

the Montrose Mirror

Local news, free to you

@ Issue No. 512 Dec. 19, 2022

CITY COUNCIL APPROVES INCENTIVES FOR TWO PROJECTS

By Caitlin Switzer

MONTROSE-Mayor Dave Frank welcomed all to the special city council meeting of Tuesday, Dec. 13. All councilors were present.

ADAPTIVE REUSE PROJECT AND BUSINESS INCENTIVE AGREEMENT-POMONA BREWING COMPANY BUSINESS EXPANSION PROJECT

Frank moved Item 4, consideration of an Adaptive Reuse Project and Business Incentive Agreement for the Pomona Brewing Company Business Expansion Project (830 North Townsend Ave.), to the top of the meeting agenda. Councilor J. David Reed recused himself from the discussion. Though he did not specify the reason, Reed has said in the past that his law firm represents Stryker & Company.

Builder Scott Stryker was present for the special meeting, along with Pomona Brewing Company owner Kevin McHugh.

Stryker's S&J Development,

Continued pg 26



A screenshot from the City of Montrose Special meeting packet for Dec. 13 depicts an artists' vision for the future of the new Rathbone Hotel in the former KP building Downtown.

TEACHERS RAISE OBJECTIONS TO PROPOSED STUDENT DRESS CODE CHANGE

By Caitlin Switzer

MONTROSE-Board President Sarah Fishing called the meeting to order, and all joined in saying the Pledge of Allegiance as the Montrose County School District Re-1J Board of Education convened for a regular meeting on Tuesday, Dec. 13. All directors were present including Fishing, Board Vice President Eric Kelley, District A Director Erik Westesen, District B Director Jacob Suppes, District C Director Alice Murphy, District D Director Tom West, and District G Director Stephen Bush. The Board voted to approve the meeting agenda.

STUDENT SPOTLIGHT

Montrose High School student body Vice President Tashi Sherpa spoke about ways that students are giving back to the community, including Montrose High School (toy drive for Haven House at the Montrose-Olathe wrestling match, sock drive for people in need) Olathe Middle School (canned food drive, coat closet for students in need) Centennial and Columbine Middle Schools

Continued pg 21



OHS Teacher Bill Hamm with a model dressed in the attire that Hamm said some Olathe students are wearing under proposed new dress code rules. Meeting screenshot.

in this
issue

*More than 100 Citizens Pack County
Planning Commission Meeting on gravel pit!*

*CB Williams on Churches in Montrose:
Fostering Communication...Building Community!*

*Reader
Photo Spotlight!*



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CITY HOLIDAY CLOSURES

Special to the Mirror

MONTROSE — City of Montrose offices, including City Hall, Municipal Court, Animal Shelter, Visitor Center, City Shop, Montrose Pavilion, and Police Department, will be closed Monday, Dec. 26, for the Christmas holiday, as well as Monday, Jan. 2, for the New Year's holiday.

Police Department offices will be closed but officers will be on duty and responding to calls. The Black Canyon Golf Course and Pro Shop will be closed on Dec 24-25. The Rusty Putter restaurant located at the golf course will be closed on Dec. 24, 25, and December 26.

Trash and recycling schedules will be adjusted for the two holidays. For residences with Monday, Dec. 26 collection, trash pickup will instead occur on Tuesday, Dec. 27, and Wednesday, Dec. 28.

Residences North of San Juan Avenue and Highway 50 will receive collection services on Wednesday, Dec. 28. Residences South of San Juan Avenue and Highway 50 will receive service on Tuesday, Dec. 27.

For residences with Monday, Jan. 2 collection, trash pickup will instead occur on Tuesday, Jan. 3, and Wednesday, Jan. 4.

Residences North of San Juan Avenue and Highway 50 will receive collection services on Wednesday, Jan. 4. Residences South of San Juan Avenue and Highway 50 will receive service on Tuesday, Jan. 3.

Recycling collection for customers scheduled for pickup on Monday, Dec. 26 will instead receive collection service on Friday, Dec. 30.

Recycling collection for customers scheduled for pickup on Monday, Jan. 2 will instead receive collection service on Friday, Jan. 6.

For more information, contact City Hall at 970.240.1400.

THE MONTROSE MIRROR

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ROSEMONT BAPTIST CHURCH CHRISTMAS EVE CANDLELIGHT SERVICE

Special to the Mirror

MONTROSE--Rosemont Baptist Church Christmas Eve Candlelight Service on Dec. 24 at 5:30pm 1598 E. Niagara Rd. Montrose, CO 81401 www.RosemontBaptist.org



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REGIONAL NEWS BRIEFS

CATLIN'S STATEMENT ON HISTORIC APPOINTMENT AS VICE CHAIR TO THE AGRICULTURE, WATER, AND NATURAL RESOURCES COMMITTEE

Special to the Mirror

MONTROSE – In a historic move, Colorado State Representative Marc Catlin (R-Montrose) was reappointed Vice Chair to the House Committee of Reference on Agriculture, Water, and Natural Resources (Ag Committee). This appointment is the first in Colorado's legislative history for a member of the opposition party to be reappointed to a committee of reference with a leadership role. Representative Catlin was appointed Vice Chair of the Ag Committee during the 73rd Assembly by Speaker of the House, Alec Garnett. The reappointment occurs under the 74th Assembly's House Speaker-Designate,

Julie McCluskie. The House Ag Committee generally considers matters concerning water, agriculture, wildlife, and recreation. The committee has legislative oversight responsibility for the departments of Agriculture and Natural Resources.

The Ag Committee will start hearings after the opening of the 74th Legislative Session on Jan. 9, 2023. The Ag Committee information can be found on the Colorado General Assembly Website, [HERE](#).

Representative Catlin stated, "It is a great honor to be named Vice Chair of Ag, Water, and Natural Resources for the 74th General Assembly. I appreciate Speaker

McCluskie naming me Vice Chair. This will be the second session I will serve in this capacity. As Vice Chairman I will be able to highlight the value of agriculture and rural Colorado while bringing ag and water issues to the forefront of the House of Representatives. I look forward to working with my colleagues on this committee."

Representative Marc Catlin represents the eight counties of Dolores, Delta, Gunnison, Hinsdale, Montezuma, Montrose, Ouray, and San Miguel. Representative Catlin is Vice Chair of the Agriculture, Water, and Natural Resources Committee and is Ranking Member of the Transportation & Local Government Committee.



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MONTROSE — Due to scheduled renovations, the Montrose Municipal Court located at 107 South Cascade Avenue in downtown Montrose will be temporarily relocating to the Montrose Public Safety Complex at 434 South First Street for a period of up to three months.

During this time residents needing to contact the court may do so, in person, via the lobby inside the Montrose Police Department; by phone at 970.240.1428; or via email at court@cityofmontrose.org. The court's hours of operation will remain the same during this time. Court staff are available Monday through Wednesday from 8 a.m. to 4:30 p.m. and Thursday from 7:30 a.m. to 4:30 p.m. Although the court will not be in session December 15-31, 2022, court staff will be available to handle any and all matters during the last weeks of December.

Beginning in January, court proceedings will be held inside the Montrose Public Safety Complex each Thursday. Those needing to attend court in person will be screened in through security and must check in and out with the court clerk.

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MONTROSE REGIONAL HEALTH VOLUNTEERS DONATE MEDICAL EQUIPMENT

Special to the Mirror

MONTROSE- The Volunteers at Montrose Regional Health donated \$9,600 to purchase three Automated External Defibrillators (AED) for the hospital and associated clinics.

The donated funds were raised through sales at the Golden Leaf Giftshop and the used book sale program at the hospital. The AED's will be placed in strategic and high traffic areas in the hospital and at the clinics.

"The impact of having additional automatic external defibrillators is invaluable to the person and family of the one saved by the equipment. Instances of cardiac arrest and heart attacks are common occurrences everywhere. An automatic external defibrillator is a life-saving device that needs to be available in as many buildings as possible in our community. We are very grateful to the volunteers at MRH for their generous donation," said John Crane, RN, BSN, Director of MRH Cardiology Services.

MRH has over 50 volunteers who contribute countless hours throughout the hospi-



Left to Right: Amanda Chavez, Community Engagement Manager, John Crane, RN, BSN, Marilyn Ayer, Dennis Stevenson, Betty Hall, Leann Tobin, Chief Marketing & Philanthropy Officer. Front Row: David Noel, Ronda Kurz, Pat Koehler.

tal donating their time, energy, and compassion to help patients and caregivers. In addition to their work in various departments, the volunteers participate in fund-

raising activities and run the Golden Leaf Gift Shop. All money earned by the volunteers is given back to the hospital to help purchase equipment.

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REGIONAL NEWS BRIEFS

DELTA COUNTY ASSESSOR NAMED 2022 COLORADO ASSESSOR OF THE YEAR



Delta County Assessor Debbie Griffith.
Courtesy photo.

Special to the Mirror

MONTROSE-The Colorado Assessors' Association (CAA) honored Delta County Assessor Debbie Griffith as the 2022 Colorado Assessor of the Year at its annual conference held earlier this month.

CAA Board Members and colleagues commented in the selection process that "Debbie is a behind-the-scenes Assessor that is very knowledgeable in all aspects of our organization and the inner workings of the Assessor's Office," They also wrote that throughout her career she has always been an integral contributor to the Colorado Assessors Association serving as a District Chair, and to this day is still the Secretary of the Association.

As an experienced user of Tyler Technologies software, she has been very active and helpful on the Tyler Software Committee. She has always been willing to work with and help other counties with any issue that they might have whether that is legislative, appraisals, computer issues, or dealing with the public.

Debbie is retiring this January, but according to her staff, she has graciously agreed to assist the Assessor's Office through re-

appraisal after her official retirement. This is just who Debbie has been throughout her career. Her coworkers praise her for her extensive knowledge of the Colorado Property Tax Assessment, but most of all respect her kindness and dedication to her work and coworkers.

Delta County would like to thank Debbie for her dedication to the residents of Delta

County, for being a role model to the associates in the Assessors Office, and for her positive and kind attitude. We wish her all the best in her retirement, she will be truly missed.

For more information about the Delta County Assessor's Office, please visit:

<https://www.deltacountyco.gov/5/Assessor>

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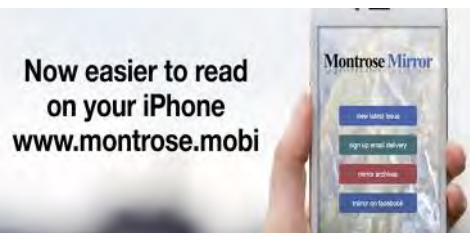
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REGIONAL NEWS BRIEFS

MRH EMERGENCY DEPARTMENT RECOGNIZED FOR PATIENT EXPERIENCE

Special to the Mirror

MONTROSE- The Emergency Department at Montrose Regional Health was recently recognized by Press Ganey for exceeding the current national trend in patient experience in Emergency Departments (ED). "During the COVID-19 pandemic, emergency departments have seen an unprecedented decrease in patient experience," said Dr. Tejal Gandhi, MPH, CPPS at Press Ganey. Conversely, the Emergency Department at Montrose Regional Health was recognized as its performance ex-

ceeds the current national trend which is rated by patients who have experienced the ED at MRH.

Dr. Alexis Garza, Medical Director of the MRH ER stated, "the Emergency Department is the front door of our hospital and is a critical access point for people to receive care. Every day, and especially during the pandemic, the ED has been on the front lines, and we are happy to be recognized for the great patient care we give. Our physicians and nurses do all we can to provide compassionate, timely, and



A few Caregivers from the MRH Emergency Department. Courtesy photo.

exceptional care to everyone who walks through our door."

"I am incredibly proud of our ED caregivers, and everyone who helps support the ED, for the work they do each day to provide the best patient care. This is one of the best teams I have had the privilege to work with," said Sonya Hawkins, BSN, RN, CEN, Director of MRH Emergency Services. Press Ganey Associates is a health care company known for developing and distributing patient experience surveys. Their surveys help Montrose Regional Health improve the safety, quality, and experience of our patients. Questions on the survey ask about communication, care coordination, provider and nursing care, medication use, and whether the patient is likely to recommend MRH to others.



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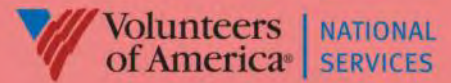


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COLORADO NEWS BRIEFS

STUCK IN REVERSE: DANGEROUS DRIVING BEHAVIORS CONTINUE TO RISE

Special to the Mirror

COLORADO-In 2021 the alarm bells sounded when Colorado hit a 20-year high in traffic fatalities with 672 deaths. Yet the crash fatality picture has not improved for the State in 2022. According to the Colorado Department of Transportation, the weekend before last Colorado hit 700 deaths and troopers know this number will continue to grow until motorists change their risky behaviors. "Driving is an essential part of most people's lives and just like many routine behaviors, people begin to ease off the rules and safety guidelines over time. Yet the consequences for reduced focus and declining lawful choices behind the wheel can result in a deadly outcome," stated Col. Matthew C. Packard, chief of the Colorado State Patrol. "Every driver is accountable for how we choose to drive, are you doing your part?"

Looking at the top fatal and injury crash factors investigated by the Colorado State Patrol from January through November 2022, the top five include:

1. Lane Violation Crashes
2. Impaired Driving Crashes
3. Driving Distracted Crashes
4. Exceeding Safe/Legal Speed Crashes
5. Failing to Yield the Right of Way Crashes

The weekend (Friday – Sunday) continues to be the most dangerous days on the road with crashes peaking between the hours of 2 – 5 p.m.

"You don't have to wait until you or someone you love is directly impacted by a violent crash to care about safety on our roadways," stated Col. Packard. "Be a part of the change. Let's make sure we do our part to have patience and drive sober on the roads so that we end this year with one less tragedy."

Troopers continue to take a low tolerance approach to lane violations while launching a year-long campaign called "Stay in Your Lane." This campaign is designed to remind people to control their lane position based on their current driving environment. This campaign also aims to bring attention to three of the most common and avoidable behaviors that contribute to lane violations – driving aggressively, driving distracted or driving while impaired.

The Homestead at Montrose

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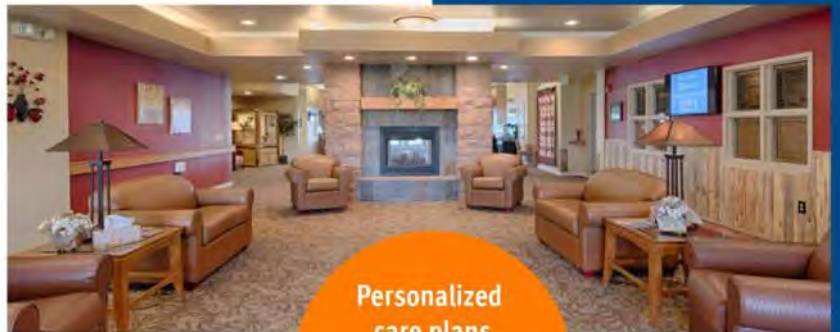
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COLORADO NEWS BRIEFS

2023 GOVERNOR'S AWARDS FOR DOWNTOWN EXCELLENCE NOMINATIONS OPEN

Special to the Mirror

COLORADO- Since 2003, the Downtown Colorado, Inc. (DCI) Governor's Awards for Downtown Excellence have recognized outstanding projects and people in Colorado that demonstrate creativity in the face of challenges, unlikely and enduring partnerships, and dedication to the community to further downtown initiatives.

Each year the Governor's Awards for Downtown Excellence serve as a highlight for DCI's IN THE GAME Vibrant Downtown Event, a convening for downtown champions, resource providers, and stewards. The 2023 IN THE GAME event will be held in Loveland, CO on April 11-14, 2023. The Governor's Awards will be presented April

13, 2023.

2023 IN THE GAME registration is open, sign up by December 20 to receive the advance purchase price. <https://downtowncolorado.app.neoncrm.com/event.jsp?event=55&>

The 2023 Governor's Awards for Downtown Excellence categories are:

Party: Excellence and creativity in an event that encourages downtown community.

Partnership: Excellence in collaboration to grow knowledge, awareness, and community.

Place: Excellence in creation or renewal of public space that fosters a sense of place.

Plan: Excellence in creation of compre-

hensive, downtown-centric plan for a community.

Project: Excellence in formation of a project that enhances a downtown or community.

Person: Vicki Mattox Downtowner of the Year: Individuals who have demonstrated commitment to their local downtown and community. All 2023 nominated projects must be completed between August 1, 2020 and March 30, 2023. The nomination fee is \$100 and all nominations must be submitted by Friday, February 6, 2023. All nominated projects must include a DCI Member on the project team.

General Nomination Form: <https://forms.gle/aZpXWQMwAm9r5DdP6>

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COLORADO NEWS BRIEFS

FOURTH QUARTER COLORADOCAST FORECASTS NEGATIVE GROWTH, BUT NOT A RECESSION

Special to the Mirror

COLORADO-The latest economic forecast from the Colorado Futures Center predicts that the state's economy will continue slowing in coming months, and that growth may even turn negative for a brief period in early 2023. Yet the ColoradoCast continues to suggest that the state will avoid a recession as declines in the housing market become

moderate and the state benefits from continued strength in the labor market, resilient consumers, and indications at a national level that inflation may be easing. "While the slight declines in the ColoradoCast for two months in early 2023 were not unexpected, I was relieved to see that they remained modest and short-lived," said Dr. Phyllis Resnick, lead economist and executive

director of the Colorado Futures Center. "This latest forecast continues to support our previous assessments that Colorado's economy is resilient and is well positioned to weather current headwinds and avoid recession." The ColoradoCast forecast shows the state economy retaining positive rates of annual growth through the end of 2022. However, the slowing continues early next year, and the forecast annual rate of growth turns slightly negative in the months of February and March 2023. Even with the 2 months of predicted modest decline in the economy, the forecast from the Colorado Futures Center, an independent 501(c)(3) organization housed at the Colorado State University System, does not suggest recession. Instead, the slight declines follow a pattern of continued slowing in the economy since the recovery from the pandemic. A return to slightly positive growth in April of 2023 supports the outlook that any slowdown will be modest and that a recession will be avoided.

The largest drag on the November ColoradoCast is the recent decline in housing markets. The S&P/Case Shiller Co-Denver Index of home prices experienced its largest ever month-over-month decline in August 2022 (1.8% decline). This followed a fairly significant (1.3%) month-over-month decline in July and preceded a month over-month decline of 1.3% in September – making this the most significant three months of decline in the history of the Case Shiller index. However, housing market declines are forecast to moderate later in 2022 and, significantly, these recent declines follow the two largest year-over-year gains in the history of the index in 2020 and 2021.

The pattern of negative changes in housing prices, coupled with the continued stresses from equity and bond markets, are the primary drivers of the early 2023 forecast for a slight decline in the Colorado economy. With the forecast of moderation in these declines, a modest bounce-back is predicted early in the second quarter. The Colorado economy is further buoyed by continuing strength in the labor market and by resilient consumers, both locals and visitors. In addition, there are indications that inflation, and the Federal Reserve response to it, may be easing through the end of 2022.

The full report is available at <https://www.coloradofuturescsu.org/coloradocast/>

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MONTROSE COUNTY SHERIFF'S OFFICE 2022 CITIZENS ACADEMY TEACHES PUBLIC AWARENESS



Sgt. Steve Gustin. Courtesy photo.

Citizens Academy Class 2022. Courtesy photo.

By Siggie Carpenter

MONTROSE-As US citizens, we are fortunate to live in a country that has a democratic government with a variety of liberties and responsibilities that many people seem to forget.

Citizenship is a privilege some take for granted unless they were born in a foreign country and, it requires civic participation. We, the public, are expected to respect the laws, pay our taxes, accept the authority of the elected government and the rights of those with differing points of view and, to bear the burden of responsibility in our community if we're to benefit from its protection.

As residents of Montrose County, we are fortunate to live in a community that offers an abundance of community services. One of those services is the opportunity for residents to attend the Citizens Academy, an outreach interactive educational program that teaches public awareness. Trained and experienced personnel from the Sheriff's Office bring their expertise and street experiences

into a classroom setting to educate participants on the law enforcement and criminal justice systems covering a wide variety of topics in a free 12-week program.

Sgt Steve Gustin has 15 years of experience on patrol and has been leading the Citizens Academy classes for the past four years. His goal is to teach the public about the services and operations of the Sheriff's Office; it's one of the ways he gives back to the community he cares so much about.

Meeting once a week for about three hours, topics range from traffic enforcement and street crimes to response and resistance programs, including a tour of the jail and courts, explains how people are processed through the system, and covers a section about records, civil rights, and legal matters.

The current class has about 20 residents ranging from ages 20 to 75 who are gaining insight and firsthand accurate information into other areas such as investigations, victim's advocacy, and peer sup-

port programs. Outside of the classroom, hands-on training in firearms and an opportunity for a Ride-Along with a deputy, participants quickly become aware of what our deputies face daily to keep our community safe.

In hopes of promoting and fostering a better relationship within our community and to find easier and more realistic solutions to neighborhood problems and crime resolutions, the Montrose County Sheriff's Office encourages residents over the age of 18 years to sign up for the 2023 Citizens Academy.

To obtain an application or to get more information, please call the Montrose County Sheriff's Office at 970-252-4023, or stop by at 1200 N Grand Ave. You can also go to their website www.montrosecountysheriffsoffice.com, and get information about other programs provided by the Sheriff's Office such as Neighborhood Watch or Crime Stoppers. Misinformation can lead to sharing bad information, let's do our part by setting the record straight.

OPINION/EDITORIAL: COMMENTARY

ONE FOOT IN THE GRAVE

By Richard Harding

OLATHE—Ever hear anybody say that the respiratory virus RSV saved their life? Well, let me make a short story long. A little over a month ago I got out of bed to go to the bathroom in the middle of the night and upon returning I hung my arm over the cabinet doors next to my bed and told my wonderful wife, Deb; “I can’t breathe!” The next thing I remember is somebody reaching around my left side and putting an oximeter on one of my left fingers and telling me; “I’ve got you, you are going to be OK.” Come to find out it was one of the angels from Olathe Ambulance Service. I vaguely remember being in the ICU at Delta Health with Courtney and Jessica.. My very next memory is a triangle shaped sign on the ceiling saying: “Call Don’t Fall.”

Then, to my wondrous eyes did appear, but none other than Lori Reiwaldt smiling from ear to ear. She explained that Deb was recovering from RSV, I have RSV and had been flown to St. Mary’s and been unconscious for 5 days, the Republicans took the House and Deb has my wedding ring. Lori knows me well enough to answer all my questions in order of importance, without me even asking! The only question I was able to utter from an intubated aggravated throat was; “Am I going to die?” She responded; “Not any time soon!”

The next couple of days were pure hell. I have PTSD and putting a mask on me that covers my face is frightening! At one point they put these pillow gloves on my hands to keep me from pulling it off. The hallucinations were so scary I cried. Then a vision appeared of Bart, the Pastor of our church, Eaglesview Church in Fort Worth, Texas, kneeling on one knee under a beam of light, and the hallucinations went away. Thanks Bart!

So, imagine if you will, walking and lifting things to being completely paralyzed, I mean completely paralyzed in a matter of days! I had lost the ability of my brain to control my body. I had to be hand fed

until the doctors noticed something strange. My white blood count was way too high. I was then being tube fed and later my stomach pumped. Low and behold those months of getting a diagnosis of a Diverticulitis flare up ended up being a punctured colon with two abscess! Talk about pain! I requested more pain medication or a gun! I ended up on morphine and super strong antibiotics.

One of my saddest days was laying there when my wife informed me that one of my very best friend’s daughters was killed in a car accident. All I could do was cry. She was such a sweet and beautiful girl and always had a big hug when she saw me. I wasn’t able to be there to console her parents.

My recovery continued with learning how to eat again. This included a camera through my nose to see how food passed everything on the way down, then I graduated to blender food! Unfortunately, still not able to feed myself.

Oh, I forgot, my hearing aids became a real issue, they couldn’t get them installed properly in my ears, they would fall out when they would roll me over to change the bedding. Finally, my wonderful Speech Therapist found a headset and microphone that has become a life saver. She literally taught me to eat again!

Multiple CAT scans and X-Rays revealed that the abscess were not accessible for a drain placement because of where they were located. The doctors at St. Mary’s hovered over me for days and continued high doses of antibiotics to clear the infection.

The 12th floor at St. Mary’s isn’t for sissies! It’s the PT/OT floor. Believe it or not the first day when they told me I would be walking and feeding myself I laughed. Then this therapist Sheila grabs me out of bed, puts me in a wheelchair and puts me in the shower and hands me shampoo. I tried desperately to get my brain to communicate with my arms and hands. I must have smelled pretty good at that point after 3 weeks!

Continued daily physical therapy and occupational therapy got me to the point that I was able to use the toilet, shower, shave and dress myself with the use of a 4 wheel walker the day before I left the rehab.

On Friday, December 16, I left the hospital, after 32 days!

All through this there was the constant reminders of my sister who got off her oxygen on the way to the bathroom and died, and my best friend Steve who couldn’t breathe on his way to his grandson’s graduation in California and died. I have had a good life, I came close to dying several times, I know my Lord and Savior and I was prepared.

Well, to conclude making that short story long, how exactly do you share all the hands that have touched me and saved my life? Started out as RSV and I will have surgery in February to fix my colon after a long regiment of antibiotics.

Starting with my wife knowing exactly what to do, to Olathe Ambulance Service, to Delta Health, to Care Flight, to Dr Ling, to ICU nurses, to Lori Reiwaldt, to the hospitalists, to the surgeons, to Dr. H and his assistants in Physical and Occupational Therapy. The healing hands of Michelle, the encouragement of Tanner, the insistence of Jenny and the fantastic RN’s, CNA’s, Respiratory Therapist, housekeeping, in the ICU, third floor and 12th floor, I have to mention the CNA “Gator Lady,” the Respiratory Therapist and Housekeeping. I have to also mention the Veteran nurses along the way and the nurse “Roy” and his Houston football skullcap in ICU. Several nurses from the ICU have followed my progress and visited me. Thank you all for saving my life!

The people, organizations, churches and family that have prayed for my recovery, it worked, I’m back!

I have to particularly thank Lori Reiwaldt, Ron and Dianna Henderson and Don and Dianna Coram for supporting my wife through this ordeal! Merry Christmas to all, and to all a goodnight



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TEACHERS RAISE OBJECTIONS TO PROPOSED STUDENT DRESS CODE CHANGE

From pg 1

(food drive competition to provide holiday meals for school families in need); Pomona Elementary school and Black Canyon High School (Fifth graders sending and receiving holiday letters with words of encouragement, corresponding with high schoolers, who will visit the elementary later to meet pen pals in person.)

RE-1J Public Information Officer Matt Jenkins welcomed Allison Nadel of Montrose Altrusa, who presented Apple Awards to Fourth Grade Teacher Amanda Lloyd of Olathe Elementary and to Second Grade teacher Kim Cheezum of Pomona Elementary School.

Jenkins said the TV Station KREX Apple Award for December was given to Cottonwood Elementary Physical Education Teacher Laurele Brooks.

Recently received school district donations include:

- Brad and Todd Gray made a donation in the amount of \$10,000 designated for high school athletic student scholarships for fees and/or equipment needed.

- San Juan Healthcare Foundation made a \$610 Donation to pay for the Denver Museum of Nature & Science Virtual New Me Program offered in November to all Fifth graders at OES, PES, NES and OGES. The New Me Program explores the physical, emotional, and chemical changes to the human body during adolescence. This program will be offered to Fifth graders at JES, CES and Peak in March 2023.

- Peer Kindness donated \$1,000 to support the Align With Kind program at Olathe Middle/High School.

- A donation was made to the Centennial Middle School Music Program in the amount of \$12,000 in memory of former music teacher Paulette Humphrey.

- Oak Grove Elementary School received a parent donation of \$500 from Carey and Julia Simon for classroom support.

AUDITOR'S REPORT

Finance Director Emily Imus introduced the annual audit, which can be reviewed on the school district web site. Imus also recognized Finance Department Controller Marjie Wickham for her work on the audit. Auditor Lisa Hemann of Chadwick, Stein-

kirchner, Davis & Co., P.C. discussed the audit in detail. "The district's in very good shape financially," she said. Also, district finances are well-organized, and the audit process went very smoothly, Hemann said.

BOARD ADVISORY COMMITTEE UPDATES

Board Vice President Eric Kelley serves on the facilities committee. He recently met with Interim Facilities Director James Barnhill. "I'm pretty confident that he is a good man for the job and the district is in a good position there." The district has good direction with the Master Capital Plan and will spend a little over \$1M on deferred maintenance, Kelley said.

District C Director Alice Murphy spoke about the district's accountability committee, which has adopted bylaws. "Nice group of parents," she said. The Outer Range and Black Canyon High school shared information with the committee. Murphy also thanked Imus for presenting information on school district finances to the accountability committee. "Excellent job on that." Committee members discussed the new dress code and how it was put together, Murphy said.

District G Director Stephen Bush is also on the Accountability Committee. "They were engaged, had questions about all the presentations, and seemed really interested," Bush said, also noting the district finance presentation. "...we did a good job of explaining how we get funding, where our funding comes from."

COMMUNITY INPUT

Olathe High School History Teacher Bill Hamm spoke. "I've taught for 39 years, 29 years at Olathe High School," he said, adding that he was there to address proposed changes to the student dress code.

"I have a safety concern," Hamm said, citing the most recent rough draft of the code that he had been given. Noting that one picture is worth 1,000 words, Hamm introduced a young person clad in a black hood and facial covering.

"That is what students are wearing at Olathe High School as we speak, since Nov. 30, when this new policy was allowed to go into place."

Hamm said that he had spoken with

Montrose County Sheriff Gene Lillard as well as the Olathe Police and the OHS School Resource Officer, all of whom concurred that the attire could make the identification of a possible suspect difficult in the event of an incident at a school. The Sheriff also raised the question and concern about possible gang affiliations by wearing hats at school, Hamm said.

"It's my understanding that we've had... well over \$100,000 in recent funds spent on school safety, and I am concerned that this could possibly negate some of those efforts to try to make the school safer by allowing that kind of attire."

Noting that in his last deployment he was granted top secret clearance with SEI provisions, Hamm said, "...This country trusted me to make some pretty sound and informed decisions on a daily basis but as a schoolteacher I'm not allowed to address a student's attire as whether it's appropriate or inappropriate. That's left to a building principal or a building leader, and I find that ironic under the circumstances, and I would ask that the teachers be allowed to participate in the process."

OHS Physical Education Teacher Donna White spoke. "...I've been teaching in this district for 18 years. I too served in the military, had a very similar clearance, and the fact that I would not be allowed to enforce things that need to be enforced in our school and have good order and discipline in my classroom is rather insulting."

Speaking briefly about her own professional background, White said, "Every place that I have ever worked there has been a dress code, dress expectations, and specific expectations on behavior. If you're not willing to adhere to a dress code, or rules in a place of employment, you will not be employed very long."

"The purpose of school and standards is to prepare students for workforce readiness," White said. "Part of being workforce-ready is being aware and willing to adhere to dress code standards. Many places have uniforms—military, law enforcement, firefighters, production facilities, medical facilities, they all have dress codes that they have to adhere to."

Continued next pg

TEACHERS RAISE OBJECTIONS TO PROPOSED STUDENT DRESS CODE CHANGE From previous pg

"I've helped my husband out in a heavy-duty mechanic shop," she said, "I have separate boots and separate clothes for working in there from what I have from when I go to teach P.E., I used to have a regular classroom; I dressed appropriately for that classroom."

White said, "Every place I've worked I've been asked to dress and behave in a certain manner, and I expect the same from my students...we're not supposed to judge people by appearance, but people are constantly being judged by appearance, and if we are naïve enough to think that allowing our students-- who can't make the decision to get their homework done or what they're going to have for lunch or even to eat healthy, to run our schools-- it's not a good luck for us...decreasing standards and expectations only lowers the level of performance students seek to achieve...we are in a professional learning environment, we are supposed to be learning how to be professionals."

Olathe High School Social Studies Teacher Kari Keller also spoke. "I am here tonight to voice my opinion on the New Dress Code Policy JICA that is going to be up for revision in January," Keller said. "For the past three decades I have been trying to empower my students and prepare them for the real world. Working with my students on essential skills and good manners for the workforce has always been a goal of mine. Currently, we have all been dealing with an increase in poor choices and disruptive behaviors in our classrooms. I am extremely concerned about the board making policy changes that would encourage bad manners and anti-social behavior."

Knowing when to remove a hat is as important as wearing the right hat for the occasion, Keller said.

"In our society both men and women are still expected to remove their hats as a sign of respect in the following situations—hats should be off:

- when you enter someone else's home;
- At mealtime around a table;
- While being introduced to someone;
- Restaurants, coffee shops, movie theaters, or indoor performances;

- While the national anthem is being played or when the U.S. flag passes by;
- Indoors at work;
- And in Public buildings such as schools, courthouses, libraries, and town halls.

"I did do the research on this because I was curious if I was just old fashioned and outdated because like I said, I have been teaching for over three decades," Keller said. "But I discovered that this is the expectation for current manners in a civilized society. Before you vote in January to make changes to this policy, I would encourage all of you to spend a day at our schools and see how your decisions impact our classrooms and our students. I am extremely concerned with the school board considering a dress code policy that promotes bad manners and disrespectful behavior."

"Please take your time on this important issue."

ENROLLMENT REPORT-OCTOBER COUNT
Imus presented information on the most recent enrollment report and the October count. Current district-wide enrollment is 6,070, an increase of 13 students over last month, Imus said. The official October count was 6,035.

Data Manager Suzi King gave a Power-point presentation on enrollment trends for all schools in the district.

EARLY CHILDHOOD CENTER (ECC) UP-DATE

ECC Director Penny Harris presented information including Head Start Report, July Data Dashboard, August Data Dashboard, September Data Dashboard, October Data Dashboard, November Data Dashboard, Long and Short Term Strategic Plan, Application and Budget Justification, and U.S. Dept. of Health & Human Services Memo on Enrollment Reductions. Harris also shared information on donations received. "We have some great partners in our community."

Holiday/Winter Community Partnerships include:

TGWHMP (Tom Goodrich Warm Hearts Memorial Project) Open to all families Provides new winter coats to our children birth-elementary school, teacher referral 14 coats provided at this time;

OPERATION HOMEFRONT – Open to all families

School supplies and Christmas toy drive. Parents come to our building and shop;

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Boxes given to 10 families recommended by ECC Family Service Workers;

ANGEL TREE GIFTS/COBBLE CREEK COMMUNITY

-Two children from each class chosen by classroom teachers

-Additional families chosen by ECC Family Service Workers

-Gifts given to each child

-35 families supported this year;

TREK BIKES/MONTROSE

Child-size, like new /refurbished bikes donated to ECC program.

OLD BUSINESS-REVISED BOARD POLICIES

The Board of Education voted unanimously to approve the following revised board policies:

-BEC, Executive Sessions/Open Meetings - updated to include notice for discussion of negotiations per change in law

-GBAB, Workplace Health and Safety Protection - minor language update

-IC/ICA, School Year/School Calendar/Instruction Time - removed remote education paragraph related to COVID health concerns

-IHCA, Concurrent Enrollment - updated per CASB recommendations

-JLCE-E4, First Aid and Emergency Medical Care - new exhibit of concussion information for coaches

CONSENT AGENDA

Consent agenda items including Personnel Report were approved without further discussion.

NEW BUSINESS

The Board voted to approve Resolution 19-22 regarding notice of public meetings and the meeting schedule for the coming year.

Directors voted to approve and certify the Mill Levy for the Property Tax Year 2022 and Resolution 20-2022 Certify Property Tax Mills Authorized by Colorado Statutes for 2022-2023.

The agenda states, "The Certification of

TEACHERS RAISE OBJECTIONS TO PROPOSED STUDENT DRESS CODE CHANGE

From previous pg

Mill Levies for the Property Tax Year 2022 for taxes to be collected in 2023 are presented for Board approval. The General Fund Mill Levy is 23.973, located on Line 7 and the Bond Fund Mill Levy is 3.024, located on Line 8 for a total mill of 26.997 located on Line 12. As a reference point, last year's mill was 23.019 for the General Fund and 3.036 for the Bond Fund for a total mill of 26.055. The Gross Assessed Valuation was \$649,968,527 in the prior

year and is \$653,762,051 this year, which is a .58% increase in value. The mill levy would have been 87.291 without state funding. House Bill 21-1164 was signed into law June 2021, which mandates the District to increase our mill levy set in 2020 of 21.967 to 27.000 gradually over the next six years. Tax credits of 5.033 were put in place in December 2020 for the District to backfill the difference between the 21.967 and 27.000. Beginning

in the 2021 tax year for taxes to be collected in 2022, taxpayers in our District will see a one mill per year increase in their annual property taxes through the 2025 tax year with an increase of .033 in year six to reach the 27.000 mills."

The Board voted to accept the audited financial statements for 2021-2022.

With no further business the meeting was adjourned. The RE-1J Board of Education will meet again on Jan. 10, 2023.

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COMMUNITY NEWS BRIEFS

DMEA-ELEVATE WELCOMES JACK JOHNSTON AS CEO

Special to the Mirror

MONTROSE – **Delta-Montrose Electric Association** has appointed experienced utility executive Jack Johnston as the cooperative's new CEO. Jack will begin leadership of the member-owned cooperative and its broadband subsidiary, Elevate, on Jan. 9, 2023.

"Jack is a proven utility leader with executive experience not only in electric cooperatives but also key public and non-profit entities," said DMEA Board President Kyle Martinez. "His experience and vision made him stand out among a strong group of candidates from across the country, and we're fortunate to have him join us."

Before coming to DMEA, Johnston served as CEO of La Junta-based Southeast Colorado Power Association (SECPA), which has the state's largest certificated territory.

As CEO, Johnston also oversaw operations for SECOM, the cooperative's broadband subsidiary. His tenure there saw dramatic growth in revenues, assets, and customer base. Johnston also previously served as General Manager of Pueblo West Utility Enterprises, the state's second-largest metropolitan district. The first in his family to earn a college degree, Johnston graduated with honors from the University of Texas-El Paso. He was later awarded a master's degree from the London School of Economics before launching his utility career with AT&T.

"It's a privilege to come to Western Colorado and be asked to lead DMEA and Elevate," Johnston said. "I have always admired their conviction and steadfastness, and they have a great reputation as a forward-thinking, member-driven organization. I'm excited to join DMEA at a critical

time for both the electric and broadband industries."

DMEA Board President Martinez noted that Johnston's connections to cooperatives run deep.

"Jack has not only led a cooperative

as CEO but he's also served as director of another Colorado electric cooperative, San Isabel Electric Association, as well as the Colorado Rural Electric Association. We are excited for Jack to join DMEA and Elevate's executive team, and we look forward to his leadership as we continue to fulfill our purpose to power and unite our communities."



DMEA CEO Jack Johnston.

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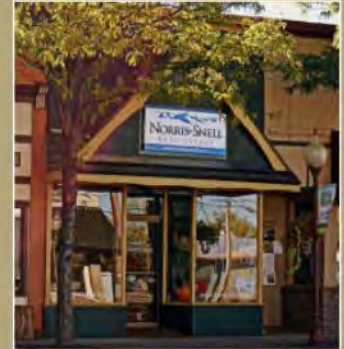
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CITY COUNCIL APPROVES INCENTIVES FOR TWO PROJECTS *From pg 1*

LLC owns the property that would be leased to Pomona Brewing Company, a new brew pub with a full kitchen.

Presenting the item was Anthony Russo of the City's business development team.

Pomona Brewing Company would be like "a small Horsefly," McHugh said, though with a less extensive menu.

Stryker said that the north side of town could use a wider variety of options when it comes to restaurants. "For those people that work at the courthouse and on the north end of town."

Mayor Frank said, "One of the things that we have discussed in the past, is that with a commercial kitchen, we provide equipment that cannot walk away...looking at the list here...griddles and fryers can leave...do we have a more comprehensive breakdown of what we had previously considered a non-mobile item?"

City Manager Bill Bell said that the listed items were similar to those that the city had approved with the previous Trattoria Sofia project. "...it follows the same pattern of thought...theirs was \$250,000, a much larger and more extensive kitchen, pizza ovens, those types of things." The city will also waive construction use tax and city fees, Bell said.

Russo said that as Stryker owns the building, the equipment would remain with Stryker if Pomona Brewing Company were to leave.

Council spent time in discussion.

Mayor Pro tem Barbara Bynum said, "I am trying to put my hat on and think about what people contact me about. People who live in Montrose. And they say things like, 'you guys should make there be more restaurants,'...the people who live on the north side of town said, 'I wish you spent some money on the north side of town; you spend a lot of money on the other side of town.' People are saying 'I wish there were more jobs, I wish it looked nicer as you come into Montrose. People would feel like 'oh this is a place worth stopping, this city seems to have some stuff going on.' To me those are things I've heard from my constituents and some of the reasons that I'm supportive..."

Also, the project would pay for itself in less than eight years, Bynum said.

There were no comments heard from the public. Bynum moved to approve the Business Expansion Agreement.

Glaspell asked her to specify where the funds would come from.

Bell said that there is approximately \$700K in TIF funds formerly allocated to the Downtown Development Authority (DDA) that can be used.

Councilor Ulibarri, who had asked earlier whether the city has an established system in place for providing assistance to businesses, said he might be supportive if the funding request was reduced by half. "Like you, I get calls from my constituents," Ulibarri said. "And they're saying, why are we paying for a whole new kitchen...other people have made references...I've had calls...I know how hard it is to have and start a business, I've had three of 'em, but I don't want...people to think of the city as, walk in there, knock on the door...say give me the money and you just give it to them. I'm willing to help, but not the full amount."

In a roll call vote the request was approved three to one, with Reed recused and Ulibarri voting no.

Background-A summary sheet prepared by staff states, "...Total Project Costs -

\$1,108,908.64

Total Kitchen Costs - \$126,935

Electrical \$32,348

Plumbing Grease Trap, Floor Drains, Etc. \$15,825

HVAC Ansul Hood, Make Up Air \$18,500

New Floor Tile Kitchen Grade \$7,506

Walk Up Counter Shutter \$875

Drive Through Service \$4,250

FF&E Griddle, Fryers, Sinks, Refrigeration

\$30,391...If approved as requested, the

applicant will receive \$109,695 to support

the purchase of a kitchen to be used by the

Pomona Brewing Company. The kitchen

will be the property of S&J Development

and will remain with the building.

Owner Contribution: \$1,127,036

Traditional Loan Funding: \$90,000

Region 10 SBA Loan: \$50,000

S&J Business Loan for Build-out:

\$290,449.12

Pomona Brewery Contribution: \$40,000."

BUSINESS INCENTIVE AGREEMENT FOR THE RATHBONE HOTEL

Reed returned to the meeting. Russo presented the second agenda item, consideration of a Business Incentive Agreement for the Rathbone Hotel at 33 S. Cascade Avenue in Montrose. The applicant is Clay Bales of KM Hotels; a letter from Bales included in the special meeting packet.

The letter notes that the current total project cost is \$5,800,000 and the biggest cost increases that have affected the project are needed masonry and structural upgrades. "...We inherited more than originally understood when purchasing the building. There are multiple instances of cement and brick crumbling and falling off the KP Building since we've owned it, and the masons have noted it as well. It was a safety hazard that is also being cured through this large investment." Updated construction pricing from Stryker and Company is included in the meeting packet as well.

Council spent time in discussion.

Bynum said, "This is a building that, gosh, so many people have said they are so excited to see that's being developed. It's been sitting there empty and dilapidated for a while."

Bell suggested going into executive session.

Glaspell said, "A couple things that concern me...the cost with the masonry. We've had a dozen different engineering firms look at this once before and talk about upgrades that the building needed. I've been around construction long enough to know that any time you have an old building you've got a problem with brickwork, because the old mortar was mostly lime."

To Stryker he said, "So if that was totally overlooked and not anticipated, I think that was an error on your part. Do you have a comment on that?"

Stryker said, "" I hear what you're saying. A lot of it comes down to the structural engineers...within structural engineers everybody has their own opinion...while I can get a mason to go and re-point the building, it takes a special mason to re-point the building and do it in a manner...with the character and integrity...where you go and get a mason that specializes in historical tuck pointing...so you can match

CITY COUNCIL APPROVES INCENTIVES FOR TWO PROJECTS *From previous pg*

everything like it was, and then to find brick to match that same building...isn't easy...it hasn't been overlooked, it's just expensive work to do..."

Glaspell said that problems with the original mortar should have been fairly evident.

The problem is made more difficult by rising construction costs, Stryker said, noting that construction costs are "off the charts...it's gone up astronomical...it's just where construction is right now."

Glaspell asked whether the fire suppression system was overlooked.

Russo said that fire suppression systems "are something we normally cover under the TIF, so it's added in there as a budget item as something we would cover."

Ulibarri said he has spoken with the project's mason about why the costs are so high. "It's not the scraping out of the mortar and putting it back in, it's actually the corbels that are on the building and some of the architectural work. They have to take it down to something solid...the front has a lot of detail..."

Ulibarri said that he could support about half of the amount being requested.

Reed suggested going into executive session. "I think there's some issues or some information that can probably only be discussed in executive session at this time relative to negotiations and purchase or sale of real estate..."

Council voted unanimously to enter executive session.

After councilors returned to regular session, the applicant discussed the project via Zoom connection. "One of the most unique features of the building is 26-foot vaulted ceilings upstairs...the lobby bar and café will be open all day...we're aiming for this to be absolutely the nicest hotel from a design and the guest experience

standpoint in Montrose...first and foremost, I think there's safety concerns that we're addressing by our significant investment into the masonry...what we wanted was to make Downtown cohesive...we wanted to match the façade of the rest of the buildings downtown and have a perfect level of historic restoration back to how it was built."

Bynum asked about the front of the building. "I want to hear more about that first floor on the front."

Glaspell asked about the restaurant and bar; Bales answered questions, after which council returned to general discussion.

Mayor Frank said that the city is not here to fund projects that accidentally underfund themselves. "We are not here to be the golden goose...this is a project that we've been in long-term discussions with about incentivizing...there's a lot of instability in that structure...without fixing that structure...we expected a brick to come down and kill some citizen at any random moment...I think having this masonry work done, and having it done properly and having it done well is critical."

Reed said that Bales could have purchased the building and leveled it. "...This is preserving part of our history here. I don't know how you put a dollar and cent value on it, but it does have value--tremendous value."

Bynum said that she likes how much the private developer is bringing to the table. "This project was always going to take a lot of money...I'm glad to see that someone decided it was worth investing in, doing it right, and doing it to historical standards."

Bell said that the restoration adds to the integrity of the Downtown. "It's really important to our community." He dis-

cussed the history and use of the revenue generated through the former DDA. "It's a really impactful project."

Council voted unanimously to approve the business incentive agreement for the Rathbone Hotel using TIF funds.

Background-A summary sheet prepared by staff states, "Total Project Costs: \$5,181,538

TIF Eligible Expenses: \$893,750

Masonry (Historic) \$720,570

Historic Windows (Above Standard Window Cost) \$70,000

Fire Suppression \$53,900

Exterior Improvements (Sidewalk, Landscaping, etc.) \$49,280

Total Requested (10% of Project Costs) \$500,181

The project is currently over budget by \$1,400,000 due to unforeseen structural concerns as

well as changes in the market place. Owner Contribution: \$1,800,000

Traditional Loan Funding: \$3,300,000

Region 10 Funding: \$400,000

Jobs Created: 12

Yearly Budget for Salary: \$375,000

Total Yearly Projected Revenue: \$1,250,000

GENERAL DISCUSSION

Mayor Frank said the regular council meeting of Dec. 20 will be cancelled. The second reading of the supplemental budget was scheduled for that meeting; Council agreed to hold a special meeting at 9am on Monday, Dec. 19 to approve the supplemental budget and annual recycling contract.

Bynum said that Council was invited to tour Montrose Regional Airport with the Colorado Flights Alliance at 11:30am the following day.

With no further business the special meeting was adjourned.



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OPINION/EDITORIAL: LETTERS

VIRTUALLY EVERYTHING BIDEN IS DOING IS DETRIMENTAL TO THIS NATION AND ITS CITIZENS

Editor:

Democrats are so convinced of their own mental and cultural superiority that they consider the American people little more than useful idiots. In spite of the inflation rate still hovering around 7-8%, in contrast to a little over 1% when Trump left office, Biden is attempting to twist the latest negative inflation numbers to be something positive. In the twisted reasoning of Biden, "outside of food and energy," prices are just fine. People can get along without food and energy so why worry? Viewed another way, Biden is basically saying "I broke Humpty Dumpty into fifty pieces, but I glued ten of the pieces back together, so all hail my efforts! Meanwhile in the real world, no respite in the never ending up, up and away price increases.

In Biden's world, it is OK for liberal elites to impose their world view and narrative on American citizens with a heavy hand, and any other opinion or narrative to be crushed.

That world view is of a government "benevolently" dictating every aspect of this nation's citizens. Ignore the historical fact that in every case this has been attempted, the "benevolent" part vanished and millions of people were murdered and starved to death – and only the "elite" prospered. In every case, the justification was that the people are too ignorant and stupid to govern themselves. Biden clearly believes the "democratic process" is there for the benefit of the Democrat party and not the well-being of the American people.

So, in Biden's world, the peasants do not have the right to know the origins of the virus that has so far killed 6.6 million people. One would not want to embarrass son Hunter's paymasters in the Chinese communist party. Don't question the wisdom of destroying our energy sector, and then begging Saudi Arabia and Venezuela for oil to bring down U.S. gas prices. Don't question the constitutionality of forcing Christian doctors to perform transsexual mutilation surgeries on children. Or, their clearly unconstitutional goal of disarming the populace; or defunding the police, the war on cash bail, and the release of dangerous felons – all seriously hurting all Americans -- but especially black Americans.

Per Democrats, the American people are too simple to understand why the left redefined the ways to "get ahead" from being competent, physically excellent, having a better idea, inventing something, or achieving something in business to simply being a victim. Now, if you have a better idea and build a successful business, you're accused of being an evil capitalist, of having "privilege", and exploiting someone.

The left's total game plan is all about victimhood. The Obamas, Hillary, new senator Warnock, Oprah, etc. all try to use their skin color and/or gender to make everyone believe they are suffering because of your racism and sexism. Warnock claims to be a victim of voter suppression, even though he won the election and there was record voter turnout. Oprah

talks about a caste system in place in America and "white privilege", in spite of her being worth \$2.6 billion. Some of the most privileged people in the entire world want you to believe they are victims.

For years, our federal government has operated a protect-Biden racket, squelching scandals, and safeguarding Biden family secrets. The only thing as strong as their protect-the-Bidens stance is their get-Trump goal. Recently, the final and biggest protector of Biden corruption, Attorney General Merrick Garland ignored calls to appoint a special counsel to investigate the financial dealings of the Biden family. Instead, Garland appointed a special counsel to investigate Trump.

Virtually everything Biden is doing is detrimental to this nation and its citizens --- but totally in line with achieving the elite's initial goal of an all-powerful U.S. federal government. That goal does not include an armed, well-informed citizenry capable of recognizing and resisting tyranny --- or a constitutional republic based on a two-party system with a clear separation of power between the judicial, congressional, and presidential branches of government.

And it certainly doesn't include a government answerable to its citizens as envisioned by this country's founders. Prior to their goal of a one-world government, the elites must complete their transition of this once-great nation from a government by the people to a government by the elites.

Ed Henrie, Montrose

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OPINION/EDITORIAL: LETTERS

TO THE CITY COUNCIL AND COUNTY COMMISSIONERS OF MONTROSE

Editor:

First out of the gate, I would like to COM-MEND AND COMPLIMENT the county commissioners for their due diligence in NOT rubber stamping a zoning issue, even though it was approved by the planners. YOU LISTENED TO THE PEOPLE WHO YOU WORK FOR.

The people "showed up" to defend their position....good on you.

THAT is how it works, hold the elected officials accountable to YOU. 70 PEOPLE TOOK THE TIME TO be heard. To the members of the city council and the city

manager. The above scenario is HOW you should be operating. A similar, but smaller issue was presented to you most recently. The group of people that received letters regarding re-zoning showed up. They expressed their opposition, to no avail. The planners had approved the re-zoning and the people's concerns were disregarded. THIS method of governing is NOT conducive to the populace having confidence in their elected officials. It produces a suspicion and animosity (EXAMPLE...THE MONIES BEING CONSIDERED FOR THE BOUTIQUE HOTEL TO THE

TUNE OF APPROX. 500,000....THAT IS NOT AN EXPENDITURE THAT IS THE CITY'S RESPONSIBILITY....THE ONUS IS ON THE CORP./DEVELOPER TO HAVE BEEN PROACTIVE IN IT'S ASSESMENT OF FUTURE FINANCIAL NEEDS, THE COUNCIL CHANGED THE TIME OF THE MEETING FOR THIS ITEM, IT WAS NOT BROADCAST AND THE APPEARANCE OF 'RUBBER STAMPING' IS OH SO CLEAR.)

Again, "THE WAY PEOPLE GIVE AWAY THEIR POWER IS TO THINK THEY HAVE NONE"-ALICE WALKER

Lynn Stockton, Montrose



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REGIONAL NEWS BRIEFS

WASCHBUSCH WINS COUNTY MANAGER OF THE YEAR AWARD

Special to the Mirror

MONTROSE— Colorado Counties Inc., and the Association of City and County Managers awarded Montrose County Manager Jon Waschbusch the County Manager of the Year award last night at the annual awards banquet.

“The success we have at Montrose County is due to the hard work and talent of our employees. My thanks goes to each of them, our Board and the very special community that we serve,” said Waschbusch.

“On behalf of the Board of County Commissioners, we could not be more pleased with this award,” said Commissioner Sue Hansen. “Jon is an incredibly talented manager who excels at strategic initiatives, project management, long-range planning, and operational efficiency. His 17 years of public service as a county employee provide him a multi-departmental understanding that is invaluable. His leadership has been an asset to the county and has contributed to the strong financial position that we are in today.”

Some of Mr. Waschbusch’s major accomplishments cited in the nomination include the 2022 comprehensive compensation plan, which provided state and regional data used to update salary schedules. These changes were implemented concurrent with a new countywide compensation policy geared towards continuing the focus on recruitment and retention. This is the first time this project has been accomplished at this level, and Mr.

Waschbusch’s relationships across the region were critical in the completion of this project.

Moreover, Mr. Waschbusch worked to improve overall communications, with internal and external town hall meetings to provide increased engagement with county leadership. These meetings will continue in 2023.

He also directed staff to organized an

employee appreciation event in 2023 to recognize the employees for their service to the community.

When it comes to operational efficiency, Mr. Waschbusch initiated perhaps one of the biggest changes yet—a digital, fully-integrated payroll and human resources management system.

This system reduced the reliance on paper forms while streamlining payroll and HR processes. Additionally, he worked with the planning and development department to transition to an online permitting and payment system for the convenience of the public. Another key public facing improvement is the addition of the “report a concern” system

on the front page of the website. Residents can use this feature to report an issue with a county road and Mr.

Waschbusch has worked with staff to assure prompt responses. This feature has been growing in popularity and helps the county staff keep an eye on the nearly 1,400 miles of maintained county roads.

In addition to his commitment to the employees, Mr. Waschbusch has worked to expand private contracting opportunities across departments including at the event center, public health, road and bridge, facilities and the airport. These contracts have improved services, saved taxpayer dollars and created additional opportunities for private business.

Mr. Waschbusch’s leadership is setting the county up for success in the future. There are currently six major capital projects in progress from design/site plan to construction. These projects range in expense from a few hundred thousand to



County Manager of the Year Jon Waschbusch and Montrose County Commissioner Sue Hansen.

over \$40 million dollars for an airport expansion and renovation. These projects are moving forward steadily through his initiative and long-term planning. Mr. Waschbusch and the financial team continue to model for the future and make sure that the county is saving and preparing for these projects and can afford them with minimal debt service.

Mr. Waschbusch has worked at the county since 2005. He provides oversight and leadership to 15 directors without the assistance of a deputy county manager. The board appointed him Montrose County Manager in July of 2021 following a tenure as Deputy County Manager. In addition to regular county work, Mr. Waschbusch currently serves on the Region 10 Board of Directors and Montrose Economic Development Corporation Board, and was previously the Chairman of the Board of Directors for NuVista Federal Credit Union.

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COLORADO NEWS BRIEFS

GMUG CONTRACT SPECIALIST RETIRES AFTER 35 YEARS OF FEDERAL SERVICE

Special to the Mirror

GUNNISON— The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests announce the upcoming retirement of Peggy Dobie, contract specialist after 35 years of federal service and nearly 29 years assigned to the GMUG, effective Dec. 31, 2022.

Dobie's distinguished career began as a clerk typist for the Bureau of Land Management in 1987 before becoming a U.S. Department of Agriculture, Forest Service employee in 1988. Since then, she's worked in several capacities including Information Receptionist, Business Management Assistant, Resource Assistant, Dispatcher (wildland fire), Buying Team (wildland fire) and for the GMUG, located on the Gunnison Ranger District. In 2017, Peggy accepted a contract specialist promotion to the Regional Office where she worked with all Region 2 forests. Peggy

completes her federal career as the contract specialist for the U.S. Forest Service Washington Office working within regions 1, 2 and 4 since 2020.

"Peggy has been integral to our successes over the years and such a wonderful employee and member of the team," said Dayle Funka, District Ranger for the Gunnison Ranger District. "Her knowledge, commitment to the mission and values of the Agency and her love for customer service and land management are irreplaceable. We wish her the best in her retirement." Peggy and her husband Andy plan to continue to reside in Gunnison. Together, they will enjoy more time with their grandchildren and recreating the great state of Colorado. Future plans include touring and camping all over the country. During quiet times at home, Peggy will submerge herself in quilting, crafts, furniture refurbishing and her garden.



Peggy with her husband Andy
Photo credit: Peggy Dobie

SOUR GRAPES: CARTOON BY TIM JONES

SOUR GRAPES

by Tim Jones



MORE THAN 100 CITIZENS PACK COUNTY PLANNING COMMISSION MEETING ON PROPOSED GRAVEL PIT

By Gail Marvel

MONTROSE-With standing room only, more than 100 citizens attended the Montrose County Planning Commission meeting held on Dec. 15. The Planning Commission is an appointed advisory board to the Montrose Board of County Commissioners.

For over two-and-a-half hours the commission discussed and took public comments on one single item, a proposed expansion on an existing mining gravel pit. Agenda Item #1 – Farm Road Source Pit Special Use [SU22-013].

The meeting was opened, followed by the Pledge of Allegiance. Planning Commission Chair Lana Kinsey determined the quorum, presented the minutes for the Nov. 17, 2022 meeting (approved), and held a Call to the Public for Non-Agenda Items (no comments were made).

Due to the large attendance, Kinsey implemented a three-minute limit for speakers to address the commission; however, the limit was not strictly enforced. Approximately half of those in attendance either stood or sat on the floor during the lengthy hearing for a Special Use Permit.

Assistant County Attorney Joseph Gaffney cautioned the audience, “We need to keep order tonight; keeping order means not applauding [after hearing a speaker].”

Commissioner Dave Seymour said, “I will be recusing. I am employed by one of the applicants. I will recuse myself and not be present in the room.”

Beginning with agenda item #1, Montrose County Planning & Development Director Tallmadge Richmond said, “This is a Special Use Permit. East of 5875 Rd. and north of Maple Grove. This is not to change the zoning, but for a Special Use Permit. That use is for 118 acres in size, with 5875 Rd. access. The Master Plan does not speak to Special Use, as you know. However, zoning has mining mitigation [buffers, landscaping, site development].”

Richmond noted that county staff has proposed no mining within 125 feet of property lines and that the Eagle Heights subdivision is not within 125 feet of the



With standing room only, more than 100 citizens packed the Montrose County Planning Commission meeting held on Dec. 15. For over two-and-a-half hours the commission discussed and took public comments on a proposed expansion on an existing mining gravel pit. Agenda Item #1 – Farm Road Source Pit Special Use [SU22-013]. Photo by Gail Marvel.

property line for the proposed landscaping and irrigation line. Also taken into consideration was that “no blasting, crushing, or asphalt” would take place within 250 feet of property lines. Richmond said, “Hopefully we mitigate any issues. We have a lot of people and a lot of letters. Most deal with typical negative impact [AG land, unsightly]. Staff recommends approval with these conditions.”

Richmond passed out a packet of information to the commission with the suggestion that they take a short break to consider the information. Referencing exterior lighting Richmond said, “They must go as proposed in the site plans, the standards.”

Commissioner Dennis Murphy said, “This is a long report. I’m not going to sit up here and read all of it. I’d like to hear from the people and possible contentions.”

Kinsey said, “I’d like to see a sign posted with [applicant] contact information. I don’t see when we are holding them to the narrative, or the date we are holding

them to.” Richmond noted the date would be added prior to any vote.

Kinsey then invited the applicant to introduce their team and speak to the application for the Special Use Permit. Members of the team were: Zane Luttrell (Rocky Mountain Aggregate), Matt Miles (Developer), Skip Hudson (Traffic Engineer), Michael Ripp (consultant/applicant), Bo Nerlin (Plumhoff and Devore), and Shelly Dackonish (Dufford and Waldeck).

Rocky Mountain Aggregate owner Zane Luttrell said, “Seven years ago I stood in front of the board with a gravel pit [south of town]. I hope the time spent on the last gravel pit will have fruition with this proposal.”

Applicant Michael Ripp said, “This is a 118-acre permit currently in irrigated farmland. Most recently in hemp, but nothing planted since. In August 2019 a State of Colorado permit was obtained. Then COVID hit and there was an economic downturn until recently.”

CITIZENS PACK COUNTY PLANNING COMMISSION *From previous pg*

Ripp gave a general overview of the project. He said, "We will bring it [gravel] on top, crush it, screen it, and truck it out. There are 12 phases. We anticipate it will take 60 years to mine out; three to five years per phase. Crushing down below grade is expected to take two-years. The asphalt and concrete plants are portable, not used all the time and will take possibly five-years. At least 30 feet of gravel and we will reclaim. The topsoil will be put back and the field put back again for future agriculture."

Traffic Engineer Skip Hudson said, "In general [the traffic] is equivalent to a 10-lot subdivision in slow season and a 60-lot subdivision in high season. That's an idea [about the] number of trips throughout the year. Zane thought they would use medium-sized trucks; not the larger trucks."

Doing a quick calculation Murphy said, "You'll start with 250,000 tons a year. No more than 64 vehicles a day, that's 120 trips [roundtrips]."

Commissioner Clifford Dodge said, "CDOT [Colorado Department of Transportation] thinks its [road structure] sufficient for that many loads?"

Hudson explained that CDOT comes into play when there is a 20 percent change of use. He said, "Jay Jay Road would increase by 11.4 percent. That's only half the threshold for them to get involved."

The commission questioned the wear and tear on county roads; however, the county staff has no concern that the roads will hold up to the proposed traffic increase.

Murphy questioned the dust and the need for water in the off season when Uncompahgre Valley Water Users shuts off irrigation. Luttrell said, "We can add that in there [add in the application to truck in water]."

Murphy said, "The asphalt and concrete plants; how critical are they to your operation?"

Luttrell said, "Extremely important. The plants [located] where the work is at reduces traffic. We will get the plants down to the bottom of the pit as soon as possible."

Public Comment:

Speakers, who were reminded that they

were to address the commission, not the applicant, were required to give their name and address. For this report it should be noted that full names and the correct spelling of names were not always captured.

John Brooks (attorney) said, "I am an adjoining property owner to the north, a farming operation. I've submitted a statement of opposition. The original 110-acre permit was for 130-140 tons a year, reclamation in the fourth year. 2022 should be the reclamation." Brooks said his number one concern was the proposed access of 5875 Rd.

Bob, Eagle Heights Homeowners Association said, "There are 31 property owners that have invested millions of dollars in their homes. Please consider the impact on our subdivision. We've got plenty of gravel pits in the county. We're concerned about dust. We don't need an asphalt plant when it substantially impacts folks."

Nick said, "I have two lots due east of the project. This is [governmentally] recognized as a landslide area. The proposal puts on an additional risk layer. It effects water tables, there will be vibrations. Even with the finest mitigation there will be landslides, mudslides, and geological hazards."

Rita Mosley said, "Google maps has our site as 1,000 feet from the operation. Ours is a manufactured home. I'm concerned about vibrations, the [house] foundation, traffic, wear and tear on county roads, and dust. The peace, quiet, unobstructed views — this will greatly affect our way of life."

Jim said, "I live in the High Chaparral Subdivision. Ten or more percent of the traffic...they won't be using if it comes down Maple Grove. School busses are dropping off children."

Zachary said, "I have three little girls, two, five and seven. It's a nightmare for my family to have this kind of an operation."

Before building their home, Ed and Gale had a geological hazard survey done in 2006. Ed said, "The soil sample on our lot showed the land was unsuitable. Standard footing was not the way to go. We installed over 60 micropiles to mitigate a natural caused [soil movement], not a

man created problem. What effect will it be on the foundations of our homes?"

Cary said, "I'm 800 feet from the gravel mine. I've submitted a letter. Some concerns [truck] jake-breaking, noise, safety, and property valuations. This plan is 60-years. We're making a decision that will outlive most of us."

Allen said, "Take extreme prejudice in making your decision. [This is an] understatement of the project; [road] intersection, traffic. This impacts the many and benefits the few."

Joseph said, "Thirty-years ago this was a good place to retire. Pastoral settings, get out of town, less traffic."

Kelly Crippin noted the area has 356 days of water mitigation. He said, "There is ground water under the homes." Crippin, who owns Grand Valley Cemetery, wanted to maintain the serenity of cemetery. He said, "I bought land to keep development off."

John said, "Pre-recommendation for approval. Like most AG owners, we farm. We do not oppose development per se. The [county] master plan, although advisory... don't fall back on a lame excuse as being advisory. I have a little farm eight miles out of town. I'm questioning using irrigation water for anything other than AG. It should not be used for mining. This is incompatible with the master plan."

Scott said, "The jake break and dust on my animals. What about livestock? That's my main focus."

Female speaker, "Why? What use do we have for the gravel pit? We have dark sky. A lot of other people should have been informed [of the meeting]."

Mary Wood said, "All the changes we've experienced in the community, they are hard to accept. It's hard to get on Jay Jay Road. People just don't slow down anymore. It's hard to cross Hwy 50 at the intersection. It's a very busy intersection that we're looking at adding more to it. We don't have shoulders on the roads out there."

Bob said, "It seems like the people that's got the pull, money talks. People have interest in development, but not in the people around [the development]. The planning commission, both the city and the county. Bonds should be posted by

CITIZENS PACK COUNTY PLANNING COMMISSION From previous pg

developers to supplement that part of it [road repairs]. There are trucks with swathers, cattle...who has the right-away? There are cottonwood trees and a powerline. Safety transportation is the issue."

Kate Crowley said, "Do all of you actually go to the site and see for yourself? Is that part of the process to evaluate?" The commissioners responded in the affirmative.

Angi Peterson said, "I'm worried about the soil instability and the water."

Vicki Gardner said, "In a fell swoop, a full 60 years. Define temporary and movable. Temporary 60-years, movable 60-years." Gardner also expressed concerns about a curve on Maple Grove Road.

Anita said, "I have a small three-acre plot. With water there are years of plenty and years of not enough. Who gets preference on the lean years? Who gets water, AG or [gravel] mine?"

Mona Class said, "How many employees and how much effect on traffic? Onions roll off trucks. Will gravel roll off trucks and who cleans it up?"

Attorney John Brooks returned to the podium. He said, "I represent myself and my wife. This process needs to cool down and take time in an effort to answer all the questions. For four to five months water is cut off for the season. Ground water has

to be addressed. This is detrimental to health, safety, and welfare."

Jim Crowley, who described himself as a jumper from the front range, said his concerns were the visual impact and the traffic.

Public Hearing Closed

Luttrell addressed some of the comments made by the public. He said, "There were a lot of questions about roads. We met with the county; we are playing by the rules the county suggested. They didn't ask for anything else. We have narrow roads all over. We [truck drivers] have to stay between the lines. We tarp our trucks. We fall under CDOT and county regulations. Those roads will hold commercial traffic."

Speaking to the water source, the project has 298 shares of water. Luttrell said, "Water can be used for mining and we're not using that much water. As for stability issues Luttrell said, "We have two engineers who've worked on slope stability. We are following their recommendations."

Other notes of interest: During peak season the number of employees on site will be 10-15; slow times the number of employees will be three to four. There will be no explosives [blasting] on the property. There are no issues at the State or local level with Luttrell's gravel pit south of

town. It was recommended the applicants get permitting from the county before applying for permitting from the State.

Murphy said, "We've got a lot to digest and read."

A motion was made to continue the agenda item to the regular Jan. 26, 2023 Planning Commission Meeting.

During that meeting public comment will not be taken; however, letters for or against the permit will be taken up to Jan. 18. There will be no public input after Jan. 18.

Speaking to governmental issues, Montrose County Planning & Development Director Tallmadge Richmond said, "The water users do not have concerns. The county access permit considers roads. The roads and the public [tax dollars] are taken care of. There are [now] 20, but there could be 25 or 26, proposed conditions. Any violation of those conditions we can remove or revoke the Special Use Permit. The county will respond quickly to complaints. There is a state statute that addresses noise for gravel pits."

Following the hearing on the Special Use Permit for the Gravel Pit, attendees left the meeting room; however, many folks then assembled in small groups in the hallway and outside the building to continue the-meeting-after-the-meeting.



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MONTROSE REGIONAL CRIME STOPPERS

see something, say something

COLORADO NEWS BRIEFS

MOTOR VEHICLE REGISTRATION REMINDERS RESUME JAN 3

Special to the Mirror

LAKEWOOD- Due to programming updates that include the implementation of Keep Colorado Wild Pass, motor vehicle registration renewal reminders for Coloradans' whose vehicle registration expires in January will not be mailed in December. These registration renewal reminders will

start being sent on Jan. 3.

In addition, February vehicle registration renewals reminder cards will be mailed on Jan. 6, 2023. The Colorado Division of Motor Vehicles (DMV) encourages Coloradans to check when their vehicle registration expires and plan accordingly since December renewal reminders won't be mailed

until Jan. 3, 2023. The Keep Colorado Wild Pass is an optional way for Coloradans to support state parks by purchasing a low-cost annual pass when registering vehicles with the DMV. Visit [CPW.State.co.us/aboutus/pages/keep-colorado-wild-pass.aspx](https://cpw.state.co.us/aboutus/pages/keep-colorado-wild-pass.aspx) for more information on the Keep Colorado Wild Pass.

FOR SALE

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\$545,750 MLS# 798635

About The Property

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

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COLORADO NEWS BRIEFS

FATAL CRASH INVOLVING EL PASO COUNTY DEPUTY VEHICLE UNDER INVESTIGATION

Special to the Mirror

COLORADO SPRINGS – The Colorado State Patrol is investigating a crash between an adult male in a wheelchair and an El Paso County Sheriff's deputy in a patrol vehicle.

At approximately 6:39 AM, a 48-year-old deputy was southbound in the 2800 block of E. Las Vegas St, in a 2020 Chevy Tahoe police SUV. A yet-unidentified male party in a non-motorized wheelchair was also slowly moving southbound in the travel lane of E. Las Vegas St. The Chevy struck the rear of the wheelchair, ejecting the male occupant. The Tahoe came to an immediate stop after the collision. Attempts to render aid to the male party were not successful and he was declared deceased on scene. The deputy was not injured.

The area of the crash was dark at the time with insufficient street or ambient light to illuminate the area. The male party was in dark clothing and did not have any reflective markings or lights. No drugs, alcohol, or speed are considered as factors. Efforts to identify the male party and contact next of kin are still underway. The roadway was closed for approximately 4 ½ hours.

The El Paso County Sheriff's Office is cooperating with the investigation and inquiries regarding the status of their deputy should be directed to them. Members of the Colorado State Patrol Vehicular Crimes Unit are conducting the investigation of the crash.



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
Montrose, CO 81401

970-249-2211

MontroseHealth.com



YOUR BRAIN ON NATURE – A NEW YEAR'S RESOLUTION SUGGESTION



By Lauren Hall Ruddell, Ph.D.

Greetings Mirrorites!

MONTROSE-New Year's Day finds most of us regretting recent exercise and dietary habits. Losing weight is often our go-to resolution.

But what if I told you that you don't have to make horrific dietary sacrifices, and you can actually continue to enjoy Aunt Mabel's fruit cake for a few more weeks? The secret is in the irisin.

Irisin is an exercise-induced bio-peptide found in organs, muscles and the bloodstream right after exercise or cold exposure.

Irisin is effective in the promotion of brown fat over white fat. Brown fat sounds gross, but it's actually the good kind. Brown fat breaks down blood sugar (glucose) and fat molecules to create heat and help maintain body temperature. Cold temperatures activate brown fat, which leads to various metabolic changes in the body.

Most of our fat, however, is white fat. Irisin, released in greater than usual amounts during exercise, can glom onto white fat cells, the kind that promote cancer and Alzheimer's disease, and alter it to become brown fat, which burns hotter and is linked to improved physical and mental fitness.

Aging causes a natural reduction in circulating, non-exercise levels of irisin, making regular aerobic exercise for older people more important than for the young. If it comes to a choice between dieting and



Happy winter Colorado snowshoers captured by Frimufilms.

exercise as a resolution, older people should definitely choose exercise. Nordic walking, skiing, or vigorous snow shoeing have been shown to be extremely effective. For example, 12-weeks of Nordic walking was more effective than resistance training in elevating plasma irisin in middle-aged men with impaired glucose tolerance (European Journal of Sports Medicine, 2019).

OK, fine and thanks for that info, you say, but I thought this column was about the brain? Right you are! It is the interaction between exercise released irisin and BDNF that gets brain benefits involved.

Brain-derived neurotrophic factor, or BDNF for short, is a protein in the brain that is crucial for learning and adaptability. Reduced BDNF is correlated with shrinkage of portions of the prefrontal cortex and the hippocampus (thus affecting memory and cognitive clarity). This peptide promotes neural integrity and life span, as well as assisting with neuroplasticity, important in the repair of insults to the brain pan. Like those caused by too much grog and fruit cake. Exercise induces what scientists now refer to as brain/muscle crosstalk. This interaction releases irisin in the brain. Irisin can directly act on the brain in beneficial ways, but its main function seems to be to jack

up the efficacy of BDNF. BDNF is protective against mild cognitive impairment and more severe forms of dementia. Both BDNF and irisin have protective effects on the hippocampus, which can be very beneficial for people with diabetes who are in the early stages of mild cognitive impairment.

The best approach is one of prevention of course, but for readers who are concerned about current memory or cognitive function issues, the good news is, it's not too late. The Harvard School of Medicine reports that six months of regular weekly (four times) aerobic exercise can reverse the effects of brain aging, including memory loss and executive function, by as much as the equivalent of 10 years. That means someone who is sedentary and has issues at 67, with consistent outdoor aerobic exercise can enjoy the brain they had at 57.

Pretty awesome. Considering that most other therapies for the effects of lifestyle related mental decline are ineffective, exercise combined with sensible eating is really the only miracle cure out there. As one journal author stated...

"Neurodegenerative disease therapeutics has been, arguably, the field of greatest failure of biomedical therapeutics development."

Continued next pg

YOUR BRAIN ON NATURE – A NEW YEAR’S RESOLUTION SUGGESTION

From previous pg

What does this have to do with time in nature? It turns out that sunlight is helpful in production of BDNF, although to what extent is still a matter of debate. BDNF is critical in the formation of irisin. It has also been demonstrated that time outdoors increases gray matter in humans in the prefrontal cortex in direct proportion to the hours devoted to outdoor activities. Prefrontal cortex and hippocampal enlargement are likely the result of both increased BDNF and reduced cortisol, which can be achieved in less than a

month of sustained short duration, frequent outdoor activity. Sunlight increases BDNF, which increases irisin and improves mood, so extended exercise sessions in winter are more beneficial for the brain than those in summer.

Although we don’t understand all of the nuances of BDNF and irisin interactions yet, they appear to be linked with the visual cortex and circadian rhythms as dictated by day length.

So if we extend this line of thought, the ideal New Year’s resolution for anyone

over 50 should be to exercise outdoors, in the sunlight, four times per week for one hour for the next two months. The time can be reduced to 45 minutes eventually as the days lengthen.

Younger folks can afford to be a bit more loosey goosey with outdoor exercise at this time of the year.

So forgo the crash dieting, strap on the gear and get out there in January and February. And on cloudy days, send an email to agescapesnow@gmail.com if you enjoy this column or just want to chat.

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OPINION/EDITORIAL: LETTERS

JOE BIDEN'S BORDER CRISIS IS INTENTIONAL...WITH MALICE AFORETHOUGHT

Editor:

Victor Davis Hanson, a historian at the Hoover institution at Stanford University has it all figured out. He wrote if you really wanted to destroy the USA, his list of ten things would do it. FIRST; You would surrender our prior energy independence. You would reduce new gas and oil leases on federal lands to the lowest levels of any president in history. You would cut back on production of oil and gas production at precisely the time the world is emerging from a two-year lockdown with pent-up consumer demand. You would make war on coal and nuclear power and drain the Strategic Petroleum Reserve to make the inflation pain for consumers more bearable for midterm election advantage. You would cancel the Arctic National Wildlife refuge oil and gas field, block pipelines like the Keystone XL oil pipeline and the Constitution natural gas line. You would overregulate and demonize frackers and horizontal drillers and ensure there is less investment for their exploration and production. You would make use of internal combustible engines or fossil fuel power generation prohibitively expensive. SECOND; You would print trillions of dollars in new currency as the lockdowns end and demand rises and when consumers are already saturated with COVID-19 subsidies. You would keep interest rates well below the rate of inflation as you continue to print more money. You would "spread the wealth" (Obama's goal) by sending money to those who already have enough (according to Obama). You would damn the rich in the open, but court them in the secrecy of darkness. THIRD; You would end America's physical boundaries willfully and intentionally and end any difference between a citizen and a resident. You would increase the current 50 million illegals who were not born in the United States to 100 million and more by allowing 3 million illegal aliens to enter per year. FOURTH; you would destroy public trust in elections and render election day irrelevant by extending days of voting. You would make proper auditing of 110 million mail-in/early ballots impossible and normalize ballot harvesting. You would blast as "election deniers," "insurrectionists," and "democracy destroyers" anyone who objects to radical ballot rule changes on the day of the election not passed by the U.S. Congress nor state legislators. FIFTH; You would redefine crime by letting those who need "things" exercise their entitlement to them. Rewrite laws to lower or abolish punishment and empty out prisons because it's an "atonement" for past "systemic racism" and "oppression." SIXTH; You would

junk the idea of a melting pot and multiracial society united by common American values and ideals. Instead, identify individuals by their superficial appearance. Seek to be a victim and monetize your claims against perceived victimizers. Call anyone who resists a "racist." Encourage each tribe defined by common race, ethnic, gender, or sexual orientation to band together to oppose the monolithic "white privilege" majority. Encourage social and tribal tensions. Racially discriminate to end discrimination. You would green-light statue toppling, name changing, boycotting and cancel culturing. You would erase the past, control the present, and create a new American person for the future. SEVENTH; You would render the United States as just one of many nations abroad. Abandon Afghanistan in shame. Leave behind thousands of loyal Afghan allies and Americans, billions of dollars in military equipment, a billion-dollar embassy, and leave the largest military base in central Asia under the control of communist China. You would beg enemies like Venezuela, Russia, and Iran to pump more of their dirty oil to sell to us when it is politically expedient for us to have abundant supplies. We have clean oil in abundance but won't produce it because of Democrat political bias. You would discourage friends like Guinea from producing more energy and cancel allies' energy projects like the EastMed pipeline. You would trash Saudi Arabia and then beg them to pump more oil right before an election for political advantage. EIGHTH; You would neuter the First Amendment and enlist Silicon Valley monopolies to silence unwanted free speech and declare free expression as "hate speech." NINTH; You would demonize half the country as semi-fascists, un-Americans, insurrectionists, and domestic terrorists. You would suggest packing the Supreme Court, ending the filibuster, eliminating the Electoral College, and bringing in two more states. You would twice impeach a president who tried to stand in your way. Once as a private citizen. Then you would raid his home LOOKING for a crime, not looking for evidence to support the suspicion of a crime. TENTH; You would never investigate the origins of the COVID-19 virus and never blame Communist China for the release of the SARS-CoV-2 virus. Especially if you and your family are getting rich colluding with Communist China with millions of dollars of illegal business transactions with that country. And you would ignore the Bill of Rights to mandate vaccinations, mask-wearing, quarantines, and lockdowns.

WHEW !!.....that sounds like a horror mov-

ie directed only by the imagination of the Hollywood Leftists. It would be the end of a Constitutional government if all of the above despicable acts were actually committed by a president who hates his/her Country that much and loves its enemies more. A nation actually facing such draconian and hideous hate from her leaders.....but wait.....this sounds all too familiar.....is this just a bad dream?.... No....the United States of America is actually undergoing these monstrous and treasonous acts by Democrats and the bad dream is real! And it was proven in the midterm elections that Democrat voters must think this is all alright by returning radical Leftists to office such as the Fettermans, Warnocks, and the Katie Hobbs for Governor in Arizona. Hobbs promises she will remove Arizona's southern border wall of shipping containers being placed there by the outgoing Republican governor. Democrats' goal is to have a borderless society in order to accumulate their own voting bloc bought and paid for by your taxes. A one-party system is their goal. They say we have no right to keep out migrants!!! They don't care about American women being sexually assaulted by border invaders and Americans being killed by gangs. It must be a terrible sickness to vote to have your Country invaded and destroyed. A Texas judge recently said, "We're being invaded. The facts are there." Think about the 107,000 Americans who died last year from drug overdoses, mostly fentanyl. Have you heard any Democrat politician who is concerned about this? Nope, and you won't in the future either. They have no sympathy for the suffering they create. Joe Biden's border crisis is intentional, deliberate, purposeful, and with malice aforethought. Illegal migrants are coming to every city in America. Just wait until the illegal numbers are so high in your area that the hospitals and doctor offices will be filled with them and you cannot be treated. And they will be getting their medical care FREE and have PRIORITY over you!! You will still be paying your health insurance premiums, but will be turned away because of overcrowding. We will have food shortages and the Democrat-controlled government will horde food from Americans for consumption by the illegals just like the continual baby formula hoarding at the border. Only at that point it won't be just baby formula, it will be most all food! And at that point it won't matter whether you're a Democrat or not.

All Americans will suffer. Thank you, Democrats!

Jerry Bartholome, Montrose

COMMUNITY OBITUARIES

LARRY L. FREDERICKSEN



LARRY L. FREDERICKSEN, President & Co-Founder of Haven House, went suddenly, at his home into the benevolent arms of Jesus at the vibrant age of 85 years young on Friday, December 9, 2022. Larry, beloved husband of Lillian, and loving father of their son Erik (Natanja); and loving father with the late, Ruth, and their children Steven (Jamie) and Daniel (Lisa). Dearest Grandpa of A. Lauren (William), Sophia (James), Evan (fiancée, Tori) Harrison and Jacob; dearest Great-Grandpa of Charlie and Penelope; admirable uncle of many nieces and nephews. Larry was the loving son of the late, Dorothy & the late Clifford, of Estherville, Iowa; loving brother of the late, Joyce, and the late, Jack (Marge).

In lieu of flowers the family requests donations to be made to Haven House, PO Box 3122, Montrose, CO 81422.

Arrangements are under the direction of Crippin Funeral Home, Montrose, Co.

Join us for a

Christmas Eve Candlelight Service

Saturday, December 24, 7:00 p.m.

Hillcrest Congregational

United Church of Christ

611 South Hillcrest Drive, Montrose

ISSUE 400 Dec. 19, 2022

ART & SOL

MONTROSE CHURCHES: FOSTERING COMMUNICATION, COOPERATION...BUILDING COMMUNITY

by CB Williams

MONTROSE-Activities continue to ramp up during the holidays with concerts around town, including those at the Columbine Middle School and the Montrose Pavilion, and special church services throughout this last week of Advent.

Several local churches are spreading the news about their Christmas services.

Here are a few of them:

Celebration Church at 2900 Sunnyside Road, as reported by Julie Hale, will have Christmas Eve services Saturday, Dec. 24 at 4 and 5:30 p.m. Both these services are identical, she said, and are "family style" with children welcome in the service.

"We are having a Christmas Eve service on Saturday, Dec. 24 at 6 p.m.," said Kristy from Calvary Chapel at 2201 S. Townsend Ave. - Suite D, "Our theme for this year's program is 'He Is.'"

"Our Calvary Kids' Choir and Joyful Noise Singers will be blessing the congregation with a special musical performance," she continued, "and on Christmas Sunday, we will be having a family service at 10 a.m. with all ages welcome in the Sanctuary. There will be no children's ministry or nursery available on Christmas Day.

Associate Pastor Jeremy Jensen reported that Crossroads Victory will have Christmas Day service at 10 a.m. at 515 S. Hillcrest Drive.

Christ's Church of the Valley at 10 Hill-



John White, Columbine Middle School music teacher, acknowledges a soloist at the Jazz Band/8th Grade Concert Dec. 15 at the Pavilion Event Center. Photo by CB Williams.

crest Pl. Way will be having a candlelight Christmas Eve service on Dec. 24 starting at 5:30 p.m., according to Pastor Ozzy Osbourne (no kidding).

"We'll sing many traditional Christmas songs, read the Nativity story and have a short devotional," he said, "and cookies and hot cocoa will be served following the service."

Christ's Church will also have a Christmas Sunday service at 10:30 a.m. with traditional Christmas songs and a Christmas message, he said.

There will be Christmas Eve services Dec.

24 with Holy Communion and Christmas hymns at 7 and 11:30 p.m., at All Saints Anglican Church, 2057 S. Townsend Ave. According to interim priest Gary Way, they will also have a Christmas Day Holy Communion service at 9 a.m.

Summit Church Montrose at 10977 6075 Rd. will have a Christmas Eve service at 4 p.m., according to Pastor John DeSario. DeSario said Pastor Mauro Zuniga of the Verdad Y Vida Spanish-speaking church will join Summit in the service.

How do all 70-plus churches know what's going on in Montrose?

Continued next pg

MONTROSE CHURCHES: FOSTERING COMMUNICATION, COOPERATION...BUILDING COMMUNITY

From previous pg



Pastor Buddy Cook, Montrose First Church of the Nazarene, prepares for the final week of Advent. Photo by CB Williams.

The above information on services is just a part of the communication gathered and distributed by the Association of Montrose Churches (AMC), according to secretary Pastor Buddy Cook of the Montrose First Church of the Nazarene.

Cook, along with 2022 AMC board members the Very Rev. Robert Munday, president, All Saints Anglican; Pastor Spencer Powers, vice president, Montrose Christian Church; and Kathy Springer, Christian Adventist, join together every second Thursday of the month at various locations. Board members serve one-year terms, with no term limits.

Pastors or lay persons represent the member churches and other member organizations, e.g., Haven House, put forward their representatives. They have been formally organized since 1981, according to Cook.

AMC has a purpose of "fostering commu-

nication and cooperation among member churches and charitable organizations for the purpose of building Christian community..." according to their bylaws.

The non-profit organization continues their mission "through helping economically stressed families and individuals in the community."

People seeking assistance fill out a request at First Presbyterian Church, 1840 E. Niagara, between 9 a.m. and 12 noon Mondays-Thursdays. The office then notifies Pat Scott, AMC volunteer, to handle the requests. Generally, Scott said, the person seeking assistance has received a shut off or eviction notice.

Scott said she has been volunteering with AMC for seven years, and she does this along with volunteer John Short. Assistance is available to those in Montrose County only, she said.

"This year we've given \$7,000 to 30 families for rent and \$4,000 to another 30 families for utilities," she said, "We may not help a lot, but to those we help we make a difference." In previous years, she said, AMC helped out in about twice as many situations.

As she begins to review each application in the process to help people in need she says a little prayer, she said, "Because I do not have all the wisdom it takes to help." Qualifying individuals are allowed assistance up to two times in a lifetime, and not more than once every six months, she said.

Pastor Cook said AMC mainly raises funds for the assistance program through special offerings at the Montrose Community Dinners and during Holy Week services (Easter week services held at various member churches). He said information about Holy Week services is sent out to the 90-plus addresses on his email list – announcing times and locations for those services.

He said there are several churches that contribute to the program monthly through their budgets, and contributions come from individuals to the AMC through the mail.

Cook said the Covid pandemic adjusted things somewhat in the workings of the program and there has been less money taken in and less money given out in the last two years.

"A long time ago we gave out as much as \$30,000 one year," he said. He and Scott said that Covid relief funds probably were one reason for the drop in requests earlier this year, but Scott said people this week have contacted her in a panic.

"The need is still there," she said.

Cook said many churches assist homeless or others in need through their individual church deacon boards, and often have budgets that include giving to local non-profits throughout the community. The AMC program is just one answer in addressing needs in the community.

To donate to the program, send a check to **AMC, PO Box 223, Montrose CO 81402.**

In addition to the financial assistance program, AMC is active in PrayerFest – an annual day of prayer – and sends out information regarding that summer activity.

And, Cook said, Montrose pastors are always invited to attend prayer session meetings at All Saints Anglican Church every first and third Wednesdays of the month at 8:30 a.m.

Other activities include the NuManna food packing where AMC partners with Montrose Christian Church and volunteers gather in the fall to pack meals for the people of Haiti. Bryan Goforth from Montrose Christian is the contact for that mission at bgoforth@montrose-christian.org or (970) 249-5432.

For more information about AMC call Pastor Buddy Cook at Montrose First Church of the Nazarene at (970) 249-9213.



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COMMUNITY NEWS BRIEFS

OLATHE MIDDLE SCHOOL STUDENTS IN ALL STATE CHOIR



Special to the Mirror

OLATHE-The following 8th grade students have made it into the Colorado Middle School All-State Choir:

Aspen Mueller, Soprano 2 scoring 89 out of 100

Zoe Ripley, Soprano 2 scoring 87

Sebastien Gonzalez, Soprano 1 scoring 84

Natalia Murray, Soprano 2 scoring 82

Miley Cooper, Soprano 1 scoring 75



\$50,000 IN EDUCATIONAL SCHOLARSHIPS NOW AVAILABLE

Special to Art & Sol

REGIONAL-More than \$50,000 in educational scholarships from **Delta-Montrose Electric Association** (DMEA) is now available for local students and adults pursuing higher education. The co-op's annual scholarship program opened this month, and the deadline to apply is March 1, 2023. Applicants must be dependents of a DMEA member or members themselves. "At DMEA, our purpose is to power and unite our communities. Taken in the literal sense, our poles and wires connect our communities and light up local homes and businesses, but our purpose means so much more than that. Through our scholarship program, we also power bright futures for the many generations to come," said Kent Blackwell, DMEA Interim CEO and Chief Technology Officer.

DMEA offers a variety of scholarships to support students pursuing both traditional and non-traditional education:

\$3,000 High School Graduate: Awarded to one graduate from Cedaredge, Olathe, a non-traditional school in either Delta County or Montrose County, two graduates from Delta High School, two gradu-

ates from North Fork High School, and three graduates from Montrose High School.

\$2,000 Continuing Education: Awarded to three students who are currently enrolled full-time in an accredited post-high school educational institution.

\$2,000 Colorado Mesa University, Montrose Campus: Awarded to two students who are planning to attend or are currently enrolled full-time in Colorado Mesa University - Montrose Campus.

\$2,000 Technical College of the Rockies: Awarded to two students who are planning to attend or are currently enrolled full-time in the Technical College of the Rockies.

\$2,000 Line Worker: Awarded to two students currently enrolled in a line worker school. Preference points will be given to applicants who are DMEA members or dependents of DMEA members.

\$3,000 Guzman Energy Character Award: Awarded to one high school graduate planning to enroll full-time in a college university, community college or vocational/technical school who demonstrates superb strength of character.

DMEA awards all scholarships based on academic performance, extra-curricular and community activities, future goals, and an assigned essay. Incomplete or late applications cannot be considered. Applicants must be dependents of a DMEA member or a member themselves. The application process is administered by the **Montrose Community Foundation** and all applications must be submitted online at <https://www.dmea.com/scholarships>.

DMEA's scholarship program is funded by the co-op's unclaimed capital credit fund and its wholesale power provider, Guzman Energy. The cooperative business model ensures that excess margins remaining after all expenses have been paid are returned to the DMEA members as capital credits. If any of these credits remain unclaimed, they are transferred to the unclaimed capital credit fund and used for charitable and educational purposes, like DMEA's scholarship program.

For more information, visit www.dmea.com and review the scholarship information and application located under the community tab, or contact DMEA at 877-687-3632.

COMMUNITY NEWS BRIEFS

WHEATON COLLEGE CONGRATULATES AUGUST 2022 GRADUATE CALEB EGBERT

Special to Art & Sol

WHEATON, IL -- Wheaton College congratulates Aug. 2022 graduate Caleb Egbert, of Montrose, CO graduated with a BA in Business Economics. Wheaton College (Wheaton, Ill.) is a coeducational Christian liberal arts college noted for its rigorous academics, integration of faith and learning, and consistent ranking among the top liberal arts colleges in the country. For more information, visit wheaton.edu.

KENNETH GIFFORD NAMED TO MSOE DEAN'S LIST FOR FALL QUARTER 2022 WITH HIGH HONORS

Special to Art & Sol

MILWAUKEE, WI-- Kenneth Gifford from Montrose was named to the Milwaukee School of Engineering's Dean's List with High Honors for the 2022 Fall Quarter. Gifford is pursuing a Bachelor of Science in Computer Engineering.

Undergraduate students who have earned at least 30 credits and have a cumulative GPA of 3.20 or higher (out of 4.0) are on the Dean's List. Students who have maintained a 3.70 or higher receive "high honors."

Milwaukee School of Engineering (www.msoe.edu) is the university of choice for those seeking an inclusive community of experiential learners driven to solve the complex challenges of today and tomorrow. The independent, non-profit university has about 2,700 students and was founded in 1903. MSOE offers bachelor's and master's degrees in engineering, business and nursing. Faculty are student-focused experts who bring real-world experience into the classroom. This approach to learning makes students ready now as well as prepared for the future. Longstanding partnerships with business and industry leaders enable students to learn alongside professional mentors, and challenge them to go beyond what's possible. MSOE graduates are leaders of character, responsible professionals, passionate learners and value creators.



Our
aim
is
true

the montrose mirror

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
112 Main 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, info@fpcmontrose.com

form@fpcmontrose.com, www.fpcmontrose.com
Pastor: Jesse Mabanglo
Worship Service times: 9:30AM, Student Worship at 6PM. *We strive to encourage, challenge and support one another*

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, [mont-](http://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





Local Immunization Providers

PEAK PROFESSIONALS

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

PEDIATRIC ASSOCIATES

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

NORTHSIDE HEALTH CENTER

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

CEDAR POINT HEALTH

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

BASIN CLINIC

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

UNCOMPAHGRE MEDICAL CENTER

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

DELTA COUNTY HEALTH DEPT

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

RIVER VALLEY FAMILY HEALTH CENTERS

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

THE PIC PLACE

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

MESA COUNTY HEALTH DEPT

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

VFC (VACCINES FOR CHILDREN)

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

340b

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

CITY MARKET SOUTH

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

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

WALGREENS

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

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

CVS (IN TARGET)

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

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

CITY MARKET NORTH

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

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

SAFEWAY

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

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

WALMART

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

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

STACIE'S APOTHECARY SHOPPE

112 Village Square West Ridgway
(970) 626-7100

Flu	Pneumonia
Shingles	Tdap



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



Christmas Services 2022

All Saints Anglican Church

2057 S. Townsend Ave.

Montrose, CO 81401

Dec 24, 7PM and 11:30PM

Dec 25, 9AM

**The Holy Eucharistic
with Christmas Hymns**

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. 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. 21-Children First present Christmas story times at Montrose Public Library, 10am and 11am. Birthday cake, cookies and crafts.

Dec. 24-Christmas Eve Candlelight Service, Hillcrest Congregational Church 7pm. 611 South Hillcrest Drive.

Dec. 24-Rosemont Baptist Church Christmas Eve Candlelight Service 5:30pm 1598 E. Niagara Rd. Montrose, CO 81401 www.RosemontBaptist.org

Dec. 24-25-Christmas Services All Saints Anglican Church, 2057 Soputh Townsend Ave. Dec. 24-7pm and 11:30pm. Dec. 25-9am.

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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Editor@montrosemirror.com
www.montrosemirror.com

READER PHOTO SPOTLIGHT: DEB REIMANN

Deb Reimann snapped this photo of a bald eagle in her nest. "These majestic birds have huge nests....the largest of any North American bird...and are typically five-six feet wide and two feet deep," Reimann said. "Adult eagles do not begin to nest until they are four-five years old. Eagles mate for life and return each year to the same location to nest and breed. There is a 35 day incubation period and the young eagles fledge at 10-12 weeks old. "



Alpen Confections
Open: Friday & Saturday
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

DineOutMontrose.com