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# the Montrose Mirror

© Issue No. 508 Nov. 21, 2022

Happy Thanksgiving week!

## CITY LOOKS AT SUPPLEMENTAL BUDGET, CONSIDERS REPAIRS TO VACTOR TRUCK



By Caitlin Switzer

MONTROSE-Montrose Mayor Dave Frank welcomed all to the regularly scheduled City Council work session of Monday, Nov. 14. All councilors were present, with Mayor Pro Tem Barbara Bynum attending virtually.

Council interviewed two candidates for the City's Historic Preservation Commission, including Darlene Mora and Catherine Stroh. Openings include a regular seat on the commission and an alternate seat. Planner II William Reis said that as a certified local government, requirements dictate that the regular Historic Preservation Commission member must be a city resident, while the alternate member can be a resident or non-resident.

Executive Director of the Colorado Historical Foundation, Stroh is a three-year resident of the area and has a masters' degree in non-profit management from Regis University. She has

*Continued pg 35*

*Council considered a recommendation for repairs to Vactor #361 Jet-Vac (pictured above) at a cost not to exceed \$105,000. The Vactor is being replaced but still has value to the city, Utilities Manager David Bries said. Mirror file photo.*

## MONTROSE LIGHT & POWER, SAMPLER RECEIVE HISTORIC DESIGNATIONS

By Caitlin Switzer

MONTROSE-SPECIAL MEETING-On Tuesday, Nov. 15, Montrose City Council held an executive session at 1:30PM for the purpose of determining positions relative to matters that may be subject to negotiations, under C.R.S. Section 24-6-402(4)(e), and the following additional details were provided for identification purposes: discussion related to the City's partnership with Colorado Mesa University.

**REGULAR MEETING**-At 6:30pm on Nov. 15, Council held a regular meeting. Mayor Dave Frank welcomed all to the session and led in saying the Pledge of Allegiance. All councilors were present, with Mayor Pro Tem Barbara Bynum attending virtually. Youth Councilor Ciana Beller was also present.

The meeting began with two proclamations, the first proclaiming November 2022 as Alzheimer's Disease Awareness and National Caregivers' Month. Laird Landon

*Continued pg 38*



*The photo above, from the Fort Lewis College Center for Southwest Studies, is included in Planner II William Reis' interesting and informative presentation on the history of the Montrose Light & Power Building (pictured). The smokestacks have since been demolished, Reis noted.*

in this  
issue

DMEA Reviews 2023  
Operating Budget!

Lauren Hall Ruddell  
Your Brain on Nature!

Reader photo spotlight:  
Deb Reimann!

Opinion/Editorial:  
Letters & Commentary!



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Alpine Bank

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



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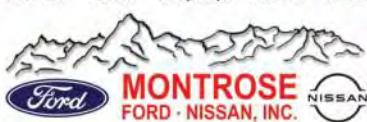
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*Special to the Mirror*

**SOUTHWEST COLORADO** — Travelers will encounter significant closures on Colorado Highway 145, south of Telluride on Monday, Nov. 21 beginning at 9 a.m. Tow truck operators will pull a crashed vehicle up to the highway to be towed away near the Ophir curve at mile point 63. Significant closures are required for the safety of the workers and motorists. Both lanes of the highway will be needed to maneuver the towing equipment.

Both northbound and southbound motorists will encounter significant full stops and lengthy delays for much of the day on CO 145. Each closure could last several hours. Crews will make every effort to allow traffic through when possible. Motorists are urged to allow for extra travel time and should check COtrip.org for the most current information.

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Published every Monday since 2010 in Montrose, Colorado, to a readership of over 17,000 residents of Western Colorado. Founder, Editor, and Publisher: Caitlin Switzer

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## REGIONAL NEWS BRIEFS

### MONTROSE CHILDFIND SCREENINGS AVAILABLE

*Special to the Mirror*

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## COLORADO NEWS BRIEFS

### AJ FULLERTON & ERIK STUCKY: HOME FOR THE HOLIDAYS

*Special to the Mirror*

MONTROSE-On Dec. 28, two hometown favorites will be Home for the Holidays, as Musicians AJ Fullerton and Erik Stucky perform at the Montrose Pavilion. \$\$20 advance, \$25 at the door. Doors open 6pm show at 7pm. Cash bar.

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For more information on COVID-19 vaccinations visit [deltahealthco.org/covid-19-vaccine/](https://deltahealthco.org/covid-19-vaccine/).

## COLORADO NEWS BRIEFS

### ALPINE BANK FORT COLLINS GRAND OPENING: A HOLIDAY CELEBRATION FOR THE COMMUNITY

*Special to the Mirror*

FORT COLLINS- Alpine Bank is set to open the organization's first northern Colorado branch in the heart of Fort Collins, with a grand opening holiday celebration for the community on Saturday, December 3, 2022. This free event is open to the public and will bring together local businesses and community partners for a celebratory holiday party.

"As a longstanding Colorado bank, we're excited to now have a presence in northern Colorado," says Alpine Bank Regional President Matt Teeters. "Fort Collins is a dynamic community, and we look forward to meeting and serving the individuals, businesses and organizations that make it a great place to live and work. We hope everyone will come out for this celebration."

*Alpine Bank Presents: Holiday Fest* will

feature complimentary family-friendly holiday activities.

Attendees will enjoy pictures with Santa, cookie-tasting, mistletoe-making, prize drawings for tickets to CSU Rams, Colorado Rockies and Denver Broncos games, plus hot chocolate and snacks served from food trucks. Kids can write and send letters and Christmas wish lists to The North Pole in a special mailbox.

As part of its grand opening celebration, Alpine Bank is donating \$2,500 each to nonprofits RamStrength and Bike Fort Collins.

"Community investment and environmental sustainability are both foundational to our business philosophy," says Alpine Bank Fort Collins Market President Ben Van Hoose. "Supporting the nonprofits



and organizations that make our community strong is part of the Alpine Bank DNA."

**EVENT DETAILS:**

Alpine Bank Presents: Holiday Fest

1608 S College Ave., Fort Collins CO 80524

Saturday, Dec. 3, 2022, 3 PM- 6 PM

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## REGIONAL NEWS BRIEFS

### SMPA BOARD APPROVES RATE INCREASE FOR 2023

#### *Special to the Mirror*

RIDGWAY-At its November meeting, the San Miguel Power Association (SMPA) Board of Directors elected to implement a two dollar increase to the SMPA electric access charge with no change to the kWh energy rate for all electric accounts, including all rate classes and lighting tariffs.

For most residential consumers, the increase will amount to \$2 per month on the access charge, or \$24 per year above the current charge.

Chief Executive Officer, Brad Zaporski summarized the 2023 rate increase by saying, "I am proud of the SMPA staff's efforts in cost containment, as well as our Board's multi-year financial strategy of using deferred revenue to keep this rate increase to a fraction of the rate of inflation."

Before the board voted, they heard from members who wished to comment on the proposal. Once all comments had been made, the board continued with its meeting, and unanimously approved the recommended \$2 increase.

With this action, SMPA has kept the increase to 1.1% despite inflationary cost pressures through careful financial planning, deferred revenue, and delayed major capital projects.

For reference, a comparison of the current rates and the approved increase are available on [www.smpa.com/rates](http://www.smpa.com/rates). The new rate will go into effect in January, 2023.

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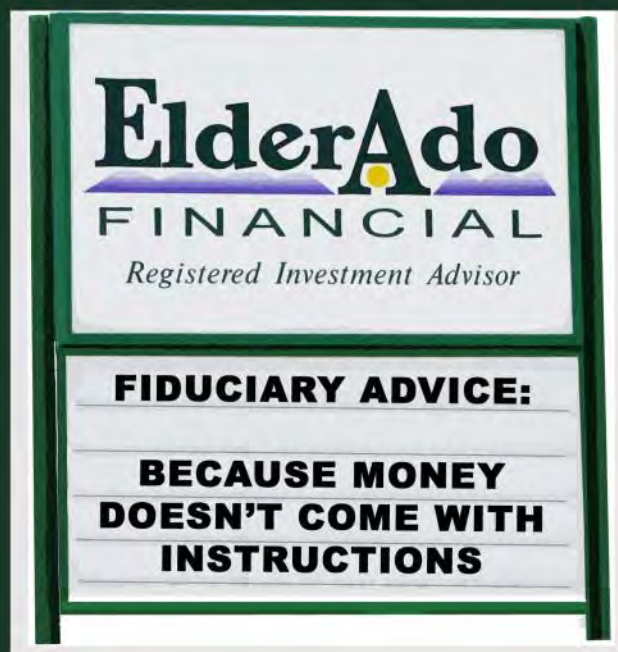






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## REGIONAL NEWS BRIEFS

### CITY OFFICES TO CLOSE THANKSGIVING DAY

#### Special to the Mirror

MONTROSE — City of Montrose offices, including City Hall, Municipal Court, Animal Shelter, Visitor Center, City Shop, Montrose Pavilion, and Police Department, will be closed Thursday, Nov. 24, for the Thanksgiving Day holiday.

Police Department offices will be closed but officers will be on duty and respond-

ing to calls. The Black Canyon Golf Course will be closed.

Trash and recycling schedules will be adjusted for the holiday. For residences with Thursday, Nov. 24 collection, trash pickup will instead occur on Tuesday, Nov. 22, and Wednesday, Nov. 23.

Residences west of Townsend Ave that are normally on the Thursday route will

receive collection services on Tuesday, November 22. Residences east of Townsend Ave that are normally served on Thursday will receive service on Wednesday, November 23.

Recycling collection for customers scheduled for pickup on Thursday, November 24 will instead receive collection service on Friday, November 25.

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phone number, and number of people attending.**



## COLORADO NEWS BRIEFS

### STILL TIME TO ENTER HISTORIC COLORADO LICENSE PLATE DESIGN CONTEST

#### *Special to the Mirror*

COLORADO—There are only two weeks left to enter the Historic Colorado license plate design contest.

Colorado residents or students interested in participating in the Historic Colorado Contest need to submit their entries before Nov. 30 to qualify.

The Historic Colorado Contest gives residents and students a shot at designing Colorado's 150th anniversary license plate, plus \$1,000. The contest is ac-

cepting submissions until Wednesday, Nov. 30 and has two divisions — 13 and older, and under 13.

Up to 10 finalists per division will be selected by a committee with a final, public vote on the top three designs. The winners will get huge bragging rights, the DMV will feature the artists in all media releases and the winners will each receive a special commemorative license plate and a \$1,000 grant.

Entries will be judged on how well the

artwork captures Colorado and its history, the artistic quality and its originality, and how well that design translates into becoming a Colorado license plate.

The Historic Colorado Contest is free to enter and each participant must enter their original artwork. Coloradans interested in participating in the Historic Colorado contest can visit [DMV.Colorado.gov/HistoricColorado](https://DMV.Colorado.gov/HistoricColorado) for complete information, terms and conditions, and templates for drafting submissions.

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There is no charge for photos with your pets, but reservations are required. Please call the clinic @ 970.249.4490 to reserve your time.



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## REGIONAL NEWS BRIEFS

### USDA FOREST SERVICE LAUNCHES INTERACTIVE MAP SHOWCASING WILDFIRE REDUCTION PROJECTS

*Special to the Mirror*

WASHINGTON—The U.S. Department of Agriculture's Forest Service has launched a new interactive map showing the progress the agency and its partners have made in addressing the wildfire crisis in eight western states as part of the Forest Service's 10-year wildfire crisis strategy. This easy-to-use "story map" gives users the opportunity to see the impact of the historic investments from President Biden's Bipartisan Infrastructure Law across 10 initial landscapes in Washington, Oregon, California, Idaho, Montana, Colorado, New Mexico and Arizona.

This announcement comes as USDA celebrates the accomplishments made since the Bipartisan Infrastructure Law was signed one year ago.

"Western states are living the reality of climate change every day, where record droughts and catastrophic fire threaten lives and livelihoods like we have never seen in our history," said Agriculture Secretary Tom Vilsack. "This new resource gives everyone a chance to see the real

impacts of the on-the-ground work the USDA Forest Service and its partners have already done to protect the communities and the resources that are most at risk."

"We are working with communities and partners to implement critical hazardous fuels work on the initial landscapes. This work will meaningfully change how people, communities, and natural resources experience risk from wildfire," said Forest Service Chief Randy Moore.

"With this story map, audiences across the country can see in real-time where investments are being made to create safer communities and healthier, more resilient forests."

This online story map is designed to be easy to use and is continually updated to show the progress of wildfire reduction efforts on national forests and grasslands as well as other federally managed, state, and private lands. Individual landscape maps allow users to interactively identify national forests, Congressional Districts, active partners, landscape boundaries and "firesheds," or areas where wildfire is like-

ly to pose the greatest risk to communities and resources.

Since it was first announced earlier this year, the Forest Service and its partners have used the best available science to identify the highest risk landscapes for treatment projects as part of the 10-year wildfire crisis strategy. The Forest Service found that around 80% of the wildfire risk to communities is concentrated in fewer than 10% of firesheds.

These initial investments focus on firesheds of the highest risk, where projects are ready to begin or to expand. The first-year investments are a part of the strategy to reduce the exposure of communities and infrastructure to the risk of catastrophic wildfire. A detailed update on first-year investments is available at <https://www.fs.usda.gov/managing-land/wildfire-crisis/landscapes>.

Each year the Forest Service will plan and implement more work as part of the 10-year strategy as funding allows, continuing to reduce the risks of extreme wildfire for communities in these vulnerable areas.

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**KEYNOTE ADDRESS**



**Nathan Perry, PhD**  
CMU Associate Professor of Economics  
**2023 Economic Outlook**

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# COLORADO NEWS BRIEFS

## US 50 LITTLE BLUE CREEK CANYON MP 123 - 127 THANKSGIVING WEEK TRAFFIC SCHEDULE

*Special to the Mirror*

REGIONAL-Please note the following traffic schedule for the week of November 21 - November 27.

Monday, November 21: Alternating one lane of traffic from 6:30 a.m. - 7:30 p.m. [No nighttime closures open to two lanes of traffic 7:30 p.m. - 6:30 a.m.]

Tuesday, November 22: Alternating one lane of traffic from 6:30 a.m. - 7:30 p.m. [No nighttime closures open to two lanes

of traffic 7:30 p.m. - 6:30 a.m.]

Wednesday, November 23: Alternating one lane of traffic from 6:30 a.m. - 12:00 p.m.

Wednesday, November 23 at 12:00 p.m. - Monday, November 28 at 6:30 a.m. the roadway will be OPEN to two lanes of traffic in each direction.

HAPPY THANKSGIVING WEEKEND

Back to the regular traffic schedule beginning Monday, November 28:

SINGLE LANE ALTERNATING TRAFFIC from 6:30 AM - 7:30 PM, Monday-Friday  
FULL NIGHTTIME CLOSURES Monday - Thursday from 7:30 PM - 6:30 AM.

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See the [Traffic Impacts](#) tab for future planning - night closures, reduced speed limits, and narrow roads. Delays are anticipated.



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Questions or comments: Contact Erika Stoerkel at 970-641-7695 or [estoerkel@gunnisoncounty.org](mailto:estoerkel@gunnisoncounty.org)



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## REGIONAL NEWS BRIEFS

### MONTROSE COUNTY CHIPETA HWY 550 SIGNAL PROJECT SHUTDOWN

*Special to the Mirror*

MONTROSE-Beginning Nov. 21, Montrose County and Mountain Valley Contracting will implement a winter shutdown of the project located at the intersection of Chipeta Rd and Highway 550.

#### **Project Schedule and Information**

The project will reconvene in mid-January, with the signals coming online in early February. The new anticipated completion date is late April with the final pavement markings as weather permits.

#### **Travel & Other Impacts**

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

If you have any questions or concerns or would like to be added to our public outreach contact list and receive construction updates, please contact us at the phone number or email address below.

Thank you for your patience in ensuring a

safe and successful project.

Montrose County & Mountain Valley Contracting

#### **STAY INFORMED:**

- Project Hotline: 970.650.6836
- Email: chipetahwy550signalproject@gmail.com
- Travel conditions & Website: [www.cotrip.org](http://www.cotrip.org)
- Facebook: <https://www.facebook.com/MontroseCounty>
- Twitter: <https://twitter.com/montrosegov?lang=en>

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# REGIONAL NEWS BRIEFS

## REGION 10 ANNOUNCES RENOVATION OF NEW ENTREPRENEURIAL CENTER IN OLATHE

*Special to the Mirror*

MONTROSE-The Region 10 League for Economic Assistance and Planning (Region 10) has begun renovation of a new Entrepreneurial Business Resource Center in Olathe. Expected to open in March, the \$1.2 million project at 300 Hap Court will help create new jobs in Delta and Montrose counties while building a regional entrepreneurial network.

The new center will support entrepreneurs in all industry segments—with a business incubator providing technical assistance, training, coaching, and co-working space. Within it, there will be a commercial kitchen for food-based businesses and an area for pop-up restaurants. These will support the development of new catering, food manufacturing, and other food-based businesses. The food business segment is a frequent entry point for entrepreneurs.

There will be access to the regional Business Loan Fund (BLF) and Small Business Development Center (SBDC,) which are part of Region 10. The center has training and conference rooms with the newest technologies. Leading training and development programs will be offered, such as *Demystifying Entrepreneurship* from the Leeds Business School at the University of Colorado and the *FastTrac* startup business curriculum from the Kauffman Foundation. A full set of food training programs will also be available. Training will be available in English and Spanish language versions.

Said Montrose County Commissioner Sue Hansen, a member of the Project Steering Committee, "This project will provide much needed resources for those interested in starting a new business. Think of it as a one-stop shop for our entire region. It is

a worthy investment for Montrose County, and I am excited to see the Entrepreneurial Center completed and filled with entrepreneurs ready to build and expand their businesses."

Region 10 has spearheaded this initiative, obtaining a sizeable USDA Rural Innovation grant in 2021 and forming a partnership that includes Montrose County, the Town of Olathe, Delta County, The Bank of Colorado, and the Montrose County Housing Authority—all of which have committed to provide additional funds. The Gates Family Foundation and Colorado Department of Local Affairs' Rural Economic Development Initiative invested additional grant funds.

Along with local governments and agencies, supporters include Colorado State University, Valley Food Partnership, Technical College of the Rockies, and Conexion Coworking (Olathe's co-working space.) The team hopes to engage local businesses as mentors and guest speakers at the center and to offer networking and enrichment events on a regular basis.

Region 10 has hired a program manager to help create a Regional Entrepreneurship Program and operate the Olathe Center. Ann Bradford, a Cedaredge resident, is the new Program Manager. Ann moved to the area in 2019, after working as an executive and consultant for major consumer package good companies and retailers for more than 30 years.

"I am thrilled to be a part of helping strengthen small business development in Western Colorado. I have enjoyed launching new businesses and building inspired organizations more than anything in my career," Bradford said. "We just can't wait to get underway."

Region 10 Executive Director Michelle

Haynes said, "We are pleased to begin this new project in Olathe—it provides an opportunity to introduce programming targeted to entrepreneurs that complements our existing small business resources. We are excited to have recruited Ann to assist us with the project and with program development. We are confident that the community will see new jobs created through this and the broader effort to stimulate new business development."

This project is part of a broader long-term commitment to the development of a vital entrepreneurial ecosystem in Western Colorado. Entrepreneurial support organizations already exist in Telluride (Telluride Venture Network), Gunnison (ICELab), the west end of Montrose County (Advanced West End,) Durango (Southwest Colorado Accelerator Program for Entrepreneurs,) and Grand Junction (Grand Junction Business Incubator.)

Further information will soon be available regarding pre-opening and opening events through community publications and on partner websites.

### About Region 10

Established 50 years ago in 1972, Region 10 League for Economic Assistance and Planning (LEAP) has leveraged resources to help build strong communities.

This happens through providing senior services, small business services, and regional development support to a six-county area that includes Delta, Montrose, Hinsdale, Gunnison, Ouray, and San Miguel counties.

As a 501(c)3 nonprofit organization, Region 10 is supported by local and county governments, and its programs are supported by state and federal programs and funding sources. More information is available at [www.region10.net](http://www.region10.net).



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# BOCC CONSIDERS PLANNING & DEVELOPMENT ITEMS, CONTINUES WAIVER REQUEST AT NOV. 16 REGULAR MEETING

By Caitlin Switzer

MONTROSE-Montrose Board of County Commissioners (BOCC) Chair Keith Caddy opened the regular meeting of Wednesday, Nov. 16, and welcomed all in attendance.

All commissioners were present.

Commissioner Roger Rash led all in saying the Pledge of Allegiance.

Pastor Curt Mudget of Cedar Creek Church delivered the invocation, "...Thank you Lord for the men and women who have sacrificially given their life to protect our freedoms...Lord I pray for wisdom today and Lord that you would just bless this meeting that it would be in all ways harmonious...Thank you so much for our county..."

## PUBLIC COMMENT PERIOD

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

## COUNTY MANAGER

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

## CONSENT AGENDA

Consent Agenda items were accepted as presented.

## GENERAL BUSINESS & ADMINISTRATIVE ITEMS

There were no general business or administrative items.

## PLANNING & DEVELOPMENT

Commissioners opened a public hearing on the Holzmeister Minor Lot 2 Rezone [R222-013] proposal to Rezone from General Agricultural (A) to General Commercial (C) at Parcel 399315300018. Commissioners voted unanimously to approve the rezone.

A public hearing was opened on the HAAG Waiver Request [WV22-002] proposal Requesting a Waiver from the Montrose County Subdivision Regulations Section 3.20(D) at Parcel 399316306001. The Planning Commission had recommended denial of the request because the creation of a flag lot was not necessitated by topography. Property owner Gary Stephens was present. After some discussion the public hearing was continued until Dec. 6, to allow commissioners time for further research and a site visit.

Planning & Development Items 3-10 were minor subdivisions and were enacted unanimously in a single vote:

The 3 BAR M Minor Subdivision [MI22-039] proposal to divide three lots from 54.060 acres. at Parcel 372523300032;

The Winchester Minor Subdivision proposal to divide 15.703 acres into four lots at Parcel 399335100033;

The Perfect View Minor Subdivision [MI22-044] proposal to divide 32.72 acres into three lots at Parcel 376521400001;



*During the meeting of Nov. 16, the BOCC voted to approve the Holzmeister Minor Lot 2 Rezone [R222-013] proposal to Rezone from General Agricultural (A) to General Commercial (C) at Parcel 399315300018.*

The West Elks Minor Subdivision [MI22-045] Proposal to divide 10 acres into three lots at Parcel 372309300015;

The Holzmeister Minor Subdivision [MI22-046] proposal to divide 2.430 acres into two lots at Parcel 399315300018;

The MD Ranch Minor Subdivision [MI22-047] proposal to divide three lots from 90.870 acres at Parcel 399315302001;

The Juana Trujillo Minor Subdivision [MI22-049] proposal to divide one 5.744 acre lot from a 137.89 acre parcel at Parcel 376533200020.

With no further business, the meeting was adjourned.

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# COLORADO NEWS BRIEFS

## NEW DRIVER HANDBOOK, INCLUDING AUDIOBOOK VERSION, AVAILABLE IN THE MYCOLORADO™ APP

### Special to the Mirror

LAKESWOOD-- Coloradans have another way to access the Colorado Division of Motor Vehicles' (DMV) new Driver Handbook. The latest edition of the Driver Handbook is now available in the myColorado™ app as an English audiobook as well as English and Spanish digital versions. The DMV publishes the Driver Handbook as a manual to help soon-to-be motorists learn how to drive safely and lawfully on Colorado roadways.

Having access to the Driver Handbook via the myColorado™ app is yet another way the DMV is acting on its commitment to providing Coloradans with options in how they want to DMV.

"We want to empower Coloradans to get the Driver Handbook in whichever format

works best for them," Driver License Director Lori Daigle said. "The DMV is committed to serve all Coloradans and by providing the handbook in various formats allows us to do just that."

Coloradans can access the Driver Handbook in the myColorado™ app on their phone. To view the handbooks and access other DMV online services, tap the Services tab and select myDMV - Colorado DMV Online Services. An internet connection may be required. The Driver Handbook is also available for download online at the DMV's website in English or Spanish. As always, Coloradans have the option to print the 32-page handbook if they prefer a physical copy. The Driver Handbook is traditionally available in English and Spanish; the English audiobook is a great

new option for Coloradans who have learning or reading disabilities or learn better by listening to information, and is intended to better prepare more soon-to-be-motorists.

It's the DMV's hope that providing more options will better prepare and educate soon-to-be-motorists on the rules of the road, making it safer to travel for all Coloradans.

For more information, please visit [DMV.Colorado.gov/DriverEducation](https://dmv.colorado.gov/DriverEducation).

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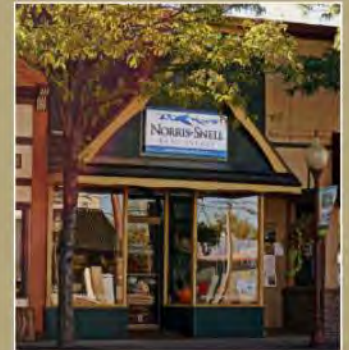
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# DMEA REVIEWS 2023 OPERATING BUDGET



**The regular Delta Montrose Electric Association (DMEA) board meeting was held on Nov. 15, 2022 at 3 p.m. Board President Kyle Martinez (left) was pleased to emphasize there are no rate changes in the 2023 budget. Photo by Gail Marvel.**

By Gail Marvel

MONTROSE-The Nov. 15 Delta Montrose Electric Association (DMEA) Board of Directors meeting was called to order at 3 p.m. With the exception of Jock Fleming, all board members were present; Enno Heuscher attended virtually.

During meetings the board of directors hear verbal summary reports of their monthly meetings and activities. Starting this month co-op membership will have access to some written staff reports submitted for board approval; i.e., minutes of the previous meeting, Interim CEO report, and action items (resolutions). Co-op financial data is not included in the online report. Members can access the board of director's packet information through SmartHub, the online service which allows members to manage their DMEA accounts.

The call to order was followed by the Pledge of Allegiance, the opening meeting prayer, determination of a quorum, and approval of the amended consent agenda (Membership Report and Minutes from

the October Regular Board Meeting).

DMEA co-op members are afforded an opportunity to speak during Member Comments, which for this meeting were scheduled for 4:45 p.m.

## **Introductions:**

Community members present were Mike Atwood (Paonia) and Kent Cloward (Delta).

## **Board Committee Reports:**

### **Finance-Audit-Rate Committee (FAR) –**

Ken Watson, Chair.

Watson said, "We did not meet, so no report this time."

Interim Chief Executive Officer (CEO) Kent Blackwell interjected the need to take a vote on agenda items 1a and 1b.

### **2023 Operating Budget**

The revised budget summary had minor revisions concerning payable expenses and how they are calculated. Revisions totaling \$550,000 had a ripple effect that was spread through the different department budgets. There were no rate changes involved in the 2023 budget.

General board discussion included Fiber

Plant construction, long term funding, increased payroll costs, four new positions with salary and benefit increases and hiring outside services.

The last board meeting was held at the Read Station in Delta and upon adjournment of that meeting, board members exited the facility to an unlit parking lot. Stacia Cannon said, "The Read Station has gone without some significant technology. No lighting is a safety and a security issue."

Blackwell said, "Junior [Read station manager] is usually on top of that. I have to visit with him on why things [other projects] are ahead of the lighting."

Bill Patterson said, "What is the long-term plan for the Read Station? Have we really made a strategic plan for Read before we invest a lot? Before Elevate there was a long-term plan to sell Read, but now I haven't heard any plans."

Blackwell recalled plans that were made in the past and said that Read was crucial for the overall plan.

Patterson said, "We just haven't had a board discussion. We need an overall discussion on how Read fits into the plan."

Board President Kyle Martinez suggested the board look to the 2024 budget for upgrades.

Cannon said, "I'm not suggesting budget changes. We're not utilizing the building like we do DMEA headquarters."

Returning to the 2022 budget discussion Martinez said, "We went over the [proposed] budget line-by-line two months ago. This is the second or third time of going over it." With enthusiasm he said, "There are no rate changes!" The 2023 Operating Budget was approved unanimously.

### **2023 Capital Budget**

Board discussion included vehicles, tools, technical support, replacing iPads for board members, and larger fiber construction (\$27 M) with 75 percent expected back in grant funding.

Damon Lockhart said, "We reviewed line-by-line. Everyone who participated thought Gayle [Chief Financial Officer Gayle Gouker] did a good job explaining."



## ***DMEA REVIEWS 2023 OPERATING BUDGET From previous pg***

The 2023 Capital Budget was approved unanimously.

**Engineering – Construction – Energy Services Committee** – Stacia Cannon, Chair.

Cannon said, “We did not meet. Nothing to report.”

**Member Relations Committee** – Bill Patterson, Chair.

Patterson’s report on the board election for 2023 included recommendations for the credentials committee and holding company. The board approved System & Ballot Systems (SBS) for the election process and Dalby Wendland & Co. (local CPA) as the holding company.

**Executive Committee** – Kyle Martinez, Chair.

Did not meet.

**Non-Privileged CEO Report** – Interim CEO Kent Blackwell.

Blackwell reported that last month’s Member Appreciation Movie night took place in Montrose; however, the movie theater in Paonia could not accommodate the event. The event could not be re-planned for a local Drive-In theater because of the season. No event will be held this year in the Delta area.

Executive Assistant Amy Taylor gave a demonstration on how membership can use SmartHub to access some of the information that appears in board meeting packets.

Blackwell said, “The information will not be released [posted to SmartHub] until it is approved by the board.”

Blackwell noted a memorial contribution was made in the name of a longtime member of the Mesa Hotline School who passed away unexpectedly.

Blackwell highlighted a near-miss when a local company’s road grader hit a line on Cimmaron Road. He said, “It was a very serious near-miss. They are very lucky they didn’t come into contact with live voltage.” On a lighter note, Blackwell said, “Our tree crew had two guys stranded in a bucket when the bucket was extended. They were 20 to 30 feet in the air. They are trained to get down with a rope, but fortunately they had a cell phone and they called for help to get down.”

Cannon said, “How many of our employees are trained in CPR?”

Blackwell said, “Everyone in the organiza-

tion; we annually focus on this type of thing in training sessions. There are more robust training sessions [active shooters], some specific to a certain group [of employees], some [training] is for all.”

Lockhart said, “We’re following CERA [Colorado Rural Electric Association]. Our participation in their safety program.”

Blackwell’s report included new meters (37), net metering report (grown by 20 percent), hydro flow stopped (Oct. 31), and the dismantling of the Bullock Substation, which cannot be before asbestos abatement.

Electric meters are in short supply and DMEA will run out before their next shipment arrives. Blackwell said, “It will be two more months before we run out of our current supply. When we retire some meters, we will go back to manual [physically reading]. There is no difference in fees for customers, it is just more expensive [employee hours] for the operation.”

The first of two new hybrid bucket trucks arrived. Blackwell said, “They use diesel to power from one location to another and once there, they use battery power.” Blackwell reported on large projects — the Fairfield Inn, Woodgate Ambulatory Care Center, Garnet Mesa Solar Project, and website upgrades.

Some graphs (tree crew and payment volume) in the board packet were difficult to understand and brought questions from the board. In the area of tree crews, the board requested additional information and future reviews to understand their return on investment as it pertains to having an in-house vegetation crew. Lockhart said, “What’s the bang for the buck?”

**Financial Report with Variance Report** – Gayle Gouker, CFO.

Not on the agenda, no report.

**Non-Privileged Legal Report** – Jeff Hurd, Attorney.

Hurd said, “There is no new litigation this month. We received a subpoena [for a] disconnect back in August. I was pleased to see the way DMEA staff handled this. It was professional and well documented. The State legislative session is gearing up.” Hurd highlighted several issues that the co-op needs to watch. He reserved the remainder of his report for executive ses-

sion.

**Representative Reports**

**Western United Electrical Supply (WUES) Report** – Jock Fleming.

In Fleming’s absence, Lockhart said, “They did not meet.”

**Colorado Rural Electric Association (CREA) Report** – Damon Lockhart.

Lockhart said, “All the co-ops in the State are having an increase in dues. Our dues will go up \$6,000. I’m impressed with their oversight. A couple of take-aways. We need to dive into the bill on Resource Adequacy and what it means to us. Something we need to spend some time on. What type of Resource Adequacy do we need? We need to see if this is under regs by the PUC [Public Utilities Commission].” Lockhart noted that statewide the Inflation Recovery Act has \$9.7 M; however, it is unknown what DMEA might be eligible for.

**Conference, Webinar, etc. Attendance Reports**

Patterson gave a brief report on a meeting he attended.

**Informational Item:**

**Action Items:**

**Retirement Resolution 2022-21 for Joe Crain** – Crain, a 28-year employee, was a dispatcher. Approved unanimously.

**Retirement Resolution for 2022-20 Darleen Carron** – Carron, a 41-year employee, began her career as a Customer Service Rep (CSR) and ended her career as a System Design Aid. Approved Unanimously.

**Future Meetings**

The next meeting is scheduled for December 20 at 2 p.m.

**Rate Hearing regarding Tariff 4**

Martinez opened the hearing. There was no public input. The hearing was closed and the board unanimously approved the Tariff 4 (industrial) rate.

**Member Comments:**

Paonia resident Mike Atwood thanked the co-op for meeting with him to discuss issues pertaining to his self-sustaining home project.

**Executive Session**

-Privileged Interim CEO Report

-Privileged Legal Reports: Corporate, Litigation, and Regulatory Matters

-NRECA Cybersecurity Guidebook for Board Members

*Continued next pg*

## ***DMEA REVIEWS 2023 OPERATING BUDGET From previous pg***

- Discussion on Capital Credit Retirement Methodology
- Review Board Self-Assessment Survey Results
- CEO Search Update

### **Action Items (from Executive Session)**

- Vote on Final Capital Credit Retirement Methodology
- Formal Certification of 2022 Audit Firm

### **Executive Session Summary following the November meeting was unavailable.**

Dist. 1 - Bill Patterson, 970-209-1449, [bpatterson@montrose.net](mailto:bpatterson@montrose.net)

Dist. 2 - Kyle Martinez, 970-615-7124, [kyle@touchofcarepcp.com](mailto:kyle@touchofcarepcp.com)

Dist. 3 - Jacob Gray, 970-778-9512, [jacob.gray@dmea.com](mailto:jacob.gray@dmea.com)

Dist. 4 - Ken Watson, 970-275-2100, [kennethrwatson@gmail.com](mailto:kennethrwatson@gmail.com)

Dist. 5 - Kevin Williams, 406-839-1603, [kevin.williams@dmea.com](mailto:kevin.williams@dmea.com)

Dist. 6 - Damon Lockhart, 970-314-1071, [damon.lockhart@dmea.com](mailto:damon.lockhart@dmea.com)

Dist. 7 - Enno Heuscher, 970-270-6523, [enno.heuscher@dmea.com](mailto:enno.heuscher@dmea.com)

Dist. 8 - (North Region) Stacia Cannon, 920-207-8831, [stacia.cannon@dmea.com](mailto:stacia.cannon@dmea.com)

Dist. 9 - (South Region) Jock Fleming, 970-275-1808, [jock.fleming@dmea.com](mailto:jock.fleming@dmea.com)

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**Leslie Gore | CRS**

Associate Broker

C: 970-275-3195 O: 970-249-7653

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



**Diane Haynes | CRS**

Associate Broker

C: 970-596-3521 O: 970-249-7653

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



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## OPINION/EDITORIAL: LETTERS

# VOTE FOR POLICY OVER PARTY AND PERSONALITY

*Editor:*

In my Op/Ed before the election I wrote "Why Would I Vote for a Democrat"? I'd like to expand on that thought process. I wrote that not to say I wouldn't vote for a Democrat because I would and have done so in the past.

In my opinion Democrats have shown in the past 2 years their policies are not best for me or our country. It's not about voting just for "the party"; it's voting for THE POLICY.

Voting shouldn't be a "personality" contest. I'm afraid we now have a problem with "Voter Integrity". People who just look at whether it's a "D" or an "R" on the ballots and check the box without knowing anything about the POLICIES for those candidates. I think there is a great level of ignorance today. There's an attitude "it doesn't affect me, why should I care". Well....they need to care because it will eventually all come to their back door, their way of life. their wallets and livelihood. How did some of our voter age pop-

ulation get so "dumbed down"? How can people vote against a secure border, lower taxes, lower regulations, smaller government, and power back to the people to name a few?

So in my mind there are 4 groups of voters.

-Group One; the informed group who vote for policy vs. personality and party

-Group Two: they vote the personality vs policy;

-Group Three; just vote for the R or the D on the ballot regardless of anything.

Two of these groups are persuadable by education and persuasion to policies that affect their wallets and way of life.

-Group Four; they live for government handouts, they don't work and have no desire to do so. These people are insulated as to what is really happening in the country and happily so. This group will only be persuaded once the government handouts run out because then they will be left high and

dry; no money, no life and no future. De-

cision time for them; get a job; and be a contributor to society.

So what to do about the problem? Political parties and candidates need to change. They need to realize the "same old" isn't working for Voters.

Candidates can change these trends by talking about policy and not personality; what THEY will do for the voters and talk about the issues important to the people; not wasting time disparaging opponents. Voters have a very simple job but an important one. That job; educate yourself on the issues and the candidates' policies. Simple...then Vote the issues not the personality or the party and you get to hire the right people.

Doing the same thing expecting change is a delusion.

So.... which group are you in??? There's plenty of time for soul searching before the next election to make a difference for yourself and the country; IF you choose POLICY over Party and Personality.

*Carol McBride, Montrose*



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ANONYMOUS CALL

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**Friendship Hall  
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November 23 by calling **970-318-6759** or signing up online.**

**MontroseCommunityDinners.com**



**MONTROSE**  
*Community Dinners*



## CITY LOOKS AT SUPPLEMENTAL BUDGET, CONSIDERS REPAIRS TO VACTOR TRUCK *From pg 1*

extensive knowledge of the historic preservation process as well as available resources and incentives.

An active local volunteer, Mora is also a former Montrose County Sheriff's Deputy, and presently works for the Tri-County Health Network. She was born and raised in Montrose, has an extensive knowledge of local history, and lives on the North Side.

### DISCUSSION ITEMS

City Planning Manager Jace Hochwalt presented a Land Use Code Revision Update and Progress Report and introduced the consultants working on the revisions, Jerry Dahl and Martin Landers of Plan Tools LLC of Loveland. Data from the housing needs assessment that is currently underway will be incorporated into the plan. Results are expected in March of 2023. "We're really just looking to make it more readable for all," Hochwalt said.

To visit the project site, click <http://www.plan-tools.com/Community/Home.asp>.

Mayor Frank said, "...I think it's important for us to be able to review those documents in their draft form...we look forward to seeing all of this come forward in the spring."

Finance Director Shani Wittenberg presented the 2022 supplemental budget review. Ordinance 2606 includes a supplemental budget for eight city funds.

Councilor J. David Reed asked about the increase to the MURA fund, which increased from \$440,000 to \$832,379.

City Manager Bill Bell said, "I haven't reviewed that lately, I think everything we budgeted was based on the anticipated projects that we know were going to take place based on the city engineer's input, developer's input, contractor's input...in general, with all of our business development initiatives...we try not to use up too much budget capacity and so we take things as they come to city council, or the URA board, or staff, and then we talk with the appropriate board or body or DART for façade renovations, those types of things.

"So those we see aren't budgeted a lot of times because we don't know those projects exist," Bell said, "but we don't want

to turn down opportunities as they come along, and so we'll see those in a supplemental form at the end of the year.

"Just in general that happens a lot here at the city with our business development initiatives," Bell said. He added that projects are sometimes carried over to the following year.

Councilor Ed Ulibarri said, "So basically these additional funds for MURA are actually for any new project that may come up and not specific to anything that's existing right now or that's soon to be existing."

Bell asked City Engineer Scott Murphy to speak.

"There's really no new projects," Murphy said. "...this year's supplement, those are implementation of projects that have been in the pipeline already, and just making sure those are funded as those bills are coming in."

Ulibarri said that it was his understanding from the most recent MURA meeting that "We probably wouldn't need any funds for the rest of the year.

Murphy said that the funds do not represent new projects or new debt to the MURA.

Councilor Bynum said that the city has already approved the projects. "We already approved those projects. This is simply approving the supplemental budget. We did review those projects and agree to spend that money."

Utilities Manager David Bries discussed a Recommendation for Vactor #361 Jet-Vac Repairs at a cost not to exceed \$105,000. The Vactor is being replaced but still has value to the city. The new Vactor is estimated to arrive in April or May, but there is no guarantee. "Really until it's here we don't know when we'll get it," Public Works Manager Jim Scheid said.

Ulibarri noted that Vactor trucks are also useful to rescue people who are caught in trenches, and that at one point the city had an agreement in place to bring the Vactor in as needed for rescues. "I know sometimes driving around town, I see some of the trenches that are fairly deep, that are more than five feet, that don't have the proper shoring on 'em," Ulibarri said. "I think that as a benefit to the com-

munity, that if we were to continue that, I think that it's money well spent to save just one person that may be trapped in a trench."

Bries said that the city has trained with the Montrose Fire Protection District on trench rescues. "...We would make that equipment available as well as operators."

Scheid said that Vactor trucks are useful in a number of emergency situations in addition to trench rescues. "Plugged culverts, plugged sewer--there's a lot of emergency response that piece of equipment is very specialized for."

Murphy discussed a North Townsend Waterline Easement Swap.

**Background-A memo from Murphy to Council notes, "The City of Montrose will be replacing, relocating, and upsizing an existing waterline running north from San Juan Avenue towards the Montrose Regional Airport in 2023. A portion of this existing line runs through the center of a drywall supply yard located at 1330 North Townsend and as shown in the attached Figure 1. As shown in this figure, several buildings have encroached near the existing waterline making replacement within the existing location/easement challenging to perform. Furthermore, the line's location within the center of the yard also encumbers the lot for future redevelopment or expansion. As a remedy to these issues, the City proposes to construct the new waterline along the eastern property boundary within a new 20-foot utility easement. Upon completion of the new line, the existing line and associated easement through the center of the lot would be abandoned and vacated."**

Scheid presented a recommendation for a City Hall Relocation Project Contract Amendment, now in Phase Two.

**Background-A memo from Scheid to Council notes, "...The initial authorization to initiate this project in July of 2022 was for \$1,500,000 plus the authorization of \$1,135,000 in this recommendation bring the project total for phase one and two to \$2,635,000. The owner-provided expenses include items like design consultant, roof replacement, asbestos abatement, and furniture. The owner-provided expenses**



## ***CITY CONSIDERS SUPPLEMENTAL BUDGET, REPAIRS TO VACTOR #361***

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

total \$653,000.00. FCI Constructors is the CM/GC for this project and their contract would be amended to include the GMP for the second phase of this project, bringing their contract total to \$1,750,451. Also included in the overall budget is an owner's contingency of \$231,549 (8.7%). Owner provided expenses at \$653,000 plus CM/GC Contract at \$1,750,451 plus owner's contingency at \$231,549 equals the project total of \$2,635,000."

#### **GENERAL COUNCIL DISCUSSION**

Noting the approval of Colorado's Proposition 122, Mayor Frank asked legal staff to

research what, if any, impacts there will be to municipalities. "I'm curious to know how that's going to impact us...I would like some more Montrose-specific information."

Bries said that during the October meeting of the Project 7 Water Authority, the Project 7 Board selected a design-build contractor and is currently working on documents with McCarthy & CDM Smith for that design build as a joint venture.

Said Mayor Frank, "I just noticed...in the window, I'm seeing our city staff hanging Christmas lights, and I love it. I'm so excit-

ed. I'm wearing my Christmas socks today, just so you know."

#### **SPECIAL MEETING**

Also on Monday, Nov. 14 Council held a special meeting, "An executive session for a conference with the City Attorney for the purpose of receiving legal advice pursuant to C.R.S. 24-6-402(4)(b), for discussion of a personnel matter under C.R.S. Section 24-6-402(4)(f), and the following additional details are provided for identification purposes: discussion of potential litigation; City Manager mid-cycle informal review."

# **MONTROSE COUNTY ADMINISTRATION BUILDING**

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BOCC Meetings and Work sessions will continue to be held at the Planning & Development Building located at:  
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## REGIONAL NEWS BRIEFS

### 19TH ANNUAL RIDGWAY HOLIDAY ART AND GIFT SALE

*Special to the Mirror*

RIDGWAY-**The** 19th Annual Ridgway Holiday Art and Gift Sale will be Friday, Dec. 2 from 5-9pm and Saturday, 12/3 from 9am-3pm. Event is being held at the Ridgway Community Center; Town Hall, 201 N. Railroad Ave, Ridgway.



# 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.

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## MONTROSE LIGHT & POWER, SAMPLER RECEIVE HISTORIC DESIGNATIONS From pg 1

of the Caregivers Support Foundation was present to speak about the impact of Alzheimer's Disease and to thank the City Council. Councilor Doug Glaspell thanked Landon for his service to the community.

"The greatest burden that we carry with this disease is that those of us that are caring for them are seeing them go away, lose their personhood throughout the remainder of their life, and we grieve for that," Landon said.

The second proclamation expressed support for Small Business Saturday, Nov. 26, 2022.

### CALL FOR PUBLIC COMMENT ON NON-AGENDA ITEMS

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

### APPROVAL OF MINUTES

Council voted to approve minutes of the October 31, 2022 special City Council meeting and the November 1, 2022 regular City Council meeting.

### 2023 BUDGET APPROVAL-ORDINANCE 2599--SECOND READING AND ORDINANCE 2022-16

Finance Director Shani Wittenberg presented amended budget ordinance 2599 amended a clerical error. Council voted to approve Amended Ordinance 2599 on second reading.

Also approved was Ordinance 2022-16, adopting the 2023 Budget.

**Background-**A memo from Wittenberg to Council states, "On Nov. 1, when you approved Ordinance 2599 on first reading there was an unintentional error. The total appropriation of \$94,806,782 is correct, but there were two rows that were hidden on the spreadsheet. On the amended ordinance, the hidden rows are highlighted."

### ORDINANCE 2600-SECOND READING

Council voted to adopt Ordinance 2600 on second reading, 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 Den-

sity District.

### ORDINANCE 2601-SECOND READING

Councilor Doug Glaspell recused from consideration of Ordinance 2601, amending the zoning district designation of 820 6650 Road from R-2, Low Density District to R-5, Low Density/Manufactured Housing District, as he lives close to the project. Ordinance 2601 was approved.

### HILLTOP NORTH ADDITION ANNEXATION

Council voted to approve Resolution 2022-17, Findings of Fact for the Hilltop North Addition, as well as Ordinance 2602 on first reading, Colorado for the annexation of the Hilltop North Addition.

### ORDINANCE 2603-FIRST READING

Council voted to approve Ordinance 2603 on first reading, zoning the Hilltop North Addition as an R-4, High Density District.

### ORDINANCE 2604 - FIRST READING

Also approved was Ordinance 2604 on first reading, designating the Montrose Electric Light & Power Co. at 44 S Grand Ave as a City of Montrose Historic Property. Planner II William Reis's final packet includes extensive research and documentation of the building's early days and historical importance. One note in the packet states, "The generators at the new plant were initiated in February of 1905 by Superintendent W.W. Torrence, with a capacity for 3,000 lights," *The Montrose Press*, February 3, 1905.

### ORDINANCE 2605 - FIRST READING

Also approved was Ordinance 2605 on first reading, designating the Montrose Radium Ore Sampler, 112 W Main St, Montrose, Colorado, as a City of Montrose Historic Property. The meticulous final packet presented by Planner II William Reis includes the following, "*The Montrose Radium Ore Sampler was built by O. Barlow Wilmarth, and was completed in approximately August of 1918 (Montrose Daily Press, August 16, 1918:1). The sampler received its first car of carnotite ore from Gateway en route to Europe*

(*Montrose Daily Press*, November 13, 1918:6) ...*The building also processed vanadium ore, one load of which was valued at \$15,000 (Montrose Daily Press, August 28, 1919:1) ...The sampler was also receiving shipments of uranium ore (Montrose Daily Press, May 21, 1920:2). By December of 1920, the sampler had processed over 1,000 tons of ore (Montrose Daily Press, December 17, 1920:2). The owners of the sampler attempted to convince Marie Curie, the discoverer of radium, to visit Montrose, and radium from the sampler may have reached Madame Curie (Montrose Daily Press, February 23, 1921:1). However, health concerns prevented her from visiting Colorado (Montrose Daily Press, May 16, 1921:1).*"

### STAFF REPORTS

Finance Director Shani Wittenberg presented the Sales, Use & Excise Tax Report for September, in monthly and area formats. Wittenberg also presented a Third Quarter Budget Review.

"We anticipate the year ending in a favorable manner," she said.

### YOUTH COUNCIL COMMENTS

Youth Council Secretary Ciana Beller gave an update on recent activities, including plans to hold another "Rock the Rec" event soon, and plans to visit local nursing homes to play board games and spend time with residents.

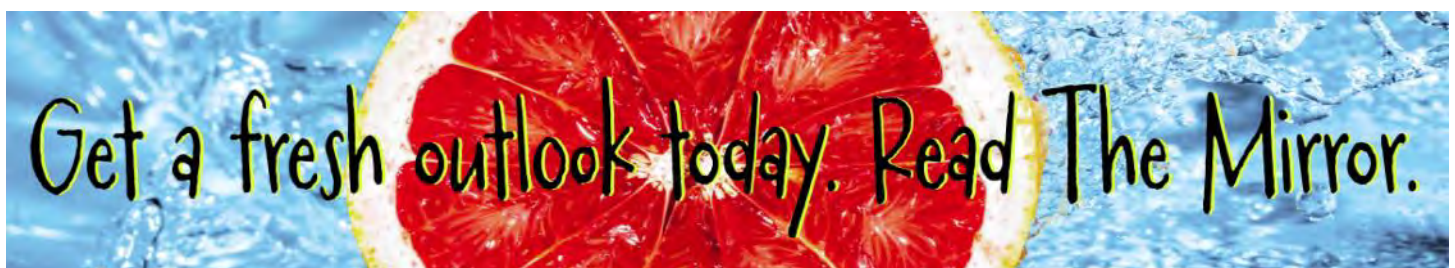
Beller said she attended the recent Image Summit in Brighton, which focused on leadership skills, collaboration, and problem solving.

### STAFF COMMENTS

Montrose Police Chief Blaine Hall congratulated Police Commander Matt Smith for earning his Master's of Science in Industrial Organizational Psychology. "Thanks for all of your hard work."

Mayor Frank congratulated Smith on behalf of the City of Montrose.

With no further business, the meeting was adjourned.





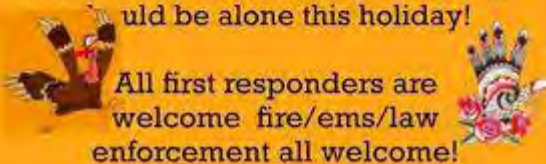
## REGIONAL NEWS BRIEFS

### INK VIBES TO HOST THANKSGIVING DINNER AT MADA



On November 28th at 4 PM ink vibes will be hosting a Thanksgiving dinner at M.A.D.A a non profit organization located 17 north 6th street Montrose ,co 81401

Come join us for a hot delicious thanks giving prepared by the inkvibes crew!. We are asking any family that wants to come is welcome everyone is welcome let's share the love this year and make 2022 a better year no one uld be alone this holiday!



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### *MRH Ambulatory Care Center* **FREQUENTLY ASKED QUESTION**

**Will MRH be continuing to partner with local providers at the ACC? Will other clinics or organizations be at the ACC?**

The ACC will strengthen relationships with local healthcare providers and feature them at the new ACC location.

Montrose Regional Health is partnering with independent providers in our communities to offer care at our new ACC. Most recently, Cedar Point Health announced they are joining the Montrose Regional Health ACC. Discussions with additional community partners are currently ongoing. Information on site partners will be announced when it is available.

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

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## REGIONAL NEWS BRIEFS

# DELTA HEALTH WELCOMES BACK DOCTOR JESUS OCHOA TO ADULT PRIMARY CARE CLINIC

### Special to the Mirror

DELTA - Delta Health is excited to announce that Jesus Ochoa, M.D. is returning to the health system as part of the Adult Primary Care Clinic team. As a well-known physician in the area, Ochoa has been working at different local clinics throughout Delta County for over 14 years.

"Ochoa was previously a provider at the Delta Health Family Medicine Clinic for nine years, and we were excited at the opportunity to welcome him back into the Delta Health family at Adult Primary Care," said Matt Heyn, President and CEO at Delta Health.

"I have my medical training in family medicine with obstetrics and pediatrics," said Ochoa. "But I think the nature of our community is focused on adult medicine and my panel of patients has grown into that demographic. Adult Primary Care is a great place to practice medicine and I'm excited to be there."

Ochoa is known for being bilingual in Spanish and English and has developed a strong patient base in Delta County.

"I think about my patients as more than just a number, but a human being," said Ochoa. "When I walk into that room their problem is the biggest problem in their

lives, and I will do my best to care for them and to take what *they* think into account."

Ochoa has grown to love rural healthcare and getting to know people and their families more intimately.

"Working in rural healthcare you see a lot more interesting cases and that can be more rewarding whereas in a big city you don't often get to be as involved in specific care areas," said Ochoa. "I had one of my mentors say that family medicine is like skipping a rock on the water; you touch many different areas and you only go as deep as you feel comfortable in. We have amazing care here at Delta Health with amazing specialists, so we really get the best of both worlds getting touch different care areas while still having a great safety net."

In medical school, Ochoa said that he found himself interested in a lot of different disciplines which is why he chose Family Medicine.

He said he developed along the way a desire to care for people and to be involved in their lives and to be the one that directs patient care in conjunction with other specialists.

Ochoa enjoys spending time with his wife and their two kids who are 16 and 14



*Jesus Ochoa, M.D. courtesy photo.*

years old. He enjoys sports and is an assistant coach for girls' soccer. He enjoys golfing and reading.

"Delta is a great place to live and we're so lucky to be here," said Ochoa. "It's a beautiful place with great outdoors and great people. I like practicing in Delta and am looking forward to making a difference in their lives."

Ochoa is currently accepting new patients at the Delta Health Adult Primary Care Clinic. To make an appointment, call 970.874.7668 or visit [deltahealthco.org/internal-medicine/](http://deltahealthco.org/internal-medicine/) to learn more.

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# OPINION/EDITORIAL: COMMENTARY

## STATEMENT FROM REP. LESLIE HEROD ON CLUB Q MASS SHOOTING

By State Rep. Leslie Herod, (D-8)

DENVER— "Waking up this morning to hear that another LGBTQ+ nightclub, this time in my hometown of Colorado Springs, was attacked by a heavily armed gunman

has left me devastated and numb. I am sure fury and heartache will follow in the days to come.

"To those impacted by this hate-motivated act of violence - the victims,

their friends and family - we stand with you. Whatever you need, we are here to support you.

"Last night, folks went to Club Q to be with their chosen family - a safe place to be who they truly are and find connection with others. Our bars and nightclubs are often the only place where we go to find shelter from the fear and judgment of those who wish us harm. It is not easy for members of our community to find such comforting spaces. To have it shattered by a rain of gunfire is unbearable.

"It is not an accident that such an attack took place at the end of a week when we saw members of the LGBTQ+ community targeted for who they are and who they love. From students denied entrance in schools to employees told they could not act on same-sex attraction and must conform to their biological sex, this community - my community, our community - has continued to suffer the ravages of discrimination.

"We must stop driving the hate-filled rhetoric that gives license to the dehumanization of our community. This mass murder represents just the most violent endpoint of a thousand seemingly small cuts suffered by the LGBTQ+ family. Such hate combined with laws that make access to firearms far too easy have only one result. I wish I could say it was unbelievable, but that is not the case. Instead it is all too predictable.

"I call on all elected officials, faith leaders, community leaders to put down their weapons of hate and stand together in love - love for all of God's children."

*Leslie Herod was first elected to serve Colorado's Eighth Congressional District in 2016. Herod announced her candidacy for Mayor of Denver in September of 2022.*



**Rep. Leslie Herod.**  
Courtesy photo.

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## REGIONAL NEWS BRIEFS

### EXCELLENCE IN RURAL HEALTH AWARDED TO DELTA HEALTH EXECUTIVE



**Vickie Moore, Executive Director of Clinic Operations at Delta Health. Courtesy photo.**

#### *Special to the Mirror*

DELTA- Vickie Moore, Executive Director of Clinic Operations at Delta Health, was awarded the Excellence in Rural Health Award by the Colorado Rural Health Center (CRHC) on October 20. Moore has shown dedication and continued work to improve rural healthcare through innovation.

"It fills my heart when our health system can continue to make improvements that

benefit our patients," said Moore. "Our patients are the reason we are here, and my work is dedicated to finding ways to improve access to care, bringing additional services to our communities and supporting the needs of our patients."

The prestigious award is given annually by the CRHC to honor those that have made honorable contributions to health or healthcare in a rural Colorado community, area, or region. The award is presented at the Annual Rural Health Conference.

"Vickie is a great leader at Delta Health," said Matt Heyn, CEO and President of Delta Health. "Her commitment to rural health and the mission of Delta Health are unparalleled. We are proud that a member of our health system has won this prestigious award. Everyone at Delta Health is patient-focused and we are happy to see one of our own getting recognized."

Moore was nominated by Darla Ballard, Director of Physician Billing and Credentialing at Delta Health. "Vickie is always working hard to find solutions, and I can always count on her to support me and my staff," said Ballard. "She never says no to new ideas or programs."

Moore and the rest of the Delta Health Executive Leadership team are continuing the focus on patients with their new E3 Initiative. E3 stands for **Excellence, Every Patient, Every Time**. It is Delta Health's quality and care commitment to patients, the community, and to each other.

Throughout every clinic and the hospital, the staff is gearing up, being given new tools in education with a newly defined direction.

To ensure that the E3 commitment stays at the top of their minds, there are monthly E3 challenges to remind staff and give them practical tools for a better patient experience.

"We have increased leadership rounding and are giving floor staff the opportunity to join committees, giving honest feedback on challenges faced at Delta Health," said Heyn. "We want to make sure we are working with leadership to create solutions. That is why this award is so meaningful; it recognizes the great work that is already happening here at Delta Health and for Delta County."

To learn more about Delta Health's E3 commitment, visit [deltahealthco.org/patient-advocacy-satisfaction/](https://deltahealthco.org/patient-advocacy-satisfaction/).



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# It's the 47<sup>th</sup> Annual Basement Boutique

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## OPINION/EDITORIAL: LETTERS

### I'M PRO AMERICA AND I WANT THE BEST LEADERS WE CAN GET

*Editor:*

Considering the outcome, I took a moment to ask myself, "Am I on the wrong side of this political battle?"

The solid answer is "NO!"

I'm on the side that wants to keep our country away from socialism, from killing babies and old people and incurably ill (those latter two will be next on their list). I want my country safe from foreign invaders (illegal aliens) coming by whatever means, especially through an ungarded southern border. I want a strong non-political military capable of defending the USA.

I want to preserve free speech without fear of the FBI or DOJ raiding my home at

early dawn. I want the Constitutional right to safeguard my home and family from invasion by whatever means necessary, including taking the criminal's life, if that's what's needed, without fear of undue prosecution.

I want plentiful energy including wind, solar, nuclear, hydro and fossil fuels. I want cheap oil pumped and refined in America.

I want energy independence!

I want children to be educated in reading, writing and math, AND real-world civics, social studies, history, and science. Leave sex education to parents. I want boys to be boys and girls to be girls, depending on how they're equipped. I want government

spending on gender surgeries and abortions stopped. If you want your kid to be a different gender, YOU pay for it. If you were stupid enough to conceive an unwanted pregnancy and feel the need for an abortion, YOU pay for it! I have my own concerns to finance.

I am a loyal patriotic American citizen who wants America to be great again. I'm not so much pro Trump or DeSantis or anyone. I'm pro America and I want the best leaders we can get. Unfortunately we, the sheeple, just turned down the perfect opportunity to correct this sinking ship of state.

May God have mercy on us all.

*Bob Ernst, Montrose*

### FREEDOMS AND INDIVIDUAL RIGHTS AT RISK

*Editor:*

Leading up to November 8, polls indicated that 73% of Americans were fed up and disgusted with results of Democrat policies that were destroying our country! Pundits were projecting that a much anticipated big red wave would sweep the country and recapture House and Senate. As results came in, that red wave surged through Florida, but sadly broke up on the rocky borders of Georgia and Alabama, yet continued to spread across country in a slightly lighter color. Certainly a disappointment for many, but in reality the results were both good news and bad for the country's future.

The good news was that Republicans recaptured the House with its subpoena powers, and heralded a major step forward in blocking more destructive Democrat policies, clamping down on deficit spending that is exacerbating inflation, and lifting the veil of corruption at the highest levels of our government.

The really bad news is that in places like Georgia, NY, Pennsylvania, Nevada, California, Washington, Oregon, Arizona, and even here in Colorado, hundreds of thousands of voters, given a clear choice of actions to be taken to mitigate all the critical issues, actually VOTED FOR individuals who supported all the Democrat poli-

cies harming every citizen and the country!

Such thinking is mind boggling at best, but sadly seems to indicate that evidence based reasoning and critical thinking are rare commodities and a challenge for far too many voters.

This bodes not well for the country's survival. Absent a major change of direction by the new House over the next two years and a new President in 2024 that will actually honor the Oath of Office to support the Constitution, our very freedoms and individual rights will eventually disappear forever.

*Dee Laird, Montrose*





## OPINION/EDITORIAL: LETTERS

# AN INDEPENDENT PRESS IS THE ONLY THING SEPARATING DEMOCRACY FROM THE DICTATORSHIPS

*Editor:*

The media was in the past referred to as the "Fourth Estate" because of its critical role in providing a balance of power in our democracy. As an entity independent from the government, it served the role of keeping our elected politicians in check and holding them accountable for their actions. The framers of the constitution saw the free press as a key to preventing anyone from amassing too much power – and keeping a democracy. They recognized that an independent press is the only thing separating democracy from the dictatorships seen elsewhere in the world. Unfortunately, the media no longer even pretends to perform its checks and balances role, but is now functioning as a propaganda wing of the Democrat party. It is no more than an echo chamber campaigning for left wing extremists, and they no longer even pretend to be objective. Joe Biden recently gave speeches demonizing half the country and saying a vote against Democrats is a vote against democracy – a claim so ludicrous that it should have been ridiculed by any real journalist. Instead, he received complete endorsements from the media.

The media stretches the boundaries of credibility to make the absurd fit their narrative. Trump conspired with Russia to steal an election. BLM riots were "mostly peaceful". We're not actually in a recession, and recessions don't matter anyway. It's no big deal that Biden's inflation is causing suffering among working Americans – inflation just comes and goes you know. And it's Putin's fault anyway. Biden will return "normalcy" to the White House, and all this talk about Biden family corruption is just more Russian disinformation. The January 6<sup>th</sup> turmoil at the nation's capital was a pre-planned insurrection. Our trusted media led the charge on all of that. They also stood by the Jussie Smollett lie, the assault on the Covington

kids, the Kavanaugh smear campaign, and the FBI lying about the Governor Whitmer kidnapping plot. The COVID lab leak was just a conspiracy theory, border agents on horses whipped migrants, Andrew Cuomo was an effective leader in battling COVID, Build Back Better will pay for itself, and if you get "vaccinated" you won't catch COVID. The list goes on forever.

So, what happens when the "Fourth Estate" disappears and is replaced by propagandists who no longer inform the citizenry, but instead push only left-wing narratives? You get voters casting their ballots for an elderly president with obvious signs of mental impairment and, more recently, an even more cognitively challenged Democrat who just won the Pennsylvania U.S. Senate seat. You get politicians who release violent criminals without bail so they can harass and kill citizens brave enough to ride the subways. You get unrestricted abortion up to and including birth and even after. You get energy shortages. You run out of diesel and get empty grocery shelves. You get a massive invasion at our southern border with illegals getting phones, money, health care, hotel rooms, laundry, etc. on the taxpayers' dime --- plus a fentanyl crisis. You get programs designed to divide us by race, class, and gender; and gender mutilation of younger and younger children. You get imposition of unaffordable electric vehicles years before we are able to provide power for them. You get unsustainable inflation, higher and higher gas prices for more irrational spending on a climate change hoax. You don't have to look far from home to see examples of the media pushing false narratives about Republicans and branding negative truths about Democrats as "disinformation". Most anything published in the Montrose Daily Press from the Colorado Sun is little more than Democrat talking points. An example is the November 8<sup>th</sup> front page article titled "Heidi Ganahl

courts election deniers". The article labels Kari Lake, running for Arizona governor, as an "election denier" and denounces "baseless claims" that the 2020 election was not totally legit. The Dem narrative is that only a small fringe radical element questions the legitimacy of the 2020 election, and that anyone doing so is a potential insurrectionist. Most Americans are not buying that narrative because they see it as nothing more than gaslighting on a national scale. They know the FBI and the media hid critical Biden family corruption until after the election, and that Zuckerberg spent \$420 million to subvert the election laws in several key swing states. No one can deny that many other very questionable practices and actions were implemented in key battleground states with very slight margins of victory for Biden. That is why (liberal) Newsweek's poll was only able to report that fewer than one in four Americans is confident that the election was legitimate and cannot understand why anyone could question its integrity.

It's a shame the MDP chooses to give the Colorado Sun another venue for Democrat narratives. I have read MDP assistant editor Katharhynn Heidelberg's recent articles on the election and they are unbiased, professional, and informative. Why publish Colorado Sun propaganda when they have real journalists on their own staff? I have become accustomed to Publisher Dennis Anderson and former publisher Stephen Woody and their Don Coram fan club, their making excuses for Adam Frisch, and doing everything possible to put Trump and Boebert in a bad light, but at least they generally keep it on the opinion page --- which is their prerogative. I would just question whether they are comfortable in substantially enabling the corruption and destruction perpetrated by this administration?

*Ed Henrie, Montrose*

# **COME, BE UPLIFTED WITH THE JOY OF**



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## COMMUNITY OBITUARIES

### JENNIFER MARIE FRANCIOSE

***June 16, 1982 – November 14, 2022***

On the morning of November 14, 2022, our loving daughter, mother and grandmother, Jennifer "Jenny" Franciose, passed away in an automobile accident in Delta, Colorado at the age of 40.

Jenny is survived by her mother and step-father (Dawn & David White - Montrose, CO); her father (Carl Franciose - Winston-Salem, NC); six children (Isaac, Mariah, Christian, Lucciano, Valeena and Eric – all of Olathe & Montrose, CO); one grandchild (Isabella); her sisters: Masandra Gray, Anne Solano, Grace White & Abby White as well as her brother, Micah White; maternal grandmother Sandra Steele & uncle, Howard Shinn (both of Whitney, TX); maternal aunts Deborah Fiffick (Gary) & Kim Offield (Robert) (both of Grapevine, TX) and Andrea Shinn (Clyde, TX); paternal aunts Judy DeMarco (Gary) (Ohio); Cindy Silver (Jim) (Pennsylvania) and Karen Boyd (Glenn) (New Jersey) along with numerous cousins and other extended family.

Jenny was born in Tucson, AZ and grew up in Plainsboro, NJ, Colorado Springs, CO and Montrose, CO. She was a year 2000 graduate of Vista Charter School in Montrose, CO. She then attended the Delta-Montrose Technical College after graduation. In the ensuing years, Jenny worked for several businesses on the Western Slope and in the Santa Fe, NM area. She was known for her outgoing and effervescent personality. Jenny was a loving person to everyone she met and never really knew a stranger. She will be deeply and sorely missed by her family and all who knew her. As she often wished, she has, at last, grown the angel wings she so longed for and is now present with her Lord and Savior, Jesus Christ.

A celebration of life will be held on Monday, November 21, 2022, at 10AM at Crippin Funeral Home's Chapel located at 802 East Main Street, Montrose, CO, with a graveside burial of her cremains at 2PM at the Grand View Cemetery in Montrose, CO.

For more information, please visit [www.crippinfuneralhome.com](http://www.crippinfuneralhome.com) or call them at 970-249-2121.



*Now more than ever...*

*Thank you for reading*

**THE MONTROSE MIRROR**

## COMMUNITY OBITUARIES

### **ANDREA JOANN FRISCH WHITE** *September 15, 1974-November 8th, 2022*



ANDREA JOANN FRISCH WHITE born September 15, 1974 and died November 8, 2022. Andrea is survived by and was the daughter of Robert Conrad Frisch of Grand Junction and Georgeann Jacobs of Olathe.

She is also survived by her daughters McKayla Ann Frisch and Emily Dana Schneider, along with her husband Charles Alfred White. Andrea's life revolved around her love for animals that was instilled in her by her late grandparents Bob and Bea Frisch, who owned a guest ranch starting in the mid-sixties on Transfer Rd outside Olathe.

As young as 9 years old, Andrea was taking guests from Germany, Pakistan, and around the world on horseback rides up

Coal and Dry Creek canyons. Her love for horses never faded.

Later, when her grandparents passed, Andrea inherited the ranch and successfully raised cattle for 11 years before she and "Charlie" as she like to call her husband, sold the cattle in June to work less and travel more. Andrea loved to fish and went boating as often as possible in her classic 1966 17-foot cruiser. She also enjoyed her first cruise this summer, which took her and Emily from Miami around the Caribbean. As the grandmother to McKayla's three young sons, Wesley, Orion and Adrian, she loved to read to, do puzzles and hold "her boys". Her grandsons gave her a great deal of love and fulfillment.

### **GOLDIE EHLEN HANSEN** *February 4, 1938- November 3, 2022*

On Thursday, November 3, Goldie Ehlen Hansen, beloved Wife, Mother, Grandmother, and Great Grandmother, passed away in Montrose Colorado. She was eighty-four. Born to Martha and Raymond Ehlen in Marysville Kansas on February 4, 1938. Goldie was preceded in death by her parents Martha and Raymond, husband Harold, son Ron, and sisters Ila and Betty. She is survived by her daughter Cindy Meyer (Louis), Grandchildren Brittny Osborn (Tom), Evan Meyer and Grandchildren Maya and Leif. Goldie passed away peacefully at Montrose Hospital with all her close family by her side. Goldie and Harold were married for 65 years and were longtime residents of Montrose. Both contributed in significant ways to enable Montrose to become the vibrant community it is today. They happily lived in the same house that Harold

built on Leeds Avenue, admiring the views of the San Juan Mountains from their backyard deck while feeding the local birds and ducks daily.

Goldie worked at the Local bank in downtown Montrose for 22 years. She knew all customers by name and helped them set up accounts. Many customers would remark that Goldie would advise them to live an adventurous life and travel. She and Harold followed that advice and took their retirement years and traveled to all 50 states in their RV. She and Harold were also regulars, along with kids and grandkids at Lake Powell in their houseboat. At times she thought that some of Harold's adventures in his single engine airplane might have been too adventurous. She traveled to many beach destinations and on cruise ships annually with her two sisters.

Goldie loved animals and tolerated many of her kids and Harold's exotic pets, including a pigeon, raccoon, guinea pigs and hamsters. There were also many dogs and cats over the years.

A private family celebration of Goldie's life has been held with close family Arrangements are in the care of Crippin Funeral Home, 802 E Main St., Montrose, Co 81401 (970)249-2121





ISSUE 397 Nov. 21, 2022

## ART &amp; SOL

## YOUR BRAIN ON NATURE – WHEN BEING IN NATURE IS NOT RESTORATIVE



By Lauren Hall Ruddell, Ph.D  
Greetings Mirrorites!

*The apprentices leave for the day and Katie and Amanda continue to work. Tractor work is usually reserved for the early evening hours. Amanda drives the 1974 Allis Chalmers pulling the disc harrow to prepare a field for planting winter squash. Katie hops on the 1982 Case International to cultivate between lettuce, sweet potato, and kale beds.*

Notice in the quote above that two young female farmers do not get to relax on the front porch at the end of a day of work outdoors with a microbrew. They keep working and working and they are not alone. There is an increasing trend in the farming community to work at night, while it is cooler and soft skinned fruits such as grapes and tomatoes are firmer, and just to squeeze in more hours each day.

Some professions that take place in the outdoors do not lend themselves auto-



**Gorgeous day's end sight. Courtesy photo.**

matically to the leisurely contemplation of nature that engages soft fascination. We know from prior *Mirror* articles that time in nature is critical for maximum cognitive functioning at a young age and even much, much further down the road. So people who work in forests and fields should have a leg up on office bound workers when it comes to allowing the sights and sounds of restorative environments to nourish their brains, right? Ain't necessarily so.

I'm going to dedicate this article to the hard-working folks engaged in agriculture in Colorado. I am also going to encourage them to take some time for mindfulness in nature as often as possible. It was National Farmers Day on October 12 that put me in mind of this topic.

Loggers are engaged in one of the most dangerous civilian activities in the nation.

Yet although their blood pressure is often off of the charts, their mental health is not substantially different than most other sectors of society. They feel connected to their communities and well supported emotionally and financially. They do not stress about paying for the land they log, get a regular paycheck, and go home at the end of the day. This is not true of farmers.

American farmers commit suicide at a rate twice that of veterans. And yet they spend most of their waking hours outdoors. Why aren't they some of the healthiest and most mentally stable folks in the world?

The typical farm household makes about \$92,000 these days. Not bad for a life of tending the land, right? Wrong, since 50 percent of that income comes from non-farm activities. The typical farmer works

## ***YOUR BRAIN ON NATURE – WHEN BEING IN NATURE IS NOT RESTORATIVE***

*From previous pg*

60 hours a week (80 in summer, 40 in winter) in addition to their off-farm obligations. Farming is difficult, dangerous, and often poorly paid. I mention all this to disabuse the reader from thinking that all they need for perfect mental health is to go back to the land. A sustainable hobby farm will surely give them all of the relaxation and oneness with nature, plants, animals and the four seasons that one could possibly want for a harmonious life well lived, right? Think again. And I speak from experience. It doesn't always work that way.

And it's not just that Americans are doing things wrong, although we certainly can. The US farmer suicide crisis echoes a much larger farmer suicide crisis happening globally: an Australian farmer dies by suicide every four days; in the UK, one farmer a week takes his or her own life; in France, one farmer dies by suicide every two days. And in India, 30 people who work in agriculture die by their own hand daily.

An article posted in an Indiana online

journal stated that the suicide rate among farmers after Covid is now six times as much as the general populace. The reasons are multitudinous. These are not folks who have a history of suicidal ideation. But most family farmers with operations above the size of a hobby farm are men (91%) who take a great deal of pride in their work, and keep all of their stress unspoken. Midwestern farmer Nate Brown was very close to ending it, but found ways to cope.

"I love growing things," he admits. Yet, at times, this father of three has been so depressed he could barely leave bed.

"You spend a lot of time in the spring or fall in a tractor alone," he said. "A little 4-foot-by-4-foot box in that tractor cab, and you get to thinking about things. It's real easy to go to dark places." Isolation plays a role in depression among farmers, he said. So does economic stress and self-blame... "If your farm's failing, most guys say that's a sign that they're failing, "and really it's not. You can be the best businessman in the world, and if the stars

don't align, the stars don't align."

Farmers, we need you. Badly. Please take the time to stop and admire your fields and ponds and woodlots. Allow yourself to take pride daily in what you do and permit yourselves some leisure. Don't work all day and then most of the evening as well. Set on the porch for a spell. Rest during winter. Let the joy in your work renew your brain. It makes life worth living. And please, please, please, reach out for professional help when things seem overwhelming.

Your family needs you, America needs you, the world needs you.

Any Western Slope farmers who want to chat about their trials and tribulations can reach out to this semi-retired farmer for a sympathetic ear, or fingers on the keyboard. Also, a great resource for those in ag who are struggling is the new Farm Bureau website outreach *Farm State of Mind* : <https://www.fb.org/land/fsom>

Be well, love yourself and your farm, and if you want to, reach out to me at: [agescapesnow@gmail.com](mailto:agescapesnow@gmail.com)





# THE IMPORTANCE OF FUNDING OUTDOOR ACTIVITIES FOR YOUTH

by Abram Herman,  
*Friends of Youth and Nature*

REGIONAL—The end-of-year giving season is in full swing, and you're probably hearing a lot of appeals from nonprofits to help fund their community impacts. There are so many crucial needs in our area, all of which are eminently deserving of your support; in a perfect world we would be able to help with all of the causes, but in the real world you'll need to make choices about where to contribute your year-end donations in a way that aligns with your ideals, priorities, and your hopes for the future.

I'd like to make a case for the importance of getting Western Slope kids into outdoor educational and recreational programs as a long-term solution for many of the issues facing our youth, and our community at large.

What impact does an early introduction to the outdoors have on who a child will become as an adult, and how are they affected physically, mentally, emotionally—and even morally as they grow up? As it turns out, we can directly connect childhood exposure to outdoor activities with positive long-term outcomes.

## Physical Fitness

It's no secret that children are frequently neglecting more physical, outdoor forms of play in favor of the digital world—reducing kids' screen time is often a major struggle for parents. Computers, mobile devices, and video games are passive forms of entertainment, and they don't call for physical coordination, strength, endurance, or any of the other attributes necessary for a healthy body. Outdoor play, on the other hand, promotes all of these things, and is a natural method of encouraging physical activity in young people.

A 2015 metanalysis of studies regarding the effects of time spent outdoors on children found, "outdoor time is positively related to physical activity and negatively related to sedentary behavior in children aged 3–12 years" (Gray, 2015). The more outdoor time children have the more physical activity they take part in and, con-

versely, the less sedentary behavior they display.

## Resiliency

Many people spend time outdoors because it brings them a sense of happiness and well-being. If adults who have grown accustomed to the ways of the modern world still need to get away to nature every now and then to stay happy, surely children must benefit from these quieter natural spaces as well.

Perhaps unsurprisingly, a 2018 study showed that the more time children spend in nature and the greater sense of connection they personally feel with nature, the less likely they are to experience psychosomatic symptoms such as irritability, anxiety, difficulty sleeping, headache, stomachache, backache, and other physical afflictions. The benefits start with as little as 30 minutes of outdoor activity per week (Piccininni, 2018).

As we consider ways to address the increasing prevalence of mental health challenges in young people, including a disproportionately high suicide rate in our area, outdoor activities can play a crucial role in building resiliency and promoting mental well-being in our youth.

## Stewardship

Physical activity, cognitive development, emotional well-being—these things are relatively easy to quantify in research. But what about something like the desire to preserve our natural areas, or an understanding of the importance of good stewardship practices for our public lands? Can we quantify these outcomes?

Though it's more difficult to show a correlation between time spent outdoors during childhood and an individual's likelihood to become a good environmental steward, it has been shown that the amount of time spent outdoors has a direct correlation with a child's feelings of connection with nature. This sense of connection with the natural world then has a direct influence on behaviors related to environmental stewardship in children such as, "conserving water, turning out lights, recycling, talking about the environment, and picking up litter" (Andrejewski,

2011). The more time we can get younger generations to spend in the outdoors, the greater sense of connection they'll feel with nature, and the more likely they will become involved with environmental stewardship and preservation.

As you consider how to distribute your year-end donations in our community in a way that most aligns with your values, know that when you donate to organizations that provide opportunities for local kids to get outdoors for science education and recreational field trips, you're not only directly contributing to their physical and mental well-being—you're also helping to raise a generation that will value our natural environment and ensure the preservation of public lands for years to come.

*Friends of Youth and Nature (FOYAN) is a non-profit organization that promotes opportunities for youth and families to go outside, experience outdoor activities and explore nature. To contribute through Colorado Gives Day and multiply the impact of your donation, please visit <https://www.coloradogives.org/organization/friendsofyouthandnature>*

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## COMMUNITY NEWS BRIEFS

### UNCOMPAHGRE WATERSHED PARTNERSHIP HIRES EXECUTIVE DIRECTOR

*Special to the Mirror*

RIDGWAY-The board of the Uncompahgre Watershed Partnership (UWP) selected Tanya Ishikawa as the Ouray County non-profit's executive director, with her position beginning on Jan. 1, 2023. Ishikawa, who has been the communication director since October 2015, will be taking the helm of UWP as the organization is celebrating its 10<sup>th</sup> anniversary.

"2023 is a significant year for us because we are entering our 10<sup>th</sup> year as a non-profit devoted to monitoring, preserving and restoring the health of our watershed. This is the right time for us to take our activities to another level, and determine where our work can be most beneficial," Ishikawa explained.

During the past six years, she led efforts that annually increased UWP's funding including the coordination of Ridgway RiverFest, budget requests to local governments, and grants from foundations and state agencies.

She also grew the number of email subscribers, event participants, and volunteers. In September, she graduated from the Water Leaders program, as a member of the 2022 class selected for customized professional development by Water Education Colorado.

"Participating in the Water Leaders program helped me understand how I can be more effective in collaborating and building partnerships. My goal is to continue to make valuable contributions of my time, energy, and talents alongside colleagues and volunteers who are just as passionate about our watershed's health as I am," she said.

She helps supervise volunteer crews for cleanups, tree plantings, weed removal, water quality monitoring, and various events. In her new role, she will be supporting board members with board development, and is recruiting new board members to begin serving in 2023.

She will continue to work alongside UWP Technical Coordinator Ashley Bembenek and Pamela Cannalte who is a fundraising and administrative assistant.

In 2023, the staff plan to concentrate on developing the nonprofit's next strategic plan, by analyzing water quality data in the first half of the year and engaging various stakeholders in discussions in the second half of the year.

UWP was initially formed in 2007, as a



**UWP Executive Director Tanya Ishikawa, middle of bottom row. Courtesy photo.**

grassroots group of citizens concerned about local water quality, especially related to acid drainage the hundreds of abandoned mines impacting streams in the San Juan Mountains.

In 2013, the group incorporated as a non-profit and completed the Uncompahgre River Watershed Plan that helped characterize and prioritize watershed health conditions and projects. For more information: <https://www.uncompahgrewatershed.org/>



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## READER PHOTO SPOTLIGHT: DEB REIMANN



*Photographer Deb Reimann captured this image of a bighorn ram near Ouray.*

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thinking about suicide, call or  
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want to help you through this.**



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## MIRROR IMAGES: HORSES



Photo above by B. Switzer. At right, Mirror staff photo.

**988** **LÍNEA DE**  
PREVENCIÓN DEL  
SUICIDIO Y CRISIS

**No importa qué, tú importas. Si tiene problemas emocionales o está pensando en suicidarse, llame o envíe un mensaje de texto al 988.**

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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.

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

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](https://allsaintsanglicanmontrose.org)

## BIBLE BAPTIST CHURCH

Independent Baptist  
112 Main St.  
P.O. Box 262

Olathe, Co 81425  
Tuesday-Friday Phone: 970-808-1021  
[www.biblebaptistchurcholathe.com](http://www.biblebaptistchurcholathe.com)  
Pastor Gabe Skillo

Sunday School 9:15 a.m.  
Sunday 10:30 a.m.  
Sunday 6 p.m.  
Wednesday Bible Study/Prayer 7 p.m.

## CHRIST LUTHERAN CHURCH

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

**Website:** [www.montroselutheran.org](http://www.montroselutheran.org)  
**Email:** [montroselutheran@gmail.com](mailto:montroselutheran@gmail.com)  
**Pastor:** Tim Onnen  
**Worship:** Sundays at 9 AM  
Sunday School and Adult Bible Class at 10:15 AM; Women's Bible Study Fridays at 9 AM. At Christ Lutheran Montrose you will

find friendly people gathered in a welcoming environment being comforted and encouraged by the forgiveness and love of Jesus, and sharing that with one another. We are a small congregation of seniors and middle-aged, sprinkled with young children and teenagers.

## FIRST CHURCH OF THE NAZARENE

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

**Pastor:** Buddy Cook  
**Services** Sunday: Worship 10 AM, Adult Bible Study 11:30 AM Worship includes age-appropriate children's ministry during adult worship.  
Wednesday: Prayer Boot Camp - 7 PM  
Mission Statement: *Montrose First Church of the Nazarene exists to make Christlike*

*disciples in Montrose Colorado and around the world.*

**Demographics:** Our church consists of older and younger people. We have younger families with children and young teens and older adults as well. We also support the work of Calvary Ranch Colorado and its addiction recovery ministry.

## FIRST PRESBYTERIAN CHURCH MONTROSE

**Affiliation:** Presbyterian  
**Address:** 1840 E Niagara Rd. Montrose CO. 81401 **Office Hours:** M-Thu 9AM - 12PM **Contact:** 970-249-4732, [\[form@fpcmontrose.com\]\(mailto:form@fpcmontrose.com\), \[www.fpcmontrose.com\]\(http://www.fpcmontrose.com\)  
\*\*Pastor:\*\* Jesse Mabanglo  
\*\*Worship Service times:\*\* 9:30AM, Student Worship at 6PM. \*We strive to encourage, challenge and support one another\*](mailto:in-</a></p>
</div>
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*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.*

## HILLCREST CONGREGATIONAL UNITED CHURCH OF CHRIST

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

Phone number: (970) 249-9047  
Email address: [office@montroseucc.org](mailto:office@montroseucc.org)  
Website: [montroseucc.org](http://montroseucc.org)  
**Current Pastor:** Rev. Wendy Kidd  
**Worship service times:** Sunday, 10 a.m.  
Hillcrest Congregational UCC is a welcoming, open and affirming church, open to all no matter who you are or where you are

on life's journey.  
Church demographics: HCUCC welcomes all ages to worship with us. (predominately family, youth, seniors, singles)  
We offer inter-generational worship with a children's "prayer-ground" and activity packets. A cry room is also available.

## MONTROSE MEDITATION CENTRE

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



## MIRROR CHURCH DIRECTORY From previous pg

### MONTROSE UNITED METHODIST CHURCH

**Denomination Affiliation:** United Methodist

**Address:** 19 S. Park Avenue Montrose CO. 81401

**Office Hours:** M-Thu, 9 a.m. - 2 p.m.

**Contact Information:** 970-249-3716, [office@montroseumc.org](mailto:office@montroseumc.org), [montroseumc.org](http://montroseumc.org)

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

**Current Senior Pastor:** Rev. Kevin Young

**Worship service times:** 8:15 am - Blended Service - Sanctuary & Virtual. 9:30 am - Contemporary Service - Sanctuary, 11:15 am - Traditional Service - Sanctuary.

*Montrose UMC is a leader in being fully*

*inclusive, loving and just servants of Christ. Our church family welcomes people from various cultural and faith backgrounds: single, married, remarried, with or without children, from diapers to dentures. Wherever you are on your spiritual journey we invite you to come discover hope, joy, peace, purpose.*

### ROSEMONT BAPTIST CHURCH

**Affiliation:** Southern Baptist

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

**Office Hours:** Tues-Thu, 9am-4pm

**Contact information:**

Phone: 970.249.4887

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

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

**Senior Pastor:** Rolland Kenneson

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

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

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

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

*matter what stage of life they are in.*

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

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

### SPIRITUAL AWARENESS CENTER

**Denomination affiliation:** Independent Interfaith

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

**Home Office** – 970-252-0908

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

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

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

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

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

### SUMMIT CHURCH OF MONTROSE:

**Denomination affiliation:**

Southern Baptist

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

**Office hours:** Varies

**Contact information:**

phone number: 970-275-7026

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

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

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

Sario

**Worship service times:** Sunday Worship is at 9 am followed by a time of fellowship and snacks. 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.*

## MIRROR CHURCH DIRECTORY From previous pg

### VICTORY BAPTIST CHURCH OF MONTROSE

**Denomination Affiliation:** Independent Baptist

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

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

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

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

**Current Pastor:** Roland Kassales

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

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

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

#### Church Directory

#### Mirror Editorial Staff

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

#### information to the Montrose Mirror:

Name of church

Denomination affiliation

Address Office hours

Contact information (phone number, email address, website)

Name of current Senior Pastor

Worship service times

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

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

Do your church services include Sunday School and childcare?

## Birth Certificates & Death Certificates

*available at*

MONTROSE COUNTY PUBLIC HEALTH  
1845 SOUTH TOWNSEND AVE. MONTROSE  
WEST WING

MONDAY - FRIDAY 9AM - 4PM  
(970) 252-5011 PUBLIC HEALTH  
(970) 252-5009 VITAL RECORDS



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CASH BAR  
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SHOW: 7PM



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# Local Immunization Providers

## 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](http://www.cdc.gov/vaccines) for the latest recommendations. Please contact your Pharmacy or Provider to confirm availability of vaccines. Montrose County Public Health will not provide immunizations after June 30th, 2020. Last Updated 7-25-2022.



# 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](mailto:evebeckerdoyle@icloud.com)

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

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

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

**BINGO EVERY FRIDAY, SATURDAY, SUNDAY** at 7pm at the American Legion Post 24 Olathe doors open at 5:30. 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](mailto:ErinKEaston@gmail.com)

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

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

## MONTROSE FARMERS MARKET SCHEDULE

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. 21**-Citizens Climate Lobby meeting Monday Nov. 21st 5:30pm Montrose library meeting room, nonpartisan, national environmental action group-info 970-765-9095

**Nov. 25-26**-Don't miss the 47<sup>th</sup> Annual Basement Boutique Craft Show and Sale at the Montrose Pavilion, locally hand-crafted gifts for all ages, 9am to 4pm. Central checkout for your shopping convenience. Canned goods appreciated for Sharing Ministries Food Bank.

**Dec. 2**-Ridgway Noel Night 2022, Friday, Dec. 2, 4-8 p.m. Businesses around downtown Ridgway will have festive events including holiday visits, music, sales, discounts, giveaways, refreshments, and more. Clinton Street will also have tables with information, products, and art from local nonprofits, entrepreneurs, and artists. A map will be available at <https://ridgwaycolorado.com/news-events/events/noel-night-2022>.

**Dec. 2**-19th Annual Ridgway Holiday Art and Gift Sale - Friday, 12/2 from 5-9pm and Saturday, 12/3 from 9am-3pm. Event is being held at the Ridgway Community Center; Town Hall, 201 N. Railroad Ave, Ridgway.

**Dec. 3**- Christ Lutheran Church Nativity Presentation 4 PM at Centennial Plaza.

**Dec. 3**-City of Montrose Parade of Lights, 530pm.

**Dec. 6**-Reception at Remington's at the Bridges for Kevin and Bobbi Kuns, 5:30 to 7:30pm.

**Dec. 28**-Home for the Holidays-Musicians AJ Fullerton and Erik Stucky perform at the Montrose Pavilion. \$20 advance, \$25 at the door. Doors open 6pm show at 7pm. Cash bar.



Contact the Montrose Mirror:  
970-275-0646

[Editor@montrosemirror.com](mailto:Editor@montrosemirror.com)  
[www.montrosemirror.com](http://www.montrosemirror.com)

## READER PHOTO SPOTLIGHT: TERI FARLEY

*Photographer Teri Farley shared these images, of the lake at Ridgway and the historic Montrose County Courthouse.*



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970-249-0825

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970-249-6295  
970-787-9021

**Tacos & Beer**  
970-964-4448

**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

**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

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