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# the Montrose Mirror

Local news, free to you

Issue No. 515 Jan. 9, 2023

## COMCOR'S DEE LAIRD HONORED AT FIRST BOCC MEETING OF 2023

By Caitlin Switzer

MONTROSE-All commissioners were present as the Montrose Board of County Commissioners (BOCC) gathered for the first regular meeting of 2023. BOCC Chair Keith Caddy welcomed everyone; Citizen Jim Haugsness led all in saying the Pledge of Allegiance.

Delivering the invocation was Pastor Jeremy Jensen of Crossroads Victory Church. "... Lord we thank you for the area we live in, the county we live in, it's such a beautiful place ...I thank you for these men and women, I pray your blessings on them, your blessings on their family, your blessings on this government, your blessings on our state...I pray for peace in our community..."

### PUBLIC COMMENT PERIOD

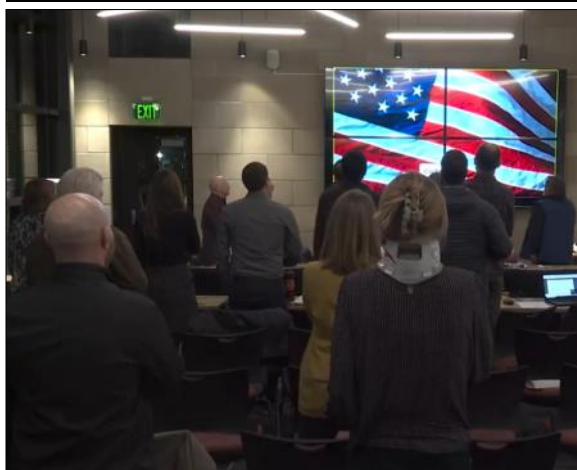
Haugsness took time to address commissioners. "... I'd like to start off the year on a positive note. I think too often, public employees aren't recognized for the things that they do for the county...I have no complaints with the

[Continued pg 17](#)



*During the time for Public Comment on Jan. 4, Jim Haugsness thanked Montrose County officials and staff for their hard work. As a bicyclist, Haugsness also asked the county to look at the Spring Canyon Road, above. "Spring Canyon Road is basically a single lane road with a blind curve and two single lane bridges," he said.*

## CITY APPROVES SALE OF GOLF COURSE PARCEL, EMERGENCY CULVERT REPAIR



*Montrose City Council and attendees say the Pledge of Allegiance during the first regular meeting of 2023, in the new Public Safety Complex Community Room. Meeting Screenshot.*

By Caitlin Switzer

MONTROSE-Mayor Dave Frank welcomed all to the regular meeting of the Montrose City Council on Tuesday, Jan. 3, held in the Community Room of the new Public Safety Complex, "...Happy New Year." All councilors were present, including Youth City Councilor Sydney Bell who led in saying the Pledge of Allegiance. Mayor Pro Tem Barbara Bynum had one change to the meeting agenda, pulling Item 16, "consideration of Ordinance 2610 on first reading, amending the zoning district designation of two tracts within the Seasons Subdivision from B-4, Neighborhood Shopping District and "R-3A," Medium High-Density District to R-4, High Density District," as the applicant wanted more time to work with neighbors and city staff.

### CALL FOR PUBLIC COMMENT

John Broadbooks, representing the Village at Eagle Landing

[Continued pg 7](#)

in this  
issue

[Ulibarri asks about crosswalk safety during city work session of Jan. 3!](#)

[Christopher Larsen: Long term Injectables are just the Beginning!](#)

[Bighorn: The Backstory: by Kate Burke](#)



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*Special to the Mirror*

**MONTROSE**— City of Montrose Public Works will take requests for the city's annual Christmas tree pickup through Jan. 10. Following this request period, crews will conduct a street-by-street, citywide sweep that will conclude on Tuesday, Jan. 17. To schedule a pickup, please call the Public Works office at 970-240-1480.

Trees must be placed for collection behind the curb in front of your home. Frosted trees or trees with tinsel, tree stands, and/or ornaments will not be collected.

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## Opioid Seminar

Join us Tuesday, January 10 at  
7 p.m. in the Library's Meeting  
Room for the 4th Opioid  
Seminar.



This event is targeted towards  
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For more information or questions contact:

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## REGIONAL NEWS BRIEFS

### CITIZENS' CLIMATE LOBBY TO MEET MONDAY @ 5PM

*Special to the Mirror*

MONTROSE-On Monday Jan. 9, 5pm Montrose library meeting room- Citizens' Climate Lobby meets in person. Local action groups on Electrify Montrose, Solar projects, Health Forests, Water, Recycling. National, nonpartisan, All Welcome info at 970-765-9095



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## COLORADO NEWS BRIEFS

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### Special to the Mirror

DENVER - Even though 2023 has started, open enrollment for individual health insurance (meaning for people who don't get their insurance from an employer) continues until Jan. 15. Anyone who needs health insurance and hasn't enrolled in a plan for 2023 can enroll and get coverage that will start on Feb. 1, 2023.

Coloradans needing health insurance can shop and enroll through Connect for Health Colorado, the state's health insurance marketplace. People can get free, virtual and in-person help from certified enrollment experts and at Connect's enrollment centers located throughout the state - see their [We Can Help](#) page for more information. Many enrollment assistance sites are hosting [events ahead of the January 15, 2023 deadline](#). People can also use Connect's [Quick Cost and Plan Finder tool](#) to shop for plans and get an idea of any financial help they may qualify for.



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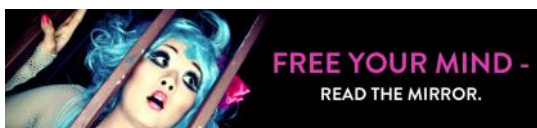
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## REGIONAL NEWS BRIEFS

### ALZHEIMER'S ASSOCIATION DEMENTIA EDUCATION SEMINARS @ LIBRARY

*Special to the Mirror*

MONTROSE-Alzheimer's Association Dementia Education in Partnership with Touch of Care Hospice at the Montrose Regional Library:

Effective Communication Strategies – Jan. 17 at 10:30-11:30

Healthy Living for Your Brain & Body – Feb. 14 at 10:30-11:30

Living with Alzheimer's: Late Stages - March 21 at 10:30-11:30



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## ***CITY APPROVES SALE OF GOLF COURSE PARCEL, EMERGENCY CULVERT REPAIR***

### ***From pg 1***

Homeowners Association, spoke to Council about a drainage gutter at Sneffels Street and Abrams Avenue where water collects. "Any time there's freezing temperatures it becomes an ice dam, and quite frankly, a safety hazard for pedestrians," Broadbooks said. There are concerns for elderly residents and others. Broadbooks said that he was told by city staff, "we don't have good solutions."

Still, "It's an ice dam for about eight feet... it's very difficult for pedestrians to get around...we certainly as a city plan for capital projects of substantial cost... something needs to be done."

#### **CONSENT AGENDA**

Consent agenda items were approved unanimously.

#### **DESIGNATION OF POSTING LOCATIONS**

City Clerk Lisa DelPiccolo presented information on designated posting locations, which include the City of Montrose website, [www.cityofmontrose.org](http://www.cityofmontrose.org), as the official posting location for meeting notices, with the bulletin boards in the lobby of City Hall and outside of City Hall as secondary locations for use in exigent or emergency circumstances. Those who have questions are encouraged to call the City Clerk's office at 970-240-1430.

Citizen Dave Stockton spoke, "...I have a issue with official posting being declared on the web page, particularly during council meeting minutes, council meeting notification, when the charter says that the official designation will be in front of City Hall. That's my big gripe. ... to have council agree that official postings will be on the web page, when that's in conflict what our charter says..."

Council voted unanimously to approve designated posting locations.

#### **INTERGOVERNMENTAL AGREEMENT WITH MONTROSE RECREATION DISTRICT FOR SHARED SERVICES**

Also approved unanimously was the annual intergovernmental agreement (IGA) with Montrose Recreation district for shared services.

#### **ORDINANCE 2607 - SECOND READING**

As discussed in work session and on first

reading, Council voted unanimously to adopt Ordinance 2607 on second reading, vacating a portion of a public utility easement.

#### **ORDINANCE 2608 – SECOND READING**

As discussed in work session and on first reading, Council voted unanimously to adopt Ordinance 2608 on second reading, amending Title 3 Chapter 1 Section(s) 6 and 7 correcting a codification error.

#### **ORDINANCE 2609 - SECOND READING**

As discussed in work session and on first reading, Council voted unanimously to adopt Ordinance 2609 on second reading, disconnecting property at 67365 Sunshine Road.

#### **RESOLUTION 2023-01**

Council unanimously adopted Resolution 2023-01, setting Feb. 7 as the hearing date for the Klein Addition Annexation.

#### **CEDAR VIEW SUBDIVISION AMENDED PRELIMINARY PLAT #3**

Council voted unanimously to approve the Cedar View Subdivision Amended Preliminary Plat #3, conditioned upon City staff ensuring that all policies, regulations, ordinance and Municipal Code provisions are met and that the Applicant adequately addresses all of staff's concerns prior to execution of the Final Plat.

#### **PAINTED WALL SUBDIVISION AMENDMENT TO THE BRIDGES AT BLACK CANYON PLANNED DEVELOPMENT**

Council voted unanimously to approve the Painted Wall Subdivision Amendment to The Bridges at Black Canyon Planned Development, an amendment to Block 2200, Lot 2200, which originally approved a 24-unit multi-family development, to an eight-lot single-family development.

#### **PAINTED WALL SUBDIVISION PRELIMINARY PLAT**

Council voted unanimously to approve the Painted Wall Subdivision Preliminary Plat, conditioned upon City staff ensuring that all policies, regulations, ordinance and Municipal Code provisions are met and that the Applicant adequately addresses all of staff's concerns prior to execution of the Final Plat.

#### **REAL ESTATE CONTRACT**

Also approved was a contract to convey real property at the Black Canyon Golf Course, as discussed in the morning work session. First reading is scheduled for Jan. 17, and the second reading for Feb. 14, Planning Manager Jace Hochwalt said.

#### **EMERGENCY CULVERT REPLACEMENT AUTHORIZATION**

As previously discussed in work session, Council voted unanimously to approve \$81,400 in expenditures to replace two bridge culverts, both of which serve as entrances to the Meadowgate neighborhood. There have been no changes since the initial discussion, Public Works Manager Jim Scheid said.

#### **GENERAL DISCUSSION**

Youth City Councilor Sydney Bell reported on recent Youth Council activity. "We took two nursing home visits to the nursing home Valley Manor to spend some time with the residents there, and we hung out with them and played some games," she said. Youth Councilors also completed their seven days of service and are working to host another Rock the Rec event.

Ulibarri thanked planning staff for keeping him informed on the ongoing housing study. He asked about a possible rezone. "I really do think we need affordable housing for the community."

Morgenthaler said any information shared by staff must be shared with the entire council.

Councilor Reed wished councilors and staff a happy new year.

Said Mayor Frank, "2022 was a very good year. Staff just rose above and beyond and really made it a pleasure to work with them and provided us with such great background information on everything we've done, it makes our job a lot easier."

Mayor Pro Tem Bynum thanked staff for getting the community room ready for meeting use.

Councilor Doug Glaspell said that IT Manager Greg Story and his staff have done a great job.

With no further business the meeting was adjourned.



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## REGIONAL NEWS BRIEFS

### COUNTY RESIDENTS ENCOURAGED TO TEST HOMES FOR RADON IN JANUARY

*Special to the Mirror*

MONTROSE—Radon is the leading cause of lung cancer deaths among nonsmokers in America and claims the lives of nearly 21,000 Americans each year. Radon is also responsible for more than 500 lung cancer deaths in the state each year. In an effort to protect county residents and their families, Montrose County is offering free radon test kits while supplies last. Exposure to radon is a preventable health risk and testing—at the correct time—may help prevent unnecessary exposure. January is National Radon Action Month and Montrose County urges homeowners to take this simple step to protect their families from radon exposure.

"The radon test kits are part of a grant from the Colorado Department of Public Health and Environment, and we are grateful that the region has received grant funding for the past several years to offer this service to homeowners in Montrose County," said Public Health Director Jim Austin. "The kits are an easy way to protect your family and know your risk. There are also resources available to aid with mitigation assistance."

Radon is a naturally occurring radioactive gas. The colorless, odorless, tasteless gas can enter homes through minuscule cracks in the floor or small spaces around utility pipes. It can accumulate unless

properly mitigated. Long-term radon exposure is the leading cause of lung cancer in non-smokers and the second-leading cause of lung cancer in smokers.

Testing is easy and affordable. The Colorado Department of Public Health and Environment's [website](#) also lists contractors certified by the National Radon Proficiency Program who install systems to mitigate

radon. Colorado residents also can call the state's Radon Hotline at [1-800-846-3986](tel:1-800-846-3986). Free test kits are available while supplies last (one per homeowner) at Montrose County Public Health offices at 1845 South Townsend Avenue or at the Montrose County Public Health and Human Services building in Nucla at 851 Main Street.

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## REGIONAL NEWS BRIEFS

### LAUGHTER IS THE BEST MEDICINE- COFFEE WITH A NURSE

*Special to the Mirror*

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# UNITED STATES NEWS BRIEFS

## FRED LEKSE NAMED 2023 RMEF BOARD CHAIR

### Special to the Mirror

MISSOULA— The Rocky Mountain Elk Foundation is pleased to announce its board of directors elected Fred Lekse as its new chair. Lekse succeeds Mark Baker, whose term concluded December 31, 2022.

"As a long-time supporter and life member, I truly appreciate everything RMEF stands for and its diligence in carrying out its mission," said Lekse. "It is an honor to work alongside my fellow board members to provide strategic guidance in helping to

move this great conservation organization forward."

Lekse is an avid elk hunter, RMEF life member and the president of KHI Management from Collbran, Colo. He served on the board from early 2015 through the end of 2020, including nearly two years as chair and another year as vice chair.

"It's been a privilege to closely collaborate with the CEO, executive staff and my fellow board members in helping RMEF continue to thrive, strengthen and carry out measurable, meaningful conservation

work, especially during these last couple of years," said Baker.

Also an RMEF life member and hunter, Baker served on the board from 2017 through 2022, including two years as vice chair and the last two as chair.

"We are grateful for Mark's staunch commitment and leadership over the last four years as vice chair and chair of the board," said Kyle Weaver, RMEF president and CEO. "Fred is a proven leader within RMEF. I look forward to working with him and the rest of the board."

Tobias "Toby" Buck (Sheldon, S.C.), succeeds Timothy Delaney (Mayfield, N.Y.) as vice chair. Nancy Holland (Cedar Hill, Mo.) and Vince Rosdahl (Mansfield, Texas) are joining the RMEF Board of Directors. The term of board member Chuck Roady (Bonners Ferry, Idaho), like Baker (Helena, Mont.), concluded at the end of 2022. Roady also previously served as board chair from 2015 to 2017.



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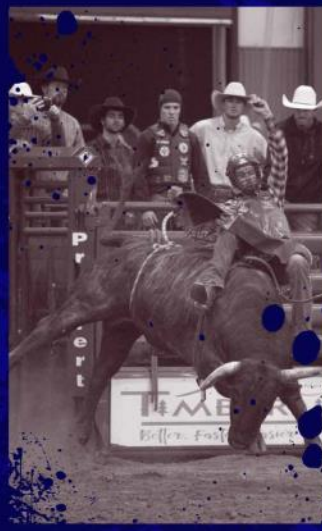
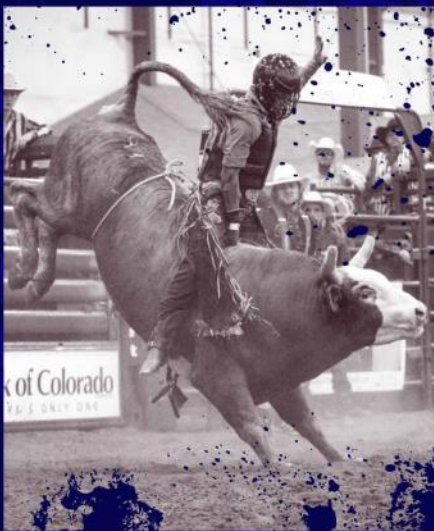
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## COLORADO NEWS BRIEFS

### STATE REPRESENTATIVE MARC CATLIN IS NAMED A PERSON 'WHO HAD THE JUICE IN 2022'

*Special to the Mirror*

DENVER— Colorado State Representative Marc Catlin has been highlighted in the Colorado Politics' *Who has the Juice | 2022 in Review* article. The article identifies ten individuals or groups who "had the greatest impact on state politics that year."

Representative Marc Catlin was the only Republican legislator named to the list. The article mentions Representative Catlin's bipartisan approach to being an effective legislator with 100% bipartisan bills sponsored. He has the second most bills passed at 22. Rep Catlin is the only Republican to hold a leadership role on a House committee. He will retain his vice chairmanship position of Ag, Water and Natural Resources - making this honor three consecutive years. Catlin also stands as House Minority Whip for the remainder of the 73rd General Assembly. The Colorado Politics' article can be found, [HERE](#)

Representative Marc Catlin says, "Being recognized is an honor, especially being included with nine leaders who have a state-wide impact. My office and I will continue to represent and voice Western Colorado and the 58<sup>th</sup> District interests at the state level."

Other individuals and entities identified in the article include: Governor Jared Polis, Colorado Democrat Leader Morgan Carroll, US Congresswoman-elect Yadira Caraveo, US Rep.-Elect Brittan Pettersen, Keeping Colorado Local, Jon Caldarà, Healthier Colorado, House Speaker-Designate Julie McCluskie, and Senate President Steve Fenberg.

Colorado State Representative Marc Catlin represents the eight counties of Dolores, Delta, Gunnison, Hinsdale, Montezuma, Montrose, Ouray, and San Miguel. Representative Catlin Vice Chairs the Agriculture, Natural Resources and Water Committee, is a member of the Capital Development Committee, and is the ranking member of the Transportation & Local Government Committee.



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## COMCOR'S DEE LAIRD HONORED AT FIRST BOCC MEETING OF 2023 *From pg 1*

county. I think the county is headed in the right direction. I like to see the fiscal responsibility that the county has shown, the accountability that you are exercising...with an eye towards affordability and accessibility."

Haugsness recognized former County Manager Ken Norris for his leadership, as well as current County Manager Jon Waschbusch. "I think Jon was recently awarded Manager of the Year and I think that's really well deserved. I talked to Jon, and I told him the measure of that is creating a really good, cohesive, team."

Haugsness also recognized the commissioners. "I think the important thing, and I've been watching the county for over 20 years, is to be able to have a board of county commissioners that have all oars in the water and are rowing in the same direction. I think the board should be recognized for that. I think Montrose County has regained a great deal of respect for the way they're handling themselves within other parts of the same government."

He also recognized the Road & Bridge Department, the Sheriff's Office, and the work of the citizens committee (Montrose Citizens for Funding our Future aka MC4FF) that came up with the plan that resulted in the Public Safety Sales Tax.

As a bicyclist, Haugsness said that he knows every bump and uneven spot in county roads. "I really haven't found any in the past five years."

He commended the "fine work" recently done on a portion of Oak Grove Road, "Affectionately known as Suicide Hill," Haugsness said. "That was a major undertaking...it's much appreciated. The only thing I wish is that they would have put a rope tow in for those on bicycles going up the hill, because they didn't change the elevation at all."

Haugsness also recognized the work being done at Montrose Regional Airport.

As someone who serves on the Bureau of Land Management Southwest District Resource Advisory Council, Haugsness thanked the county for collaborating with the BLM on Buzzard Gulch and Electric Hill recreation areas. "...you go out there on a weekend during the summer, and all the

parking lots are filled and people are out there--walkers, joggers, equestrians--using those trails and it's just a really fantastic venue so close to town."

The BLM is looking at permanent restrooms, picnic tables with kiosks and covers, and designated camping areas, he said.

Haugsness asked the county to look at the Spring Canyon Road. "Spring Canyon Road is basically a single lane road with a blind curve and two single lane bridges." The level of traffic using the road could cause accidents, Haugsness said. "For safety's sake I think the county really needs to look at addressing that."

Haugsness thanked the county for watching out for his needs and those of his fellow citizens.

### PRESENTATION TO DEE LAIRD

Commissioners took time to recognize Dee Laird for his volunteer work on behalf of the community, and to present Laird with a clock. "This award is a small token of our appreciation for Dee's service," Commissioner Roger Rash said, noting that Laird has served on the Community Corrections Board for 18 years, 13 years as chair. "We have one of the premiere community corrections facilities in the State of Colorado...with people like Dee...it is a great honor to have served on this board with you."

BOCC Chair Keith Caddy said, "If it wasn't for people like Jim and Dee standing in this room today, a lot of things in the community would not get done. That's why we need people to get out and support our community and be part of our community, not just live here."

Commissioners gave Haugsness and Laird a round of applause.

Montrose County Clerk & Recorder Tressa Guynes addressed a question she had received about Consent Agenda Item No. 4, and whether the recording grant from the Electronic Recording Technology Fund was election-related. The grant is not election related, but the county does receive election grants, Guynes said.

"...this is a scanner for recording specific work that is in regards to our microfiche...you asked if this scanner had to do

with elections...we do get grants on the election side and we were able to get a grant to cover all of our cameras in the election process that have been upgraded...we always want to be good stewards of the taxpayer dollars."

**Background-Consent Agenda Item 4** states, "Consideration and possible authorization of the Chair's signature on the Electronic Recording Technology Board (ERTB) Grant Award Letter between the State of Colorado and Montrose County - Clerk and Recorder Office. To receive Grant funds in the amount of \$6,105 from the Electronic Recording Technology Fund. Grant request is for the reimbursement to Montrose County for the expense of our new ScanPro 2200 microfilm scanner. The reimbursement will be applied to continue the funding of our Historical Indexing Project, which consists of importing and indexing our historic document images of books into our live recording environment for on-line public access." ERTB Grant Award Letter w Application 6105.00.pdf

Guynes also commended County Manager Jon Waschbusch for being named Colorado County Manager of the Year.

"Congratulations Jon. It is an honor to work on the level with a county where we do have a county manager who receives awards like that. All of this has elevated our county to be a watch county for other areas in the state."

### COUNTY MANAGER

Waschbusch asked to remove Item C-13 from the Consent Agenda, "Consideration and possible authorization of the Chair's signature on a community partnership agreement with Hoof & Paw Inc; as reviewed by Counsel. This agreement stipulates conditions related to county funding being provided to the organization in 2023. This action represents a budgeted expense in the amount of \$12,000."

### CONSENT AGENDA

Commissioners voted to accept Consent Agenda items, with the removal of Item 13, and with Resolution No. 1-2023 assigned to Item 12 and Resolution No. 2-2023 assigned to Item 17.

### MONTROSE COUNTY LOCAL LIQUOR LICENSING AUTHORITY



## COMCOR'S DEE LAIRD HONORED AT FIRST BOCC MEETING OF 2023 *From previous pg*

### MONTROSE COUNTY LOCAL LIQUOR LICENSING AUTHORITY

Caddy opened a public hearing, and the BOCC left regular session to convene as the Montrose County Local Liquor Licensing Authority, approving renewal of the Fermented Malt Beverage (Off Premises) License for Newberry's Store & Rock Shop, 82119 E. US Highway 50, Cimarron, Colorado, license #04-01094. All appropriate

documents, reviews, inspection, background check and fees have been submitted pursuant to CRS 44-3-302. No concerns were reported by the Sheriff's Office or the Planning Department.

The Board reconvened as the Board of County Commissioners

### PLANNING & DEVELOPMENT

Planner Tallmadge Richmond presented two items, and commissioners voted

unanimously to approve:

- Riverstone Minor Subdivision [MI22-053] proposal to divide 20,813 sq ft into two lots at Parcel 376728300038; and  
- Cullifer Minor Subdivision [MI22-058] proposal to divide one lot from 39.5 acres at Parcel 349320400008.

With no further business, the board voted to adjourn, and Caddy gaveled the first meeting of the New Year to a close.

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## OPINION/EDITORIAL: LETTERS

### MONTROSE COUNTY SCHOOL BOARD IS PLANNING TO REVISE THE DRESS CODE: WHAT YOU SHOULD KNOW

*Editor:*

Dress codes seem to always bring upheaval, especially among students, and the Montrose County School Board is looking to “relax” the dress code for our school district. They might be addressing the subject at the next school board meeting this Tuesday, January 10 at 6:30 PM, so if you are a parent, grandparent, or concerned citizen whose taxes help to pay for public education, I would strongly recommend you be there.

If you want to familiarize yourself with the current dress code, please use the following link: [https://docs.google.com/document/d/1kKNj\\_T41OLuNCfx24zms56taSfMH4GJOfMdCaW8Jbl/edit](https://docs.google.com/document/d/1kKNj_T41OLuNCfx24zms56taSfMH4GJOfMdCaW8Jbl/edit).

After reading it, I found it to be reasonable, and fulfilled the MCSB’s purpose in having a dress code: to promote “a safe disciplined learning environment” (emphasis mine) which is “essential to a quality educational program.” The dress code further states that “district-wide standards on student attire are intended to help students concentrate on schoolwork, reduce discipline problems, and improve school order and safety” (emphasis mine).

Currently, shorts, dresses, skirts, etc. are to be mid-thigh or longer. Sunglasses and/or hats are not to be worn inside the building. “Inappropriately sheer, tight or low- clothing... that bare or expose traditionally private parts of the body including, but not limited to, the stomach, buttocks, back and breasts.”

Shirt straps must be at least 1.5 inches wide. Anything worn must not advertise or have symbols, words, slogans, patches or pictures that refer to drugs, weapons, gang membership, profanity, obscenity, threaten the safety or welfare of any person or disrupt the teaching-learning process.

This list is not exhaustive, nor are the stipulations unreasonable.

The argument in favor of dress codes (and many are reflected in the current dress code) includes the following:

- It allows students to focus on the educational environment instead of their clothing.

- It reduces the amount of teasing that occurs in the classroom.

- It reduces the number of distractions that are present in the classroom.

- It allows the community to recognize students for their age.

- It can help school administrators or school officers identify potential strangers on campus.

- It creates a disciplined atmosphere.

- It can stop gangs, cliques, or unhealthy social groups from forming.

- It does not need to be a uniform to create environmental benefits.

The arguments against dress codes are predominantly about school uniforms, which does not apply to this situation, and I have left these objections out. Arguments include the following:

- It won’t eliminate all of the teasing that happens at school.

- It can be enforced punitively, indiscriminately, or through the bias of an administrator.

- Policing is required by the school staff.

- Some students feel dress codes limit their self-expression and personality (but the current dress code really does not unless their expression includes exposing themselves inappropriately. (The truth is that no dress code opens the door to “anything goes.”))

I believe it is important to remember that school is not a club, or extracurricular activity where a student can do what he or she wants. The purpose is to learn. Yes, there is a social aspect, but that should

not be the overarching purpose of the education environment.

At the December school board meeting three well-established Olathe teachers voiced their concerns about loosening the current dress code. Olathe High School History teacher, Bill Hamm, expressed his concerns, specifically about safety. To give a visual, he had a student clad in a black hoodie, a facial covering and hat. He looked like a criminal. He was not identifiable...at all! Mr. Hamm said this was the current “fashion” at the school. He said that even Sheriff Lillard, the Olathe Police and the Olathe High School Resource Officer all concurred that this attire could make identification of a possible suspect difficult in the case of a school incident. School safety is imperative.

We have seen across our country horrible, unnecessary deaths of students. If we are unable to distinguish a potential threat because our students are dressed the same as the perpetrator, protecting our students could be difficult, if not impossible. Our school district spends tens of thousands of dollars on school safety, but, as Mr. Hamm said, “This could possibly negate some of those efforts to try to make the school safer by allowing that kind of attire.”

The teachers have been, so far, left out of the process of changing the dress code. If anyone SHOULD be involved, it is the teachers who daily deal directly with the students. Olathe P.E. teacher, Donna White, added “the fact that I would not be allowed to enforce things...and have good discipline in my classroom is rather insulting.” Also, she said, “The purpose of school and standards is to prepare students for workforce readiness” (and dress codes are part of this). Amen!

Respectfully submitted,

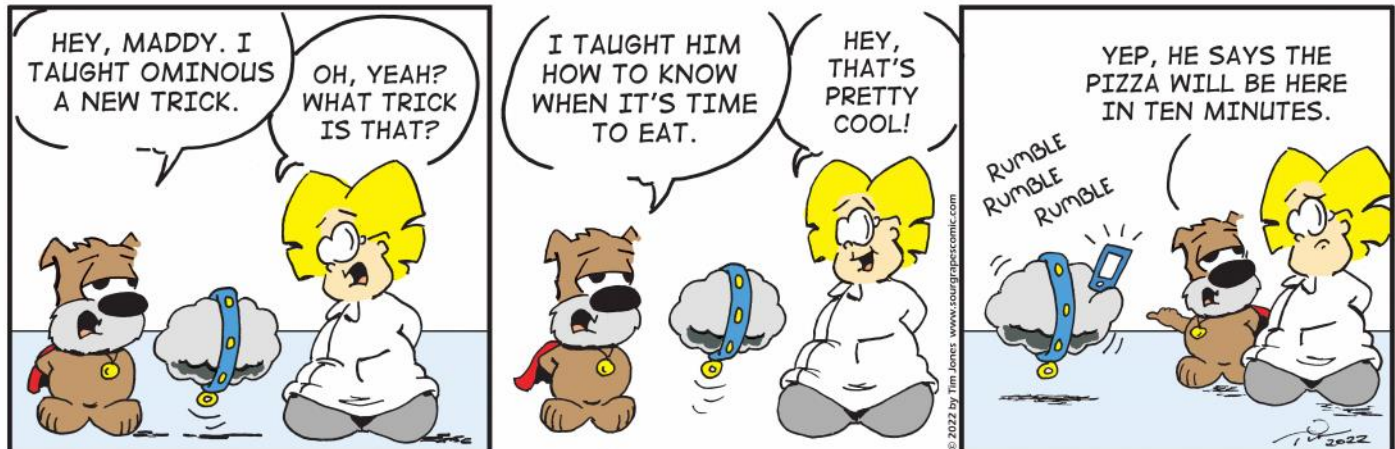
*Leah Vandersluis, Children First*



## WEEKLY CARTOONS

### SOUR GRAPES

by Tim Jones



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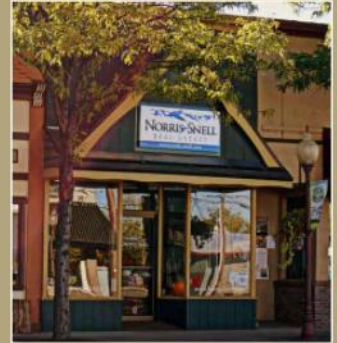
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We incur costs each year maintaining, updating, and storing our vehicles plus acquiring new equipment such as AED's, radios and mapping software that allow us to provide a quick, competent response to any emergency. We also have expenses for training and recertifying Posse members in topics such as first aid, firefighting, GPS tracking, radio communications, safe driving, traffic control and helicopter operations. Expenses have risen with the inflation that we have all been experiencing. We do apply for State and Federal Grants but they have become more difficult to obtain. The grant monies that we receive cover only a portion of the actual cost of these items - we pay the balance through the generous donations from our community.

Your support of the MCSP through this fund drive provides the financial resources necessary to accomplish our mission. Any contribution you can make will be of great benefit to our entire community. As a 501(c)(3) charitable non-profit corporation, all donations are deductible for income tax purposes. Please mail your gift today in the envelope provided.

The Posse appreciates and thanks our community for your ongoing support.

Sincerely,

Montrose County Sheriff's Posse

# LONG TERM INJECTABLES ARE JUST THE BEGINNING

By Christopher Larsen

UTAH-In the wake of yet another shooting, I find the shrill rhetoric being hurled at America's weakest demographic nauseating, as usual. This group of life's most vulnerable people, easy fodder for the media that vilify them at every turn, have endured hardships and witnessed horror on a level that would shock any reasonable person. Until only recently this group was subjected to forced sterilization, lobotomy, shackling, and extreme isolation. America's mentally ill have been electrocuted, experimented on, and forced to take dreadful medications with awful side effects not necessarily designed for their illness.

I know all of this because I was there. Like my mother before me, I too am bipolar. I have spent a lifetime wishing the sentence of misery would have passed my doorstep, but it did not. Misunderstood and demeaned by other children, my childhood was an absolute horror. My father was in the Air Force during my early childhood. While my dad was serving, my mother was to experience a nervous breakdown while my dad was in country on a mission of some sort. My mother and I were alone with my newborn kid brother in Italy when it happened. It seemed like an eternity that my father was gone. When he returned, he found a soaking wet baby and his other kid hungry and dirty. Left to my own devices, then and now, I found a way to entertain myself. The problem was that my mother was fighting her own demons while my dad was fighting the Vietcong. From that point on, my mother was lost. Held hostage by what was to evolve into full blown schizophrenia. Through no fault of her own, my beautiful mother was to be flushed down the mental health toilet of the seventies.

I was ignored as a child, so no one taught me how a well-adjusted kid is supposed to act. According to my grandmother, I was a little wild animal when my family returned to the states from overseas. By the time I made it to kindergarten, the decision had been made to have me admitted for observation. This would begin a painful cycle of misdiagnosis and pharmaceutical experimentation as well as research by mem-



*Chris Larsen as an adult, and as a child with his family.*



bers of academia. Now I'm not opposed to research, but experimentation with drugs like Navane, Phenobarbital, Thorazine, Ritalin and Amphetamine salts are dangerous to a young mind and brain. A very real effort was made to simply find chemicals that tranquilized kids into conformity. It did not matter whether it was an upper or downer. So long as the families and people paying for the "treatments" saw some sort of change in the patient's behavior, good or bad, the payee was satisfied. It is my personal assertion that the mental health industry is a fraud designed to sell drugs to people that do not necessarily need them. I have seen this over and over.

Not one single time I visited a mental health facility did they make a meaningful or correct diagnosis. I would return to three facilities on six occasions.

Not once did one of these "professionals" draw a straight line between my mother and I and make the obvious diagnosis. Instead, they prescribed powerful tranquilizers that I hated. I mean, what nine-year-old child wants to be drunk on drugs when there is a bright world out there? Any protestation would wind me up in solitary, and yet my only crime was being born with a mind different than yours. When I was in sixth grade, I had a clear understanding of Einstein's special theory of relativity and science was my escape. Instead of being sent somewhere to exploit that interest, I was sent away to an institution. During one special visit I was sexually abused by my case manager, Rusty. Any good-looking mental patient can count on special visits from people

placed in the perfect position to abuse. Violence was the norm, and I am a product of that violence.

I have also seen the treatment of mentally ill prisoners in jail. The forced restraints and hoods would remind one of Guantanamo Bay and black site torture sessions. Mentally ill people like me are routinely stripped of basic civil rights and denied parental rights eight times out of ten. To add insult to injury, mentally ill people are abused at appalling rates for obvious reasons and yet we are denied the fundamental right to protect ourselves. Half of police shootings per year in this country are perpetuated against the mentally ill.

So, I ask you, why should we ever trust any of you?

The answer to this question is I do not. I have decided to take matters into my own hands. In 2010 I was correctly diagnosed by Steve Hyatt in Blanding Utah. We tried one medication that honestly sent me to the hospital. We tried another and the miracle of modern medicine came through for me. It was bittersweet because the medication was expensive. Frankly, I could not afford it, but it worked. The name of the medication is Abilify. Thanks to some forward thinking by our elected officials in Washington DC and state reps like Phil Lyman in Utah, these medications are now free. What is even better is the fact that this medication comes in a shot I take every month.

Taking my meds every day is exceedingly difficult for me as I simply forget.

Problem is if you forget a dose, you become unstable again. A monthly depo

*Continued next pg*



## LONG TERM INJECTABLES ARE JUST THE BEGINNING *From previous pg*

shot makes the risk of mental destabilization almost zero. What is more important is I can concentrate, and anxiety attacks are a distant memory. Best of all there is no more constant paranoia.

I can live. And I can tell my own story. I have been asked my opinion about the issues surrounding mental health in this country. The first thing that must happen is actual understanding and tolerance of people different than you.

The odds are that a very smart person who had mental problems designed what you are reading this essay on right now. The electricity you enjoy was brought to you by a mentally ill person. Mentally ill people are everywhere, but we all keep it a secret. I hope by now you understand why.

I have decided to be honest about my affliction. The reason I am coming forward is to ease the burden for other mentally ill people and promote better health and happiness for them. It is also my ambition to inform normal people so that empathy can take the place of fear.

*Editor's Note: A carpenter and Snowboard instructor by profession, Chris Larsen is a*

*former Montrose resident who came to town after being hired to work on the old Montrose Valley Funeral Home building, formerly used by Frank and Debbie Tucker and Megan Hess. While working in the basement of the structure, Chris discovered cremains that had been left behind,*

*and initiated outreach to return the remains to their families and loved ones in 2016.*

*That discovery, as well as the shooting of his German Shepherd by a local police officer, sparked a mental health crisis for Chris.*

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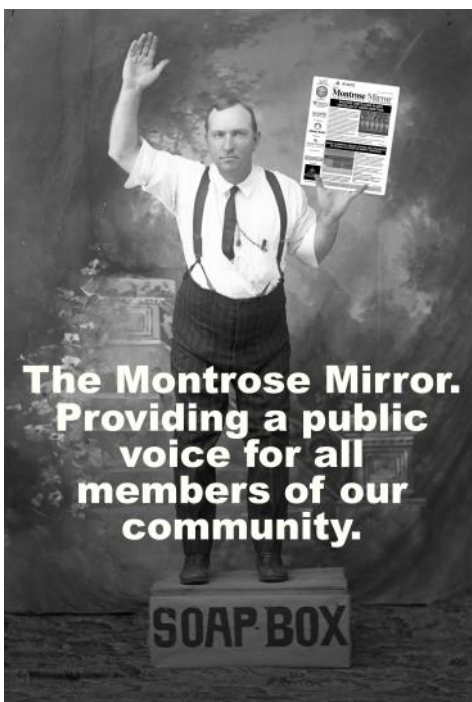
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## REGIONAL NEWS BRIEFS

### \$29 KEEP COLORADO WILD PASS NOW AVAILABLE TO COLORADANS DURING ANNUAL VEHICLE REGISTRATION

#### *Special to the Mirror*

DENVER – Nature enriches the Colorado culture, and with the newly released Keep Colorado Wild Pass, all Coloradans have the opportunity to easily access state parks and play an integral role in keeping the landscapes healthy for local communities and future generations.

Starting with the upcoming 2023 vehicle registrations, Colorado residents will see a \$29 Keep Colorado Wild Pass added to their annual vehicle registration through

the Division of Motor Vehicles (DMV). The \$29 pass fee is included in the vehicle registration price total of passenger vehicles, motorcycles, light trucks and recreational vehicles unless opted out during the DMV vehicle registration process.

The Keep Colorado Wild Pass offers a 60 percent savings in comparison to a traditional annual state parks pass. The pass provides car, bike and foot entry into Colorado state parks. To find a Colorado state parks map, visit the [CPW Park Finder](#)

#### Tool.

Residents can get or opt out of the pass every year when registering a passenger vehicle, light truck, motorcycle and recreational vehicle with the DMV online, through a kiosk, by mail or with a customer service representative in person.

All regularly priced CPW daily or annual park passes are still available to customers. Centennial Passes are also available for \$14 to residents enrolled in income-eligible state and federal programs

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## OPINION/EDITORIAL: LETTERS

### UNFORTUNATELY, IT WON'T BE THE LAST TIME

*Editor:*

On the risk of hurting someone's feelings, if you haven't kept up with the hideous, sickening slaughter of the four college students in Moscow, Idaho, you probably aren't equipped to read this letter to the editor. As a police officer for 28 years, I was involved with hundreds of deaths including four similar to this incident, not to mention watching one of my partners bleeding to death in a filthy alley - but none were so barbaric as this one! It didn't involve old, not even middle aged, but four beautiful people about to spread their wings and conquer the world - isn't that what we all dreamed of?

From the very start law enforcement personnel were behind the 8-ball, not just

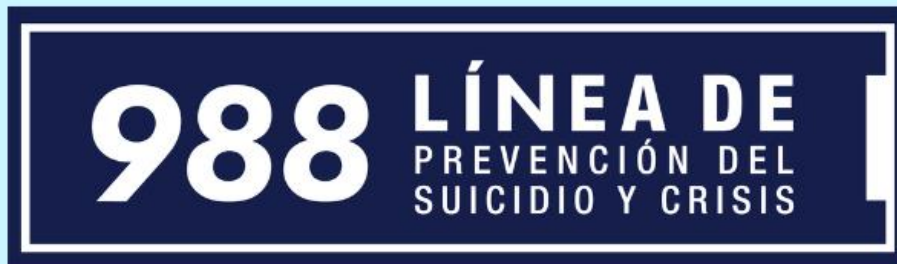
from time, but also from who knows how many friends were iPhoned by the two survivors literally to come see what happened, not calling the police until a little later. The potential for the devastation of evidence is frightening and it only exacerbated the pressure put on law enforcement to come to a conclusion and arrest. One glance at the scene was enough to involve not only the Idaho State Police, but also, and even more important, the FBI. This could take months to unravel, but hundreds of people kept the telephones on fire with bits and pieces of information, and a possible suspect was soon segregated. The FBI no doubt set up on the suspect's home in Pennsylvania within a couple of weeks, but NO one

could know it while they built their case. It started with blood, DNA, computers, the Internet and plain turning over every piece of the thousands of bits of information they compiled with none of it discarded.

Now comes months of legal preparation with very little information allowed for us to know before the trial. If the suspect now in custody is found guilty he may not receive the death penalty, and even if he does it may never be served.

Just know that, as with all law enforcement involved, the FBI did the very best they could to bring this horrible crime to an end. Unfortunately it won't be the last time.

*Gary Paul Johnston*



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# COLORAD NEWS BRIEFS

## JANUARY IS HUMAN TRAFFICKING AWARENESS MONTH IN 2023

### Special to the Mirror

STATEWIDE – January is Human Trafficking Awareness Month. The State of Colorado is launching its 2023 campaign to raise awareness via street teams, outreach in unexpected places, and a critical message: Anyone can be a victim.

Human trafficking can be difficult to recognize. The public may not realize that people don't always recognize that what they're experiencing is human trafficking. The 2023 campaign puts into words that gut feeling that something isn't right. It helps people identify human trafficking for what it is: a crime.

"This experience [human trafficking] is so confusing, and the relationships embedded into it are extremely complicated," an anonymous human trafficking survivor explained during a research interview. "However, I took one small step, telling someone that something wasn't right, and from there, my journey and experiences started to change."

All forms of human trafficking involve the exploitation of one individual by another for some kind of benefit – often economic. A simple definition of human trafficking is the severe exploitation of another person through force, fraud, or coercion for some type of labor, including commercial sex. "Victims/survivors may not understand their circumstance as trafficking or are unsure how to get help," said Maria Trujillo, Program Manager and spokesperson for the Colorado Human Trafficking Council (the Council). "Traffickers are often in a close or intimate relationship with those they exploit, making the crime more complex."

State partners, including the Colorado Department of Public Safety, Colorado Department of Transportation (CDOT), the Colorado Office of Economic Development and International Trade (OEDIT), and the Colorado Department of Public Health and Environment (CDPHE) are placing campaign outreach materials in vaccine buses, rest stops, visitor centers, bars and restaurants, and other locations where they hope to reach potential victims or witnesses of human trafficking. From posters to coasters and conversations to formal training, the campaign seeks to share the message that anyone can be a victim, but help is available. Traffickers, their victims, and survivors represent people of all races, genders, and social or economic statuses. Traffickers often exploit people who appear vulnerable. Interrelated factors that can leave someone vulnerable include:

- Poverty
- Housing insecurity
- Any unstable living environment
- Addiction or substance use
- Lack of support from family, friends
- Lack of access to services

If you suspect human trafficking is happening to you or someone you know or have seen, leave a tip or get assistance, call anonymously 24/7 at 866.455.5075 or text 720.999.9724.

Human trafficking is a crime in Colorado. Learn what to look for at [ThisIsHumanTrafficking.com](https://thisishumantrafficking.com).

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## COLORADO NEWS BRIEFS

### CDOC HOSTS ADDITIONAL FAST TRACK HIRING EVENTS IN JANUARY

#### *Special to the Mirror*

DENVER — The Colorado Department of Corrections (CDOC) is starting the new year by hosting another round of Fast Track Hiring Events throughout January. More than 200 people have been hired at previous Fast Track Hiring Events held in 2022. What Makes CDOC Fast Track Hiring Events the best way to start your next career? Over \$50,000/year starting pay for Correctional Officer I 7.5% - 20% Shift Differential Pay + Overtime Possible. No experience required

No degree required

Up to \$12,000 in hiring incentives

Ages 18 and over with a high school diploma or G.E.D. can apply

On-the-spot contingent job offers

Positions available in ten different cities

Over 50% of people who have attended past events have been hired! New Hire Incentives:

Individuals hired into Correctional Officer I positions reporting to a 24/7 facility will receive a

\$4,500 New Hire Incentive, OR All other positions reporting to a 24/7 facility will receive a \$3,250

New Hire Incentive AND Individuals hired into any

positions reporting to a 24/7 facility in Canon City,

Buena Vista, Sterling or Limon will receive another

\$2,500 in addition to above.

Relocation Incentives: The first 50 Weld County or

out of state residents hired into Correctional

Officer I or Clinical Services positions who relo-

cates to a 24/7 facility in Canon City or Buena

Vista will receive a \$5,000 Relocation Incentive.

Out-of-state applicants are encouraged to apply!

All upcoming events will be held from 10 a.m. to 1

p.m. Wednesday, January 11th: Sterling

Location: Sterling Correctional Facility 12101 CO-

61, Sterling, CO

Thursday, January 12th: Virtual Event

Premier Virtual

Wednesday, January 25th: Woodmen Valley Chap-

el (Limon Facility Placements)

Location: Woodmen Valley Chapel, 8292 Wood-

men Valley View #5093, Colorado Springs, CO

Thursday, January 26th: Pueblo

Location: La Vista Correctional Facility, 1401 W

17th St. Pueblo, CO

Learn more and register at [cdoc.jobs](https://cdoc.jobs)

## Now Hiring Hybrid Work From Home Nurses and Physical Therapists

We're hiring home health nurses and physical therapists in Montrose and Delta Counties. Are you looking for a career that gives you the flexibility to set your own schedule and work remote? Apply today to join a diverse, involved, and compassionate team and see how we earned our Great Place to Work certification for four years running. Ask about our variety of benefits.

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**Home Health  
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# What Are the Benefits to Senior Living?

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5. Healthier Lifestyle
6. Focus on Independence

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**The Homestead at Montrose**  
**Valley Manor Care Center**  
**Horizons Care Center**  
**Senior Community Meals**  
**Senior Community Care PACE**  
**AdvantAge Health Resource Center**



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# OPINION/EDITORIAL: LETTERS

## WHY DOESN'T BIDEN HAVE TO RESIGN?

Editor;

Isn't it amazing how Democrats can howl and get all bent-out-of-shape when a Republican makes a mistake, or commits a fowl of any kind? But everything is ignored and swept under the rug when Democrats commit the same thing or worse (and it usually is!). Case in point; George Santos, the 34-year old newly elected New York Republican Congressman who apparently lied about his background. It certainly is wrong for anybody, especially a politician, to lie about his resume for a job. But, since we agree telling the truth is the only acceptable conduct for a politician, lets admit to the fact that Santos had the perfect teacher, Joe Biden, who makes it clear that lying as a politician is just everyday conduct that everyone better accept and is actually promoted by the corrupt and biased news conglomerates who are unashamedly poisoning minds with their propaganda lies. Not a speech goes by from Joe Biden that is not full of lies and false accusations. But, oh how Biden is incensed when he is confronted by his lies and the truth. To cover for his lies his favorite reply is, "You're a lying dog-faced pony soldier", but Biden certainly leads the cavalry!

Lets take a look at some of his hateful and hideous lies. He said the Jan. 6 rioters killed 5 cops. No cops were killed that day. They tried to say one was killed by a fire extinguisher that day, but that was a lie. The only person killed that day was Ashli Babbitt who exhibited no threat and was unarmed. She was killed in cold blood by one of Nancy Pelosi's poor-excuse-for-a cop. He should have been charged with murder, but was not. He was even given special attention by the corrupt media and was even praised! Biden said the American Rescue Plan worked, but it only contributed to inflation and rising prices we see today. Biden said, "I created lots of jobs", but the only reason the job rate grew was because millions of people were returning to work after the tyrannical shut down from the virus. Biden said Trump's tax cuts helped only the rich, but it actually increased worker earnings and job opportunities. Biden said buying American products was a priority, but he authorized purchasing \$1.3 (Billion worth of Covid -19 rapid tests from

CHINA! Biden said our economy "roared" back faster than expected, but didn't mention the supply-chain and inflation crisis. Biden said the right to vote is "under assault" because of states passing voter-integrity laws, but voting numbers increased in the last election. Biden said he wants to secure the southern border, but has allowed 5 million illegals in. Biden said abortion is health care, but killing babies in the womb is not health care. Biden said cannons could not be bought when the Second Amendment was ratified, but that was a lie. Biden said wages are up, but didn't tell you his inflation eats that up. Biden said his Bilk Back Better plan will save Americans money by lowering inflation. Nope, it raised inflation. Despite costing trillions of dollars he said it won't cost taxpayers a "dime"! Biden said his \$3 TRILLION Bilk Back Better plan is fully paid for. The Congressional Budget Office said that it will be added to the deficit. Biden said there would never be a vaccine mandate. He lied. Look at what he is doing to the military, but he ALLOWS 5 MILLION IMMIGRANTS to stream into America without shots!! Biden said he is tested "daily" for Covid. His press secretary said he is not. Biden said gas prices are falling, but are consistently higher than when he took office. Biden falsely claimed he used to drive a tractor-trailer. Biden promised Afghan refugees would be vetted before entering the U.S. They were not. It was revealed Biden is planning to give \$450,000 EACH to illegal immigrants who are separated from their families at the border! At first he said that was "garbage", but now he said he is perfectly comfortable with that "litigation". Biden said electric cars can drive across America on "one tank of gas". But studies show they can only go 250-300 miles. Biden said he doesn't have time to go to the border. But he has spent 40% of his time as president on vacation! Biden said Border Patrol agents were whipping invaders at the border, but pictures showed he lied. Biden said he visited a Pittsburgh Synagogue after a mass murder. The executive director said he is lying. Biden said we're going to stay in Afghanistan until all Americans are out. He lied, he left hundreds and maybe thousands of Americans behind to the Taliban.

Biden said he hit a ball 358 feet at his second congressional baseball game in 1974. Problem is he was only a freshman Senator then and went 0-for2 (groundout and strikeout). So how could he have hit a ball 358 feet?

He goes on to say he graduated at the top of his class in law school, but was actually near the bottom and had to cheat to get there! Yup! He claims he had a Naval Academy appointment and has three undergraduate degrees from the University of Delaware. Nope! He claims he was arrested at a civil rights march and again when trying to meet Nelson Mandela. Nope! He claims he had been desegregating restaurants and movie theaters. Not true! He constantly says his son died in Iraq. Nope, he died in Maryland years after leaving Iraq. He claimed his first wife and daughter were killed by a drunk driver. Nope, he wasn't drunk. He claims he was raised by Puerto Ricans. He said gas prices were over \$5 when he took office (how 'bout \$2.38?). Biden said he has never spoke to his son Hunter about his business dealings when he hauled Hunter aboard Air Force 2 to various countries for meetings with business associates including Communist China, Russia, Ukraine and many others. He has called voter integrity laws "voter intimidation and suppression" and called them Jim Crow 2.0. He claims he has visited Iraq and Afghanistan twice while president. He hasn't. Biden said he came out of a black college, HBCU, Delaware State. They said he was never there as a student. In the eighties Biden claimed to have graduated in the top of his class and that he went to school on an academic scholarship. Nope, not true! At one time he said, "I became a teacher. I became a professor".

This is just a minor outline of Biden's lies. There could be an entire book of Biden lies, but it would have to be digital so it could be updated hourly. Now all of a sudden we have Democrats so concerned about honesty that they are demanding a newly elected Republican Representative resign. Is it just because they're mad he was elected in a Democrat area, hmmm? If Santos has to resign for lying, then why doesn't Biden have to resign??

*Jerry Bartholome, Montrose*





## UNDERSTANDING YOUR HOMEOWNERS ASSOCIATION (HOA)

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## SCHEDULE

### 1:00-1:45 What is CCIOA- Dave Firmin

Learn more about why to have a management company.

### 1:45-2:30 HOA Reserve Studies - Bryan Farley

The Purpose & Importance of HOA Reserve Studies

### 2:30-2:45 Break

### 2:45-3:45 Panel

Panelists: Aaron Clay - Attorney, Steve Pope - Executive Director of UVWUA, Dave Firmin - Altitude Community Law, Marti Whitmore - County Attorney

Moderator: Tina McFarlin

Concerns from HOA Members including Code Enforcement, Irrigation Factors, Subdividing in an HOA, The Do's and Don'ts of an HOA

### 3:45-4:00 Questions and Discussion

## MEET THE SPEAKERS



**David Firmin**

David A. Firmin is the shareholder in charge of Finance at Altitude Community Law. David is a longtime resident of Colorado and attended the University of Denver for both undergraduate and law school. Out of law school, David's legal work concentrated on real estate law and development issues including formation and creation of homeowners associations. Prior to entering the Homeowners association world, David worked with Ryland Homes and K. Hovnanian Homes handling land acquisitions, land entitlements, corporate governance and special districts. David has also worked with the Wheat Ridge Housing Authority and the Douglas County Housing Partnership setting up homeowner associations for income qualified housing developments. An active volunteer with the Community Association Institute, David has served on the CAI-RMC Spring Showcase Committee, Mountain Conference Committee and Colorado Legislative Action Committee. He has also been a frequent presenter for CAI at both a local and national level, presents for HOA Leader on nationwide topics and is recognized as an industry leader.

Bryan Farley is the President of Association Reserves, CO and has since completed over 3,000 Reserve Studies and earned the Community Associations Institute (CAI) designation of Reserve Specialist (RS #260). His experience includes all types of condominium and homeowners' associations throughout the United States, ranging from international high-rises to historical monuments.



**Bryan Farley**



## REGIONAL NEWS BRIEFS

### DELTA HEALTH REHAB HELPS FATHER RETURN TO THE LIFE HE LOVES

*Special to the Mirror*

DELTA – It started out as a normal work day for package delivery driver and Delta County resident, Jeremy Sanchez. He was carrying out his daily tasks when he stepped up into his truck, as he usually did, but this time he heard a loud popping noise come from his knee.

"I fell to the ground and immediately noticed my knee had caved in," said Jeremy. "I knew something bad had happened when I couldn't straighten or bend my leg."

It turns out that Jeremy completely tore his anterior cruciate ligament (ACL) and damaged his meniscus, a c-shaped piece of tough, rubbery cartilage that acts as a shock absorber between the shinbone and the thighbone. After numerous tests and an MRI, Jeremy underwent surgery on June 23, 2022, for a knee replacement and a patellar tendon replacement.

"I was injured in high school on the same knee so they had to replace the bone on my knee," said Jeremy. "One of my biggest challenges with this injury is not being able to do what I used to do. It's a mental battle as much as a physical one. I just want to get back to my every day of being able to play sports and be with my two daughters."

It turns out, according to the Centers for Disease Control (CDC), that ACL injuries affect as many as 250,000 individuals annually in the United States. Despite the commonality of ACL tears, the road to recovery is still a long and strenuous one that requires a quality team of healthcare professionals. For Jeremy, that team included the physical therapists at the Delta Health Outpatient Therapies and Sports Performance Clinic.

Jeremy has been in physical therapy for

over six months to treat his injury and to help him along the recovery process. He has worked with multiple therapists at Delta Health, but Peter Brown, PT, DPT has been his primary therapist.

"I was referred to Delta Health and they have a great program here," said Jeremy. "From the moment I walked into the building, everyone was warm and welcoming. They push you in a way that is safe yet makes you stronger and better every single day. I should start running and jogging soon [and I can't wait]. I appreciate this team and everything that they do."

Having a previous history of a knee injury, Jeremy thought he knew what to expect from his physical therapy sessions. He says he used to think of them as torture and was pleasantly surprised to find that was not the case at Delta Health. Jeremy said the team took their time and assessed the injury and gradually pushed him.

"Delta Health Rehab is actually the largest rehab provider in Delta County, and our goal is always to treat the patient using a holistic approach," said Manuel Delgado, MS, PT, and Director of Outpatient Therapies and Sports Performance. "We have the same goal as they do of getting them back to living the life they love. We want them healthy and active with an independent state of living. We've been so thrilled with Jeremy's progress and how much he has improved."

Jeremy grew up in Delta, Colorado and played sports growing up. He loves hunting, fishing and spending time with his daughters. Jeremy runs cattle on Blue Mesa and loves living the ranch lifestyle.

"We actually took over my Grandfather's ranch operation when he passed away,"

said Jeremy. "We want to continue it on in his name, which is another reason why getting healthy and healing this injury is so important. I want to get back to business and take care of what I need for me and my family."

Keeping a positive mindset on his journey to healing has helped Jeremy stay focused and hopeful. He said the Delta Health Rehab team has supported him throughout the journey and has shown him how to stay strong if he finds himself bogged down from not being able to do the things he used to do physically.

"I would highly recommend the Rehab program at Delta Health," said Jeremy. "They all do a great job, and even though Manuel is the Director, he is always coming in and interacting with patients and the staff. It makes for a nice environment and a nice place to be receiving physical therapy."

Jeremy's road to recovery continues, but he is hopeful and knows that very soon he will get back to doing the things he loves most.

To learn more about the Delta Health Outpatient Therapies and Sports Performance Clinic, call 970.874.2250 or visit [deltahealthco.org/rehabilitation-therapy/](https://deltahealthco.org/rehabilitation-therapy/). There are locations in Delta, Paonia and Cedaredge.



*Jeremy Sanchez. Courtesy photo.*



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## REGIONAL NEWS BRIEFS

### NEW NORDIC SKI TRAILS READY FOR SKIERS!

*Special to the Mirror*

**UNCOMPAHGRE PLATEAU**-The Uncompahgre, Grand Mesa and Gunnison National Forest (GMUG) and the Uncompahgre Nordic Association (UNA) held a ribbon cutting ceremony for the new Nordic ski trails on the Uncompahgre Plateau, Friday, Jan. 6 officially inviting skiers to enjoy the new trail system. County Commissioner Roger Rash applauded the partnerships and efforts of all involved to create a new addition to the year-round recreational opportunities Montrose County supports. Dana Gardunio, Ouray District Ranger for the GMUG stated, "We are pleased with our partnership with the Uncompahgre Nordic Association and their coordination with the Forest Service to develop this winter recreation activity for the Ouray Ranger District." Gary Shellhorn president of the UNA commented "This is a vision of one of our board mem-

bers, Jon Thomas, and several others who all worked together to make this a reality. It is a great location close to Montrose at a higher elevation promising better snow conditions most of the winter."

Sprits of sunshine and snow squalls drifted over the crowd of about 25 skiers, UNA board members and Forest Service staff as Gardunio cut the ribbon opening to the trail to the first skiers. The Divide Road trails are approximately 25 miles from Montrose at the intersection of Dave Wood and Divide Road, approximately eight miles from the Forest Service boundary. There are approximately 12 km of relatively flat groomed trails in the area winding through the pine and aspen forest. Follow "Uncompahgre Nordic Association" on Facebook or send an email to UNAski@gmail.com to receive grooming updates.



**Uncompahgre Nordic Association Board Members, Forest Service Ouray District Ranger Dana Gardunio and County Commissioners (District 3) Roger Rash celebrated the official opening of the new Divide Road ski trails in Montrose County. From left to right: Anne Janik, Hollis Brake, Dana Gardunio, Roger Rash, Mark Bowden, Jon Thomas, Debbie Thomas and UNA President, Gary Shellhorn. (Photo Courtesy: Dennis Murphy)**

### US 50 Access Control Plan for North Montrose County

**Montrose County, the City of Montrose, the Town of Olathe and the Colorado Department of Transportation**



invite you to an  
**Open House**  
for the

### US 50 Access Control Plan

Delta County Line to Townsend Avenue/9th Street

**Thursday, January 12, 2023 4:00 - 7:00 PM**

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All exhibits will also be available for viewing on the Montrose County website



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# CITY MANAGER ANNOUNCES NEW TREE ADVISORY COMMITTEE

By Caitlin Switzer

MONTROSE-All councilors were present as Montrose City Council met for the first work session of 2023 on Tuesday, Jan. 3, in the community room at the new public safety complex. Mayor Dave Frank welcomed all to the session, and warned, "We are in a new space as you all are aware; we will be having some minor technical issues...if we have little lumps in the process, we'll just kind of roll past it and do our best."

## DISCUSSION ITEMS

Frank welcomed representatives from Comcor, including Advantage Treatment Center Program Director Tyson Berry and Director for Clinical Services and Contracting Sarah Stangebye.

Montrose Police Commander Matt Smith introduced the discussion. "We were asked to give a brief discussion about a valuable resource in our community some of you might not know as much about as you would like," Smith said. "...It's a critical component of our justice system. It's lesser known to a lot of us than the jail, or the courts, or the police department, or the sheriff's office."

Berry and Stangebye both spoke about the clients and programs. Comcor has been located in the old county work release building since opening here in June of 2013. There are 60 beds for males and six beds for females. Prior to Comcor, clients--who are 85 percent Direct Sentence clients--were served in other communities. Comcor also serves transition clients who are leaving prison. Stangebye said that not only behavioral health needs are addressed, but core criminal behaviors.

Statistics and information on Comcor programs are included in the [work session packet](#).

Council discussed the Black Canyon Golf Course Boundary Line Adjustment. Planning Manager Jace Hochwalt gave an overview.

Mayor Pro Tem Barbara Bynum asked staff to talk about the appraisal process. "Can you talk about our process for appraising or not appraising property? At a certain point the appraisals cost more than the information it gives us? Can you tell us more about that?"



*During the city work session of Jan. 3, Councilor Ed Ulibarri discussed crosswalk danger; he said that there is a plan in place to address pedestrian safety issues. Photo by Harry Switzer*

A former commercial real estate appraiser, Hochwalt said that appraisal fees can be exorbitant. "In this case, I don't have the exact history of why it wasn't appraised...it's being consolidated here, it's not a separate buildable lot..."

Said City Manager Bill Bell, "So with a lot of our small pieces of property that we'll vacate or transfer, or even when we're looking at acquiring property...rather than get a formal appraisal we'll look at comparables in our community and similar transactions and to save money on the appraisal on something small like this, we'll just take all that into account and come up with a figure that we think is reasonable and justifiable."

Ag land in the community runs around \$24K per acre, Bell said. "This one's unique, it's kind of ag land...it doesn't really have any purpose for the golf course...it's right on the north side of that pond, it's a weed patch..."

Councilor J. David Reed asked if the property was originally donated to the city by Renfrow, which Bell affirmed.

The lot has major access issues and would be difficult to break into parcels, staff affirmed.

Councilor Ed Ulibarri asked about plans

for the golf course property adjacent to that being purchased by Renfrow, which also appears to be neglected. The area in question will be turfed, with a gravel road maintained between the pond and the neighboring parcel, Golf Pro Tom Young said.

**Background-** A memo from Hochwalt to Council states, "James Renfrow owns the property at 2400 Columbine Lane, and has approached the City of Montrose to purchase a small unmaintained and undeveloped area of the Black Canyon Golf Course. The total area proposed to be acquired is 0.62 acres and is adjacent to the south of Mr. Renfrow's property...While this area of land is owned by the City as part of the Black Canyon Golf Course, it serves no functional use to the course itself, and is not maintained. Mr. Renfrow is proposing to acquire this land area in order to functionally maintain and revegetate the area so it is not an eyesore directly adjacent to the south of his home. Mr. Renfrow has submitted a Boundary Line Adjustment plat... reflecting the area of property that is proposed to be acquired. As shown, no new lots are being created, and the proposal is just shifting Mr. Renfrow's existing property line to the south. While the Boundary Line Adjustment is

*Continued next pg*



# CITY MANAGER ANNOUNCES NEW TREE ADVISORY COMMITTEE

## From previous pg

administrative through the Planning Department, City Council must approve the sale of City property prior to any plat recording or property transfer. As reflected in the Real Estate Contract, Mr. Renfrow is proposing to purchase the 0.62-acre property for \$25,000 from the City."

Council also heard from golf course staff concerning the Black Canyon Golf Course's Tree plan, which was previously discussed at length in a prior work session. During the discussion, Bell said that the city is putting together a new tree advisory committee.

**Background**-A memo to council from Black Canyon Golf Course Golf Professional Tom Young; Course Superintendent Don DeSchepper, and Deputy City Manager Ann Morgenthaler states, "Black Canyon Golf Course (BCGC) staff worked with Parks Superintendent Daniel Payne to create the attached BCGC Tree Replacement Program...The Tree Plan outlines the general location and species of trees that

were planted in 2022 and will be planted in 2023 and 2024. These trees replace trees that were removed in 2021 and 2022 due to damage from weather and deteriorating tree health, as well as Russian Olive trees that were removed because they are classified as a noxious weed species in Colorado. This Tree Plan was created to facilitate implementation, budgeting, and communication. Staff is presenting the Tree Plan so that Council is aware of the implementation schedule and associated budget. Action is not required by Council."

Council also considered the 2023 Equipment Purchase Recommendation, presented by Public Works Manager Jim Scheid. Council will be asked to approve four equipment purchases in the total purchase price of \$1,772,924. Details of the vehicles and bid process are included in the work session packet. Council asked questions, and Police Chief Blaine Hall spoke about the purchase of an armored vehicle for use by the police department

swat team, replacing an MRAP vehicle that has served for the past decade, and which will be returned to Fort Carson.

"This is actually made for civilian law enforcement," Hall said of the new vehicle, which also has more space for officers.

### GENERAL COUNCIL DISCUSSION

School Resource Officer Dennis Beery is retiring after 43 years and will be honored, Hall said.

Ulibarri discussed crosswalk safety; the city has a plan in place to look at the issue, he said. He asked also about the use of turn signals in roundabouts. Turn signals in roundabouts are no longer required by law, Hall said. "It was actually ruled that you no longer have to use your turn signal in a roundabout...as far as the enforcement side, it's not something that we can contact a person about."

With no further business, the work session was adjourned. "Thanks everybody, we'll see everybody back here tonight at 6 o'clock," Mayor Frank said.

## FEEL LIKE YOUR FAMILY IS OUTGROWING YOUR CURRENT HOME?

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**2023 MONTROSE'S GOT**  
**TALENT**  
**COMPETITION**

auditions:  
**JANUARY 24<sup>th</sup>**  
5:30pm~Pavilion

the first 50 acts registered will be accepted to audition  
for one of the 20 acts to compete for a chance to win  
the \$1,000 grand prize!

finals will be:  
**FEBRUARY 11<sup>th</sup>**  
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# UNITED STATES NEWS BRIEFS

## SUNSET MESA FUNERAL HOME OPERATORS SENTENCED TO FEDERAL PRISON FOR ILLEGAL BODY PART SCHEME

*Special to the Mirror*

DENVER – The United States Attorney's Office for the District of Colorado announced today that the operators of Sunset Mesa Funeral Home in Montrose, Colorado, were sentenced to federal prison for illegally selling body parts or entire bodies without the consent of the family of the deceased.

Megan Hess, age 46, was sentenced to 20 years in prison after earlier pleading guilty to one count of mail fraud and aiding and abetting. According to the plea agreement, from 2010 through 2018, the defendant and others stole the bodies or body parts of hundreds of victims, and then sold those remains to victims purchasing the remains for body broker services. Under the auspices of Sunset Mesa Funeral Directors, the defendant would frequently meet with victims seeking cremation services for themselves or their loved ones who had died. During those meetings, the defendant and others would represent to the victims that Sunset Mesa Funeral Directors would cremate decedents and provide their cremated remains back to the families. Instead, the defendant and others would harvest body parts from, or prepare the entire bodies of, the decedents for sale in body broker services. Shirly Koch, age 69, was sentenced to 15 years in prison after earlier pleading guilty to one count of mail fraud and aiding and abetting. According to the plea agreement, from 2010 through 2018, Koch was involved in meeting with families seeking cremation services for their loved ones who had died. In many instances, Koch and Hess neither discussed nor obtained authorization for donation of decedents' bodies or body parts for body broker services. In other instances, the topic of donation was raised by Hess or Koch, and specifically rejected by the families. In such circumstances, despite lacking any authorization, Koch and Hess recovered body parts from, or otherwise prepared entire bodies of hundreds of decedents for body broker services. In the few instances



*Early morning raid on the Sunset Mesa Funeral Home, Feb. 6, 2018. Photo by Gail Marvel.*

where families agreed to donation, Hess and Koch sold the remains of those decedents beyond what was authorized by the family, which was often limited to small tissue samples, tumors, or portions of skin. Hess and Koch also delivered cremains to families with the representation that the cremains were that of the deceased when, frequently, that was not the case.

According to the plea agreements, Hess and Koch would also ship bodies and body parts that tested positive for, or belonging to people who had died from, infectious diseases, including Hepatitis B and C, and HIV, after certifying to buyers that the remains were disease free. These shipments would be through the mail or on commercial air flights in violation of Department of Transportation regulations regarding the transportation of hazardous materials.

Judge Christine M. Arguello sentenced Hess and Koch on Jan. 3, 2023.

"The defendants' conduct was horrific and morbid and driven by greed. They took advantage of numerous victims who were at their lowest point given the recent loss of a loved one. We hope these prison sentences will bring the victim's family members some amount of peace as they move forward in the grieving process," said U.S. Attorney Cole Finegan. "We sincerely hope this punishment deters like-minded fraudsters in the future."

"These two women preyed on vulnerable victims who turned to them in a time of grief and sadness. But instead of offering guidance, these greedy women betrayed

the trust of hundreds of victims and mutilated their loved ones," said FBI Denver Acting Special Agent in Charge Leonard Carollo. "Without knowledge or consent, the women disrespected the wishes of the grieving victims and degraded the bodies of their family members to sell them for profit. These two criminals continued in their atrocities for years, showing no remorse or contrition even after they were exposed. Nothing can guarantee solace for the victims or repair the damage done, but perhaps this sentence can mark the end of a horrible chapter in their lives."

"Together with our law enforcement and prosecutorial partners, we are committed to pursuing those who put the safety of the public at grave risk for personal gain," said Cissy Tubbs, Special Agent-in-Charge, Western Region, U.S. Department of Transportation Office of Inspector General. "We hope today's sentencing provides a sense of justice served for the families and loved ones of the victims of this callous scheme." This case was complex and involved a detailed forensic review of evidence. The investigation was led by the FBI Denver Division and the Department of Transportation Office of the Inspector General. This case was prosecuted by Assistant U.S. Attorney Tim Neff, Assistant United States Attorney Rebecca Weber, Assistant United States Attorney Laura Hurd, with invaluable assistance from former Assistant United States Attorney Jeremy Chaffin and Victim Witness Coordinator Donna Summers.

CASE NUMBER: 20-cr-00098



# Cabin Fever Craft Show

Over 70 vendors for your shopping pleasure  
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**Friday February 24<sup>th</sup> 9.30am-6.00pm**

**Saturday February 25<sup>th</sup> 9am-4pm**

*Friendship Hall, Montrose County Fair Grounds*

SHOW  
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email: [montrosefootwear@aol.com](mailto:montrosefootwear@aol.com)



## OPINION/EDITORIAL: COMMENTARY

### 10 DOGS IN 30 DAYS?

by Gary Paul Johnston

COLORADO-It's Lion time again in Colorado, especially in Nederland - huh, where? To find Nederland drive west in Boulder until you see the sign and turn straight up. That's what a good bunch of people from Boulder have apparently done according to the Durango Herald.

Not having been to Nederland for over ten years to see a friend, I recall it as being an old mining town on top of a mountain, and according to my friend, a "tough" town. One pass down Main Street and I believed him. It's a nice area though, especially if you like snow and that's what probably drew the new crowd - "Nedheads," or "Neds," as they're affectionally called. But the "Neds" didn't count all the lions, coyotes, and bobcats, especially their appetite for dogs and worse, as the headline read.

The Herald interviewed at least ten "Nedheads" who had lost dogs, big and small, some right in front of their owners. Most were of the old "they were here

first" attitude, one "naturalist" made a long pole to take into the woods and another had a steel tipped spear with which to poke the big cats. One had chased a cat who had dragged his large Lab into the woods. When he found the dead dog he decided to leave it there for the wild animals to eat - Really!

One refreshing lady was having trouble with a cat and her horse and daughter, so now carries a pistol going to and from the barn, and they're all after the DOW for not removing the cats - good luck with that one - it's not that easy and the DOW won't shoot them, as they're protected (don't cha' know!) The "Neds" want to know why the lions eat their dogs - Hello? They're suckers for an easy kill! And the "Neds" are just going to have to adjust and keep their spears sharpened when they and their dogs roam.

Being an animal lover and living where the wild ones are I know the drill. Our

homes are from 30 to 300 yards apart, we own large and small animals, we have foxes, coyotes, a resident lion and a summer bear. The lion is about four years old, frequents our fences and lies around several other houses in the warm weather - ah yes, "they were here first." The bear discovered a honey bee operation of another neighbor, did about a thousand bucks in two visits, and will be back this spring, but will have to learn to love electricity. Other neighbors frequently have lots of visiting children, small dogs, horses, and herds.

If I go out at night I make plenty of noise (just ask my wife) whether or not I have the dogs, and I have more than that if you get my drift.

Lots of light is also a must. If you're so inclined you can also drop into the local gun store and ask about non-lethal ammunition. It makes noise and will sting, but may not stop a lion or a bear or even a coyote if they're determined. Be prepared; don't be a "Nedhead."



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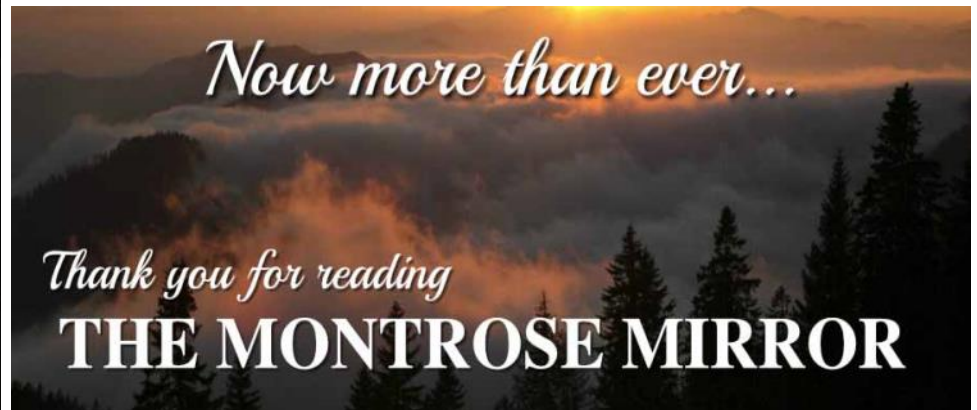
*see something, say something*

## COMMUNITY OBITUARIES

### DANNY WESSELING



Mere words cannot describe this man. His Life celebration will be held at 11 am on January 14, 2023 at the Elks Lodge #492, 421 Main Street in Ouray. He is survived by his mother, three brothers, wife, two children, four grandchildren and a huge community of friends. He was worth his weight in gold.



### HEATHER JEAN CASSIDY 3/18/1975 -11/29/2022

On the morning of November 29, 2022 Heather Jean Cassidy passed away suddenly in her residence in Seattle Washington at the young age of 47.

Heather was born in Montrose Colorado on March 18, 1975. She graduated from Montrose High School in 1993. She went on to get her cosmetology license at Votech. After doing hair for a while she decided to become HR Rep for the company Aramark. She is survived by her mother Jean Flournoy, two brothers Jason (Yvette) Cassidy and Michael (Izabela) Cassidy, two nieces Ashley Cassidy and Hania Brodzinksa, one great niece Adelina Nikolenko and numerous cousins.

Heather loved spending time with her huge family. She was an amazing cook and was writing a cookbook at the time of her death titled Noodles & Gin. She was always the life of the party and never failed to crack funny jokes and make everyone laugh until their stomachs hurt. She will be sorely missed by everyone who was lucky enough to know her. Heather is preceded in death by her father John Patrick Cassidy. She was a true daddy's girl, and it brings some comfort knowing they are united once again.~ Irish Blessing~ Death leaves a heartache no one can heal; Love leaves a memory no one can steal.



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ISSUE 403 Jan 9, 2023

## ART &amp; SOL

## BIGHORN, THE BACK STORY

## Battle of the Little Bighorn



Lithograph, Charles Marion Russell. "The Custer Fight" (1903) Public Domain.

By Kathryn R. Burke

The story behind the Battle of the Little Bighorn, otherwise known as *Battle of Greasy Grass*, by the Lakota and other Plains Indians, or Custer's Last Stand because of the outcome, is complicated.

The battle took place June 25, 1876, along the Little Bighorn River, on the Crow Reservation in Montana. That location is significant. It was, and long had been, contested ground between different nations (or tribes). The famous (infamous?), and still-controversial, confrontation was not just a battle between Indians and cavalrymen. It was part of a series of battles where several competing forces fought for natural resources—the land, and all that was on, in, or under it.

It was a significant event in the Great Sioux Wars—between the Sioux and Cheyenne and lesser tribes whose lands they had been confiscating, primarily to increase their hunting territory. Buffalo (the American Bison), which sustained them, were disappearing from the Great Plains due to encroaching settlement.

It was the beginning of the end of the Indian Wars, pitting indigenous peoples against the U.S. Government in its attempt to eradicate their culture in the name of Manifest Destiny—to make room for those settlers.

It was a battle between legendary fighters and forces—great Indian war leaders, like Sitting Bull and Crazy Horse, and the 7<sup>th</sup> Cavalry, led by the flamboyant, controver-

sial, “boy general, George Armstrong Custer.

And it was also Custer's Last Stand.

Historians and scholars have spent a lifetime writing about and studying this battle. I am neither. But I am fascinated with Western American history and enjoy talking and writing about it. As always before a presentation, I spend time looking for new information or something I may have missed. I learned a lot from the two Interpretive Ranges at the Little Bighorn Battlefield National Monument whose books I published: *Where the Rivers Ran Red*, by Michael Donahue and *Little Bighorn, Voices from a Distant Wind* by Steven C. Adelson. I also helped produce Adelson's DVD, *Contested Ground*. Both authors are considered experts on the battle and Western American history. I'm fortunate to have met and worked with them.

This is a difficult topic, filled with angst and controversy. I've visited with book buyers from all over the world—Custer is a cult, and the battle both famous and infamous. The impetus behind the battle is all too familiar—The Roman Empire, Egypt, the Crusades, the Inquisition, Indian Wars, Nazi Germany, and now Russia vs Ukraine. The concept of genocide is not new. Since the beginning of recorded history, humans have set out to destroy anyone whose beliefs—or appearance—is different or who has something they want

Continued next pg

# ***BIGHORN, THE BACK STORY From previous pg***

want and can take by force. What led up to Custer's Last Stand is part of a continuing saga of Us versus Them.

## **Indian Wars & Manifest Destiny**

The Indian Wars was a campaign designed to obliterate a culture that had existed on the North American continent for at least 15,000 years—probably even longer.

When the Europeans arrived, there were between 8 and 18 million Indigenous people living in North America. By the end of the Indian Wars, and compounded by white man's diseases to which they had no immunity, approximately 80 percent of that population had perished!

Manifest Destiny was a concept that the United States was destined, by God (as its advocates believed) to expand its dominion and spread democracy and capitalism—across the entire North American continent. Sound familiar?

Bighorn was one of the last armed efforts of the Northern Plains Indians to preserve their way of life against the onslaught of western migration and the U.S. Government opening the west to settlement and taking ownership of natural resources.

Indians refused to cede ownership of the land. They do not believe in the concept of land "ownership;" they live in harmony with it. White settlers wanted to own the land, and all that was in, on, and under it. To facilitate that determination, the U.S. Government removed (or killed) the Indians. Problem solved. The story was the same throughout the west for all the tribes as the U.S. took their lands and sent those who survived to reservations.

Despite the Indian's victory at Bighorn, where they vastly outnumbered the soldiers, Native peoples in total were a small force compared to Euro-Americans, who just kept coming and coming. Leveraging natural resources, they forced the Indians to surrender, primarily by attacking and destroying their encampments and property.

## **Great Sioux Wars (or Lakota Wars).**

This was an ongoing confrontation between the Lakota Sioux and Northern Cheyenne against the U.S. Government. The 1868 Fort Laramie Treaty allocated

reservation lands to the Lakota and Northern Cheyenne to include the Black Hills in Dakota Territory and "unceded" territory in what became Montana and Wyoming.

The Lakota, who dominated the area, considered the *Papa Sapa*, or Black Hills, sacred, as their place of origin thousands of years earlier. Since the Treaty was signed, the United States had been steadily ignoring the treaty and invading their territory.

Tribal land was being seized at alarming rates. The once numerous bison herds were nearly hunted to extinction. The entire livelihood of the Plains tribes revolved around the bison, and without the resources the animal offered, their cultures rapidly lost stability and security. This forced them to rely on the United States government to provide rations and goods, or else face starvation. The way of life of these independent people was rapidly fading. And the government was not keeping its part of the bargain to sustain them.

The Sioux, led by Sitting Bull—a *Hunkapa* Lakota leader and Medicine man—resisted. His leadership inspired his people to a major victory. In response, the U.S. government sent thousands more soldiers to the area, forcing many of the Lakota to surrender over the next year. Sitting Bull refused to surrender, and in May 1877, he led his band north to the Canadian Northwest Territories (now Saskatchewan). Sitting Bull remained there until 1881, at which time he and most of his band returned to U.S. territory and surrendered to U.S. forces.

Wounded Knee.

Eighteen battles were fought during the course of the Sioux Wars, a few where the Indians were victorious, more where they were not. It ended at Wounded Knee, December 29, 1890, on the Pine Ridge Reservation in southwestern Dakota. More than 250 men, women, and children, most all unarmed, were slaughtered and buried in a mass grave.

Gen. Nelson Miles participated in the campaign that scoured the Northern Plains after the Bighorn, forcing the Lakota

and their allies onto reservations. He was not present at Wounded Knee, and afterward, telegraphed Washington D.C., condemning the action as "the most abominable criminal military blunder and a horrible massacre of women and children".

Nonetheless, 20 soldiers were awarded the Medal of Honor for the slaughter.

## **Custer's Black Hills Expedition**

In 1874, Custer and the 7<sup>th</sup> Cavalry traveled to the previously uncharted territory of the Black Hills. While Custer and the military units searched for a suitable location for a fort, civilians searched for gold. And they found it.

Publicity about the expedition prompted a mass gold rush, which in turn antagonized the Sioux Indians, who had been promised protection of their sacred land by earlier treaties. The U.S. Army ignored previous treaty agreements and invaded the area.

## **The Battle of the Rosebud**

June 17, 1876, two years after Custer's Black Hills expedition, 1,500 Lakota Sioux and Northern Cheyenne warriors, led by Crazy Horse, defeated a force of 1,300 Americans under General George Crook. The battle took place along Rosebud Creek in Montana Territory. Crook retreated.

Eight days later, the Indians were again victorious, at the Battle of the Little Bighorn.

The aftermath of both battles was that the U.S. sent thousands of soldiers into the territory to force the Sioux and their allies onto reservations. Sitting Bull, who participated at Rosebud as a spiritual leader, and his people continued to resist, until they returned to the Pine Ridge reservation.

Next week, a look at the contestants. Following that, the story of the battle itself, where "in less than the time it takes a hungry man to eat his dinner" (according to Cheyenne Chief Two Moons, who was present at the battle), all of Custer's men died.

While several of the Indian leaders came to a bad end, Two Moons thrived, and eventually became a statesman. It is his face on the "Buffalo" nickel today.



# Alcohol Ink & Drink

## Thr., Jan. 12. 5:30-7:30 pm.



## Winter Scenes

A drink, chocolates, and all materials provided. \$45.

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21 N. Cascade Ave., Montrose, Colorado

# MIRROR CHURCH DIRECTORY

## ALL SAINTS ANGLICAN CHURCH

Anglican Church in North America  
Address: 2057 S. Townsend, Montrose, CO 81401  
Office Hours: Varies and by appointment  
Contact Information: (970) 249-2451  
<https://www.allsaintsmontrose.org/>  
Priest: The Rev Gary L. Way  
Worship Service Times:  
Sunday, 9AM, Holy Eucharist.

Wednesday, Noon, Multi-denominational Prayer Hour. There are multiple Bible Studies during the week. All Saints Anglican Church is Biblical, Anglican and Orthodox. The Liturgy (order of service) is from the Anglican Church in North America Book of Common Prayer (2019). Music is a combination of traditional hymns, contemporary, and more modern songs. This is a family-sized church that welcomes all individuals

and families. We are currently comprised of families and singles, ages 25 to 90. Fellowship time follows each Sunday Service with a potluck meal following the service on the 3d Sunday.

All Saints Anglican Church  
2057 S. Townsend Ave  
Sunday Holy Eucharist, 9 am  
The Rev Gary Way, Interim Priest  
[allsaintsanglicanmontrose.org](https://allsaintsanglicanmontrose.org)

## BIBLE BAPTIST CHURCH

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

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

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

## CHRIST LUTHERAN CHURCH

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

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

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

## FIRST CHURCH OF THE NAZARENE

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

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

*disciples in Montrose Colorado and around the world.*

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

## FIRST PRESBYTERIAN CHURCH MONTROSE

**Affiliation:** Presbyterian  
**Address:** 1840 E Niagara Rd. Montrose CO. 81401 **Office Hours:** M-Thu 9AM - 12PM **Contact:** 970-249-4732, [in-](mailto:in-)

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

*er through spiritual growth, worship, and service in our community, country, and world. We also encourage children and youth to grow their relationship with Christ through our children and student ministries.*

## HILLCREST CONGREGATIONAL UNITED CHURCH OF CHRIST

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

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

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

## MONTROSE MEDITATION CENTRE

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



# MIRROR CHURCH DIRECTORY From previous pg

## MONTROSE UNITED METHODIST CHURCH

**Denomination Affiliation:** United Methodist

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

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

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

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

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

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

*Montrose UMC is a leader in being fully*

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

## ROSEMONT BAPTIST CHURCH

**Affiliation:** Southern Baptist

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

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

**Contact information:**

Phone: 970.249.4887

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

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

**Senior Pastor:** Rolland Kenneson

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

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

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

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

*matter what stage of life they are in.*

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

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

## SPIRITUAL AWARENESS CENTER

**Denomination affiliation:** Independent Interfaith

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

**Home Office** – 970-252-0908

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

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

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

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

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

## SUMMIT CHURCH OF MONTROSE:

**Denomination affiliation:**

Southern Baptist

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

**Office hours:** Varies

**Contact information:**

phone number: 970-275-7026

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

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

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

Sario

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

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

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

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

## MIRROR CHURCH DIRECTORY From previous pg

### VICTORY BAPTIST CHURCH OF MONTROSE

**Denomination Affiliation:** Independent Baptist

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

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

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

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

**Current Pastor:** Roland Kassales

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

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

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

#### Church Directory

#### Mirror Editorial Staff

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

#### information to the Montrose Mirror:

Name of church

Denomination affiliation

Address Office hours

Contact information (phone number, email address, website)

Name of current Senior Pastor

Worship service times

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

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

Do your church services include Sunday School and childcare?

## Birth Certificates & Death Certificates

*available at*

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

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



[WWW.MONTROSECOUNTY.NET](http://WWW.MONTROSECOUNTY.NET)





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THE  
**MONTROSE MIRROR**

*Your Source for Local Business News and Information*

# COMMUNITY NEWS BRIEFS

## SKILLED BUILDERS VOLUNTEER FOR A CAUSE CLOSE TO THEIR HEARTS

### Special to Art & Sol

DELTA—After a long work week, commercial painters Jill and David Whigham don't hang up their brushes but keep working through the weekend — but this time for a cause close to their hearts.

The couple has spent the last few months volunteering their skills to construct a new Kingdom Hall for congregations of Jehovah's Witnesses to worship in together in Delta, Colorado.

"It's very rewarding," said David. "There's always something a little bit different about when you work for money as opposed to when you're doing it as a volunteer. There's a lot of joy and happiness in giving your time and your skills."

While the U.S. faces a worker shortage that Associated Builders and Contractors' (ABC) Chief Economist Anirban Basu called "the most acute challenge facing the construction industry," volunteers have kept Jehovah's Witnesses' building projects moving forward.

"Building places for true worship has been accomplished by volunteers since the days of Moses," said Robert Hendriks, U.S. spokesperson for the Christian denomination best known for its door-to-door ministry. "They gave with a willing heart then and they do the same today. Tireless volunteers make these projects possible."

When the Witnesses moved their world headquarters from Brooklyn, New York, upstate to the town of Warwick in recent years, the building project drew some 27,000 volunteers from across all 50 states.

Among them was Tyler Ross, 36, who began volunteering on Witness construction projects alongside his father at a



young age. "I always loved going to work on something I knew would have a positive impact in the community," said Ross, "so when I first heard about the Warwick project, I was very excited."

Over the course of some three years, Ross drove the 50-hour round-trip from Houston, Texas, to the construction site in Warwick three times to volunteer his carpentry skills.

"It was hard work, but the cheerful spirit of the workers made it enjoyable," said Ross. "There were people from so many different cultures and backgrounds, all working together in harmony. It was really something to witness."

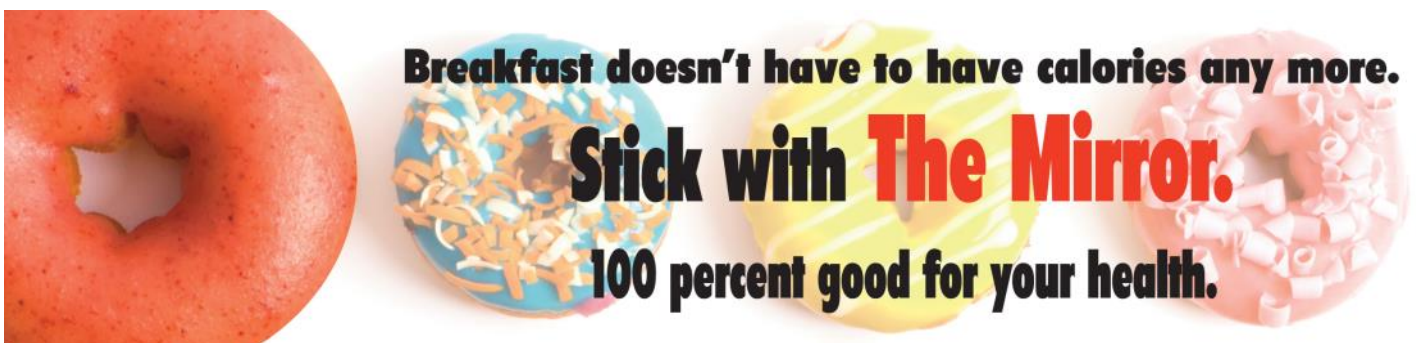
Years later, Ross is still in touch with several fellow volunteers he met during his total four and a half months on the project.

"Every crew I worked with felt like instant family," he said. "I made memories and friendships I'll cherish for the rest of my life."

While working on the Delta, Colorado, Kingdom Hall, local resident Abel Vizcarra has also benefited from volunteering on the project. "It's really exciting to see the volunteers come together," Vizcarra said. "That has been a real beautiful part of this arrangement, getting to work with (the volunteers) and getting to know them. ... These are beautiful friendships that we have made."

Since construction began on November 4, Witness volunteers — young and old, skilled and unskilled — have come from the two local congregations that will share the facility. Three hundred volunteers will travel to the project, some from as far away as Oregon and Washington. The project is slated for completion in early 2023.

For more information about Jehovah's Witnesses, their history, beliefs and construction activities, visit their official website, [jw.org](http://jw.org), with content available in more than 1,000 languages.







## THE REVENUE GENERATOR

**Did you know that we are  
a local company that offers  
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and fill in contact form!



# Paint Your Pet



at LaNoue DuBois Winery  
67289 Trout Rd., Montrose  
**Sat., Jan. 14, 2023**  
**1:30-3:30 pm**

LA NOUE  
DUBOIS

Included:  
11"x17" canvas,  
with sketch of your  
pet and all art materials.

Plus signature chocolates  
and glass of LaNoue wine.

Cash bar open  
all day for more  
creative  
inspiration.

**Lots of FUN!**

Sign up: <https://kathrynrburke.com/011424pet>







### **PEAK PROFESSIONALS**

1550 Niagara Road Montrose  
(970) 497-4921  
[peakpros.org](http://peakpros.org)

### **PEDIATRIC ASSOCIATES**

947 South Fifth Street Montrose  
(970) 249-2421 **VFC PROVIDER**  
[thepediatricassociates.com](http://thepediatricassociates.com)

### **NORTHSIDE HEALTH CENTER**

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

### **CEDAR POINT HEALTH**

300 South Nevada Ave Montrose  
(970) 249-7751  
[cedarpointhealth.com](http://cedarpointhealth.com)

### **BASIN CLINIC**

421 Adams Street Naturita  
(970) 865-2665 **VFC PROVIDER (RHC)**  
[basinclinic.org](http://basinclinic.org)

### **UNCOMPAHGRE MEDICAL CENTER**

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

### **DELTA COUNTY HEALTH DEPT**

255 West Sixth Street Delta  
(970) 874-2165 **VFC PROVIDER**  
[deltacounty.com/8/personal-health-services](http://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](http://rivervalleyfhc.com)  
**340B PARTICIPANT & VFC PROVIDER (FQHC)**

### **THE PIC PLACE**

87 Merchant Drive Montrose  
(970) 252-8896  
[pic.place](http://pic.place)

### **MESA COUNTY HEALTH DEPT**

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

### **VFC (VACCINES FOR CHILDREN)**

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

### **340b**

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



**CITY MARKET SOUTH**

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

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

**WALGREENS**

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

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

**CVS (IN TARGET)**

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

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

**CITY MARKET NORTH**

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

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

**SAFeway**

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

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

**WALMART**

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

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

**STACIE'S APOTHECARY SHOPPE**

112 Village Square West Ridgway  
(970) 626-7100

Flu	Pneumonia
Shingles	Tdap



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



# Elks Bingo

**Tues Jan 10, 2023**

# \$1,199

## MUST GO JACKPOT

**AWARDED TO 1<sup>ST</sup> PERSON THAT REACHES BINGO**  
**Progressive Game #4**

***Progressive Game #2***

**\$357**

**Win by reaching Bingo  
in 37 #s or less**

***Progressive Game #6***

**\$5,676**

**Win by reaching Bingo  
in 53 #s or fewer**

**\$10 Bingo Packs**

**Doors Open at 4:30 PM**

**Games Start at 6:30 PM**

**Open to the Public**

**Pizza by the  
slice for this  
Event**

**Full Bar  
Drink  
Specials**



## ***GET OUT & HAVE SOME FUN***

**Montrose Elks Lodge #1053**

**801 So. Hillcrest, Montrose CO 81401**

# SAVE THE DATE! LOCAL EVENTS CALENDAR

## ONGOING-

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

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

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

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

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

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

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

**THE MONTROSE GENEALOGY CENTER** at 700 E. Main St. is now open Wednesday and Thursday afternoons, 1-4 p.m. or call for an appointment: 970-240-1755. Free help and resources for your family history research." (The center is sponsored by the non-profit organization, Fore-Kin Trails Genealogical Society.)

## MONTROSE FARMERS MARKET SCHEDULE

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

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

## MONTHLY

**Jan. 9**-Monday Jan. 9, 5pm Montrose library meeting room- Citizens' Climate Lobby meets in person. Local action groups on Electrify Montrose, Solar projects, Health Forests, Water, Recycling. National, nonpartisan, All Welcome info at 970-765-9095

**Jan. 12**-Open House: US 50 Access Control Plan for North Montrose County-Join us for an Open House to learn more about the US 50 Access Control Plan for North Montrose County. The plan covers from the Delta County line to Townsend & 9th Street in Montrose. When: Thursday Jan. 12, 2023 from 4pm - 7pm. Where: Montrose County Public Works (63160 LaSalle Road, Montrose

**Jan. 12**-Alcohol ink winter scenes paintings. 5:30-7:30 pm. Mosaic, 21 N. Cascade Ave. \$45. Step-by-step instructions, all materials, and a drink included. Register <https://kathrynrburke.com/011223-2/>

**Jan. 14**-Paint Your Pet. 1:30-3:30 pm. LaNoue Winery. 67289 Trout Rd. Montrose. \$50. All materials, including canvas with pet sketch included plus a glass of wine. Details, instructions, register <https://kathrynrburke.com/011423pet/>

**Jan. 17**-Alcohol ink paintings: Winter Scenes. 6-8 pm. MRD Summit Room, 25 Colorado Ave. \$40. Step-by-step instructions and all materials. Register <https://kathrynrburke.com/011723-2/>

**Jan. 18**-Life Drawing with Live Model. 6-8 pm. MRD Summit Room. 25 Colorado Ave. \$20. Practice your skills with live (clothed) model in various poses. Cash at the door or register at <https://kathrynrburke.com/011823-2/>

**Jan 24**. Kids' Groundhog Day Project. 4-5:30 pm. Montrose Rec. Center. \$15. Cut, color, paste your own groundhog to find out if he will see his shadow. <https://kathrynrburke.com/012423-2/>

**Jan. 9**-Laughter is the Best Medicine- Coffee with a Nurse-Jan. 19 at 8:30 am at The Coffee Trader 845 E. Main Street Montrose in the conference room.



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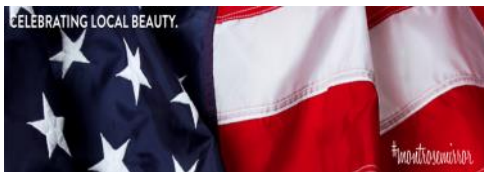
Contact the Montrose Mirror:  
970-275-0646

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

## COUNTY HONORS DEE LAIRD FOR SERVICE

*Special to the Mirror*

**MONTROSE**-During the Montrose County Commissioner meeting Jan. 4, Montrose County resident Dee Laird was honored for his many years of work as a member and also the Chair of the 7th Judicial District Community Corrections Board. "Mr. Laird's remarkable service to our community is greatly appreciated!" Montrose County courtesy photo.



## DineOutMontrose.com

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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 Restaurant  
970-249-1881

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

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