I mean the ability to make important decisions from conflicting data about potential outcomes, such as risk vs. reward, short-term vs. long term gain, likely consequences of various actions, and other facts we constantly need to assess. The more burned out the ACC is, the more difficult this analysis becomes.

This system, when kept in balance, is designed by evolution to be as the tides of the ocean. They sweep out, then sweep back in on a regular and sustainable basis. However, chronic depletion of executive function through unending demands is more like the tide going out and staying

there, then swooping back in as a tsunami. Frontline professionals (and soldiers and graduate students) experience burnout resembling the tsunami mode of reacting to unpleasant stimuli. They have substantially reduced ability to 'down regulate' their responses to negative events, whether that be a car horn blasting suddenly, or unpleasant imagery or scenes. They react more strongly and decompress more slowly because the handshaking between the ACC and the amygdala, the flight or fight response part of the brain, has slowed down to half tempo.

Perhaps the reader is considering that this is no big deal, and the ship will right itself eventually. That often happens, after an extended vacation or career change, but for some people fairly serious damage can occur. Burned out workers and caregivers have consistently shown decreased volume and density of gray matter in the area of the ACC. This loss has been linked to the development of major depressive disorder. Recurrent, chronic episodes of acute fatigue are just as damaging as chronic stress. Constant fatigue can result in depletion of amygdala gray matter, which has been linked to generalized anxiety disorders.

Stress and fatigue can literally shrink your brain. Time in restorative environments can apparently prevent this or begin the healing process through neuroplasticity.

YOUR BRAIN ON NATURE: BEING IN YOUR *RIGHT* MIND

From previous pg

But most American adults spend around 90 percent of their time indoors. No wonder there is a mental health crisis in this country. Still, free or at least fairly cheap treatment is at hand.

For instance, an article published in *Molecular Psychiatry* in September of this year demonstrated this claim. Brain activation was measured in 63 healthy participants, before and after a one hour walk either in nature or built environment. Before the walk, the researchers 'bummed' these kind participants out through a social stress task (like a favorite task I have used with student participants, a verbal defense against a false accusation of plagiarism...fun for the researcher, horrible for the participants and a very effective stressor). Anyway, they found that

amygdala activation decreased after the walk in nature, whereas it remains stable after the walk in an urban environment. The amygdala and the ACC talk to each other in beneficial ways when spending time in nature. And it isn't just mood improvement. A study of urban workers in Berlin found that those who spent time in restorative environments regularly over the course of a six-month test period had greater brain volume in the prefrontal cortex areas that contain the ACC. Time in nature will increase your cranium, while urban life will shrink it.

Why is this important and is it news you can use? Well, sure. A study of over 15,000 individuals across six diagnostic groups (schizophrenia, bipolar disorder, depression, addiction, obsessive-

compulsive disorder, and anxiety), were correlated with gray matter loss in the area of the dACC (the dorsal anterior cingulate). They also found that loss in those regions was associated with poor executive functioning for patients otherwise considered healthy. That translates to poor decision-making, competence, and lifestyle choices for the vast majority of us, so yeah, it matters.

Give your ACC some nice fresh air in restorative environments whenever you can, even though winter can make it a challenge at times. Zee leetle gray cells will thank you for it (to misquote the detective Hercule Poirot).

As always, correspondence gratefully accepted at agescapesnow@gmail.com

MONTROSE COUNTY ADMINISTRATION BUILDING

COMMISSIONERS, VETERAN SERVICE OFFICER & MEDIA RELATIONS

NEW ADDRESS

1140 N Grand, Suite 250
Montrose, CO 81401
(970) 249 - 7755

HOURS

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

BOCC MEETINGS & WORK SESSIONS

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

QUESTIONS?

Call (970) 249 - 7755 or visit www.montrosecounty.net



Alcohol Ink & Drink & Mosaic

Thur., Nov. 17, 5:30-7:30 pm.

*Create
beautiful
ornaments
with
alcohol ink
& ink pens.*

*All materials
plus a glass
of wine
included.
Lots of help.*

Cash bar & snacks available. No experience necessary.

*Sign up in the store or online at
<https://kathrynrburke.com/111722ink>*

Elks Bingo

Tuesday Nov 8, 2022

Progressive Game #4

**\$1,199
Must Go!**

**Awarded to 1st person
that reaches Bingo**

**Progressive Game #2
\$200**

***Go Ahead & laugh a little louder
Smile a little bigger,
And just live life better
at Montrose Elks Bingo!***

**Progressive Game #6
\$4,133**

***Josh and Von
Present :***

**Herb Crusted Chicken,
Broccoli Cheese and
Rice with Salad,
Loaded Potato Soup
& Crackers**

**Doors Open at 4:30 PM, Early Bird starts at 6:30 PM.
Main Bingo Session starts at 7:00 PM**

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



Alcohol Ink Wine Party LaNoue DuBois Winery Sat., Nov. 19, 1-4 p.m.

*Plenty of help.
Make great
gifts or make
these just for
yourself!*



*Envelopes
included*

*Create beautiful ornaments and cards.
\$40 includes materials and a glass of wine.
Cash bar & snacks available. No experience necessary.*

COMMUNITY NEWS BRIEFS

MAKING BIBLE STUDY RELEVANT IN THE DIGITAL AGE

New interactive learning platform incorporates technology and multimedia

Special to the Mirror

REGIONAL-As Montrose families settle into the new school year, thousands of residents will be focused on a different kind of education.

This month, Jehovah's Witnesses are featuring a new interactive educational platform to help make Bible study more engaging and easier to understand: Enjoy Life Forever! — An Interactive Bible Course. This free publication, available in more than 700 languages on the Witnesses' official website, jw.org, includes multimedia elements that encourage critical thinking and discussion between the student and instructor.

"Our community is very religious overall," said Montrose resident and volunteer minister, Monica DeVault. "But even so, I think there are a lot of people who are impacted quite a bit by current events. And they are still looking for the answers and looking for change, (and) looking for comfort and I think that this publication will really be eye opening for a lot of people."

The digital version of Enjoy Life Forever! — An Interactive Bible Course contains quick-access links to scriptures and more than 200 videos. Printed copies are designed to be used with the app JW Library or jw.org to access the videos that make



Jehovah's Witnesses around the world, including Montrose, Colorado, are offering a free, interactive Bible course. Courtesy photos.

Bible study more approachable for everyone.

"Our approach is all about reaching people's hearts by engaging their minds. This is how people learn," said Robert Hendriks, U.S. spokesperson for Jehovah's Witnesses, who have been publishing Bible study aids for more than a century. "Although we've always been about the printed page, we've adapted our methods to meet the needs of learners."

"I think my student really benefited from... the use of the videos because she was able to see that other people have similar thoughts to what she has," said DeVault, who regularly uses the publication in Bible study discussions. "People really love a visual medium that they can look to and they love the way people ex-



press themselves in those videos. The raw emotion that some of the people will express about how they feel...it's just amazing." Carnegie Mellon University highlighted recent research findings on dynamic learning methods: "Engaging students through interactive activities, discussions, feedback and ... enhanced technologies resulted in improved academic performance compared to traditional lectures, lessons or readings."

Also available on jw.org are self-paced online Bible study lessons that cover the subjects: the Bible and its Author, the Bible's main characters and the Bible's message of hope. All content on the website is free, without requiring registration or subscription.

For more information about how to get the most out of Bible reading and study, visit jw.org.

249 8500

ANONYMOUS

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THE
MONTROSE MIRROR

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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
cedarpointthehealth.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.

Boot Season

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SAVE THE DATE! LOCAL EVENTS CALENDAR

ONGOING-

Schedule a \$10 **RIDGWAY TRUE GRIT WALKING TOUR** of downtown filming sites. Named readers choice for best historic town tour by True West magazine. 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. Sunday Bingo will start at 1:30pm after Nov. 6. 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

Nov. 7-On Monday, Nov. 7, 2022 at 7pm., Pianist David Osborne takes the stage at the Delta Center for Performing Arts at 822 Grand Avenue in Delta, CO. Doors open at 6 PM. Single performance tickets will be available at the door. Price \$20 for adults and \$5 for students. For more information, contact Bob at 970-835-4480 or Connie at 970-249-4308 or visit our website at 222.deltamontroseconcerts.com.

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.

Nov. 8 - Colorado Hearing "Hear For the Holidays" open house with guest specialist Jon Wilson. Swing by to say "Hi" or call for FREE FULL HEARING EXAM with Best-of-year treatment pricing. Colorado Hearing, 2731 Commercial Way in Montrose 970-318-2010

Nov. 9 - Colorado Hearing "Hear For the Holidays" open house with guest specialist Jon Wilson. Swing by to say "Hi" or call now for a FREE FULL HEARING EXAM with Best-of-year treatment pricing. Colorado Hearing, 2731 Commercial Way in Montrose 970-318-2010

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

Nov. 10-Colorado Mesa University Lecture Series presents "Cultural Confluence: Early Hispanic Encounters, Colonies, and Settlement in South-Central Colorado," a slide presentation and lecture with Cultural Anthropologist Lynn Sikkink, PhD, 6-7:30 p.m., Cascade Hall, S. 3rd, Montrose. Sikkink focuses on San Luis, "the oldest town in Colorado," whose roots go back to Spain and North Africa, with Mexican and Native American contributions, indicating the cultural confluence it represents. Free and open to the public.

Nov. 10-Healthy Rhythm Music Series Presents Kirstie Lynn Mosher + Galen Clark :: Live at Healthy Rhythm Thursday, Nov. 10, 2022 Advance Reserved Seat \$10 • Day of Show \$15 Doors 7 p.m. — Show 7:30 p.m.

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

Nov. 12-On Saturday Nov. 12, 2022 the Montrose Elks Lodge will host the Veterans and 1st Responder Breakfast. Please join us as we salute Veterans and 1st Responders with a free breakfast between the hours of 8:am and 11am.

Nov. 12-Down Home Country Bazaar, Montrose United Methodist Church, 8am to 3pm.

Nov. 16-Rick Trujillo, local geologist, runner, and resident of Ouray, will present the story and geology of dinosaur sauropod tracks discovered in the Lower Quartzite in the upper Jurassic age Morrison Formation at Gold Hill and West Gold Hill in Ouray. Chipeta Chapter of the Archaeological Society, Wednesday Nov. 16, at 7 pm. United Methodist Church, 19 S. Park Ave, Montrose. We meet the third Wednesday of each month in Montrose. For more information see <https://www.chipetachaptercas.org/>

Nov 17- 6-8 pm. Mosaic. Alcohol Ink and Drink. Christmas ornaments. All materials and a drink provided. Also, a cash bar for more. Register here. <https://kathrynrburke.com/111722>

Nov. 19-The San Juan Weavers Guild will celebrate its 44rd Annual Show and Sale on Saturday, November 19, 9 a.m. to 4 p.m., at the Ute Indian Museum, 17253 Chipeta Rd., Montrose. One of the area's oldest holiday traditions, this one-day event is free, and the public is encouraged to attend. Up-to-date information about the guild and show & sale are available on the guild's website, www.sanjuanweavers.org.

Contact the Montrose Mirror:
970-275-0646

Editor@montrosemirror.com

www.montrosemirror.com

2022 MEDC MANUFACTURER'S EXPO



Above left, RE-1J Students demonstrate technology; right, event sponsor Tonya Maddox of Our Town Matters (left) introduced Holly Kintz of Atlasta Solar (right) at the MEDC 2022 Manufacturer's Expo.

DineOutMontrose.com

Remington's at the Bridges
970-252-1119

Horsefly Brewing
970-249-6889



Rio Bravo
970-964-4477

Jimmer's Steak & BBQ
970-252-1227

Fiesta Guadalajara
970-249-2460

El Jimador
970-249-8990

Buckaroos Slices & Scoops
970-787-9437

Busy Corner White Kitchen
970-323-6215

San Juan Brews
970-901-8594

Camp Robber
970-240-1590



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

Double Barrel Taco Co.
970-417-4340

Trattoria de Sofia
970-249-0433



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