

the
Montrose Mirror
© Issue No. 510 Dec. 5, 2022

Local news, free to you

CITY TO CONSIDER DUMP TRUCK CAB REPAIR AFTER DRIVER NARROWLY ESCAPES HOT ASPHALT MIX RELEASE



On Dec. 6, Council will consider approving \$1,135,000 for the second phase of the City Hall Relocation, which will move city operations from the historic City Hall, above, to the former Wells Fargo Building on Main Street. Mirror file photo.

Mirror staff report

MONTROSE--When Montrose City Council convenes for a regular work session on Monday, Dec. 5, among the items to be considered is an emergency dump truck repair. Council will consider authorizing \$70,000 in expenditures to repair damaged dump truck (Unit 256). The work session packet includes a memo from City Public Works Manager Jim Scheid. "During routine maintenance operations, a street employee was visiting United Companies to pick up a load of Hot Mix Asphalt for street patching. United Companies had two overhead silos that load a truck from above. In a turn of unfortunate events, communication was not given to our driver from the plant operator as usual. While waiting for direction on which silo to pull under, four tons of 300-degree asphalt dumped on the cab, hood, and through the windshield of the truck. It

Continued pg. 10

HOT SPRINGS PERFECT FOR WARMING A WINTER DAY Temperatures vary at Ouray Hot Springs, call ahead to check on pools

By Caitlin Switzer

MONTROSE--Snow and ice do not add up to ideal driving conditions, but winter weather can be perfect for relaxing in hot, mineral springs—and neighboring Ouray County, with plentiful soaking options, is just a half hour's drive away.

Ridgway's Orvis Hot Springs offers visitors a clothing-optional experience, while Ouray has a variety of private soaking pools at area hotels and spas. Also, the City of Ouray Hot Springs pool, now in its 96th year of operation, continues to serve the public.

Before heading up Hwy 550 south, however, it's advisable to call ahead, especially if you plan to visit the Ouray Hot Springs. Not all of the pools are open at all times (the activity pool is closed after Labor Day) and winter temperatures can fluctuate.

The pool web site states, "One day every week the Ouray Hot Springs Pool loses a significant amount of geothermal water in order to

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Photo from Ouray Hot Springs web site. "The Springs are like bowls of soup, when the wind blows hard, we have to work extra hard to heat the pools," the web site states. Courtesy photo.

in this
issue

A Fresh Point of View:
Jack Switzer!

Carole Ann McKelvey's
Rocky Mt. Cravings!

Bob Cox:
"Dear Santa"

Square Pegs for Lively Soles!
Harry Switzer Holiday photos!



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DELTA COUNTY DECLARES RESOLUTION NO.2022-R-33: A PENDING VACANCY IN THE OFFICE OF COUNTY SURVEYOR AND SEEKING INTERESTED CANDIDATES FOR APPOINTMENT

Special to the Mirror

DELTA— The office of County Surveyor is an elected position. Pursuant to the Colorado Constitution, and since no person ran for the office of Delta County Surveyor in the 2022 general election that was completed on November 8, 2022, the County is seeking to fill the vacant position when the term of office of the current County Surveyor will end on January 10, 2023. On January 10, 2023, the office of County Surveyor for Delta County will be vacant; and if the office of County Surveyor is vacant, the Board of County Commissioners shall appoint some suitable and qualified person to fill the position of surveyor until the next general election.

Any suitable and qualified person interested in being appointed to the office of County Surveyor should inform the Board of County Commissioners no later than December 20, 2022. Please send your inquiries or questions to Lindsay Mitchell at lmitchell@deltacounty.com, or call 970.874.3583. To learn more about Delta County, please visit www.deltacounty.com.

THE MONTROSE MIRROR

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Colorado Gives Day – Dec 6



This Colorado Gives Day, the Libraries of Montrose County Foundation would be honored to have your support in fulfilling our mission to encourage lifelong reading.

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REGIONAL NEWS BRIEFS

VALLEY FOOD PARTNERSHIP: APPLICATIONS TO JOIN THE 2023 CFRT COHORT ARE NOW OPEN

Special to the Mirror

MONTROSE-Valley Food Partnership (VFP), a non-profit located in Montrose, applied for and was awarded a three-year USDA Beginning Farmers and Ranchers Development Program Grant in 2021 as part of its mission of cultivating a network of local food producers that will create a vibrant and strong food system across the Uncompahgre Valley and the Western Slope.

The Cultivating Farmers & Ranchers that Thrive (CFRT) program was born out of this seed and has been growing strong since welcoming in the first program cohort of 2022 this past January. VFP congratulates all who have since graduated from the program!

Valley Food Partnership is excited to announce that applications to join the 2023 CFRT cohort are now open! If you're a beginning farmer or rancher, apply by Jan. 15! To apply, visit VFP's website's program page. To learn more contact the Program Manager at cal@valleyfoodpartnership.org.



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OPINION/EDITORIAL: LETTERS

WHY HASN'T BIDEN VISITED OUR SOUTHERN BORDER?

Editor:

Why hasn't Biden visited our southern border? I thought he was the "President for All the People."

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Shouldn't we have an answer?

Carol McBride, Montrose



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For more information on COVID-19 vaccinations visit deltahealthco.org/covid-19-vaccine/.

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ALL POINTS TRANSIT SEEKS PUBLIC INPUT ON NEW ROUTE CONNECTING MONTROSE, OLATHE AND DELTA

Special to the Mirror

MONTROSE— All Points Transit will host a series of open house events in Montrose and Delta. The non-profit transit provider is seeking public input on a new regional route that will connect the communities of Montrose, Olathe and Delta. The route will also have a stop at the Technical College of the Rockies to support student transportation. At the open house, community members can learn about proposed stop times and locations, fares and operational hours and provide feedback. Attendees can even help name the route!

Spanish translation services will be available and refreshments will be served. Anyone who needs a ride to participate should call All Points Transit at 970-249-0128. The open house times and locations are as follows:

Montrose Library – Tuesday, Dec. 6, 12:30pm-2pm

Delta Bill Heddles Recreation Center – Thursday, Dec. 8, 4:30pm-6pm

Delta Housing Authority – Friday, Dec. 9, 11:30am-1pm

Olathe Board of Trustees Meeting – Monday, Dec. 12, 7pm

All Points Transit is a 501c3 non-profit organization providing public transit service and assisted transportation for older adults and persons with disabilities. Visit www.allpointstransit.org or call 970-249-0128 for more information.

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Judy Kinyon captured this beautiful sunrise view last Tuesday morning.



The Sunset views above and at right were taken by Linda Lake just eight minutes apart last week. "Sunsets are free...enjoy the beauty!" she said.



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CITY TO CONSIDER DUMP TRUCK CAB REPAIR AFTER DRIVER NARROWLY ESCAPES

From pg 1

It didn't take long for the asphalt to fill the cab.

"Luckily, our driver narrowly escaped with only minor injuries."

Because the truck is essential for city operations, staff is seeking approval to have it repaired, which will take five weeks. The item will come before Council the following night at the regular meeting of Tuesday, Dec. 6.

Also scheduled for the Dec. 5 work session, Council will interview planning com-

mission applicants, and will consider a recommendation for an emergency culvert placement as well as CDOT's North Townsend Avenue Access Control Plan.

At the Dec. 6 meeting, Council will consider approving a number of local ordinances on second reading, and historic preservation commission appointments. Additional items to be considered at the Dec. 6 meeting will include:

-Transfer of a Lodging and Entertainment liquor license at 511 E. Main Street from

Precedence Productions, d.b.a. Prece-

dence Productions to The Temple LLC, d.b.a. The Temple LLC, for consumption on the licensed premises;

-Ordinance 2606 on first reading, amending Ordinance No. 2567 which appropriated funds for defraying the expenses and liabilities of the City of Montrose, Colorado, during the fiscal year beginning Jan. 1, 2022; said expenditures of the City of Montrose over and above those anticipated at the time of adoption of the original budget for the fiscal year beginning Jan. 1, 2022;

-Ordinance 2607 on first reading, vacating a portion of a public utility easement;

-Ordinance 2608 on first reading, amending Title 3 Chapter 1 Section(s) 6 and 7 correcting a codification error;

-Ordinance 2609 on first reading, disconnecting property at 67365 Sunshine Road;

-Authorization of \$1,135,000 for the second phase of the City Hall Relocation Project, including the amendment of a contract with FCI Constructors, Inc. as the Construction Manager/General Contractor (CM/GC); and

-Approval of repairs to Vactor #361 Jet Vac by Farris Machinery, Inc., for the not to exceed amount of \$105,000.



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REGIONAL NEWS BRIEFS

DELTA HEALTH'S CARDIOPULMONARY AND RADIOLOGY DIRECTOR RECEIVES LIFETIME ACHIEVEMENT AWARD

Special to the Mirror

DELTA-Delta Health is excited to announce that Kevin Fischer, RRT, FAARC, and Cardiopulmonary/Radiology Director, received a Lifetime Achievement Award from the American Association of Respiratory Care (AARC) and the Colorado Respiratory Care Society (CRCS).

Three Registered Respiratory Therapists are nominated nationwide each year, and in order to be nominated must meet a variety of criteria. Once nominated, a committee of select physicians and respiratory therapists review the nominations.

"I wasn't made aware that I was even nominated until I received a call telling me I was one of the individuals selected for the Award," said Fischer. "To put into words what it feels like to receive this award is almost impossible. It is wonderful to know that I was selected by my peers who felt that my life's work was worthy of a nomination. It makes me feel like maybe I've made a positive difference in the area of medicine that has been my life for almost 45 years."

Fischer has been at Delta Health since January 2019. He was born at Delta Health Hospital (at the time Delta County Memorial Hospital) and said that it is a dream to start his life at Delta Health but to also spend the last chapter of his work life there as well.

"Delta Health is honored to have such an accomplished professional as Director of two vital healthcare teams – Cardiopulmo-

nary and Radiology," said Jody Roeber, Senior Vice President and Chief Clinical Officer for Delta Health. "Kevin is a true representative of the quality healthcare services that can be found locally and here at Delta Health. He goes above and beyond by providing remarkable care."

Some of the criteria to be nominated for the prestigious award include more than 35 consecutive years working as a Registered Respiratory Therapist, having been nominated for other regional awards, and having served at a national level with the AARC in different capacities.

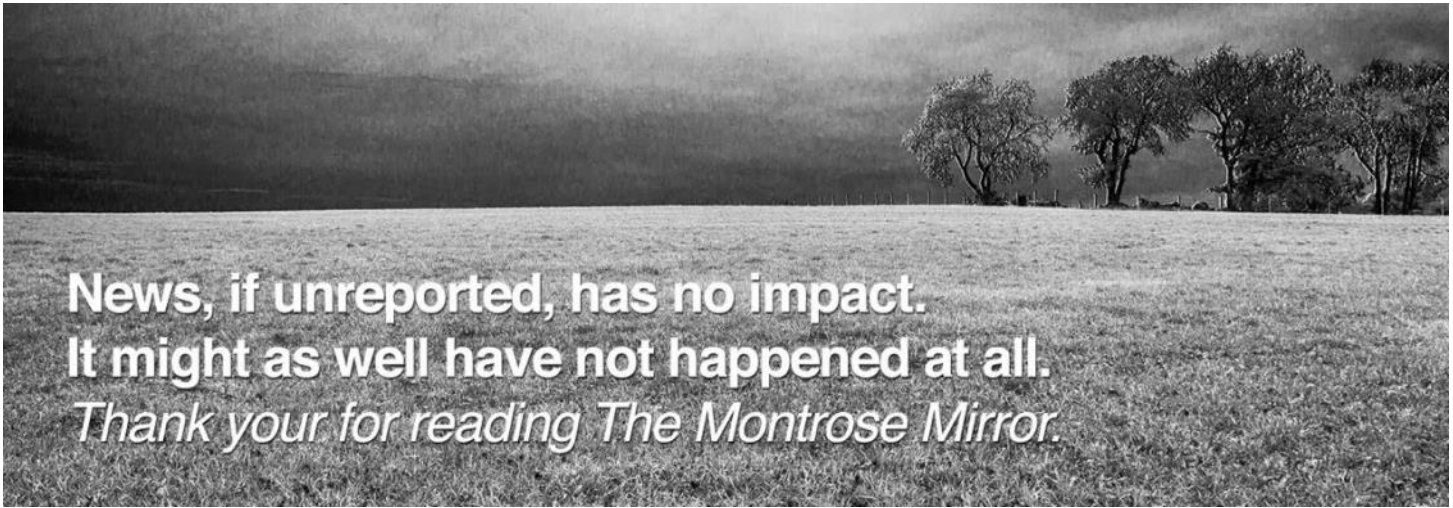
"I've been not only a State of Colorado Board of Directors member numerous times, but I have also been on the AARCH House of Delegates for eight years, AARC Nominations Chair for two years, and am going on my 25th year as a member of the AARC PACT (Political Action Team)," said Fischer. "I've also been lucky enough to be selected as a Fellow of the American Association of Respiratory Care (FAARC) as there are less than 20 RTs worldwide selected each year for this designation."

Lastly, nominees have to be involved in their respective communities in a positive way, and Fischer is on the Board of Directors (BOD) for the regional board of the American Lung Association, the regional BOD for the American Heart Association and is the licensure liaison representing the CRCS to the State of Colorado Department of Regulatory Affairs (DORA), RRT licensure division.

Fischer's career started at St. Mary's Hospital in Grand Junction as a Staff Respiratory Therapist after completing a Cardiovascular Intensivist program (MA) at Stanford University in California. He went on to serve as a Regional Manager for the Pediatric Services of America in Georgia, a Chief Operating Officer for a Pharmacy company in Anchorage, Alaska, and a PRN Flight Therapist where he would fly with Rotor Craft and Fixed Wing Craft to transport critically ill patients. During that time, he worked with the Coast Guard to coordinate patient flights between Russia, Japan and the Pacific Rim.

Fischer continued on in Supervising and Director positions at St. Mary's Medical Center in Grand Junction before coming to Delta Health in 2019. He currently manages the Cardiopulmonary Department, Sleep Lab, Echocardiology, Pulmonology, Diagnostics, Radiology, CT, MR, Ultrasound, Mammography and more.

"It is humbling to know that someone notices the work that we do, and that we *do* make a difference," said Fischer. "It is a privilege to work with the amazing Delta Health team and to come to work every day. Delta Health and Delta County are lucky to have such outstanding healthcare professionals. I am truly proud to be a Delta Health employee." To learn more about the Delta Health Cardiopulmonary and Radiology departments, visit deltahealthco.org/diagnostic-imaging/ or call 970.874.7681.



News, if unreported, has no impact.
It might as well have not happened at all.
Thank you for reading The Montrose Mirror.

COLORADO NEWS BRIEFS

COLORADO SECRETARY OF STATE ANNOUNCES MANDATORY RECOUNT OF COLORADO HOUSE DISTRICT 3 RACE

Special to the Mirror

DENVER – The Colorado Secretary of State's Office ordered a mandatory recount of the results for the race for Colorado's U.S. House District 3. Because the vote differential in this race is within 0.5 percent of the winner's total, a recount is required according to Colorado Statute § 1-10.5-101(1)(b).

All counties within U.S. House District 3 have been notified to begin preparations to proceed with a recount for this race, which must be completed by Tuesday, December 13, 2022, as required by statute.

"The results of the District 3 race reinforce the fact that every vote matters," said Secretary of State Jena Griswold.

"Colorado voters have made their voices heard, and I am ordering this recount in accordance with Colorado law to confirm the will of the voters." Once the recount begins, the 27 counties that are completely or partially in U.S. House District 3 will work with their bipartisan canvass boards to complete a logic and accuracy test (LAT) on the required tabulation equipment.

Following the LAT tests, the counties will begin recounting all ballots for the U.S. House District 3 race in the same manner they were processed during the election, meaning all counties will rescan ballots using tabulation equipment with the exception of San Juan County, which will manually recount ballots. On Friday, November 18, Colorado began the statewide

bipartisan Risk-Limiting Audit (RLA) – a post-election audit that gives a statistical level of confidence that the outcome of an election is correct. Bipartisan county audit boards successfully completed the audit on November 22. The reported winner in all the audited races was confirmed. Colorado's U.S. House District 3 is comprised of 26 complete counties, as well as part of Eagle County. Those 26 counties include: Alamosa, Archuleta, Conejos, Costilla, Delta, Dolores, Garfield, Gunnison, Hinsdale, Huerfano, La Plata, Las Animas, Mesa, Mineral, Moffat, Montezuma, Montrose, Otero, Ouray, Pitkin, Pueblo, Rio Blanco, Rio Grande, San Juan, San Miguel, Saguache.

To view the recount order, click [here](#).

BLM UNCOMPAHGRE FIELD OFFICE TO BEGIN SEASONAL CLOSURES TO PROTECT WINTER WILDLIFE

Special to the Mirror

MONTROSE- Annual winter closures go into effect Dec. 1 on public land managed by the Bureau of Land Management in the Montrose area to reduce stress on wintering wildlife and prevent road damage. These seasonal closures remain in place to protect wildlife during times of the year when they are most vulnerable to disturbance.

Annual closures extend through parts of the Dry Creek Recreation Area, the Ridgeway Trails Recreation Area, the Gunnison Gorge National Recreation Area, the Jumbo Mountain Special Recreation Area, the Burn Canyon Area, and the Dominguez Escalante National Conservation Area. The closures have varied effects on non-motorized/non-mechanized recreation such as hiking, biking, and horseback riding. Maps, a complete list of areas affected by winter closures, and details on when areas reopen are available online at <https://www.blm.gov/programs/recreation/recreation-activities/colorado/closures/uncompahgre-field-office>.

"It is important for the health of southwest Colorado's wintering wildlife to temporarily close these areas," said Suzanne Copping, BLM Uncompahgre Field Manager. "Winter conditions in this area are severe at times and the public can help ensure wildlife populations remain healthy by respecting these temporary closures."

When recreating on public lands in the winter, remember to observe wildlife from a distance and always keep pets under control. For additional information, call the BLM Uncompahgre Field Office at (970) 240-5300 or visit us at the Montrose Public Lands Center, 2505 South Townsend Ave in Montrose Colorado.

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HOT SPRINGS PERFECT FOR WARMING A WINTER DAY *From pg 1*

to recharge the underground aquifer. This 24-hour cutback reduces the volume of geothermal water flowing into the pools. The Springs are like bowls of soup, when the wind blows hard, we have to work extra hard to heat the pools. The City of Ouray and the Ouray Hot Springs are working hard to fight the lowering water flows affecting the facility. We appreciate your patience as we work to get this sorted!"

Ouray Hot Springs Front Desk Clerk Shelly Ross advised visitors to bring a towel or expect to purchase one, and to bring two quarters if you plan to use a locker while soaking. Also, "Bring a water bottle," Ross said. "Staying hydrated in hot water is super important. And give us a call to make sure you're okay with the number of pools we have open—it's hard for us to keep the temperatures up."

When only one pool is open, visitors receive a 50 percent discount, she said.

The Ouray pool is open daily from 11 to Noon to members only, and to the public from Noon to 9pm Wednesday through Monday, and from Noon to 4pm on Tuesdays.

For those planning to visit Orvis, pool hours are from 9am to 9pm daily. Lodging and camping are available as well as spa services. Also, "We have no issues with pool temperatures at all," Front Desk staff told the *Mirror* when we called.

The Homestead at Montrose



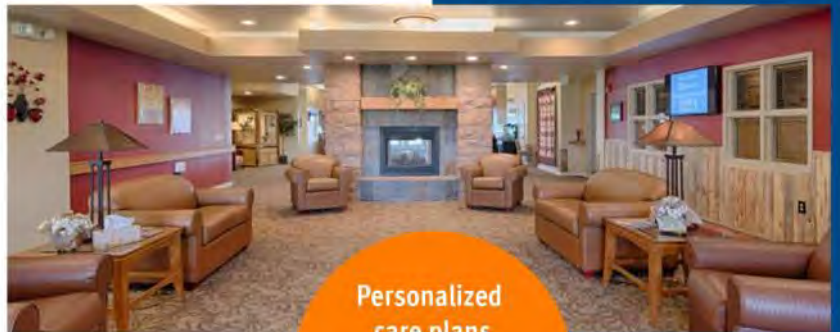
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REGIONAL NEWS BRIEFS

ARREST MADE IN SOUTHWEST COLORADO HOMICIDE

Special to the Mirror

IGNACIO-A 34-year-old Ignacio man is being held on suspicion of second-degree murder involving the death of Raeanna "Nikki" Burch-Woodhull (age 28), an Indigenous female from Ignacio.

A suspect was identified during the course of the investigation, and Luis Raul Valenzuela (DOB: 02/15/1988) was taken into custody on Saturday, December 3, 2022. Valenzuela was taken to the La Plata County Jail. His first appearance is set for Monday, December 5, 2022. Investigators believe the suspect is known to Burch-

Woodhull.

Law enforcement located the body of Burch-Woodhull in the area of Colorado State Highway 550 and County Road 310, south of Durango, on Saturday. Preliminary identification of the remains was made by the La Plata County Coroner, and notification of the family has taken place. The autopsy, where formal identification will be made, will be conducted by the La Plata County Coroner. Because this is early in the investigation, details are not available. The Colorado Bureau of Investigation (CBI) has been requested to conduct the

investigation and the processing of the crime scene, working closely with the Ignacio Police Department, the 6th Judicial District Attorney's Office, La Plata County Coroner's Office, and the Missing and Murdered Indigenous Relatives (MMIR) Office of the Department of Public Safety.

A CBI Missing Endangered Alert was issued at the request of the Ignacio Police Department in this case. It should be noted that the new Missing Indigenous Person Alert takes effect at the end of the month following completion of the rule-making process.

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Questions or comments: Contact Erika Stoerke at 970-641-7695 or estoerke@gunnisoncounty.org

REGIONAL NEWS BRIEFS

WINTER LOGGING CONTINUES ON PAONIA RANGER DISTRICT

Special to the Mirror

PAONIA— The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests announce continued winter logging operations on the Paonia Ranger District, along various segments of National Forest System Road (NFSR) #701—Stevens Gulch and NFSR #265. Operations are expected to continue throughout the winter season.

These forestry projects have various objectives including promoting forest health and providing wood products for commercial uses.

Commercial timber harvest is conducted to increase diversity of tree age classes and species, improve wildlife habitat diversity, increase forest resiliency to insects and diseases and contribute to economics of local area communities.

During winter operations, NFSR #701—Stevens Gulch will be plowed and open for public use up to the winter trailhead. The road beyond the trailhead will be maintained for permitted winter motor vehicle traffic only and will be closed to all motorized uses other than by permit holders. Over snow vehicles will be required to use the new alternate route.

The Muddy Aspen timber harvesting project will begin the end of November. The main haul route will NFSR #265. This winter NFSR #265, will be plowed an additional 2 miles past the typical distance of winter maintenance to roughly the Gunnison/Delta County line. A temporary winter trailhead will be plowed as soon as snow-pack permits for winter motor vehicle traffic only. The public can expect regular

log truck traffic on NFSR #265 and should be aware that there are spots of this road that are quite narrow. **Please exercise extreme caution** when traveling on roads used by logging trucks.

The public should continue to expect to encounter logging operations and traffic Monday-Friday, with the possibility of weekend and holiday hauling. Visitors should pay attention to and obey all road traffic signs when traveling in or near these areas. For additional information contact the Paonia Ranger District at (970) 527-4131.

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

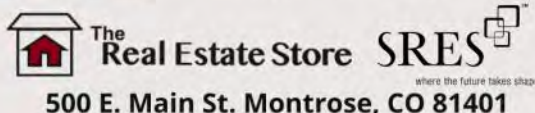
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OPINION/EDITORIAL: LETTERS

LET'S RESPECT AND PRESERVE OUR U.S. FLAG CODE

Editor:

A 'half-staff alert' was issued in Colorado recently for the period of November 21-26, 2022 which read:

"Governor Jared Polis ordered flags lowered to half-staff on all public buildings statewide from sunrise tomorrow morning until sunset on November 26, 2022, to honor and remember the victims of the horrific shooting at Club Q in Colorado Springs. Flags will be lowered for 5 days to remember each of the 5 individuals who lost their lives in this senseless tragedy. To further honor and remember the victims and those injured in this tragedy, the Polis-Primavera administration will also be flying the Pride flag at the Colorado state capitol for the next five days."

By enacting this alert, did Governor Polis violate both the U.S. Flag Code and his own Colorado Flag Policy? Section 7(m) of

the U.S. Flag Code is very specific for whom the National flag should be placed at half-staff.

This includes such individuals as principle figures of the U.S. Government, State Governors, Armed Forces members who die on active duty and first responders killed in the line of duty. The Colorado Flag Policy also appropriately mimics the language of the U.S. Flag Code.

Any local mass shooting is always a horrendous and inexcusable act of evil. Whether they involve school children, Walmart shoppers, patrons of a local LGBTQ nightclub or any other venue, the emotional response of our Governor or any other elected official should not include disregard for our U.S. Flag Code.

Governor Polis could have more appropriately shown respect for the deceased by ordering the Colorado flag to be flown at

half-staff for five days, which is within his prerogative, along with flying the 'Pride Flag' if he so desired, as long as it was not displayed inappropriately in proximity to our National Emblem.

If we are going to start lowering the U.S. flag to half-staff every time Colorado or another state has a local tragedy, we might as well leave it half-staff, because hardly a day goes by when tragedy does not occur somewhere, and who should judge which is tragic enough to warrant a government proclamation for recognition. Governor Polis, please fly the U.S. Flag at full-staff unless an event specifically delineated within the U.S. Flag Code permits otherwise.

Let's not degrade yet another one of our National treasures by minimizing its historical and ceremonial significance.

Dave Loncar, Montrose

SOUR GRAPES: CARTOONS BY TIM JONES

SOUR GRAPES

by Tim Jones



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



REGIONAL NEWS BRIEFS

COLORADO STATE PATROL PROVIDES WINTER DRIVING TIPS FOR MOUNTAIN ROADS

Special to the Mirror

COLORADO – If the winter wonderland of the Rocky Mountains is calling your name – whether its time to hit the ski slopes, take your snowmobile out for a ride or just seek a quiet space surrounded by the beauty of the season - it's important to remember the dangers of navigating the region's snow packed and icy roadways. Looking at 2021 winter crash data from December 1, 2020 through the end of March 2021 for just the southwest region of the state, 106 injury and fatal crashes were investigated by Colorado State Troopers in that area. The top identified casual factors for these crashes in descending order were:

Excessive Speed (posted limit or for the conditions)

Lane Violations (drivers traveling outside

their lane)

Impaired Driving

Distracted Driving

"Drivers should prepare themselves for the key characteristics of mountain driving including narrow and winding roadways, sharp curves and animal encounters," stated Major Brett Williams, District Five Commander for the Colorado State Patrol. "Now factor in unfavorable weather conditions or towing a vehicle. Taking things slow and maintaining a centered lane position is the safest and smartest way to explore the region."

As a resource to visitors in the area, the Colorado State Patrol has updated their Super Cruising in Colorado web resource to help prepare visitors on the scenic byways and mountains roadways throughout the area during winter condi-



tions. <https://csp.colorado.gov/super-cruising-in-colorado>

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leadership and tireless work for our community.**

**Space is limited! RSVP by Monday, November 28th
to RSVP@montrosedems.org with your name,
phone number, and number of people attending.**

REGIONAL NEWS BRIEFS

VISIT MOUNTAIN GIRL GALLERY IN RIDGWAY IN DECEMBER

Special to the Mirror

RIDGWAY-December is a great time to visit the Mountain Girl Gallery as the Ridgway Area Chamber of Commerce recognizes the four-woman art gallery and shop as Member of the Month. An ongoing effort to introduce Ridgway-area businesses and organizations, the chamber's Member of

the Month program aims to promote patronage of independent, local companies and nonprofits.

Four local female artists came together in the summer of 2017 to start a cooperative art gallery as a leap of faith. Five years later it is still serving our community with unique handmade art.



Mountain Girl Gallery artists Deidra Krois (potter), Jill Ridders (blacksmith), Lizzie Fike (jeweler), and Lucy Boody (textile artist).
Courtesy photo.

The artists with works in Mountain Girl Gallery are: Deidra Krois (potter), Jill Ridders (blacksmith), Lizzie Fike (jeweler), and Lucy Boody (textile artist).

"Our artists live and work locally and shopping at the Mountain Girl Gallery keeps dollars in the local economy. New unique items are continuously popping up at the gallery – stop by for a fresh look and don't hesitate to ask about custom work," said Deidra Krois.

"We have perfect holiday gifts including stocking stuffers and Ridgway merchandise. Gift ideas include: sterling silver mountain stack rings, inspirational quote coffee mugs, handwoven wearable art, and hand-forged gemstone utensils," she added.

The gallery is offering discounts, tasty bites and good times during Noel Night, December 2. Throughout the month, the December sweet deal is 15% off most items when you spend \$150+. December hours are Thursday to Sunday, 10 a.m. to 4 p.m., closing on Christmas and New Year's days.

Visit the Mountain Girl Gallery at 609 Clinton Street, Ridgway, Colo. To learn more about the gallery and shop, call 970-318-0382 or email mountaingirlgallery4@gmail.com. To keep updated about the gallery, visit <https://www.facebook.com/mountaingirlgallery/> and <https://www.instagram.com/mountaingirlgallery/>. For information about art in Ridgway, go to <https://ridgwaycolorado.com/businesses/arts-entertainment>.

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OPINION/EDITORIAL: LETTERS

AMERICANS HAVE BEEN THE VICTIMS OF NONSTOP DEMOCRAT GASLIGHTING FOR OVER A DECADE NOW

Editor:

I am sure that if I were to ask the question "Why is there no chain of custody for mail-in ballots in Maricopa County, Arizona?", I would immediately be labeled an "election denier". That's the term Democrats want you to believe is a synonym for evil right-wing crackpots intent on undermining confidence in the integrity of our elections. Fortunately, most Americans know better. Barack Obama, Bill Clinton, Joe Biden, Hillary Clinton, Kamala Harris, Bernie Sanders, Stacey Abrams, Nancy Pelosi, Harry Reid, Dianne Feinstein, Jerry Nadler, and Maxine Walters are just a sampling of Democrats who questioned the legitimacy of elections that didn't go their way. Jimmy Carter actually questioned the integrity of every Republican presidential victory this century.

Americans have been the victims of non-stop Democrat gaslighting for over a decade now – Obamacare, open borders, Hillary e-mails, spying on Trump, COVID lockdowns, the destruction of our energy production, green energy, Afghanistan, Ukraine, etc. A prime example of Democrat party gaslighting (and their utter hypocrisy) is Biden family corruption. In a blatant abuse of power, Democrats weaponized the FBI and DOJ against its political enemies, and have spent the last seven years attempting to destroy Trump and his supporters. That same attempt to search for a crime that hasn't been committed continues to this day with the appointment of a special counsel to "investigate" Trump. Meanwhile, those same champions of live prime-time hearings (show trials) of the Pelosi-picked January 6th panel, are suddenly scolding the

new Republican House majority, claiming they shouldn't waste everyone's time and money with hearings on Biden scandals. (Forget about truth and accountability.)

Up until now, the rules about corruption just haven't applied to the Bidens (and other Democrats). Joe Biden's denial of knowledge of son Hunter's corrupt business dealings with China, Ukraine, Kazakhstan, and other countries is preposterous. It is equally evident that the Biden family was selling influence and access. You know it, and I know it. Unfortunately, the same elites and media that somehow installed a totally unfit Joe Biden as president, and an equally unqualified Kamala Harris as VP, are the same "corruption deniers" that will continue to prop Biden up and prevent any semblance of justice from being served. This is the same two-tiered justice system that just sentenced an Ohio January 6th protestor to three years in jail for basically trespassing and stealing a bottle of bourbon and a coat rack. That was in the same week that a New York City BLM rioter (Yale educated lawyer) who literally firebombed a police cruiser with a Molotov cocktail and handed out explosive devices to other rioters was sentenced to only fifteen months. If the Ohio man had been a Democrat, he would have been released without bail and eventually had all his charges dropped. If the NYC rioter had been a Republican, she would have been given fifteen years.

Democrat elites pretend to care about our Constitution and democracy, but their actions clearly indicate they want one-party rule with no opposition. They fully intend to strangle state sovereignty with

an all-powerful federal government, and totally eliminate those liberties belonging solely to individual citizens. They want a presidency unincumbered by the separation of power between the Congress, the courts, and the presidency, and are fine with an administrative bureaucracy (the deep state) with no accountability to its citizens. That is why the elites hate Trump --- he dared attempt to give everyday citizens a say in how America runs. Their disdain for Trump is really a thinly disguised hatred for those citizens who dare stand against Democrat tyranny. And Democrats will use the same criminal tactics they used against Trump against any future conservative leaders who dare advocate for restrained government, empowered citizens, and personal liberty. Only Trump has so far dared challenge those elites that preside over a national surveillance state that has embraced censorship and political persecution.

The new Republican controlled House will slow the destruction caused by this administration, but we are still in for a dark two years. Biden has done nothing to solve the self-inflicted supply chain problem --- there are fewer and fewer trucks to move freight inland due to California's environmental restrictions. Biden's destruction of our energy sector has now created diesel shortages. Biden cleverly delayed the likely national rail strike until after midterms. And the lame-duck congress is doing everything it can to pass more unfunded spending bills in coming weeks --- inflation be damned. And the inmates are still in charge of the senatorial and presidential asylums.

Ed Henrie, Montrose



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MIRROR IMAGES: CELEBRATING THE SEASON DOWNTOWN



*Photos from 2022 Parade of Lights and Santa's Cabin
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OPINION/EDITORIAL: COMMENTARY

A FRESH POINT OF VIEW: HOLIDAY MUSINGS ON 'FIGHT CLUB'



Jack Switzer. File photo

By Jack Switzer, 19 MONTROSE-When the end credits rolled it almost felt like I was waking up from the best and worst dream of my life.

The first time I watched *Fight Club*, 14-year-old Jack couldn't really understand why this

movie made him feel so conflicted. I had loved every second of it even if it wasn't a kids' movie! But I did sort of understand. I had watched the whole thing alone, nobody distracted me, and I had paid attention to the whole thing. Yet it was still beyond me why I felt somewhat negative. Confused, but not enthralled at the idea of sitting around thinking about it, I left the room to go play some video games.

I rewatched *Fight Club* last week. The film was directed by David Fincher but adapted

from the book by Chuck Palahniuk. I finally understand why this movie captivated me even though I couldn't completely understand why five years ago.

It speaks to my soul, to the souls of new generations. It speaks to the child whose innocence was shattered when he realized he's never gonna be a superhero. It speaks to the teenager blindly stumbling through his education, oblivious to the world outside himself. It speaks to the man sitting at home realizing how much time has passed him by while he wasn't taking his life seriously. It speaks to broken people, who don't have their own place. People who just realized they really are nothing special in this world, a new set of generational cogs being prepared to take the wheel.

What do you do with that feeling of regret, hatred, or sorrow when there is no outlet for you?

When you're a broken person who has already decided you aren't worth saving, that nothing is worth saving. These are

people who have never known love, forgotten love, or perhaps even reject love for their own reasons.

Without love the world is very, very dark. Love the people around you, treat others with love even if they aren't the person you want to shower with that love.

Don't love your material possessions more than any other person, don't decide that without your furniture or your job you are nothing. Become someone you can be proud of and let the love in your life shine a small light into someone else's.

The youth are our future, we are our present, and the people who came before us are still urging us forward. But we all want to be loved, and we all want to be special even if it means only being special in the eyes of someone else.

Don't lose that feeling to impatience, or rage, or even loneliness itself.

Remember someone who loved you even if maybe you didn't deserve it at the time and pass it forward.



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COLORADO NEWS BRIEFS

GOVERNOR POLIS APPOINTS NINA ANDERSON TO THE COLORADO WORKFORCE DEVELOPMENT COUNCIL

Special to the Mirror

GRAND JUNCTION- Local business owner Nina Anderson was appointed by Governor Polis on Nov. 18, 2022, to serve a three-year term on the Colorado Workforce Development Council (CWDC). Nina is the CEO and owner of Express Employment Professionals in Grand Junction and Montrose and will be the only member on the Council representing the Western Slope.

"This is a great opportunity to highlight the things we're doing well in western

Colorado and further secure the support to help us do even better," said Nina Anderson.

"I look forward to serving."

Nina has been in the human resources field for more than 30 years and is a member of the Western Colorado Human Resources Association, member and past Chair of the Mesa County Workforce Development Board, member and previous board member of the Grand Junction Chamber of Commerce and current member of their Government Affairs Com-

mittee and GJ Regional Air Service Alliance Committee. The vision of the CWDC is that every Colorado employer has access to a skilled workforce and every Coloradan has the opportunity for meaningful employment, resulting in individual and statewide economic prosperity. The CWDC's mission is to enhance and sustain a skills-based talent development network that meets the needs of employers, workers, job seekers, and learners for today and tomorrow. To learn more about the CWDC visit cwdc.colorado.gov.

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Tuesday, Dec. 13 from 2 to 3 PM

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REGIONAL NEWS BRIEFS

GMUG ANNOUNCES MONARCH PASS PILE BURNING PROJECT

Special to the Mirror

GUNNISON-Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests' Gunnison Ranger District will be looking for an opportunity to initiate the burning of approximately 1500 slash piles in the vicinity of Monarch Pass. The piles are the result of hazard trees that were felled in 2020. The slash piles are located along Highway 50 between mile marker 192 and 199. Pile burning will begin in November when there is sufficient snow or rain present to prevent fire spread and will continue as long as conditions allow. Implementing prescribed fire is a critical part of reducing the risk of wildfire to communities and improving forest health conditions. Updates will be posted on the [GMUG Fire Info Facebook page](#). Prescribed fire is only implemented under very specific environmental conditions (e.g., wind speed,

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

The safety of firefighters and the public are the most important factors considered when planning prescribed fires. Burning will only occur when all conditions of the state-issued smoke permit are met. Learn how smoke from wildfires, prescribed burns and pile burns may affect your health by visiting the Colorado Department of Public Health website [https://](https://www.colorado.gov/pacific/cdphe/wood-smoke-and-health)

www.colorado.gov/pacific/cdphe/wood-smoke-and-health.

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

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

For more information on current fire restrictions, conditions and recreation opportunities, visit the [forest website](#) or www.westslopefireinformation.com.

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YOUR BRAIN ON NATURE – RESILIENCY



By Lauren Hall Ruddell, Ph.D.

Greetings Mirrorites!

I decided on this topic after reading an article by a college counselor on the diminished capacity of college students to handle novel situations and challenges. The tale of the two freshman girls who needed professional counseling after spotting a mouse in their off-campus apartment was related in an amusing manner. But the phenomenon is not amusing at all.

For my own vignette to share, I had the experience of a group of South Korean students coming to my farm for a hands-on sustainable agriculture lesson. Most of them had a blast, but there was one young lady who was honestly terrified. Of everything. Even a day old chick held in my hands caused her to scream in terror and nearly pass out.

Psychological resilience is generally understood to be the ability to 'bounce back' from adversity. Adversity is just naturally an unfortunate part of life, and most of those events are a whole lot more serious than a potentially deadly (ha ha) day old chick. Job loss, divorce, death of a family member, climate disaster that destroys your home, are right up there and guaranteed to mess with anyone's head and heart. Stressful life events are often a factor in the subsequent development of a mental illness such as major depressive disorder, generalized anxiety, and chronic negative affect.

To facilitate resilience, protective factors are required. These attributes help to buffer the impacts of adversity, making bouncing back much more likely. Personal



Courtesy photo.

-level protective factors are attributes of the individual that facilitate the interpretation of, coping with, and reaction to, bad stuff. Family-and community level protective factors involving social support are super helpful as well.

Natural environments have been suggested as being akin to community-level protective factors. For example, wilderness camps have been shown to promote resilience, as the experience provides the opportunity to engage in activities in a novel and restorative setting and to develop new skills that lead to greater self-esteem, competency, self-confidence, and self-efficacy. These are all important ingredients in the ability to render comforting cognitions to oneself, such as 'this too shall pass', or 'I've seen worse'. This is a learned talent that improves with age.

This information has been around for over two decades, and is now common in parenting guidance in the form of blogs and journals. So how come there aren't more kids in the woods, or fields and streams, or untamed mountains and valleys growing in mastery of self and their environment and thereby becoming more resilient when things go wrong?

Two reasons are cited consistently in the literature:

Helicopter parenting. There is a consistent view among experts that across the western world, parenting styles are more risk

averse and parents are now more likely to intervene to solve problems for children than previously. When parents step in to solve the problems of their children, they send a couple of very important messages:

The world is a dangerous place, so you had better fear it.

You are incapable and incompetent, so an adult will need to do this for you.

This is, in effect, anti-resilience training. A pro-resilience approach would be to say "I know you can solve this problem on your own, come to me only if you really need help," which encourages self-reliance and 'true grit'. And yeah, bad things can happen. I took a really hard fall from a horse as a junior in high school because I was jumping (rather the horse was) over some challenging objects while riding bareback. I was on crutches and in physical therapy for most of that summer. But I learned, and rode in a saddle from there on out. My parents stayed out of my business on that occasion, except for driving me to physical therapy. And the second most discussed reason is...Screens. Neurological research now indicates that resilience is declining in teenagers because of the focus on social media and online games which are in effect rewriting the neural equipment of our teenagers. Focusing on an invented world of online experiences for hours per day,

Continued next pg

YOUR BRAIN ON NATURE – RESILIENCY From previous pg

especially during the periods of rapid brain growth in late youth and adolescence, changes the structure of the brain. Further screen time seems to be linked to anxiety and depression in kids, and is dramatically on the rise.

One of the best techniques for dealing with anxiety and depression is mindfulness – focusing on the here and now and practicing being in the current moment (a subject for future articles).

Screen time is, of course, the exact opposite of mindfulness and so parents and society should not be surprised that it gives rise to high levels of psychological distress. But they're physically safe, yes they are, staring into the blue light abyss. But like helicopter parenting, it comes at a cost.

It's not just youth that suffer from lack of resilience, whatever the cause. Restorative environments can help us older folks

as well. Time in nature doesn't necessarily blunt our initial response to loss and trauma, at least experimental science is unable to determine that benefit conclusively. However, regular nature-based activities in restorative environments does cause our response to attenuate more quickly. The grief, fear, anxiety, and helpless hopelessness recede more quickly and thoroughly.

For instance, in 2019, a group of German researchers explored whether a national group-walking in nature program would foster resilience in the general population. They were disappointed to report that there was no buffering effect for life's immediate tragedies. The nature group reacted just as strongly as any other group of walkers anywhere, or even non-walkers. We feel what we feel, and time in nature will not turn a human into a Vulcan. However, they found that the nature

group walks were associated with a greater reduction in perceived stress, depression, and negative affect after the stressor had occurred than for the other control groups.

Comfortingly for the researchers, and for us folk, similar results were found in other studies. Interestingly, for this particular psychological attribute (resilience), dosage is mostly irrelevant. The collected studies on this subject show that group walks in nature, regardless of frequency, have some beneficial effect following loss or traumatic events.

The moral of the story is that when tragedy strikes, acknowledge the hurt, be gentle with yourself for a while, then take a good long hike on a beautiful day with good friends to get your resiliency juiced up and on the fast track.

Comments and questions can be snapped off to agescapesnow@gmail.com.



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REGIONAL NEWS BRIEFS

RICHARD WALLER TO PRESENT ON THE OLD SPANISH TRAIL

Special to the Mirror

MONTROSE-The Montrose County Historical Society presents Richard Waller and the Northern route of the Old Spanish Trail. In December 2022, the Old Spanish Trail was designated a National Historic Trail by Con-

gress. Mr. Waller has traveled the length of the trail using many modes of transportation, preliminary by horseback and has explored the varied route the northern part of the trail took as early merchants traveled through Colorado and Utah to meet the trail

in Nevada. The program starts at 7 pm. Wednesday, Dec. 7, 2022, in rooms 1 and 2 in Montrose County Events Center. Admission is free, the public is invited. Light refreshments may be available. Social distancing and COVID procedures are encouraged.

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REGIONAL NEWS BRIEFS

NEWSWEEK NAMES BLACK CANYON SURGICAL CENTER AMONG AMERICA'S BEST AMBULATORY SURGERY CENTERS

Special to the Mirror

MONTROSE – If you recently experienced expert surgical care in Montrose at the Black Canyon Surgical Center, you're not alone.

Newsweek has named the Black Canyon Surgical Center of Montrose, Colorado among the best in the country.

In an analysis of over 5,000 ambulatory surgery centers (ASCs), Newsweek and its partner Statista placed Black Canyon Surgical Center on its list of *America's Best Ambulatory Surgery Centers 2023*, and is one of only a select few receiving this recognition in the state of Colorado.

"We put our attention and energy into quality patient care along with developing the best team and surgical environment possible," said Dan Soderlind, CEO of Black Canyon Surgical Center. "To be recognized by a national organization against our peers is an honor. Our patients and surgeons place a lot of trust in us and what we do. I am proud Montrose has access to a team like we have at the Black Canyon Surgical Center."

Jeff Mengenhausen, CEO at Montrose Regional Health (MRH) added, "as partners with the Black Canyon Surgical Center, we are thrilled with its success. MRH has a history of partnering with providers in the community to excel and provide our communities with excellent care. This is another example of how we have partnered with independent providers to live out our motto and "care for you like family."

The award is based on quality of care, performance data and peer recommendations, relative to in-state competition. To gather data, the analysis included surveys from ASC personnel across the nation – experts in the field – and data from the Ambulatory Surgical Center Quality Reporting (ASCQR) Program by the US Centers for Medicare and Medicaid Services. Survey participants rated ASCs from 1-10 in four quality dimensions: Management in times of COVID-19 crisis, Management of waiting time, Quality of surgical care and Quality of follow-up care.

Thirteen ASCs were awarded in the State of Colorado, most of them located in the Denver area. According to the Colorado Department of Public Health & Environment, there are 136 ASCs in Colorado.

Black Canyon Surgical Center is a multi-specialty ambulatory surgical center in Montrose, providing high quality multi-specialty care to a five-county region. More information about the Black Canyon Surgical Center can be found at BlackCanyonSurgicalCenter.com.



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

800 S. 3rd Street
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REGIONAL NEWS BRIEFS

GIVING THANKS CIVIC AWARDS 2022



MCRW Member Betty Hayes presents award to Amy Eifling (on right) for her volunteerism for Veterans at Welcome Home Montrose.



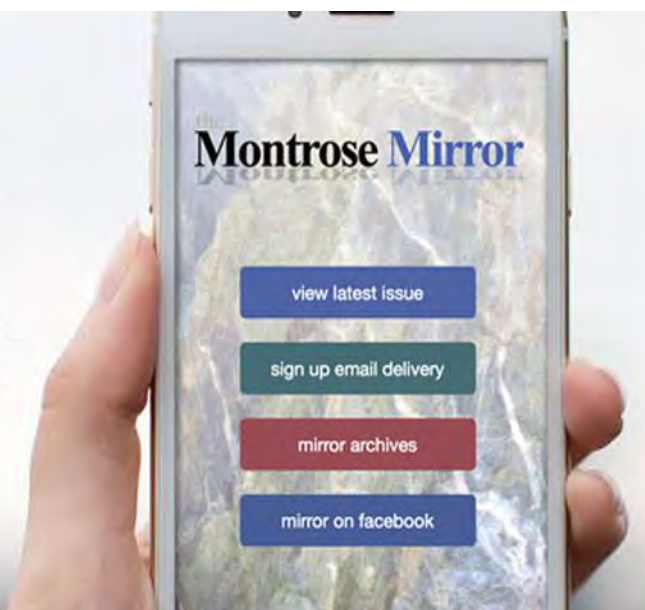
Recipients Martin Crespin and Marti Barnes for their help with local charities (Montrose Elks) and community-wide events volunteerism. MCRW presenter Pat Brown. Manager Lissette Riviere of Delta, Montrose & Ouray Partners presented Mark Spindler for his exceptional mentoring of youth in our community. Honoree Ed Deti for his years of dedication to youth as NRA Rifle Instructor.

Special to the Mirror

MONTROSE-The Giving Thanks Civic

Awards 2022 presented by the Montrose County Republican Women is a yearly event to celebrate and recognize local citizens for their unwavering efforts of volunteerism in our community. Five wonderful people were honored by the MCRW Chapter in November with a Thanksgiving lunch, a biographical presentation of their good works, a framed certificate, and Colorado mug. Themed with Giving Above and Beyond, these community members are a guiding light for many who may be desperate, broken, or lost. They bring a cup over-flowing with the hope, faith, and knowledge to create positive change. These volunteers ask nothing in return. This is why we celebrate and give thanks to each of our 2022 Civic Awardees.

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Montrose Community Band

20th Annual Christmas Concert

Sunday, December 18th, 3:00 p.m.

Montrose Pavilion



Free Concert Sponsored By



COMMUNITY OBITUARIES

BRUCE WAYNE GATTIS

February 23, 1938-November 24, 2022



Bruce Gattis was born in San Antonio TX to Everett Gattis and Louise Agurie. He graduated from Laurel High School in Laurel, MD and went on to complete Bachelor and Medical degrees at the University of Maryland. He married Mary Supplee, and had three sons. Later he married Susan Bunney, and they recently celebrated 41 years of marriage.

Dr. Gattis served in the US army in Vietnam, and later at Ft. Meade, MD. He retired at the rank of Lieutenant Colonel. He had several private practices through his lifetime, and also practiced at various clinics, and later as a hospice physician.

In his younger years, Bruce lived a bit on the wild side. One favorite story, he briefly became a pilot and flew a very small plane around the country. He liked to stretch his fuel and one day had to glide in and land on a highway, hitchhike to get fuel and then take off again on the same highway with the police blocking traffic. Bruce and Sue enjoyed creative homemade cos-

tumes for many a Halloween party- there is a great picture of Bruce dressed as a lion and Sue as the lion tamer complete with whip and chair.

Bruce was a loving son, husband and father. Later in life he discovered God and became a member of St. Stephen's Anglican Church in Montrose, CO, where he was a devoted parishioner.

He is survived by wife Susan Gattis, sons Thomas Gattis (Rose), William Gattis (Stephanie), Robert Gattis (Tina) and stepson Charles Bunney (Rachel), grandchildren Benon Gattis, Evan Gattis, Erin Gattis and Anna Gattis as well as siblings Robyn Wedderburn and Peter Wedderburn. He was preceded in death by his sister Sally Olson.

Services will be held at St Stephen's Anglican Church with graveside service to follow at Cedar Creek Cemetery on December 6 at 11 am.

Crippin Funeral Home is assisting the family.

Now more than ever...

Thank you for reading

THE MONTROSE MIRROR

COMMUNITY OBITUARIES

RICHARD ALLAN NUNAMAKER



RICHARD ALLAN NUNAMAKER passed away November 18, 2022 in Delta, Colorado in a tragic car accident. He is survived by his wife of 33 years, Vicky Nunamaker, his daughter Rachel Dean-Ruzicka, and son-in-law Matt Ruzicka. Richard was born in Youngstown, Ohio to Betty and George Nunamaker in 1951.

He graduated from Liberty High School and subsequently attended Miami University of Ohio for his Bachelor's degree and University of Northern Colorado for his Master's. He was an educator at heart, earning a PhD in Entomology from the University of Wyoming. He specialized in social orders of insects, specifically honeybees. Richard raised bees throughout his



life and sold "Nunny's Honey" on the Front Range.

While in Laramie he built his own log cabin, raised pheasants and pigs, and enjoyed living in a historic Victorian era home that he boldly painted purple. While doing research in Mexico he discovered the honeybee tracheal mite in 1980 and published research photos of the mite taken with the electron microscope.

Once in Delta and Cedaredge he continued to work as an educator in public schools, including the Vision Charter School and as a substitute teacher throughout Delta County Schools. He helped countless reach their dreams, whether they were college or trade orien-

tated.

He established Grand Mesa Vineyards, growing Rkazitelli, Pinot Noir, Pinot Gris, and Savarapi grapes.

His Rkazitelli grapes, in collaboration with Williams Cellars, won a double gold at the San Francisco International Competition in 2019. Richard was a prolific gardener and loved canning tomatoes, making pickles, and freezing batches of homegrown green chili. He loved to travel from early in his career as a research scientist working in Australia and Switzerland. He also traveled extensively with his family and loved visiting Spain, Portugal and the Azores, Argentina, and New Zealand. In every country he would make friends because he was such an outgoing and enthusiastic person.

He dedicated his life to his passions and to those he loved, friends, family, students and colleagues. He made what seemed impossible, possible through his determination and caring for others.

The family is holding a private service at this time, with a large memorial planned for Cedaredge early next summer. Donations may be made in his name to the Xerces Society at <https://xerces.org/>. Memories may be shared on the Crippin Funeral Home web site.

LEROY "ROY" THOMAS CANO *April 30, 1927- November 22, 2022*

LEROY "ROY" THOMAS CANO of Montrose Colorado, passed away at his home on November 22, 2022. He was 95 years of age. Roy was born in Los Angeles, California on April 30, 1927, and graduated from Fremont High School in 1945. He enlisted in the U.S. Navy in 1945.

Roy was a highly regarded elevator mechanic/adjuster with Otis Elevator in Los Angeles for thirty years. He retired in 1992 and headed for Montrose in 2000. He enjoyed many years traveling with his beloved wife and volunteered his time and storytelling skills at the Pavilion where he was happy to find several great new friends.

He will be missed by his wife of 42 years, Harriet M. Cano; sons Leonard L. Cano (Dana) and Daryl C. Cano (Ruth). Roy was loved by five grandchildren and four great-grandchildren. Roy requested that there be no funeral service.

Crippin Funeral Home is assisting Mr. Cano's family.

COMMUNITY OBITUARIES

CARL GUTKNECHT

February 27, 1938 – November 22, 2022



I give thanks to many people, starting with my very fine parents raising me in a Christian home, showing and teaching me about character, responsibility, and manners. I have been very fortunate.

I have lived a blessed life, 84 years, with few health issues. Born in February 1938 in Ohio, and living until November 2022 in wonderful Colorado, I am extremely thankful for the Teaching career that allowed me free time to enjoy my many outstanding friends and great relatives. I have had much time outdoors – hiking, backpacking, camping and just really soaking in the beauties of nature as set up by

God. I have tried to capture that with my photos over the years and have enjoyed sharing that with so many of you.

I have had many long-term friendships with too many people to name, but it has been a blessing to share this journey with so many good people. I also had three great relationships over the years, not quite getting to marriage. Poor thinking on my part. Thanks to God, as well as friends and family, for making my life so blessed.

I do not wish to have a Memorial Service. Crippin Funeral Home is assisting the family with arrangements.

THEORA MAY ROBINSON

October 11, 1930- November 26, 2022

THEORA MAY ROBINSON was born to Alfred and Louva Brown on October 11, 1930 in Montrose, Colorado. She passed away at home on November 26, 2022. Theora attended schools in Montrose and Denver. She worked at various jobs until retirement. Theora enjoyed camping, fishing, gambling, crochet and softball.

Theora and Phil Robinson were married in 1969 in Gunnison, Colorado. They lived in Montrose, Basalt, and Gunnison before moving back to Montrose in 2018.

Theora was the second of eight children and was preceded in death by brothers, Wes (Dorothy) Brown, Daryl (Jane) Brown,

and baby sister, Alice Winifred. She is survived by her husband, Phil, brothers Gale (Sue) Brown, Delta, Co., and Wayne (Beverly) Brown, Montrose, Co and sisters, Lynn (Frank) Dunn, Clifton, Co and Lorell (Larry) Cotten, Monte Vista, Co.

Theora was very family oriented with daughter, Elaine Gannan and son Kenneth (Lori) Follman. She was proud grandmother to Chris (Darlene) Gannan, Brian (Bobbie) Gannan, Rick Follman, Nicole Revels and three great grandchildren, Christian Revels, Presley Revels and Arian-na Fischer.

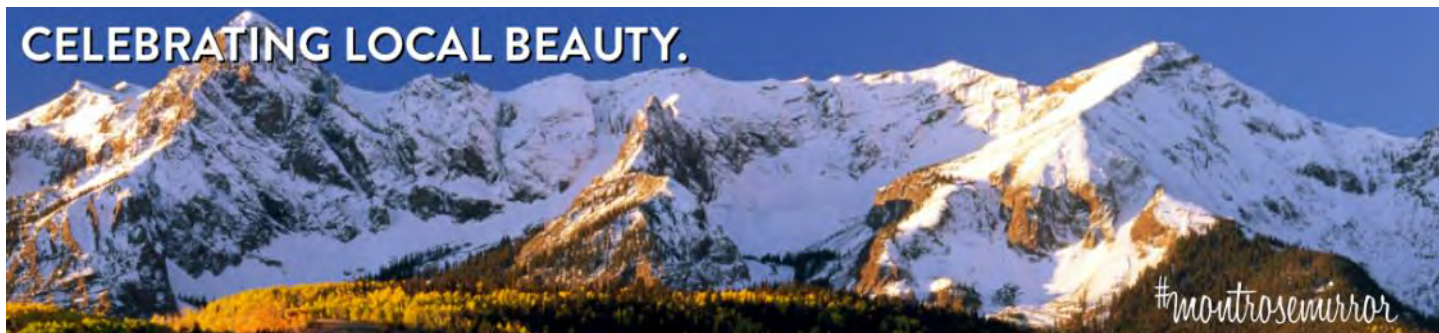
A celebration of her life will be an-

nounced at a later date.

The family requests donations be made to Hope West Hospice Services in lieu of flowers. Crippin Funeral Home and Crematory is assisting the family.



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ISSUE 399 Dec. 5, 2022

ART & SOL

DEAR SANTA...

By Bob Cox

UNITED STATES-Every year, as the Christmas season begins, the 'Super Christmas Specials' saturate every advertising medium and there are always those reminders to be generous and aware of those who are not as fortunate as we are. In years of growing inflation, high food prices and limited incomes the problems tend to grow exponentially. Those who have less cannot give more. Still, somehow people find a way to help those in need, and the Christmas holiday epitomizes that need to give.

One of the most fascinating stories of a person's need to give involves a young lady who has faded into history, but whose ideas still flourish to this day. Elizabeth Phillips was not given much attention in 1904, when she performed her good deeds. In fact, it was not until the late months of 1922, almost 13 years after her death, that she received the accolades she deserved.

The Ladies Home Journal first published her story. It was picked up and reprinted in numerous newspapers across the nation, including the December 21, 1922 edition of the *Olathe Criterion*. The story is lengthy, but heartwarming.

Elizabeth Phillips was a teacher in the Philadelphia public school system, and understandably had a special connection to children. She lived in a boarding house in Philadelphia. In the fall of 1904 she be-

came very ill and was confined to her bed in the boarding house. She expressed her thoughts to one of the matrons. Her opinion was that Christmas would not mean much to her that year, but she said, "It will mean far less, maybe nothing, to many." She decided to try her best to make things better. As soon as she was feeling better she started to work. One of her first efforts was to contact President Roosevelt. As a result of that contact, she formed the National Santa Claus Association, through which she could have letters to Santa Claus forwarded to the headquarters. Technically, it was a violation of the postal rules to give undeliverable letters to anyone, but Roosevelt helped overcome that ruling and Phillips began attempting to fulfill the requests of many youngsters. She was adamant that it was not her intention to replace the Christ Child with Santa Claus, but rather to use the jolly elf as a symbol of sharing and giving of gifts. "It is my purpose to make Santa, whose home will be in every home, and who will be the friend of children everywhere," she said. To that end, a headquarters was established and for the next few years all the letters in the Philadelphia area that were addressed to Santa were delivered to the association.

Phillips worked tirelessly to collect funds to make Christmas just a little better for those who had little. She started with her close friends, asking each of them to give



This illustration appeared in the Ladies Home Journal and a number of newspapers throughout the country in 1922. Elizabeth Phillips, the person honored in the sketch, committed suicide 13 years prior to the publication. Sketch is from the Dec. 21, 1922 edition of the Olathe Criterion.

a little. She took any donation from pennies to dollars and when she could no longer ask her friends, her solution was not to give up, but rather to make new friends. She became widely known as Miss Santa Claus and vowed that the NSCA headquarters would not be a place where activity only took place in the weeks before Christmas. She saw to it that there was always fund raising. For the next three years she saw many of her goals met, but she was never satisfied. Her concept began to take hold in other

Continued next pg

DEAR SANTA... From previous pg

communities, As a result of her cooperation with President Roosevelt, the Postal Service saw a way out of having stacks of undeliverable letters to Santa Claus. In 1912, Postmaster General Frank Hitchcock authorized the U. S. Postal Service to respond to children's letters to Santa. He also encouraged local communities to join in the effort and allowed local post offices to give the letters to entities that could help.

The next year the *Montrose Daily Press* began publishing the letters, complete with names and addresses. They then turned many of them over to the Odd Fellows, the Montrose Elks Lodge, and other organizations that offered to help. With the exception of how the letters are handled by the Press, the tradition carries on to this day. There are a myriad of ways people can help.

With very few exceptions Phillip's death was not mentioned. She was mostly forgotten until the 1922 article hit the newsstands.

Prior to that article the only headline bearing her name did not tell much of her efforts. The short article was printed in a Philadelphia newspaper and in *The Telluride Times* in August 1909:

Miss Santa Claus a Suicide

PHILADELPHIA, Aug. 11. - Miss Elizabeth Phillips, widely known as 'Miss Santa Claus,' committed suicide today by Inhaling Illuminating gas. She was found in a room at her home with a gas tube in her mouth. Pinned to the woman's clothing was a note, which read: "I have been in failing health for some time. I have always tried to do my best for mankind." Miss Phillips enjoyed almost a national reputation by reason of her work at Christmas

time among the poor children.'

Without actually mentioning Elizabeth Phillips, a lengthy editorial in the December 20, 1907 edition of *The Plaindealer*, her concept was extolled. A small part of the opinion was as follows:

So, let us hang up our stockings by the hearthstone of home, and make glad the little children and lighten the loads of those who are oppressed and sing glad music and let our hearts be blithe and light...

The United States of America, thanks largely to those who still think like Elizabeth Phillips and many, many others, has a reputation of being the most generous nation on earth and most still recognize that Santa Claus is a symbol of giving and not the real reason for the season.

Dear Santa, please bring me an answer to the problems this nation now faces.

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A TASTE OF REMINGTON'S NEW WINTER MENU...

By Carole Ann McKelvey

MONTROSE -- Just had to go over to Remington's to try the new winter menu after seeing the ad in the Mirror.

What's not to like? My son, Ian, and I got reservations (recommended) and arrived at 7 pm on a Wednesday evening. Place not full but boisterous large family holiday dinner taking up entire bar area. I wanted to keep it light so ordered off the "All Day Offerings". This is basically the appetizer offerings plus.

I decided crab cakes and a salad sounded just fine and Ian had a Reuben sandwich, his father's favorite. But first, wine! Nice merlot rounded out my meal; Ian stuck with coffee. Service was great with inquiries about our meal and lots of coffee refills. My two crab cakes were presented atop a tasty Cajun remoulade and my Caesar salad was delicious and plenty (on the side no extra charge).

I found myself wishing there were three crab cakes (they were so good) but dish was very satisfying. Beautiful presentation.

I had a bite of the Reuben and with the mottled rye it was wonderful, full of thinly sliced pastrami and lovely sauerkraut. His plate came overflowing with tater tots on the side and Ian ended up taking part of the Reuben home for a breakfast treat.

Having eaten rather light, I indulged in a key lime tart. If it's on the menu when you go do not hesitate! Yummy! Our meal rounded out to \$58.97.

The new menu has many offerings to choose from and the prices are not bad. "All Day Offerings" bill of fare is offered from open to closing and there is an extended "After 5" menu featuring new dishes for fall/winter.

The Greens and Soups:

Caesar Salad — Romaine lettuce, seasoned croutons, Parmesan crisp, house-made Caesar dressing \$12; House Salad —

Mixed greens, tomato medley, red onion, cucumbers, shaved carrots \$9; Cobb Salad — Mixed greens, chicken breast, avocado, hard-boiled egg, crispy bacon, bleu cheese crumbles, red onion, and croutons with dressing of choice \$16; Beet and Arugula Salad — Tossed in lemon basil vinaigrette, goat cheese fritter, and salted pecans \$16 Add protein to salad — Chicken \$12, Shrimp \$16, Ahi \$19; soups: Creamy Crawfish Andouille Étouffée, Cup \$7 Bowl \$10; Soup of the Day — Made fresh every day, Cup \$6, Bowl \$8.

All Day Offerings: Remington's Bridges Burger — A third-pound beef patty cooked to order, choice of cheese, and lettuce, tomato, and onion on a toasted brioche bun \$15; Remington's Beast Burger — Seven-ounce brisket/pork belly patty with beer cheese curds, garlic aioli, jalapeno bacon, and roasted tomato on a brioche bun \$22; Hot Turkey Sandwich — With smoked gouda, arugula, sriracha mayo, and house-made sweet and hot pickles, on a toasted brioche bun \$15; French Dip — A pile of slow-roasted prime rib, sliced thin, with provolone and red wine au jus on a toasted hoagie roll \$17; Classic Reuben — Pastrami stacked high on toasted marble rye with Swiss cheese, sauerkraut, and 1000 Island dressing \$16. (Sandwiches come with fries, sweet potato fries, tater tots, or onion rings;

Favorites:

Burrata — Sweet cream mozzarella, baby tomatoes, balsamic reduction, basil pesto, and grilled bread \$12; Classic Crab Cakes — Lump crab, red pepper, red onion and lemon, seared to a golden brown, served with a Cajun remoulade \$17; Fried Brussel Sprouts — Fried with seasonal toppings \$14; Totchos — Jumbo tots smothered with homemade cheese sauce, bacon, fresh jalapenos, green onions, and sour cream \$13; Wings — Seasoned and served plain or with your choice of sauces; Half order \$10/ Full order \$16; Firecracker Shrimp — Rice and corn breaded shrimp fried and tossed in a spicy Asian or curry sauce with house-made pickled slaw \$14; Fish and Chips — Beer battered cod fillets and crispy fries with a hearty Cajun remoulade \$18; Crispy Coconut Shrimp — Breaded coconut shrimp served with sweet chili sauce \$12; Frederic's Flatbread — Dressed in gorgonzola, mozzarella, fresh blueberries, arugula, caramelized onions, bacon, and balsamic drizzle \$14; Coriander Shrimp — Four jumbo shrimp crostini's with fresh guacamole and sriracha sour cream \$19 Fish and Chips — Beer battered cod fillets and crispy fries with a hearty Cajun remoulade \$18; Eight-ounce pork chop stuffed with smoked gouda and spinach, oven roasted tomatoes and bacon with a balsamic reduction, asparagus, and fingerling potatoes \$28; Bison Short Ribs — Slow

Remington's
casual dining with a view

Continued next pg

A TASTE OF REMINGTON'S NEW WINTER MENU...

From previous pg

braised bison short ribs with red wine demi-glace, truffled risotto, and broccolini \$32; Seared Airline Chicken — Eight-ounce chicken breast with a creamy velouté sauce, creamy risotto, and grilled asparagus \$23

After 5:

The Seafood Ahi Tuna — Six-ounce sesame crusted filet, cooked to order with creamy risotto, sweet teriyaki sauce, and stir-fried veggies \$28; Shrimp an' Grits — Jumbo shrimp, andouille sausage, and sautéed veggies, served in a creamy sauce over Parmesan grits \$26; Classic Shrimp Scampi — Pan-seared shrimp with garlic, lemon, and white wine butter sauce, tossed with angel hair pasta \$26; Seafood of the Day — Ask your server what the catch of the day is.

The Beef Prime Rib — (Friday and Saturday only) A ten-ounce cut of roasted prime rib, with garlic mashers, and jumbo asparagus \$42; Rib Eye — Twelve-ounce rib eye steak with compound bacon jam butter, roasted fingerling potatoes, and sautéed broccolini \$44; Petite Filet — Six-ounce filet grilled to your liking, garlic mashers, and Amaretto-glazed carrots \$38 All Remington dinners come with salad and warm rolls.

Menu alterations may incur additional charges.

Remington's is not the cheapest in town, but very well worth it, including: **Remington's running specials and a happy hour from 3pm-6pm:**

Tuesday: Burger Night starts at \$10, including a draught beer of your choice.

Wing Wednesday: 1/2 dozen for \$5 or a dozen for \$10, choose from chef's assortment of sauces each week.

Thursday is weekly fresh fish flown in. Call Remington's to [learn](#) about the nightly selection.

Fiesta Friday: Latin themed dishes paired with weekly tequila infused libations.

Friday and Saturday Night: prime rib \$42.

Sunday- Chef's choice quiche prepared every Sunday and served during brunch from 10am-2pm. Bar menu from 2pm - Close. Many pasta choices as well, reasonably priced. We didn't see any children dining, but I'm sure they would enjoy their meals. Remington's Restaurant is located at the Bridges Golf Course, just off Oak Grove and Townsend at 2500 Bridges Circle, Montrose, CO. 81401, (970) 252-1119.

MONTROSE COUNTY ADMINISTRATION BUILDING

COMMISSIONERS, VETERAN SERVICE OFFICER & MEDIA RELATIONS

NEW ADDRESS

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

HOURS

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

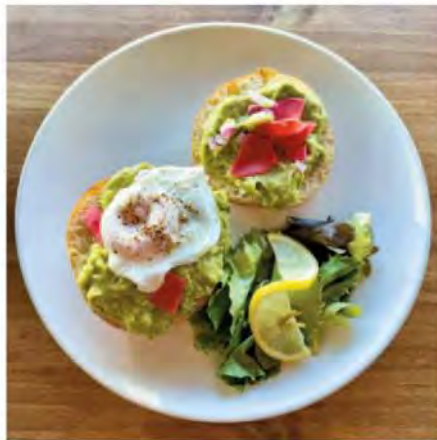
BOCC MEETINGS & WORK SESSIONS

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

QUESTIONS?

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





1. An Old Fashioned at Wild Horse Wine and Whiskey
2. Kitchen implements from Straw Hat Farm Market & Kitchen Store make great stocking stuffers
3. Christmas lights are up around the valley
4. Succulents galore at Camelot Gardens
5. A Peppermint mocha from Doghouse Espresso in Delta
6. Rocks and gems from Mother Earth Colorado
7. Nutcrackers at Holidays Gifts & Home Decor
8. Avocado toast from Bluecorn Cafe & Mercantile
9. A dip in a sensory deprivation tank at Soak Wellness Spa

Square Pegs
for
lively soles

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

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

BIBLE BAPTIST CHURCH

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

Olathe, Co 81425
Tuesday-Friday Phone: 970-808-1021
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
Email: montroselutheran@gmail.com
Pastor: Tim Onnen
Worship: Sundays at 9 AM
Sunday School and Adult Bible Class at 10:15 AM; Women's Bible Study Fridays at 9 AM. At Christ Lutheran Montrose you will

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, 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-</p>
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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
Website: montroseucc.org
Current Pastor: Rev. Wendy Kidd
Worship service times: Sunday, 10 a.m.
Hillcrest Congregational UCC is a welcoming, open and affirming church, open to all no matter who you are or where you are

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

MONTROSE MEDITATION CENTRE

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

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, montroseumc.org

montroseumc.org

Current Senior Pastor: Rev. Kevin Young

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

Montrose UMC is a leader in being fully

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

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

email: office@rosemontbaptist.org

Senior Pastor: Rolland Kenneson

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

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

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

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

matter what stage of life they are in.

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

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

SPIRITUAL AWARENESS CENTER

Denomination affiliation: Independent Interfaith

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

Home Office – 970-252-0908

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

Name of current pastor: Rev. Dr. Arlyn

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

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

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

SUMMIT CHURCH OF MONTROSE:

Denomination affiliation:

Southern Baptist

Address: 10977 60.75 Rd. Montrose, CO 81403

Office hours: Varies

Contact information:

phone number: 970-275-7026

email: summitchurchmontrose@gmail.com

website: www.summitchurchmontrose.org

Name of current Senior Pastor: John De-

Sario

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

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

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

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

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; website: vbcmontrose.org

Current Pastor: Roland Kassales

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

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

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

Church Directory

Mirror Editorial Staff

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

information to the Montrose Mirror:

Name of church

Denomination affiliation

Address Office hours

Contact information (phone number, email address, website)

Name of current Senior Pastor

Worship service times

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

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

Do your church services include Sunday School and childcare?

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



WWW.MONTROSECOUNTY.NET



COMMUNITY NEWS BRIEFS

MONTROSE CENTER FOR ARTS PRESENTS TREETASTIC!

Special to Art & Sol

MONTROSE-Montrose Center for Arts is thrilled to present Treetastic! to Montrose and the Western Slope! Treetastic! is an end-of-year joint fundraiser for local non-profit organizations and MCA. Local businesses and non-profit organizations have decorated trees inside of Montrose Center for Arts.

The public - as well as the businesses' employees and customers, and non-profits' volunteers and patrons are invited to come into MCA and \$\$vote for their favorite tree. With over 20 trees it is truly a Winter Wonderland.

Treetastic!'s business sponsors include:

Alpine Bank,
Fabula,
Humana,
Mother Earth,
Spring Creek Chalet,
The Dream Team, and
Timberline Bank.

Treetastic!'s partner non-profit organizations include:

Altrusa,

Black Canyon Quilt Show,
Community Options,
Habitat for Humanity,
Healing Collective,
Montrose County Historical Society,
Partners,
Senior Community Care PACE,
Stand with Ukraine,
Valley Food Partnership, and
Valley Symphony.

Treetastic! can be toured during normal operating hours: Tuesday through Saturday from 10am until 4pm, December 2 - 24. Montrose Center for Arts will take the

holidays up a notch each Saturday with live music, holiday treats and a unique shopping experience.

As always, Montrose Center for Arts is available for rental – from small meetings to office parties, volunteer appreciation events, member's only parties. Contact ann@mc4arts.com about details and availability.

Check out Montrose Center for Arts Facebook page for more information and photos of Treetastic! But remember - nothing will be like walking among the trees in the winter wonderland that is Treetastic!!



SEE SOMETHING - SAY SOMETHING



970-249-8500

ANONYMOUS CALL

MONTROSE REGIONAL CRIME STOPPERS

HOME FOR THE HOLIDAYS

LOCAL **SINGER**
SONGWRITERS

A.J. FULLERTON ERIK STUCKY

DEC. 28TH
ONE SHOW ONLY!



DOOR: \$25
ADVANCE: \$20

CASH BAR
DOORS: 6PM
SHOW: 7PM



MONTROSE PAVILLION

REGIONAL NEWS BRIEFS

RESILIENT KIDS PROJECT GETS BOOST FROM WESTERN COLORADO COMMUNITY FOUNDATION

Special to the Mirror

HOTCHKISS— Each year Western Colorado Community Foundation (WCCF) selects a theme for their community grants and awards \$100,000 in funding to several nonprofits throughout the seven-county region. In 2022, addressing the theme *Dreaming Forward*, WCCF awarded Friends of Youth and Nature (FOYAN) \$10,000 to help the organization grow its impact with our local youth. FOYAN facilitates opportunities for youth and families to explore and embrace nature, experience new outdoor activities, and engage in natural resource stewardship projects. “It is well known that interactions with nature and time outdoors develops confidence, resilience, and relieves stress and anxieties in our youth. Any kid can benefit from time outdoors but it is particularly important for at-risk youth,” says Anita Evans, FOYAN chair and co-founder. In addition to the WCCF funds, FOYAN was awarded grants from the El Pomar Foundation (\$2,500), Anschutz Family Foundation (\$7,500), the Montrose Community Foundation (\$3,000) and Dicks Sporting Goods (\$1,000). These grants, along with \$3,000 of additional fundraising, enabled the purchase of 27 youth mountain bikes of various sizes and a bike trailer used to transport the bikes to various trails and bike parks.

What is FOYAN doing to help build resilience and confidence in at-risk youth?

“We are fortunate to have some integral partners collaborating to provide opportunities for these young ones,” Evans describes. The partners, part of the “Together for Resilient Youth” or TRY, program include Colorado Parks and Wildlife’s Ridgway State Park, Montrose Recreation Department, FOYAN and the youth organizations: CASA 7JD, Partners, Families Plus, Haven House for the Homeless, Outer Range (Montrose Country School District), and Black Canyon Boys and Girls Club. . FOYAN works closely with these partners to organize and schedule the outings every other month and the kids love the opportunity to experience some fun outdoor activities. Environmental educators, park rangers, biologists, and guides lead kids on river rafting trips, cross country ski/snowshoe outings, mountain bike trail rides, nature learning workshops, fishing derbies, archery instruction, and paddle boarding. Through these grants, FOYAN has been able to purchase various equipment like snowshoes, skis, paddleboards, and mountain bikes for these groups to use through a free gear library located in Montrose just for TRY members. “We live in a location where outdoor adventures abound; these kids just



Delta County students learn some forestry techniques: how to measure and age trees during a nature learning field trip on the Grand Mesa National Forest (photo courtesy: Anne Janik).

need access to equipment, knowledge of where to go, and instructors to guide them,” Evans explained.

Friends of Youth and Nature (FOYAN) was created in 2018 and focuses their efforts in Mesa, Delta, Montrose and Ouray Counties. In 2022, FOYAN helped engage over 6,700 youth in outdoor programs. Visit our website or follow our outdoor news blog and receive monthly tips on connecting your children to nature. Learn more, visit www.friendsofyouthandnature.org. We are encouraging “Give where you live” donations through Coloradogives.org to help us continue our mission.



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Pino & Poinsettias at MOSAIC

21 N. Cascade, Montrose

**Thursday, December 8
5:30-7:30 pm**

**\$40. Includes 4 gilded canvases, foils
paints, paper, bling. art tools and a**

Register: <https://kathrynrburke.com/120822>

No experience
needed. Instruction
and materials provided



LAST Art Classes in 2022 with Kate Burke.
Sign up on my website. See what's coming soon.
<https://kathrynrburke.com/krb-studio>

Art Class at MRD

Create with Alcohol Ink

Everything provided.  No experience necessary.

1-3 pm, Saturday, Dec. 10

Montrose Rec. Field House Summit Room
Corner of Rio Grande & Colorado Ave., Montrose

Register: <https://kathrynrburke.com/121022mrd>



MAGIC CIRCLE THEATRE: COME PLAY WITH US!

By Lisa Rediger, Magic Circle Theatre

MONTROSE-*Amadeus* closed a week ago, the consummate performance of M. A. Smith, and the perfection of Everett Gregory's portrayal of Wolfgang Amadeus Mozart had audiences mesmerized. But, the successful run of *Amadeus* opened with every light cue disappearing from the light board. There was a challenging 15-minute delay at both the start of the show and intermission, while our stellar light crew, Kat Govan and Kerry Dunivan, reprogrammed every cue. A new volunteer, Judith Bible, was in the lobby playing our newly donated grand piano; the strains of Mozart soothing frayed nerves. The opening night audience was accommodating, gracious, and everything one would expect from our community. The MAGIC happened that night because a circle of people: the playwright, the directors, the actors, the crew, and the audience believed in the magic that is live theatre. For 63 years, that has been our story!

The second weekend started off with more "fetes & fireworks" as four actors were ill, and unable to perform. Ruthie Rich, the assistant director, jumped into a costume and role. Actors already in the show took on a second role, and the show went on, the harmony of community as stunning as the performance on the stage.

That crucial element of community had been fostered and intentionally built by director, Kathy Murdoch. Not only did she expertly direct *Amadeus*, she was often in the kitchen generously providing meals for her cast and crew.

Miracle on 34th Street opened last night, with Christmas cookies and lots of cheer! It is remarkable to watch a group of people, who might otherwise not have anything in common, become a cohesive cast - a family. This classic Christmas story is brought to life with warmth and charm by an octogenarian retired banker, a theatre veteran, four high schoolers, three moms, two kids, and two brand new volunteers. This is exactly how community theatre should look!

The comedic drama, *The Lady in the Van*, opens January 13. Elisa McKee, relatively new to Magic Circle, is playing the lead female role. She has been at the theatre, with her co-star, Scott Pollak running lines, rehearsing and preparing for her first major role on the stage. The community effort of an encouraging director (Casey Dukeman), a supportive veteran actor, a committed lead, and a cast who join forces to create theatre will make January's production unforgettable.

My Funny Valentine on Route 66, an original show that celebrates the memories

and history of the American Mother Road, is casting now. Today a young lady, whom I had never met, came to audition - she is bright, talented and we are thrilled that she wants to "play with us!" Marissa Is-green was a child in 2004, when she was cast in *Joseph and the Amazing Technicolor Dreamcoat* (co-incidentally my first show at Magic Circle.) Now a college graduate, her work is remote, so she moved home, and showed up at the Box Office, interested in volunteering. We have a perfect fit for her in the show.

Why do any of these things matter? Because these behind the scenes vignettes are what make us Magic Circle. We are a community, a family, and sometimes that means we have bad days, but for better or for worse we keep building community and producing quality live theatre. We are cross generational, culturally diverse, and come from varying socio-economic and religious backgrounds. Our differences can cause sparks to fly. Our diversity spurs deep wells of strength, connectedness, creativity, understanding, and the passion that influences our art. We are Magic Circle Players. Six decades strong. We are volunteers who invest, because we believe in the power of live theatre. We invite you to invest in this gem that is your community theatre. Come play with us!



249 8500

ANONYMOUS

Download The APP. **P3TIPS** 

**MONTROSE REGIONAL
CRIME STOPPERS**

see something, say something

READER PHOTO SPOTLIGHT: DEB REIMANN



Photographer Deb Reimann captured the image above at Florissant Fossil Beds National Monument, of Big Stump, a petrified redwood stump 12 feet in diameter and one of the largest fossils at Florissant Beds. The photo at left is pioneer Adeline Hornbek's Homestead, built in 1878 and located within the monument.

*Save a tree —
Read the Mirror!*

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MONTROSEMIRROR**
Your Source for Local Business News and Information

Call For Ad Rates: 970-275-0646



PEAK PROFESSIONALS

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

PEDIATRIC ASSOCIATES

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

NORTHSIDE HEALTH CENTER

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

CEDAR POINT HEALTH

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

BASIN CLINIC

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

UNCOMPAHGRE MEDICAL CENTER

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

DELTA COUNTY HEALTH DEPT

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

RIVER VALLEY FAMILY HEALTH CENTERS

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

THE PIC PLACE

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

MESA COUNTY HEALTH DEPT

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

VFC (VACCINES FOR CHILDREN)

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

340b

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

CITY MARKET SOUTH

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

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

WALGREENS

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

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

CVS (IN TARGET)

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

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

CITY MARKET NORTH

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

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

SAFEWAY

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

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

WALMART

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

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

STACIE'S APOTHECARY SHOPPE

112 Village Square West Ridgway
(970) 626-7100

Flu	Pneumonia
Shingles	Tdap



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

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SAVE THE DATE! LOCAL EVENTS CALENDAR

ONGOING-

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

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

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

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

BINGO EVERY FRIDAY, SATURDAY, SUNDAY at 7pm at the American Legion Post 24 Olathe doors open at 5:30. Sunday Bingo will start at 1:30pm after Nov. 6. More info call Tom 970 260 8298.

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

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

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

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

MONTROSE FARMERS MARKET SCHEDULE

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

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

Dec. 7--The Montrose County Historical Society presents Richard Waller and the Northern route of the Old Spanish Trail. In December 2022, the Old Spanish Trail was designated a National Historic Trail by Congress. Mr. Waller has traveled the length of the trail using many modes of transportation, preliminary by horseback and has explored the varied route the northern part of the trail took as early merchants traveled through Colorado and Utah to meet the trail in Nevada. The program starts at 7 pm. Wednesday, Dec. 7, 2022, in rooms 1 and 2 in Montrose County Events Center. Admission is free, the public is invited. Light refreshments may be available. Social distancing and COVID procedures are encouraged.

Dec. 18- 3pm, 20th Annual Christmas Concert: Free Concert by the Montrose Community Band. Enjoy a fun afternoon of listening to Holiday favorites.

Dec. 19- At 5:30 Montrose library meeting rm. In person Citizens' Climate Lobby meets to focus on local environmental projects, Non-partisan, National, All Welcome, Info 970-765-9095.

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.



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2022 PARADE OF LIGHTS: *Photos by Gunnison Clamp*



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

Remington's at the Bridges
970-252-1119



Camp Robber
970-240-1590

Crash Burger
970-249-0825

Coffee Trader
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

San Juan Brews
Kitchen - Under Construction
970-901-8594

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

Chang Thai Cuisine
970-240-4567

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