

# the Montrose Mirror

Montrose, Colorado

Issue No. 516 Jan. 16, 2023

*Celebrating the Legacy of Dr. Martin Luther King, Jr.*

## PARENTS QUESTION NUMBER OF DAYS OFF, STATE OF OLATHE ATHLETIC PROGRAM

*"Most of the states in our country require 175 to 180 days of school per calendar year"*

By Caitlin Switzer

MONTROSE-Montrose County School District RE-1J Board President Sarah Fishing gaveled the regular meeting of the board to order on Tuesday, Jan. 10. In addition to Fishing, all directors were present, including Board Vice President Eric Kelley, District A Director Erik Westesen, District B Director Jacob Suppes, District C Director Alice Murphy, District D Director Tom West, and District G Director Stephen Bush. All joined in saying the Pledge of Allegiance. The board voted to approve the meeting agenda as presented.

### STUDENT SPOTLIGHT

RE-1J Public Information Officer Matt Jenkins introduced students from Oak Grove Elementary School who spoke about the Oak Grove Farm, now in its first year. Fourth Graders Jackson Samples and Emily Panek and teachers Julie Vigil and Carin Beshoar shared information on daily chores, and about what students accomplished and learned on the farm. "Be kind even to chickens, don't startle the

*Continued pg 34*



*At the RE-1J Board of Education meeting Jan. 10, students from Oak Grove Elementary School spoke about the Oak Grove Farm, above. Fourth Graders Jackson Samples and Emily Panek also held a drawing for a dozen eggs, which was won by RE-1J District C Director Alice Murphy.*

## BOCC RESTRUCTURES; SUE HANSEN TO SERVE AS CHAIR IN 2023

By Caitlin Switzer

MONTROSE- The annual re-organization of the Montrose Board of County Commissioners (BOCC) took place at a special meeting on Tuesday, Jan. 10, following the annual swearing-in of public officials, for which City of Montrose Attorney Ben Morris and 7<sup>th</sup> Judicial District Judge Mary Deganhart were present to assist.

2022 BOCC Chair Keith Caddy called the special meeting to order; all commissioners were present. All joined in saying the Pledge of Allegiance. Pastor Buddy Cook of 1<sup>st</sup> Church of the Nazarene delivered the invocation. "Lord you give us new mercies every morning...now we have a New Year..."

### COUNTY MANAGER

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

*Continued pg 2*



*Montrose County held its annual swearing-in of public officials on Tuesday, Jan. 10, prior to a special meeting of the Montrose Board of County Commissioners (BOCC). Above, Sheriff Gene Lillard shakes hands with County Manager Jon Waschbusch at the swearing in ceremony. Montrose County courtesy photo..*

in this  
issue

*Dr. Lauren Hall Ruddell: Wolf  
Reintroduction Issues and Information!*

*Bighorn: The Combatants:  
By Kate Burke!*

*County Planning Commission continues  
proposed SUP for Gravel Pit to Jan. 26!*

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# BOCC RESTRUCTURES; SUE HANSEN TO SERVE AS CHAIR IN 2023 *From pg 1*

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## CONSENT AGENDA

Consent agenda items, consisting of minutes of the Jan. 4, 2023 BOCC meeting as well as Consideration and possible action on the Colorado Department of Human Services (CDHS) Certification of Compliance - 2023 County Merit System Certification, were accepted unanimously as presented.

## REORGANIZATION OF THE BOARD

Commissioners selected Sue Hansen as BOCC Chair in 2023, and Roger Rash as Vice Chair; Caddy relinquished the gavel to Hansen. "Chair, it's all yours."

The board also voted to adopt Resolution 3-2023, concerning annual appointments and reorganization of the Board of County Commissioners. Media Relations Manager Katie Yergensen read the five-page resolution into the public record. "Not one stumble," Chair Hansen said of Yergensen's impressive feat.

Also approved was the BOCC meeting calendar for 2023.

There were no General Business & Administrative or Planning & Development items.

## EXECUTIVE SESSION

Commissioners voted to enter Executive Session with County Attorney Marti Whitmore, to receive legal advice pertaining to the USDA grant for the proposed renovation of the historic Montrose County Court House, pursuant to C.R.S. 24-6-402(4)(b) and (e). Following Executive Session, the special meeting was adjourned.



# THE MONTROSE MIRROR

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## REGIONAL NEWS BRIEFS

### GIVING CLUB KICKS OFF 6TH YEAR OF PHILANTHROPY FEB. 6

*Special to the Mirror*

MONTROSE-All women are welcome at the Women's Giving Club of Montrose as they kick off 2023 with their first quarterly meeting Monday, Feb. 6, 5:30 p.m. at The Bridges. This begins the Giving Club's 6<sup>th</sup> year and marks over \$300,000 given so far in support of local non-profits.

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## REGIONAL NEWS BRIEFS

### MONTROSE GIVING CLUB AT BRIDGES FEB. 6

*Special to the Mirror*

MONTROSE-The Montrose Giving Club quarterly meeting will be on Feb. 6 at 5:30 ...Remington's at the Bridges.



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## COLORADO NEWS BRIEFS

### CITY TO HOST OPEN HOUSE ON HOUSING NEEDS ASSESSMENT

#### *Special to the Mirror*

MONTROSE — The City of Montrose, in collaboration with Points Consulting, seeks public feedback and participation in a housing needs assessment to evaluate current housing conditions and needs throughout the community. As part of the housing needs assessment, a survey was developed to obtain community feedback. This survey is now available online at [www.surveylegend.com/s/4ncj](http://www.surveylegend.com/s/4ncj). The survey will be open to gather public feedback until Thursday, Feb. 9, and is available in both English and Spanish. Survey responses are anonymous.

On Jan. 18, the city will host a public open house to highlight the housing needs assessment and what the next steps will be. The open house will take place at 6 pm. in the Centennial Conference Room in the City Hall Annex building located at 433 S. First Street. Access to this room is from Centennial Plaza.

For more information about the housing needs assessment, contact Jace Hochwalt at 970.240.1478 or at [jhochwalt@cityofmontrose.org](mailto:jhochwalt@cityofmontrose.org).



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## CITY OF MONTROSE CLOSURES FOR MARTIN LUTHER KING JR. DAY

*Special to the Mirror*

MONTROSE-The City of Montrose will be closed on Monday, Jan. 16, in observance of Dr. Martin Luther King Jr. Day. City Hall, the Downtown Visitor Center, Municipal Court, Animal Shelter, Montrose Pavilion,

and the City Shop will all be closed.

Police Department offices will be closed, but officers will be on duty and responding to calls. The Black Canyon Golf Course is closed throughout the month of January. The City's Rusty Putter restaurant,

located at the golf course, is normally open Monday through Friday, but will also be closed Monday, Jan. 16.

Trash and recycling schedules will be adjusted for the holiday. City residential trash customers who would normally receive service on Monday, Jan. 16, will instead be served on Tuesday, Jan. 17, and Wednesday, Jan. 18.

For trash routes normally scheduled for Monday, Jan. 16, residences south of San Juan Avenue and U.S. Highway 50 will receive trash collection services on Tuesday, Jan. 17.

For residences north of San Juan Avenue and U.S. Highway 50, trash pickup will occur on Wednesday, Jan. 18.

Recycling customers who would normally receive collection service Monday, Jan. 16, will instead be served Friday, Jan. 20.

Residents with questions about route adjustments are encouraged to call City Hall at 970.240.1400 or visit [CityofMontrose.org/Trash](http://CityofMontrose.org/Trash).

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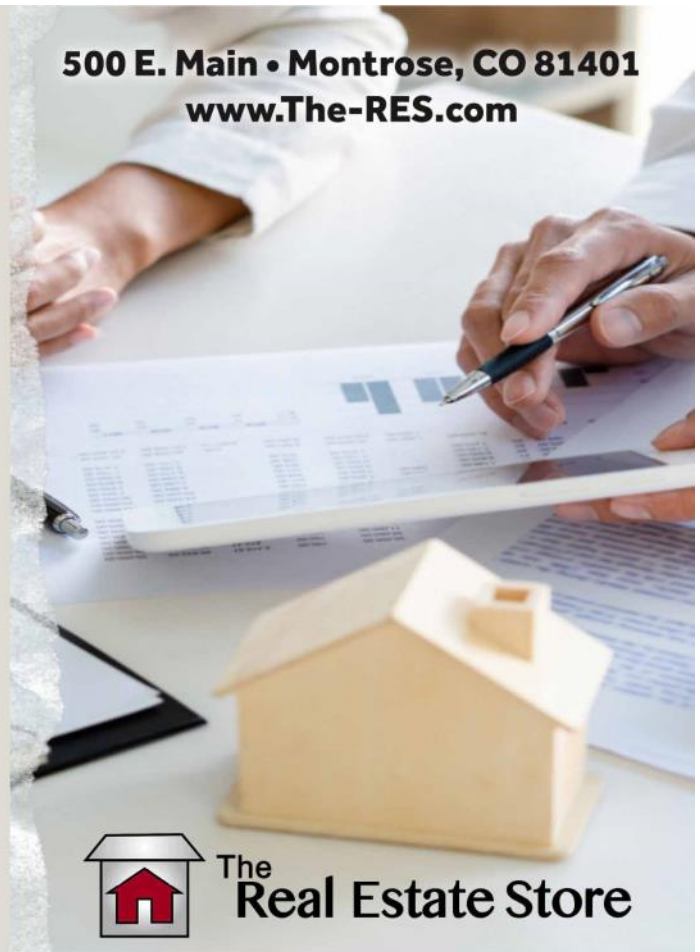
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## OPINION/EDITORIAL: LETTERS

### LEFT IS ALWAYS ON THE ATTACK; LATEST TARGET IS NATURAL GAS STOVES

Dear Editor:

The left seems to always need something to attack. If it's not oil then it's guns, or coal, or freedom of speech, or education, or history, or a myriad of other subjects. The latest is natural gas stoves.

The left complains that the byproducts of gas combustion can cause mental decline or some such malady. Never mind that we've used gas for lighting, cooking, transportation, and electricity generation for going on two centuries, suddenly its use is harmful to our indoor atmosphere. I believe they've been smoking too much weed, and THAT is what's affecting their brains!

Imagine the cost of rewiring millions of homes, restaurants and other buildings to

make them all-electric. Imagine the cost to replace kitchen stoves, water heaters, fireplaces and furnaces. Now imagine the cost to develop enough electrical generation to supply these new appliances. It's a fact that we're already struggling to supply enough electricity for the uses we currently have. Now add millions of electric cars AND newly refurbished all-electric struc-

tures.

To top it all off, if we don't comply with their wishes, they will simply attack natural gas itself, and, like oil, slow or stop production completely. The Feds already regulate electricity, gas, oil, and coal. Think they can't shut them off at will?

*Bob Ernst, Montrose*

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## OPINION/EDITORIAL: LETTERS

### SAVAGES HAVE NO PLACE IN OUR COUNTRY

*Editor:*

Here's another reason why I'd never vote for a Democrat. This week a Bill was introduced that would protect babies that survived an abortion and provide for medical treatment for the babies. The Democrats voted AGAINST THE BILL.

They voted to deny medical treatment to these tiny humans who managed to survive a brutal painful procedure. They are content to continue to allow the murder of these babies; content to letting them die or maybe they're just killed outright then and there. How can anyone vote for people who approve and encourage the killing of babies???? Most of these savages seem to be in the Democrat Party; though I would be just as scathing in my words if they were Republicans or Libertarians. So, if there are any Democratic voters out there who Disagree with the killing of babies, let's hear your voices loud and clear and inundate your Democrat representatives and demand them to vote to save those babies. Savages have no place in our country.

*Carol McBride, Montrose*

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## PROPOSED GRAVEL PIT SPECIAL USE CONTINUED UNTIL JAN. 26 PLAN COM MEETING

By Gail Marvel

MONTROSE-The Montrose County Planning Commission will have a change of venue and hold their regular monthly meeting at the Montrose County Events Center at 6 p.m. on Jan. 26. The Planning Commission is an appointed advisory board to the Montrose County Commissioners.

### Background:

At the Dec. 15, 2022 Planning Commission meeting there was standing room only as more than 100 citizens showed up for agenda item #1 - Farm Road Source Pit Special Use [SU22-013].

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

Following two-and-a-half hours of listening to the project presentation and taking

public comment on the proposed expansion of an existing mining gravel pit, the commissioners continued the agenda item to the Jan. 26 meeting.

The commissioners stipulated that written supplemental information and additional comments would be accepted through Jan. 18; however, no further verbal comments would be taken at the Jan. 26 meeting.

### Update:

When contacted about the number of written comments the county received after the December meeting, Richmond responded in an email, "Unfortunately, I don't know exactly how many people have submitted comments to date. However, on the permit application page you can see all the public comment (<https://co-montrose-co.smartgovcommunity.com/PublicNotice/PublicNoticeDetail/Index/2478fee4-ceaf-4aed-9cc6-af25010c0719?conv=1>).

A cursory read of the posted comments shows that approximately two dozen citizens opposing the expansion of the gravel pit submitted supplementary material to add to their previous statements; while



*Following the Dec. 15, 2022 Montrose County Planning Commission meeting, commissioners were still smiling after weathering two-and-a-half hours of discussion and public comment on a proposed gravel pit expansion. The Planning Commission is an appointed advisory board to the Montrose Board of County Commissioners. (L to R) Buck Andrews, Clifford Dodge, Rocky Gabriel, Dennis Murphy, and Chair Lana Kinsey. Commissioner David Seymour, who recused himself, did not participate in the discussion. Photo by Gail Marvel.*

two comments were from citizens who had not previously commented. There are no written comments in support of the gravel pit expansion.


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# MONTROSE REGIONAL CRIME STOPPERS

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## REGIONAL NEWS BRIEFS

### TWO REPUBLICAN SENATORS REPRESENT MONTROSE COUNTY

#### Special to the Mirror

MONTROSE—Two Republican Colorado State Senators will be representing Montrose County during the 74th General Assembly Session, Cleave Simpson and Perry Will. The 2022 reapportionment of Senate districts divided Montrose County into two districts - SD5 and SD6. The map boundaries can be found here, [map](#). Senator Simpson of Alamosa, is in his third year as Senator of SD6. He represents 14 counties in the southwestern part

of the state which includes the western portion of Montrose County. Simpson's committee assignments in the Senate include: Agriculture & Natural Resources, Transportation & Energy, Finance, Legislative Council and the Capital Development Committee. Senator Perry Will of New Castle, is the freshman Senator of SD5. He represents seven counties which includes the eastern portion of Montrose County. Will was just sworn in through a vacancy committee to fill the position of retired

Senator Bob Rankin of Glenwood Springs. Will was officially sworn in as Senator on January 12th. He is a two-term representative of HD57. Will has two committee assignments: Health & Human Services and Business, Labor & Technology. He is also on the Wildfire Matters Interim Committee. While Montrose County is split between two Senate Districts, its House seat remains intact as House District 58, represented by Republican Representative Marc Catlin.



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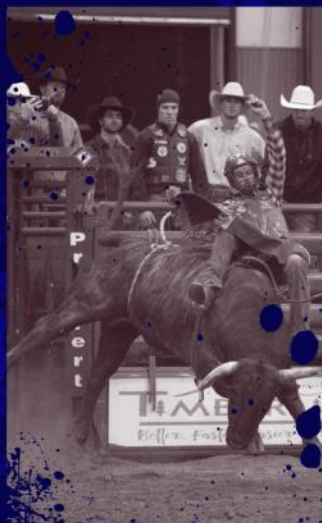
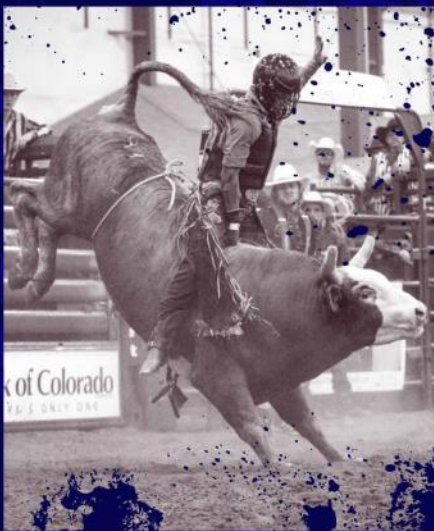
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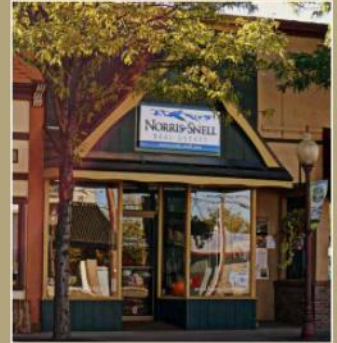
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## REGIONAL NEWS BRIEFS

### MONTROSE COUNTY SHERIFF'S OFFICE ANNOUNCES NEW EMERGENCY ALERT SYSTEM

*Special to the Mirror*

MONTROSE-Montrose County Sheriff's Office proudly releases a new emergency notification system called Montrose County Alerts, powered by Genasys Emergency Management. Emergency alerts are a critical emergency management communication tool used by local first responders to share public safety alerts.

"This new emergency alert system is easy to use—from a dedicated app to the ability to add multiple addresses to bilingual resources—this system is designed to deliver fast, accurate public safety alerts for our community," said Montrose County Director of Emergency Management, Scott Hawkins. "This system can be used to provide notifications during wildfire evacuations, domestic water boil orders, major road closures, missing persons and more. It's a key tool for emergency communications."

The system will be used throughout Montrose County by first responder agencies. Montrose County Alerts will allow first responders to send emergency notifications to specific geographic areas of the county. Residents who live near county borders are encouraged to sign up for the alert system in the county in which they reside as well as nearby counties to receive the most accurate information. Montrose County Alerts replaces the previous emergency notification system known as CodeRed.

All residents, business owners, and visitors are encouraged to sign-up for notification before an emergency happens. Registration is free and takes only a few minutes. To sign up, visit <https://montrose.genasys.com/portal/en> or text "montrosecounty" to 65513. Residents are encouraged to sign up with their cell phone or email address to avoid conflicts with the 911 land line data imported into the system from 911 records. It is important for residents to include their address as well so that targeted alerts are delivered accurately. **Even if you previously registered with CodeRED or if you only have a land line, we still need all residents, property owners, and business owners in Montrose County to sign up for the new system and enter their current contact information.**

To learn more about the Montrose County Alerts notification system, review a list of frequently asked questions and sign up, visit the Montrose County Alerts website at <https://montrosecountysheriffsoffice.com/montrose-alerts/>.

## The Homestead at Montrose

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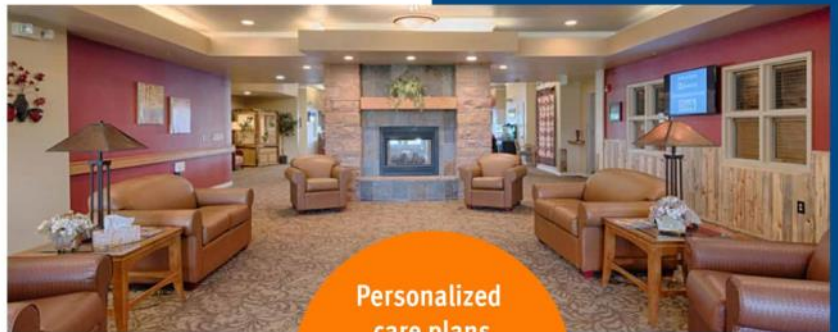
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# REGIONAL NEWS BRIEFS

## CURECANTI MEDICAL SOCIETY AWARDS 2023 SCHOLARSHIPS

### *Special to the Mirror*

MONTROSE-The Curecanti Medical Society (CMS) proudly announces that four area students have been awarded scholarships in honor of the late Doctor George G. Balderston. The CMS Scholarship program originated over thirty years ago to assist students in pursuing a career in the medical field. The Montrose area physicians of the CMS fund the scholarships, which are awarded annually by the Curecanti Medical Society.

Dr. Gayle Frazzetta, CMS President, is pictured with recipients Reanna O'Bar, enrolled in the Surgical First Assist training at Meridian Institute of Surgical Assisting, Michelle Mullins, enrolled in the Family Nurse Practitioner certificate program at Maryville University, Amee Pearce-Waldvogle, completing a Family Nurse Practitioner certification at Western Governor's University and Cassandra Chavez, enrolled in the Surgical First Assist training at Meridian Institute of Surgical Assisting.



*Dr. Gayle Frazzetta, CMS President, pictured with award recipients. From left to right: Dr. Gayle Frazzetta, Reanna O'Bar, Michelle Mullins, Amee Pearce-Waldvogle, and Cassandra Chavez. Courtesy photo.*

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## REGIONAL NEWS BRIEFS

### MONTROSE REGIONAL HEALTH EARNS "A" GRADE FOR SOCIAL RESPONSIBILITY, PATIENT OUTCOMES

#### Special to the Mirror

MONTROSE— Montrose Regional Health is being recognized for its excellent performance on social responsibility, receiving an "A" Grade on the Lown Institute Hospitals Index for Social Responsibility. The index is the first ranking to measure social responsibility of more than 3,600 U.S. hospitals nationwide and applies never-before-used metrics such as racial inclusivity, avoiding procedures that don't provide additional value to the patient, and community benefit.

According to the Index, the hospital also received "A" grades in several other categories including Patient Outcomes, Cost Efficiency, Clinical Outcomes, and Value of Care. The Patient Outcomes score was exceptionally high, with the hospital ranking among the top 100 hospitals nationwide.

"We are extraordinarily proud of our caregivers," said Jeff Mengershausen, CEO of Montrose Regional Health. "Our hospital has a reputation for taking care of our communities with award-winning care. Receiving an A grade in these important measures is a testament to how Montrose Regional Health truly 'Cares for you like family.'"

"America needs socially responsible hospitals," said Vikas Saini, MD, president of the Lown Institute. "That's why it's so important to lift up these high-performing hospitals as examples for others to follow."

The Lown Hospitals Index for Social Responsibility utilizes more than 50 metrics to assess how well hospitals succeed at



Montrose Regional Health. Courtesy photo.

being care providers, employers, and community partners. Data sources include Medicare claims, CMS patient safety data and hospital cost reports, and IRS 990 forms, among others.

Learn more about the Lown Hospitals Index for Social Responsibility by visiting [www.LownHospitalsIndex.org](http://www.LownHospitalsIndex.org).

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This home on a cul-de-sac in Brown Ranch is 2200 square feet of luxurious living. The stucco home has a large, open living area with soft hues of grey, charcoal, and neutral that give a relaxing feel. The main bedroom suite features a soaker tub and dual walk-in closets. Designed with a split floor plan, the guest rooms and bath are opposite the common areas. A spacious dining room and covered patio are just waiting for you to start living and relaxing.  
**Welcome Home!**



# WOLF REINTRODUCTION ISSUES AND INFORMATION

By Lauren Hall Ruddell, PhD

COLORADO-On Jan. 17-19, the Colorado Wildlife Commission will meet in Colorado Springs for a hybrid meeting (both livestreamed and in person, although Jan. 19 is in person only) on a number of wildlife and wildland topics. For readers disinclined to pop over to the Front Range for this meeting, one will be held Jan. 25 in Gunnison, and another Feb. 7 in Rifle. Walk in registration is permitted. The two meetings will run from 8 a.m. to 4 p.m. with staff presentation on the issue of wolves beginning late morning. Each meeting will provide for two hours of public comment starting at 1 p.m.

At these meetings, topics are likely to revolve around some pitfalls associated with an 'impact-based' endangered species management, rather than 'objective based'. This approach was determined to be more fair to negatively affected parties that may be financially injured by this state action. Numerous voices have been invited to the table, but it's safe to say that there is no clear path for a plan that makes every stakeholder group happy. Some might eventually call it a win-win, but it's certain that some parties, such as hunters and ranchers, will begrudge the final plan as a lose-lose.

Contentious topics for this iteration of the draft will likely include:

*Permitted hunting*

*Compensation*

*Problem animal control methods*

*Proof of predation*

*Wolf-livestock interactions, wolf-ungulate interactions, and wolf interactions with other wildlife species*

*Financial impacts on herbivore hunting tourism*

The above points are not the only ones that are at treacherous cross-roads moments, but they are some of the main ones. Take permitted hunting. This provision would provide for some sort of drawing for a 'wolf' tag should biologists determine that the population in Colorado has exceeded 200 individuals. This mentality did not work well for Idaho, where in 2021, the governor signed a law to permit

the slaughter of 90 percent of the state's wolf population annually. By February 2022, the wolf was relisted. Biologists were right to be concerned that any level of sport hunting would throw open the door to abuse.

On the subject of problem animal control, one stakeholder bemoaned, "This disappointing proposal doesn't require ranchers to take responsibility for preventing conflicts and will lead to government agents regularly shooting Colorado wolves from helicopters," Michael Robinson, a senior conservation advocate at the Center for Biological Diversity stated the day the draft was disclosed in December 2022. "The commissioners should reject this draft and rewrite the plan based on science. Colorado voters want wolves protected and not killed recklessly at the whim of special interests." This same conservationist is joined by other pro-wolf advocates in voicing concern that wolf packs will be constantly assaulted by *Apocalypse Now* style of helicopter hunting by state wildlife managers. Or worse, by poachers engaged in 'aerial wolf gunning' such as happened in Montana in 2021.

Chris Smith, a wildlife advocate for WildEarth Guardians, said the draft confirms many of the coalition's biggest fears. In his view, it gives wildlife managers unnecessary discretion over when to kill wolves, fails to close the door on a regulated wolf hunt, and sets population targets far below what some biologists say is necessary for the species to sustain itself.

Ranchers are concerned that compensation may prove inadequate and that proof of wolf depredation could be covered in red-tape, leaving them holding the bag financially over and over. \$8,000 per proven animal loss (cattle, sheep, and horses) has been proposed. Some ranchers feel this is fair, others do not. The Colorado Cattlemen's Association would like a system to cover both the value of lost livestock *and* any associated costs of living near the predators. Some studies have suggested nearby wolves reduce weights and birthrates in cattle. This additional



*Courtesy photo.*

measure was not included in the 2022 draft. Under the proposal, ranchers would have a pair of options *if they can prove* wolves killed a sheep or calf. The livestock owner could ask the state to pay five times the market value of the lost animals — or seven times the value if they took steps to minimize conflicts between wolves and livestock.

Politicians have to weigh public and private goods in determining fair compensation. They are justifiably concerned with compensation fairness, as well as public relations. Of the SAG (Stakeholders Advisory Committee) half approved of the December draft, half were not as excited by it. In a joint statement, the group — which includes conservation advocates, ranchers, and hunters — said the plan puts Colorado on the path to becoming an exemplar for effective wolf conservation. "At a time when there will be loud voices and potential litigation that could further divide Coloradans around wolf reintroduction, we are coming together today to say 'Colorado can be different,'" the statement reads. Yet the vote for this measure was divided cleanly along party and ideological lines as has been true in all other reintroduction states. The measure passed by only 50.3 to 49.7. Almost a 50/50 split. Can Colorado be different?

*Continued next pg*

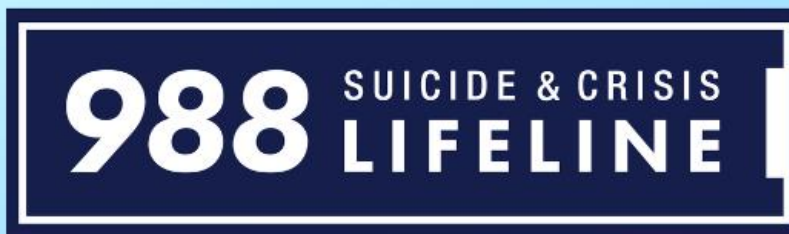


## ***WOLF REINTRODUCTION ISSUES AND INFORMATION From previous pg***

Voters have warrant to be concerned.

Hunters are mostly up in arms about the whole concept. "Wildlife management by ballot box is a horrible precedent to set," said Ben Cassidy, director of government affairs for Safari Club International. Elk and deer hunting is certainly an important and lucrative seasonal recreational activity.

Economists have *estimated* that most hunters spend about \$50 per day in local purchases pursuing their sport. However, local merchants and hoteliers in areas with wolf-watching activities report that the sort of tourist that pursues non-hunting, wolf-oriented activities spends four times that much per day. Businesses have a right to be concerned. Bear in mind that there will never be a perfect plan that suits every Colorado citizen, but it is a pure act of democracy to let your thoughts be known. Attend the meetings if you can or if that is impossible, submit your thoughts, concerns, and opinions by Feb. 22 to <https://www.wolfengagementco.org/>



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## REGIONAL NEWS BRIEFS

### NEW WEIGHT MANAGEMENT PROGRAM ANNOUNCED AT DELTA HEALTH

#### *Special to the Mirror*

DELTA— Delta Health announced a new weight management program called 'My Healthier Path.' The program is brought together by the Dietitians and Diabetes Education department. The eight-week program starts Feb. 8, 2023, through March 29, 2023. It will take place every Wednesday from 10:30 a.m. to 11:30 a.m. in Classroom B inside the main hospital building at 1501 East Third Street in Delta. The class is \$60. per person and an additional \$10 for a one-on-one session with a Delta Health Dietitian can be added. "We've been wanting to bring back a program like this for a while now, and we

are so happy that 2023 is the year it's happening," said Jilleisa Jezack, RDN, CDCES, Director of the Delta Health Dietitians and Diabetes Education Department. "Our community members deserve to thrive when it comes to their health, and we want to help facilitate that. This program will answer important questions and will help you make the necessary lifestyle changes that are sustainable."

Each week the program sessions will feature a variety of weight loss discussion topics, including:

- Meal planning
- Making healthy food choices
- Goal setting

-How to work towards permanent lifestyle change

-How to track progress

-How to practice mindfulness

-The Delta Health Dietitians and Diabetes Educators are consistently working with patients to improve their health, lifestyle and relationship with nutrition.

-The team also hosts a monthly Diabetes Support Group that takes place the second Tuesday of every month from 2:30 p.m. to 3:30 p.m. in the Crag Crest classroom located in Building C at Delta Health.

-To sign up for the 'My Healthier Path' weight management program, call 970.874.6410.

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# COLORADO NEWS BRIEFS

## EXCESSIVE SPEEDING REMAINS A TOP FATAL AND INJURY CRASH FACTOR IN COLORADO

### Special to the Mirror

COLORADO – Speeding continues to be a primary or contributing factor to a significant number of roadway fatalities across the state of Colorado. In 2021, Colorado State Troopers found excessive speed as the second most common factor for serious injury and fatal crashes right behind distracted driving.

“Speed is the ignored safety problem impacting the safety of our communities,” stated Col. Matthew C. Packard, chief of the Colorado State Patrol. “Driving above the limit or too fast for road conditions has become addictive to many drivers. Troopers intervene when they find it, but are you willing to say something to a loved one when you observe it?”

Unsafe speeds can lead to a number of additional driving errors including the inability to maintain a safe lane position and it reduces the amount of time both the speeding driver and those around them have to brake or move out of the way to avoid a collision. Speeding is a common type of aggressive driving, and it can happen on a rural two-lane road or a busy four-lane highway. Looking at 2021, fatal crash data, the Colorado State Patrol pinpointed the top roadways where they investigated crashes caused by excessive speed that resulted in 2 or more fatalities. It was a four-way tie with each roadway having four separate fatal crashes with more than two fatalities:

1. Highway 50
2. Highway 285
3. I-25
4. I-70
5. Highway 24

### Refresher on Lane Positioning

A driver's primary or “default” position for normal circumstances is to drive so that your vehicle (not the driver) is in the center of the lane with equal amounts of space on both sides of the vehicle.

The second lane position is to have the vehicle aligned to the left, ensuring that the vehicle is still safely off the center dividing line. This should be used with caution if you are avoiding a hazard on the right part of the lane (i.e. driving through a city block where parked car doors may open) or if you are slowing down due to a road worker or emergency responder on the shoulder. As soon as possible, you should return to your primary, centered lane position.

The third lane position is to have the vehicle aligned to the right, ensuring that the

vehicle is still safely off the right lane line.

This would be used when avoiding a hazard in the left part of the lane. As soon as possible, you should return to your primary, centered lane position.

Troopers continue to take a low tolerance approach to lane violations while launching a yearlong campaign called “Stay in Your

Lane.” This campaign is designed to remind people to control their lane position based on their current driving environment. This campaign also aims to bring attention to three of the most common and avoidable behaviors that contribute to lane violations – driving aggressively, driving distracted or driving while impaired.

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# MONTROSE COUNTY SHERIFF'S POSSE, INC

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## 2023 ANNUAL FUND DRIVE

The year 2023... When Technology and Training meet. When Old Dogs learn new tricks. When New people join existing members to make a better organization serving the people who live in and visit Montrose County!

The Montrose County Sheriff's Posse (MCSP) consists of 40 highly trained volunteer members located in two areas of Montrose County - one division based in Montrose and the other in Nucla. These members donate thousands of hours in service to the community each year.

Each year challenges have been different. We strive to keep up with new technology and changes to stay in front of the curve. Sometimes this also means that we must adjust our mindset. Thomas Edison said, **"There's a way to do it better - find it!"** That is our "Mission". We learn skills and invest in new technology only to find that another way to do it better must be learned. This requires a significant investment of time and money.

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



## OPINION/EDITORIAL: LETTERS

### TOO MANY REPUBLICANS PART OF THE ESTABLISHMENT SWAMP, DON'T SHARE CONSERVATIVE IDEALS OF THOSE WHO REPEATEDLY ELECT THEM

*Editor:*

Not a day passes when Democrats do not absolutely crack me up. They have totally convinced themselves that the rest of the country has bought into their fantasies, and that they can say and do anything no matter how preposterous. They assume that we actually listen to and believe the propaganda arm of the Democrat party (their media schills). In this fantasyland, the lies and failures of the Biden administration didn't really happen, or it wasn't his fault. We are supposed to believe that Biden's economy is not an absolute failure and that Americans across the socioeconomic spectrum are not seriously struggling. This administration just created a website titled the "Biden-Harris Record", highlighting the "wins" of the White House. Leading the website? This line: "Lowering costs of families' everyday expenses." I'm not making this up, folks.

We are supposed to believe that there is not an open invasion at our southern border, accompanied by enough fentanyl to kill every American citizen. VP Kamala Harris' main job was to control the border as Biden's "border czar". We all know the invasion is totally intentional and Biden has no intention of doing anything other than making it worse. In the real world it is impossible to fathom how anyone could imagine Harris having a fabulous year, but in the Democrat fantasyland the WaPo is reporting "Kamala Harris had a most excellent year" .... "finishing a banner year filled with domestic barnstorming and high-wire diplomacy." Anyone who is bragging about Harris, with no achievements and whose word salads are incomprehensible, should not be a reporter. This

is the same propaganda outlet that also just touted how great White House medical advisor Anthony Fauci has been.

I could go into the detail of a long list of Biden fiascos (Afghanistan withdrawal, weaponization of the FBI/DOJ/etc., election fraud, Biden family corruption, Pelosi's failure to secure the Capitol on January 6<sup>th</sup>, and much more), but suffice it to say that Biden's first two years have been a mixed bag --- a mixed bag of lies, failures, and corruption. Biden has made history, but for all the wrong reasons.

The media/Democrat fantasyland was especially evident this week when they finally found a bona-fide Republican low-life to heap scorn on with newly elected House member George Santos, who lied about his college and work history. In their surreal world, Democrats don't talk about the lies they have participated in for the last six years, including the Trump-Russian collusion lies and the lie that the Hunter laptop was Russian collusion. The Democratic party, the media, the intelligence services including the FBI, and big tech companies all participated in those lies. Those lies were used in an attempt to drive an elected president from office and to elect a president of their choosing. I find that more appalling than Santos' fake resume (or Biden lying about graduating in the top of his law school class, that he graduated with three degrees, that his son was killed in Iraq, that he used to drive a semi, or dozens of other attempts to rewrite his personal history.)

The fantasyland doesn't work without their media schills. You won't read about Democrat Eric Swalwell getting caught sleeping with a Chinese communist spy

and Pelosi refusing to remove him from the House Intelligence Committee after the humiliating affair was exposed. Or Bernie Sanders declaring America to be "a racist society from top to bottom." Or Cori Bush and the "Squad" advocating for the abolition of police departments and restricting Second Amendment rights while spending hundreds of thousands of taxpayer dollars maintaining their own private armed security. Or Ayanna Pressley saying some minorities have no claim to their ethnicities if they have a different opinion than hers.

Democrats will attempt to perpetuate this alternative reality for the next two years. Fortunately we now have at least 20 House Republicans, including our own Lauren Boebert, who have shown they understand what their voters expect of them and are committed to fight the status quo. We finally have at least a few Republicans intent on putting forth conservative legislation, having the means to block bad bills, and committed to holding bad actors inside and outside the government accountable for their blatant corruption and malfeasance. The question that must be asked is why the other 200-plus Republicans supporting new House speaker McCarthy were not also demanding these very logical conservative changes? And why did McCarthy have to be backed into a corner before making these commitments? The answer is that too many Republicans are part of the establishment swamp and don't share the same ideals as the conservatives who repeatedly elect them -- the Liz Cheneys, Mitt Romneys, and Don Corams of the Republican party.

*Ed Henrie, Montrose*



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## COLORADO NEWS BRIEFS

### GRAND JUNCTION MAN SENTENCED TO LIFE IN FEDERAL PRISON FOR DISTRIBUTION OF FENTANYL RESULTING IN DEATH

*Special to the Mirror*

DENVER – The U.S. Attorney's Office for the District of Colorado announces that Bruce Holder, age 57, of Grand Junction, was sentenced to life in federal prison. Holder was convicted of conspiracy to distribute fentanyl and counterfeit substances, distribution of fentanyl resulting in death, distribution of fentanyl, and distribution of a counterfeit substance, after an 11 day trial in April 2021.

Facts presented at trial established that Holder worked in conjunction with multiple co-conspirators, including his wife, children, and other members of his family, to distribute pills that appeared to be legitimate 30mg Oxycodone pills, but in fact were counterfeit and spiked with fentanyl. Between 2017 and 2018, Holder imported tens of thousands of these pills from Mexico into Western Colorado where he and his co-conspirators distributed them for substantial profit.

In 2017, a young man died after using one of the pills.

Evidence presented at trial established that this man would not have died but for the fentanyl present in the counterfeit pills distributed by Holder and his co-conspirators.

Despite knowing of this death, and hearing of other concerns, Holder and his co-conspirators continued to import and dis-

tribute these counterfeit pills. This continued even after Holder's arrest in August 2018. Evidence at trial also showed that, following his arrest, Holder discussed with co-conspirators plans to destroy evidence and possibly murder a cooperating witness.

United States District Court Judge Christine M. Arguello presided over the trial and sentenced the defendant on January 11, 2023.

"It has taken more than five years to get justice for the victims' families. We hope this brings them some amount of peace," said United States Attorney Cole Finegan.

"We could not have gotten to this point without the hard work and dedication from our law enforcement partners at the DEA, the FBI, Homeland Security, the Grand Junction Police Department, and the Mesa County Sheriff's Office. We hope this sentence sends a strong message to fentanyl dealers that we will hold you accountable to the fullest extent of the law if your illicit drugs kill people in our state."

"First and foremost, I want to thank the investigators and prosecutors who tirelessly worked on this case for years with tenacity and compassion. It was their relentless determination that made it possible for us to see justice for these families," said DEA Rocky Mountain Special Agent in Charge Brian Besser. "There is no outcome

that will bring back loved ones; but we do hope today is a small step forward for the families, and a stark reminder that DEA's work to protect our communities from dangerous and greedy fentanyl distributors continues this very hour and we will not stop."

The Drug Enforcement Administration (DEA) Rocky Mountain Division conducted the investigation, with the assistance of the FBI, ATF, HSI, USMS, Western Colorado Drug Task Force, Two Rivers Drug Enforcement Team ("TRIDENT"), Carbondale Police Department, Fruita Police Department, Grand Junction Police Department, and the Mesa County Sheriff's Office. Special Assistant United States Attorney Jaime Pena and former assistant United States Attorney Jeremy Chaffin and handled the prosecution of the case.

This prosecution is part of an Organized Crime Drug Enforcement Task Force (OCDETF) investigation. OCDETF identifies, disrupts, and dismantles the highest-level drug traffickers, money launderers, gangs, and transnational criminal organizations that threaten the United States by using a prosecutor-led, intelligence-driven, multi-agency approach that leverages the strengths of federal, state, and local law enforcement agencies against criminal networks.

CASE NUMBER: 18-cr-00381-CMA-GPG



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# OPINION/EDITORIAL: COMMENTARY

## WORKING TO END BUSINESS AS USUAL IN WASHINGTON, DC



**U.S. Rep. Lauren Boebert (CO-D3).**  
*Courtesy photo.*

*By Rep. Lauren Boebert*

COLORADO-Everyone knows Congress is broken. For decades, the Swamp in Washington D.C. has embraced corrupt and incestuous policymaking at the expense of hard-working Americans. From passing \$1.8 trillion, 4,155-page long spending bills just before Christmas — to secret backroom deals negotiated by lobbyists and special interests — to passing \$500 billion suspension bills without a single Member even having to cast a vote — these broken processes are not what our Founding Fathers envisioned when they established our Constitutional Republic.

This sentiment is broadly held across America, where Congress' approval rating plummeted to just 15% under Nancy Pelosi. To be clear, it's not just one party that is responsible for the lack of trust in the institution. For decades, both Republican and Democrat leadership have worked to consolidate power at the top, leaving little ability for individual Members to enact change on behalf of the people they represent.

It was far past time to fundamentally change the way business is done in Congress.

I'm proud to report back to you and the people of Colorado's Third District that I helped lead the negotiations to end business as usual in Washington D.C. Nineteen of my colleagues and I spearheaded rigorous debate about the broken rules and processes in Congress and the importance of taking action to tackle these issues head on as opposed to continuing to kick the proverbial can down the road. We were successful and made historic, once in a generation, improvements to this body. Here are just a few:

-In the 118th Congress, bills must be single subject. Last session, House Democrats passed a so-called \$1.2 trillion dollar "infrastructure bill." Shamefully, less than 10 percent of the actual funds in the bill went to roads and bridges, with hundreds of billions of dollars going to Solyndra-style slush funds and Green New Deal policies, a \$400 billion kickback to big labor, and even \$10,000,000 going to a program to save butterflies and bees. These unrelated topics should have never been lumped together in the same vote. Forty-seven state legislatures have single subject rules, and I'm proud that Congress will follow suit.

-Members will have time to read the bills before voting on them. Remember the infamous line by Speaker Pelosi, "We have to pass the bill so that you can find out what is in it." Well, that's a thing of the past as all Members will have a minimum of 72 hours to read legislation before voting on it.

-House Republicans will do the hard work and fund the government as Congress intended. That means scrapping the horrific omnibus bills and continuing resolutions, and passing 12 individual appropriations bills through regular order. This allows for input, debate, and amendments

that will reduce federal spending and eliminate waste, fraud, and abuse of taxpayer dollars.

-The Motion to Vacate the Chair, an accountability mechanism that was written by Thomas Jefferson and implemented in 1837 has been restored. Bottom line: Republican leadership must follow through on these promises and we have the accountability in place to ensure that occurs.

I am proud that we took a little extra time and got this right. The changes we achieved decentralize power from leadership, empower individual Members of both parties, vastly improve how Congress functions, and deliver a historic win for the American people.

House conservatives also received commitments to vote on widely popular initiatives like term limits for Members of Congress, the Fair Tax, and ending the outdated COVID national emergency and its expanded abuses.

A lot of folks didn't think we had a plan, but of course we did. It's just that in the middle of a poker hand, you don't show your cards. But we knew what we wanted to accomplish for the American people, and we certainly got there.

We had all 434 Members of the House sitting on the House Floor, debating with each other live on CSPAN with Americans around the country able to see exactly what was happening. This was honest, open, and transparent governance at its finest.

Not many in power want to give up control, but Speaker McCarthy saw that these changes were about fixing a broken Congress and returning power to the American people. Credit him for working with us on these generational improvements. Now that we have our rules and leadership, I'm looking forward to getting to work with Speaker McCarthy and all my colleagues to deliver for the American people.



## COLORADO NEWS BRIEFS

### LOCAL ARCHAEOLOGIST TELLS OF LIFE AND DEATH NEAR DURANGO 1200 YEARS AGO

*Special to the Mirror*

MONTROSE-On Jan. 18, Rand Greubel will speak about a dig conducted east of Durango for Highway 550, by Alpine Archaeology. They excavated seven sites including three with early Puebloan structures dated around AD 800, as well as burials. The sites indicate a large and complex Native American occupation during the Pueblo I period. The public is invited, free admission. Wednesday Jan. 18, 7 pm, at Montrose Methodist Church, 19 S. Park Street. Rand is a resident of Montrose who has worked in local archaeology for over 30 years.

More information at:

[https://www.chipetachaptercas.org/news/2023/Chipeta\\_2023\\_01.pdf](https://www.chipetachaptercas.org/news/2023/Chipeta_2023_01.pdf)

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## REGIONAL NEWS BRIEFS

### SECOND ROUND OF TEMPORARY HIRING APPLICATIONS MUST BE SUBMITTED BY JAN. 19

#### Special to the Mirror

DELTA— The Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests will soon be hiring additional positions for temporary jobs along with other units across the Rocky Mountain Region. Temporary positions with the USDA Forest Service are a great way to gain valuable experience, work outdoors and get exposure to different careers.

The positions include recreation (trails, wilderness, off highway vehicle), fire, timber, fisheries, range, archeology, heavy equipment, fire dispatchers, administrative and customer service. Duty stations include Grand Junction, Paonia, Gunnison, Norwood, Montrose and Delta, Colorado. These temporary positions on the Forest will be part of 2023 workforce and will begin work as early as mid-June. Government housing may be available for some positions. These positions will be temporary, not to exceed 1039 hours. All positions will be advertised on USAJOBS: [www.usajobs.gov](http://www.usajobs.gov) Jan. 12 – 19. No applications will be accepted at local Forest Service offices.

How to apply: Apply online at [USAJobs](http://USAJobs). This online application process allows applicants to submit employment information that can be printed for personal use and/or edited on the website for future use. Accounts can be used for other federal job vacancies. Those who wish to be considered must apply to the corresponding announcement number by midnight Eastern Standard Time (EST) on the day the vacancy announcement closes. All applicants who have applied to the announcement on or before the listed closing date and are found to be qualified will be referred for consideration.

The Forest Service is a federal agency within the U.S. Department of Agriculture that manages 193 million acres of land, roughly the size of Texas. The Rocky Mountain Region includes 17 national forests and seven national grasslands located in Colorado, Kansas, Nebraska, South Dakota and Wyoming. The GMUG covers over 3 million acres of some of the most diverse landscapes on the Western Slope of Colorado. The mission of the Forest Service is to sustain the health, diversity and productivity of the nation's forests and grasslands to meet the needs of present and future generations. You can be a part of that mission. For more information visit <https://www.fs.usda.gov/main/gmug/about-forest/jobs>.

For information and updates on current fire restrictions, conditions, and recreation opportunities on the Grand Mesa, Uncompahgre and Gunnison (GMUG) National Forests visit the [forest website](http://forest website). Connect with us on social media ([Twitter](https://twitter.com) and [Facebook](https://facebook.com)).

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## ***PARENTS QUESTION NUMBER OF DAYS OFF, STATE OF OLATHE ATHLETIC PROGRAM From pg 1***

chickens, and don't stick pencils in the chicken coop," were among the things learned. Samples would like to see cows and pigs on the farm; Panek said she would like to see bunnies. Beshoar said that bunnies will be next.

Students presented a slide show and held a drawing for a dozen eggs, which was won by District C Director Alice Murphy. "I need eggs," Murphy said. "Thank you!"

In addition, Montrose High School Juniors Micah Nichols and Austine Berry, two members of the trio of students whose act won the \$1K grand prize at the 2022 Montrose's Got Talent (MGT) competition, performed a song for the Board.

Jenkins presented Olathe Building Resource teacher Jeff Mitchell with the January Golden Apple Award from KREX TV. Olathe Middle-High School Principal Scot Brown said, "I've known him for about 15 years now...you won't find a bigger, better, go getter than Jeff."

Recent donations include an anonymous gift of \$5,000 for Montrose High School Red Hawks Wrestling; Centennial Middle School has received an anonymous grant from the Western Colorado Community Foundation in the amount of \$5,000 to be used for the Band program; and Cara Godbe was awarded a check for \$2,000 from McDonald's One Class At A Time program.

Fishing announced that she has been appointed to a vacant seat on the board of the Colorado Association of School Boards (CASB). "I will have the great pleasure of representing Region 11...on the CASB Board. I'm really looking forward to that as an opportunity to represent our region...I'm excited about the opportunity."

### **BOARD ADVISORY COMMITTEE UPDATES**

There were no board advisory committee updates.

### **COMMUNITY INPUT**

Heather Evans spoke about school scheduling and the number of classroom days. "...I am the PAC President at Northside Elementary School," Evans said. "...I helped to raise \$11 to 13 thousand dollars for the past two years at that school...one of the central themes that I want to bring up today is the need to have our kids in school more often and on more dates."

Four-day weeks are very difficult and a

little bit counterproductive for the students, she said. Most parents at Northside are working full time, and some are single parents or working multiple jobs.

"So when the kids are at home, most of the time they're in front of screens," Evans said. "...I know that the current schedule was created with the idea of having some extracurriculars...hunting or skiing," she said. "...that is not possible for a lot of students at Northside. I think that we shouldn't be making a schedule for the minority that adversely affects the majority of students...it just seems like there's a lot of extra days off in our current calendar."

Evans said, "Most of the states in our country require 175 to 180 days of school per calendar year...we currently have 164 days...when you look at these students that are attending schools that are 175 to 180 days, when you look at the lifespan of K through 12, those students are getting an entire year of school more than our students are...if we put our kids into a four-day schedule we're actually putting our kids in front of screens more often, and that would be devastating for our low achievers...I would really ask that we return to the 171 days or more that we used to have."

"We need to have more dates, more in-class time for these students, not less," she said. "We need to increase our education, make a robust schedule. I'm not sure why we keep making decisions that are taking our kids out of the classroom; we need to be putting them in the classroom more..."

Robert Walraven spoke about the athletic program at Olathe. "I'm a parent of a high school student at Olathe High School. I coached Olathe youth football program for over ten years, got to know a lot of parents in the community in that process...in November I notified Dr. Stephenson about the concerns parents had about the athletic program at Olathe," Walraven said.

At Stephenson's suggestion Walraven met with coaches and parents in Olathe and with Principal Scot Brown.

"...these concerns were regarding the athletic program including high school middle school football, basketball and volleyball," he said. "We discussed in de-

tail several examples of improper treatment from the coaches in these areas and the lack of adequate communication from the staff...the immediate focus then was on the boys' varsity basketball program. Parents questioned the hiring that occurred in late November after the new varsity coach suddenly stepped down due to health issues.

"Parents asked why the JV Coach was appointed to Varsity even though she didn't express interest in the position and clearly lacked experience to coach on that level...parents were told that Coach Sofka would be assisting her, so he is assuming the role, he's the athletic director and the JV Coach, and he moved the JV Coach up to Varsity Coach."

Walraven said that he had conducted a confidential survey of players and shared copies with Brown at the meeting and with coaches. "...This year's players deserve better now and not to have a coach in training all season...Brown indicated he would not make changes in the middle of the season, and it was pointed out at the time that we'd only played four games and it's not the middle of the season...there was no justification given for why this appointment was made while not considering the actual interest of the athletes...the overall concern of the parents is that the hiring procedure wasn't followed, somebody was appointed that didn't apply for the position, and someone that lacked the experience necessary to coach at the varsity level."

Walraven quoted a survey comment that claimed the head varsity coach was not fit for the position and lacked knowledge of basketball. He ran out of time to comment, and Fishing asked him to email his concerns to the Board of Education.

Dawn Fritze spoke. "I am a parent of a child in Olathe Middle School, and I was in on the meeting with Mr. Sofka and Mr. Brown...during this meeting some of the parents had requested an explanation of some monies that were donated to the boys and the girls high school program...they've donated monies for the past few years."

"Mr. Brown said that he would check in on the monies, where they were spent



**PARENTS QUESTION NUMBER OF DAYS OFF, STATE OF OLATHE ATHLETIC PROGRAM From previous pg**

after the donations. The reason we had brought it up is that our high school boys team seemed to be lacking some of the newer equipment and had to use stuff that's four or five or six years old...while our girls are pretty awesome looking from the ground up.

"It made us all wonder if they're being allocated equally between the boys and the girls."

Parents had offered to help outfit the boys, she said. "Real recently, Ms. Lam-bright, the high school boys' varsity coach... mentioned that they were \$600 in the hole for the boys' basketball program."

The only expense the Boys team had used donation money for was a basketball camp, and funds should have been left over, Fritze said.

While Lambright had issued a memo that a fundraiser would be held in February, "Well February's the end of the season," Fritz said. "We were wanting a request for an audit on financials...Thank you."

**SUPERINTENDENT'S REPORT**

Director of Operations James Pavlich and Technology Director Brian Quon gave an update on the district's technology department. A 2020-2021 technology audit, following the arrest of former Tech Director Robert "Steve" McEwin, revealed that the district was not managing its IT staff or

equipment, and equipment had not been updated. Security was lax and technology help ineffective. An IT professional was lacking, and there was an instructional tech in the IT Department, resulting in a very permissive and unsafe environment. "We didn't have a very good reputation for customer service as it related to Help Desk," Pavlich said.

Settlement funds from McEwin's case were leveraged for technology upgrades, and additional funds were found to address needs. There is currently a new help desk platform, implemented in August, and much of the district's technology has been refreshed.

Most of the states in our country require 175 to 180 days of school per calendar year. The district's firewall has been replaced and security issues fixed. Plans include two help desk professionals in 2024. Devices are monitored; outdated software is being updated. End users will begin to reap the rewards of the IT team's efforts this summer and next, Pavlich said.

"I am so proud of the work they are doing, and their willingness to explain things to all of us...Brian's team is really working hard to keep us safe," Pavlich said.

The board thanked Pavlich and Quon for the technology update.

**ENROLLMENT REPORT**

Finance Director Emily Imus gave an En-

rollment Report. Enrollment as of Jan. 5 is 6,084 students, which is 14 students higher than last month and six students higher than last year.

**EARLY CHILDHOOD CENTER (ECC) REPORT**

ECC Director Penny Harris gave an update. "I want it noted that this is the least amount of materials I have ever provided this school board."

Still, attachments included the [Data Dashboard](#), [Head Start Annual Report](#), and a fact sheet on [Universal Preschool](#). There is presently a wait list for students; staffing positions are filled.

**CONSENT AGENDA**

Consent Agenda items including [Personnel Report](#) were unanimously approved.

**NEW BUSINESS**

The board voted to adopt [Resolution 01-2023 Amended Budget Adoption 2022-2023](#); and [Resolution 02-2023 Authorizing Use of Portion of Beginning Fund Balance 2022-2023](#).

**EXECUTIVE SESSION**

Prior to Adjournment, the Board voted to enter Executive Session for discussion of the purchase, acquisition, lease, transfer, or sale of any real, personal, or other property interest per C.R.S. 24-6-402 (4)(a) to consider planning for district property usage.

The Board will meet again for a Work Session on Tuesday, Jan. 24.



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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**

# OPINION/EDITORIAL: LETTERS

## LOSS OF AGRICULTURE IMPACTS US ALL; OPPOSE GRAVEL PIT SPECIAL USE PERMIT

*Editor:*

I am writing in OPPOSITION to the application to Montrose County, SU22-013, proposed gravel mining pit filed by Michael Ripp. Original public hearing was held Dec. 15, 2022 with strong opposition to the proposal, filling the room to overflowing. The public hearing was continued to the next Planning Commission Meeting on January 26, 6 PM at the Montrose County Event Center, 1036 N 7th St., Mtg Rm #4, Montrose, CO 81401

If you are concerned submit written comments by January 18 deadline and attend the 2nd public hearing.

Email your concerns to: [trichmond@montrosecounty.net](mailto:trichmond@montrosecounty.net) and reference application SU22-013, or, mail comments to: Montrose County Board of Commissioners, c/o Planning and Development Director, 63160 LaSalle Rd., Montrose, CO 81401

Our family (Inman family – Paternal Grandmother's side) has owned a small family farm property on 5875 Road since the early 1930's. It is directly west across 5875 road from the property proposed for the gravel mining pit operation. It is family owned and my mother and brother reside there. On this property my brother raises some hay and pasture for his horses for his ranch work for a local farmer feeding, developing and ranching operation. My brother also grazes and feeds some of his own cattle for a small local beef business that he has built. My brother, my dad before he passed in 2017, my great uncle before him, and great grandfather and families have worked and lived on this land. It has become increasingly difficult for agriculture producers to continue raising food with all the challenges they face, not the least of which is the development of agricultural lands.

The 'farm' along with the help of our Granny, raised many of my cousins, my siblings and I to have an appreciation and concern for agriculture, wildlife, water and heritage. There were many 'hands-on' opportunities to learn the value of growing our own food. There have been cattle, horses, orchards and gardens on this

property over the years. There are many small mammals, quail, hawks and eagles, songbirds, coyotes, and deer who frequent the farm. An occasional bear and mountain lion passes through.

I am a 5th generation Colorado native, 4th generation to Montrose and Ouray Counties and I wouldn't count as all 'progress', much of what has transpired since the mid to late 90's or so in these communities. The last twenty years have even been crazier as we have seen agriculture disappear at a rapidly increasing pace to unchecked development. It is not beneficial to the community as a whole to continue developing agricultural land as has been occurring. Much of the western slope is witnessing agricultural lands and agriculture production disappearing at an alarming rate.

Along with the loss of agriculture is the loss of the many ecosystem services that agriculture lands provide including local food production; economic contributions and employment; sense of community, cultural and historic landscapes; wildlife habitat, wildlife water sources, wildlife corridors/connectivity, riparian areas – trees, watered areas, raptor habitat; water filtration, runoff control, aquifer recharge; wildfire mitigation; weed control; carbon sequestration; open space, scenic viewsheds; hunting and fishing access, agritourism; and much more. These tangibles are at risk when development is not checked or managed to keep agricultural lands viable and intact.

The property for the proposed gravel pit is zoned agriculture. I am concerned about the unfettered development of agriculture for residential, commercial and industrial use. I am worried folks will regret it when we cannot provide the local agricultural products, FOOD that we currently do. I feel that the gravel pit is just the first step for development of the 200 or so acres of land that was purchased by a known developer in a foreclosure sale this past spring. Currently some of the land is leased to agricultural producers. Talking with neighbors in the area, they DO NOT want to see this land removed from agri-

culture.

American Farmland Trust's Farms Under Threat research reported in a July 18, 2022 article stating, "If recent trends continue, 417,500 acres of Colorado's farmland and ranchland will be paved over, fragmented, or converted to uses that jeopardize agriculture by 2040. That represents an area more than four times larger than the city of Denver. In the worst-case scenario of runaway sprawl, Colorado could lose as much as 525,300 acres of farmland. 53% of the conversion will occur on Colorado's best land."

Save our agriculture heritage in Montrose County! I am not broadscale against all development but believe there are better locations for development of any sort and that this proposal details. A gravel pit in this area Just Doesn't Fit. I am not against mining and industrial operations but believe location of such operations must be carefully evaluated to consider the negative impacts on neighbors and neighboring lands and not continue to take lands out of agriculture. My dad and my maternal grandpa both were hardrock miners in the Ouray, Silverton, and Telluride areas. Dad mined on swing shift and farmed during the day for many years. Mining provided for our families, but this location near 5875 Road is not the place for a commercial gravel pit and especially a large-scale gravel mining pit as proposed at full build out.

The roads in this area -- 58.75 Road and the other county roads around cannot handle any more traffic, especially large trucks. It is always a concern that the farming equipment and operators will be safe on the road without adding any more traffic. My family members and I have personally witnessed more than a few close calls on this rural road. There are many folks of all ages who walk and bike here as well. It is a narrow road and our family farmhouse sits very close to the road.

I am also concerned about the impact on the canal which provides our irrigation water. The continuing drought has impacted irrigation water for all in the valley

*Continued next pg*



## LOSS OF AGRICULTURE IMPACTS US ALL; OPPOSE GRAVEL PIT SPECIAL USE PERMIT

*From previous pg*

without other impacts to the supply or quality of water. The ditch and canal already build up with silt, increasing the labor required to keep ditches flowing freely. Will the ditch carry pollutants to crops, livestock and people downstream from the gravel pit? What kid or older kid in my case can resist dipping their feet in an irrigation ditch on a hot summer day. There are also several natural springs just a draw west of the proposed gravel mining pit.

There is a possibility of impacting the source of these underground springs with a gravel mining pit so close. That is a huge concern. A lot of tail/waste water from irrigation helps recharge the springs and could likely become polluted from the gravel pit runoff and/or contaminated irrigation waters. The springs are a water source for wildlife, livestock and crops. The more development in the area, the less irrigation water that will recharge the springs, impacting the availability of water

for the aforementioned.

Also, of concern is air pollution. This is close to residential areas and farming properties. I speak from personal experience as a close family member previously worked at a gravel pit and experienced respiratory issues from the airborne particulates, and still suffers with issues some 25 years later. My mother and other seniors and families with young children, many who live nearby are at more risk to airborne particulates. However, it is a concern for all.

What is the intention of the gravel pit application – to provide for a future subdivision on this land after reclamation? The proposal is a 60-year proposal, to operate 12 hours a day, 6 days a week, disrupting and destroying this rural area. Enough with all the development. Keep Montrose County Agriculture Lands in Agriculture. Do not develop everywhere, whether that development be residential, commercial or industrial.

I respectfully request that you deny the application SU22-013 for a gravel mining pit from applicant Michael Ripp. I also ask that in general and in the future, Montrose County starts to consider the value of agriculture to the community and truly evaluate what is the cost to the community of the run-away development.

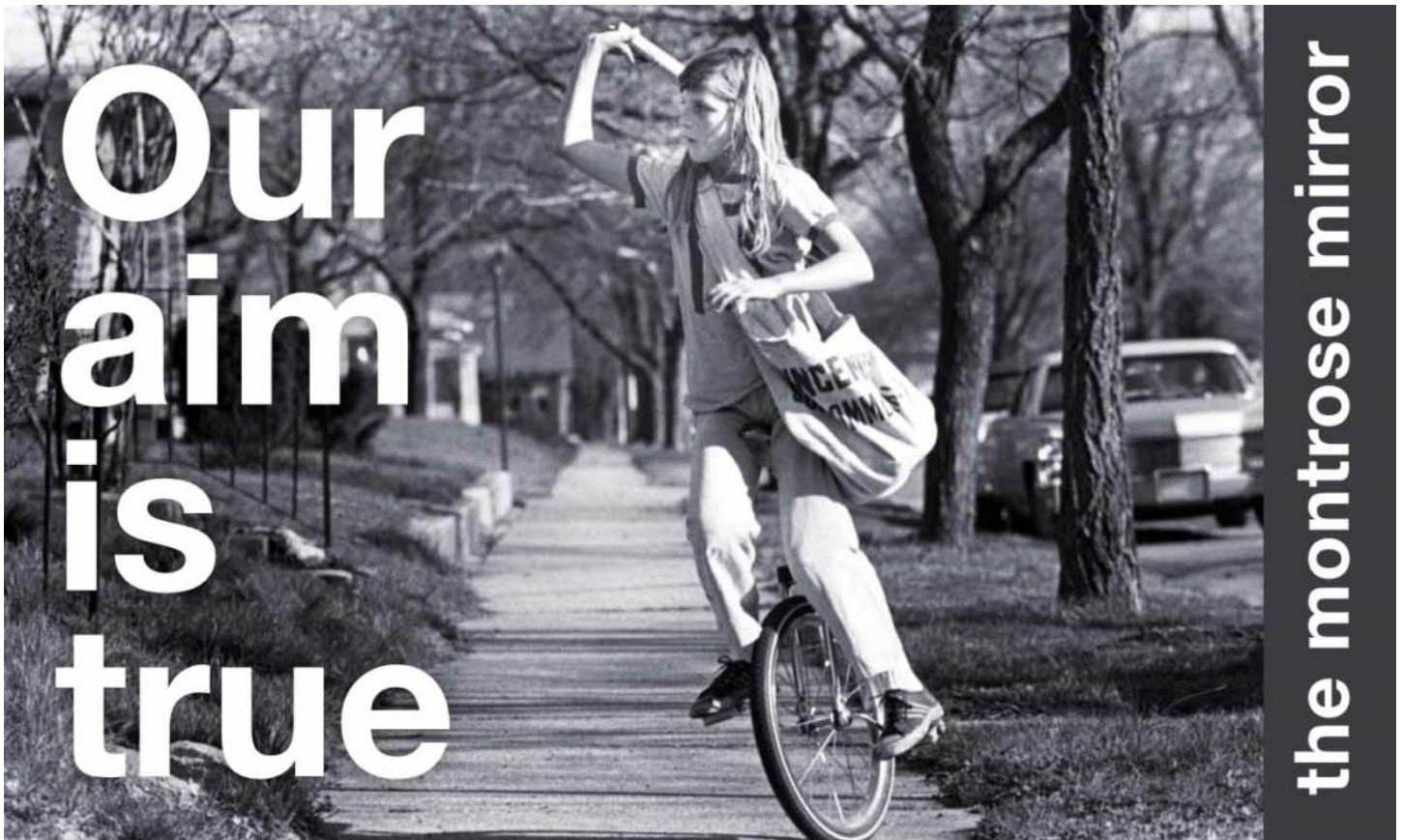
There are enough issues impacting agriculture without continuing to encroach upon and put development pressures on these historic and productive agricultural lands.

Please don't take the value of learning to grow our own food away from future generations or decrease the availability of local grown food. The decision of the Planning Committee and Montrose County Commissioners impacts the future of agricultural producers to feed their families and yours.

Sincerely,

*Ginny (Roy) Harrington*

*Concerned Agriculture Property Owner*



## REGIONAL NEWS BRIEFS

### PUBLIC UTILITIES COMMISSION (PUC) PUBLIC COMMENT HEARING RAILROAD RULE AMENDMENTS

*Special to the Mirror*

**DENVER-** The Colorado Public Utilities Commission will conduct a public comment hearing seeking comment on Railroad Rule Amendments.

**Meeting Details**

**-Topic:** Hearing that is part of rulemaking session in Proceeding No. 21R-0538R, regarding railroad rules, rail fixed guideways, transportation by rail, and rail crossings

**-Date:** January 17, 2023

**-Time:** 11:30 a.m. continuing until concluded but no later than 5:30 p.m.

**-Location:** Public Utilities Commission, Hearing Room B located at 1560 Broadway, Suite 250, Denver, CO 80202. Members of the public may also appear re-

motely using the Zoom link posted on the Commission's Calendar of Events to participate.

-Requests for language accommodations should be made at least one week prior to the event by completing the Language Access Form. Requests can also be made directly by contacting Holly Bise at 303.894.2024 or holly.bise@state.co.us.

**What You Need to Know**

The Commission's Rules regulating railroads in Colorado can be found in 4 Code of Colorado Regulations 723-7. The hearing will address amendments to Rules 7001 through 7301 of the Commission's Rules Regulating Railroads, Rail Fixed Guideways, Transportation by Rail, and

Rail Crossings. The rules address topics such as

- Applications
- Petitions
- Annual reporting
- Formal and informal complaints
- Operating authority
- Transfers of operating authority
- Mergers
- Tariffs
- Crossings and warning devices
- Cost allocation for grade separations
- Crossing construction and maintenance
- Railroad clearances
- System safety program standard for rail fixed guideway systems; and,
- Employment of railroad peace officers.

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# OPINION/EDITORIAL: LETTERS

## THERE IS NO END TO THE INSANITY FROM RADICAL LEFT

*Editor;*

It seems there is no end to the insanity from the radical Left. The Biden administration now wants to ban your gas cook stove!! Then they will come after your gas water heater, then your gas furnace. If anyone tried to prove their hate for America and Americans, this along with the rest of the Democrats' insane laws and regulations from elected and unelected dictators should do the trick. Of course Biden/Democrats are attempting to stamp out the rumor, but Consumer Product Safety Commissioner Richard Trumka Jr., a Democrat appointed by none other than Joe Biden) said such a move is on the table because "research" shows gas stoves pollute indoor air and is responsible for 12.7% of childhood asthma cases. It's strange how all of a sudden the CPSC knows all about the health of every child in the U.S! Trumka even claims those stoves emit dangerous levels of toxic chemicals EVEN WHEN NOT IN USE!! And of course the darling of the Left, Alexandria Ocasio-Cortez tweeted that exposure to NO2(?) from gas stoves is linked to "reduced cognitive performance." Yet she uses a gas stove, but she should know what's wrong with her head is not caused by gas stoves! Seattle, San Francisco, and New York have already begun banning the installation of gas appliances in new construction. So the question arises, if gas isn't available then how do they heat their homes and cook their food? There isn't enough electricity now to charge all the electric cars in California and it takes massive electricity to create heat for cooking and heating. So now all of a sudden why all the outrage over gas stoves? Why are Democrats moving in lockstep to ban gas stoves with no prior concern at all? Some experts say this is all junk science and that there is no emission of a gas stove that is an allergen that would cause asthma. The answer lies with a company called "Carbon-Free Buildings." That company is a partner of the

World Economic Forum which wants to rid the world of all carbon emissions. These are the same people who say, "you will own nothing and be happy". The WEF and Democrats share the common goal of eliminating fossil fuels while they fly their own gas-guzzling fossil fuel private jets across the globe. The elimination of gas appliances is just one more step toward their goal of destroying the American way of life. It's part of the plan. It's all about the "climate." But experts say even if all Americans stopped using gas stoves, it wouldn't affect the climate. And since U.S. emissions are only 10% of global emissions, what would have been accomplished?

Natural gas produced at the well-head is primarily methane (CH<sub>4</sub>), with minor hydrocarbons that are stripped out before delivery to the consumer. The combustion of methane results in slight water vapor and carbon dioxide (CO<sub>2</sub>). The affects of CO<sub>2</sub> on global temperatures has been grossly exaggerated over the years. Every single living plant of all kinds in the world need CO<sub>2</sub> to exist. They in turn give off oxygen as a token of thanks. If a complete elimination of U.S. CO<sub>2</sub> emissions occurred beginning in the year 2010 it would have only averted 0.041 degrees Celsius of warming by the year 2050. Since gas stoves only account for an incredibly small amount of CO<sub>2</sub> emissions compared to the U.S. total, that already tiny bit of warming would shrink to an amount of warming indistinguishable from zero. History shows us that past warmer periods were hugely beneficial and the cold periods were horrific. This is just one more example of the Biden and Democrats' deranged iron-fisted grip on America to destroy what freedoms we have left. Carl Marx must be celebrating our downward spiral. America is under attack from within, but yet, voters keep voting the oppressing Democrats back into office and adding new ones at the same time.

Early in 2022 insurance companies were seeing a 40% increase in unexpected deaths after a year of the government promoted depopulation jabs. We saw protests against Covid lockdowns with swift government retaliation and reports of deaths from the jabs. We saw businesses closing from forced lockdowns and 20 million voluntarily unemployed Americans because of the 71 million who are receiving various government incomes. Plus there are millions of Biden's illegal aliens receiving government payouts!

Rest assured if this Biden/Democrat insanity keeps up Americans will soon be in the minority when government preferences are assigned as required by the 1964 Civil Rights Act. We've seen mandated jabs of healthcare workers.

Our military is being decimated by purging soldiers for refusing the shot. (by the way, those shots do not qualify as vaccines under the legal medical definition). We've seen Homeland Security close the Canadian and Mexican borders to un-jabbed truck drivers, but this closure, however, did not apply to un-jabbed illegal immigrants!!

Wake up, open the eyes, wipe away the eye crust, and recognize and admit the destruction to America from voting for Democrats! It's plain for anybody to see by this standard that illegals already hold a preference over Americans!! Thank you Democrats!! And this preference will continually expand.

The Justice(?) Department has established a unit focused on "domestic terrorism", which has focused on parents who protest the woke garbage in schools and the transgenderism indoctrination. And in 2022 the Biden/Democrat corruption spent \$30 million (your taxes) to provide "smoking kits", including crack pipes and other drug paraphernalia to street drug addicts in order to advance "racial equity"!! This insanity just keeps metastasizing!  
*Jerry Bartholome, Montrose*

# Alcohol Ink Painting

## Tue., Jan. 17. 6-8 pm.

### Winter Scenes with fluid ink and ink pens



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## COMMUNITY OBITUARIES

### JULIA “CATHERINE” BLISS

***November 12, 1929 - January 4, 2023***

JULIA CATHERINE BLISS passed away peacefully on Wednesday, January 4th, 2023, at her granddaughter Lisa Romero's residence in Montrose, Colorado. She was 93 years old.

Catherine was born on November 12th, 1929, to Irma Lucille (Gorman) and Emery Arthur Hamilton in Protection, Kansas. She attended school in Montrose and Ouray counties.

Catherine married Jack Cecil Bliss on July 24th, 1982, in Montrose, Colorado. Catherine had been a member of the Montrose community for most of her life. She was a member of the Nazarene Church in Montrose. Catherine's chosen career was cleaning houses. When she wasn't working, she enjoyed gardening, crocheting, fishing, canning, spending time at her cabin, baking pies and other goodies and finally worrying the family with her chainsaw use. When Catherine was 84, she was up on a ladder, trimming a tree with her chainsaw

and the limb hit the ladder, knocking her off and shattering her left tibia in many pieces. It took her 9 hours to army crawl back to her house, she was very dehydrated, and finally was able to call someone for help. When doctors told her she would lose her leg, she told them no, I have people praying for me and Jesus would heal it. After many surgeries and the power of prayer, she never had issues with her leg again.

Catherine is survived by her son Clarence Millican of Montrose, CO; daughter Lucille Valdez of Olathe, CO; stepdaughter Jaci Lockard of Las Vegas, NV; brother Emery (Carol) Hamilton of Montrose, CO; six grandchildren; Frank Millican of Oregon, Lisa (David) Romero of Montrose, Michelle Millican, Teresa Valdez, Jon Valdez of Montrose, and Jason Lockard of Las Vegas, six great-grandchildren (Brittany, Nicole, Hunter, Sage, Shayla, and Searra), and three great-great grandchildren.

Catherine is preceded in death by her parents, husband, brother Raymond Hamilton, four sisters: Ida

Mae Kehl, Vivian Miles, Alice Meyers and Jean Millican.

Services will be held on Saturday, January 21st, 2023, at 10:00 a.m. at the Montrose Nazarene Church: 705 S 12th St, Montrose, CO 81401.

Arrangements are under the care and direction of Taylor Funeral Service and Crematory.

View the internet obituary and sign the online guest registry at:

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



# SEE SOMETHING - SAY SOMETHING



## 970-249-8500

ANONYMOUS CALL

### MONTROSE REGIONAL CRIME STOPPERS

## COMMUNITY OBITUARIES

### CHERRY LYNN RYCENGA *September 1, 1970- January 8, 2023*



CHERRY LYNN RYCENGA, age 52, passed away peacefully January 8th, 2023, after a long, hard battle with ovarian cancer. She

was born September 1st, 1970, in Lancaster County PA to Levi Stoltzfus and Edna Quay. She met her husband Kent Rycenga at the YWAM base in Cimmaron Colorado where they both worked in missions, and later tied the knot in 1995.

Cherry had the biggest heart in the world. She loved loving on people and her kind and compassionate spirit drew others in. She was filled with the joy of the Lord, a joy evident to everyone who spent any amount of time with her.

She loved to talk but was also a great listener, making those around her feel cherished. She loved to share a cup of coffee with her family and friends, and always jumped at the opportunity to gather in fellowship with others. She loved ice cream, sunsets, bald eagles, the beach, and simply spending time in God's creation. She was a dedicated mother and treasured her three girls. The most important thing of all was that she had a

heart for the lost, and always witnessed to others through her actions and in her words.

For several years she worked as a pharmacy technician here in Montrose, always sharing a smile with the customers who came in. She wore this smile day after day, all the way up until Jesus called her home. People always noticed her bubbly personality and desire to connect with others. Cherry is survived by husband Kent Rycenga; father Levi Stoltzfus and mother Edna Quay; sister Wendy Still, sister and husband Andy and Karen Horning, brother and wife Michael and Jen Stoltzfus; brother-in-law and wife Scott and Linda Rycenga; her three daughters, Katelyn Rycenga, Kelsey Graff and husband Sean Graff, and Kamryn Rycenga; as well as many nephews, nieces, and cousins. All who she loved and cared for deeply. Crippin Funeral Home and Crematory is assisting the family. 970-249-2121

### FATHER JERRY KISTLER

FATHER JERRY KISTLER (57) met his Lord and Savior on Tuesday, January 10, 2023 after a short but fierce battle with lung cancer. Fr. Jerry was Rector of St. Stephen's Anglican Church in Montrose for 16 years and also the Dean of the Western Convocation of the Diocese of Mid American for the Reformed Episcopal Church (REC). He was a beloved pastor and Bible teacher for 25 years and served three congregations - St. Stephens Anglican in Montrose, CO, All Saints REC in Vacaville, CA, and St. Michael's REC in Broken Arrow, OK.

Jerry graduated from Concordia University, Irvine, earned his MA in Religion from Westminster Seminary in Escondido, California and received his MDiv from Cranmer Theological House.

Jerry was married to his wife, Danielle Kistler, for 21 years. They have three children: Katherine, Andrew, and Elizabeth.

A lover of theological conversations, mu-

sic, Nascar, baseball, scotch and dogs, Jerry spent many hours with family and friends talking theology, playing and composing songs on his guitar or piano, watching the Rockies or Nascar while drinking a glass of fine scotch, and petting his dog, Maryann.

Jerry was preceded in death by his parents, Carolyn and Jack Kistler. He is survived by his wife and three children, sister, Cheryl (Jim) Sisco, brother, Dan Kistler and many other family members.

Funeral arrangements are under the direction of Crippin Funeral Home. Services will be held at St. Stephen's Anglican Church, 2504 Sunnyside Road, Montrose, Colorado on Tuesday, January 17, 2023 at 2 p.m. Burial at Cedar Creek Cemetery and reception to follow at St. Stephen's Church. In lieu of flowers, the family requests that donations be made in Jerry's honor to Cranmer Theological House ([www.cranmerhouse.org](http://www.cranmerhouse.org)), REC100



([www.rec100.org](http://www.rec100.org)), San Juan Cancer Center of Montrose, or the American Lung Cancer Society.



## COMMUNITY OBITUARIES

### WANDA L. MILLER

***January 18, 1925 – January 6, 2023***

WANDA LOUISE (CADDY) MILLER passed away on January 6, 2023, at Heidi's Chateau in Montrose Colorado.

Born in Montrose, Colorado on January 18, 1925, Wanda was the oldest of three children born to Arthur W. and Edna V. (Button) Caddy. A lifelong resident of the Colona community Wanda graduated 8th grade from Colona School in 1938 and 12th grade from Ridgway High School in 1942.

Following graduation, Wanda applied and was accepted into a national training program established by President Roosevelt to aid WWII war effort on the home front. Wanda was proud to have served as a civilian office worker for Air Service Command, Hill Air Base, Ogden, Utah.

Returning to Colona in 1944, Wanda married J. Floyd Miller on April 14, 1945, in Montrose, Colorado. They celebrated 55 years of marriage before his passing in 2000.

After working at various jobs, Wanda returned to federal employment in 1967 with Bureau of Reclamation then Western

Area Power Administration (WAPA) until 1985. An active member of Colona Grange for 73 years, Wanda was involved in obtaining Colorado Preservation Inc's Threatened and Endangered Places status and Ouray County and Colorado State Historic Site designations for Colona School and Grange.

She was preceded in death by husband J. Floyd Miller, parents Art and Edna Caddy, brother Don Caddy, sister Edna M. (Caddy) Whitener along with numerous Aunts, Uncles and cousins.

She is survived by son Jim (Jan) Miller of Montrose, daughter Cara Miller of Colona, granddaughter Christine (Bill) Sammons and family of Gunnison, CO, grandson Jim Miller and family of Texas, great grandchildren and great great grandchildren, sisters in law Thelma Caddy of Montrose and Betty Follman of Grand Junction, CO, brother-in-law Howard Miller of Cortez, CO along with numerous nieces, nephews, and cousins.

The family would like to thank Montrose Fire Protection District ambulance ser-



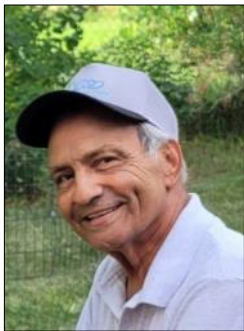
vices, Montrose hospital, Hope West and Heidi's Chateau for their services during Wanda's final months.

A memorial service will be held in the spring.

Crippin Funeral Home and Crematory is assisting the family. 970-249-2121

### CYPRIANO HERNANDEZ

***September 16, 1941- December 15, 2022***



CYPRIANO HERNANDEZ of Montrose Colorado succumbed to his battle with cancer on December 15, 2022, at the age of 81. He and his wife Lori, moved to Montrose, Colorado, where they

established roots in 2005 and raised their two children, Kierra and Raquel. Cy and Lori became an integral part of the community.

Cy was born on September 16, 1941, in San Vicente Texas. He was the son of Euse-

bio and Ramona Hernandez. He spent much of his childhood involved and excelling in boxing and wrestling. Cy attended and graduated from Worland High School in 1961. He loved the outdoors, including camping and hunting, and enjoyed spending time with family and friends.

He married Lori Tolman on October 24, 1992, in Nogales, Arizona. They were married for 29 years until Lori's passing on May 12, 2021. Cy was previously married to Mary Lee Cervantez, during which they had five children: Renee, Jeff, Rod, Stacy and Cory.

Cy is preceded in death by his father, Eusebio; his mother, Ramona; his brothers, Jesse, Lupe, Ray, and George; and his sis-

ter, Timateo. He is survived by his brothers, Mingo and Paul; his children, Renee, Jeff, Rod, Stacy, Cory, Kierra, and Raquel; nine grandchildren and 21 great-grandchildren.

Cy will forever be remembered for his love of wrestling and boxing and the many years he dedicated to coaching boxing for young boys who considered him to be both a coach and mentor. He not only gave his time coaching but gave of his expertise as a master plumber; the best at what he did. His humor and words of wisdom will forever be remembered by those who knew him best. Although missed beyond measure, his memory remains alive in our hearts forever.

## COMMUNITY OBITUARIES

### MARY ANN MITCHELL

***February 16, 1937- January 7, 2023***

MARY ANN MITCHELL, 85, a lifetime resident of Montrose, CO, passed away on January 7, 2023, at St. Mary's Hospital in Grand Junction surrounded by her family.

Mary Ann was born on February 16, 1937, to Anthony Tessitore and Jane DeJulio Tessitore. She graduated from Montrose High School in 1955 and worked at Lathrop Hardware Store where she met the love of her life, Harold E. Mitchell Jr. They were married on August 2, 1958, at St. Mary's Catholic Church. Mary Ann and Harold were married 54 years until his passing in 2012.

Mary Ann took great pride in her yard and garden but above all, she loved and cherished her family. She enjoyed watching her children, grandchildren and great-grandchildren's sporting events. Mary Ann was

also an avid Denver Broncos fan. She was a kind soul who never met a stranger and always put others before herself.

Mary Ann is survived by her brothers Robert Tessitore of Arroyo Grande, California, and Alvin (Pam) Tessitore of Queen Creek, Arizona; her children son, Jay (Sheri) Mitchell of Montrose; daughter Kim (Trent) Charlesworth of Palisade; daughter Lisa (Gary) Woods of Grand Junction; 11 grandchildren; 18 great-grandchildren and was looking forward to her 19th great-grandchild in July. She is also survived by several nieces and nephews.

Mary Ann is preceded in death by her parents, her husband Harold, her sister Joyce Haptonstall, sisters-in-law Sandy Tessitore and Peggy McManus, and one granddaughter, Camille Mitchell.

The family would like to thank The Center at Foresight for the excellent care she received over the past few months.

The staff there went above and beyond and cared for Mary Ann as if she were family.

Mary Ann was loved by many and will remain in our hearts forever!



### CRAIG ROY HAYES

***Nov. 12, 1964-January 6, 2023***

CRAIG ROY HAYES of Montrose, CO passed away on January 6, 2023 after complications with cancer. He was 58 years and in the comfort of his home surrounded by his family and friends. Craig was born Nov. 12, 1964, to Roy & Geri Hayes in Boise, ID. When Craig was 11, the family moved to Montrose where he remained until his death.

Craig was a 1983 graduate of Montrose High School and went on to graduate from Western State College in 1988 with a Bachelor of Arts degree. Craig was an athlete in middle & high school playing basketball and football and went on to play football with Western State. Craig was a 33-year employee of City Market before retiring in November 2021.

Craig's dad, Roy, taught him how to turkey hunt in Alabama and that was all it took! He was hooked!! Craig with up with the

Royal Slam, which is five of six species in the world, all of which are mounted in his trophy collection. Craig also enjoyed teaching many friends to hunt.

Craig is survived by his wife, Kimberli, his dad, Roy, and his brother, Derrick.

He also leaves behind nephews Tanner (Jacque, Braxton & Baylor) and Trent (Tara.)

Kimberli's children, Eric & Cara. He was the best papa to Hailea, Hannah, Evan,

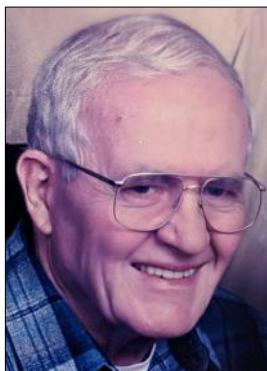


Everette & Graham. He is predeceased by his mom, Geri.



## COMMUNITY OBITUARIES

### **WALLACE LEE KEASEY SR.** ***July 15, 1923-January 8, 2023***



WALLACE LEE KEASEY SR., of Montrose, CO, passed away on January 8, 2023 at the age of 99.

Wallace was born July 15, 1923 to Arnold and Morine Keasey. He spent the majority of his life in Denver. He graduated from North Denver High School.

He was a master printer and union member all of his working life. He loved the Colorado mountains; and he loved to fish the Frying Pan River.

He enlisted in the U.S. Army Air Corps in April of 1944. At basic training, he met and married Dorothy Lucille Lawrence in Sioux City, IA. They were the parents of two children; Wallace Lee Keasey Jr. and Beverly Joan Keasey. They remained in a very loving marriage until Dorothy's death in 2012.

Wally was a B-24 bomber pilot during WWII and flew about 30 raids over France, the Balkans, Germany, and Italy. He was based at the U.S. airfield in Giulia, Italy. He was awarded the Distinguished Flying Cross as well as many other medals. He remained in the Air Force as a reservist until 1982 and retired with the rank of Lieutenant Colonel.

He loved his life-long church, Highland Christian Church, and was for many years an Elder and Board Chairman.

Wally was predeceased by his parents. He is survived by his two children, their children, great grand, and great-great grandchildren.

A viewing will be held at Crippin Funeral Home in Montrose, January 17 from 2-4 pm.

Wally's funeral will be in Denver, at Olinger's Funeral Home chapel on W. 29<sup>th</sup> St. near Wadsworth Ave. on Friday, January 20, from 2-2:45 pm. Internment will be at 3 at Crown Hill Cemetery.

Wally was admired and greatly loved by all who met and knew him.

### **SUSAN MARIE MADRID** ***May 27, 1931- January 6 2023***

Susan was born on May 27th, 1931 and passed in her home surrounded by family on January 6th 2023, she was born to Romanaldo and Anita Chavez in Montrose Colorado. Susan worked at the Montrose Memorial Hospital for over thirty plus years dedicating her time to others. She loved the Denver Broncos and never missed a game! She loved playing Bingo with her friend Jenni. She had so many friends who will miss her dearly. She was loved by all her family and will be missed by so many. She raised two sons and one daughter and was preceded by death by her parents, Romanaldo and Anita Chavez, her sons Steven and David Madrid, and her sisters Maryann Alvarez, Adeline Rocha, Mercy McIlwain, Benita (Charles Cordova) and brothers Ray Chavez, Miguel Chavez, Ronnie Chavez, and Jessie Chacon.

She is survived by one sister Linda (Bob Jiron), her Daughter Karen Madrid Vargas, 11 Grandchildren, 11 Great grandchildren, many nieces and nephews who will all carry on her legacy.

Please send any donations or flowers to Crippin Funeral Home, 802 E Main Street, Montrose CO 81401



ISSUE 404 Jan 16, 2023

## ART &amp; SOL

## BIGHORN, THE COMBATANTS: U.S. ARMY AND GEORGE ARMSTRONG CUSTER

By Kathryn R. Burke

MONTROSE-The Battle of the Little Bighorn, otherwise known as *Battle of Greasy Grass*, by the Lakota and other Plains Indians, is also known as Custer's Last Stand because of the outcome. It took place June 25, 1876, along the Little Bighorn River, on the Crow Reservation in Montana. The battle, which lasted less than two hours, was a catastrophic confrontation between the Indians versus the United States, Native Americans versus "New" Americans.

Custer's Last Stand is part of a continuing saga of Us versus Them. The causes, which we looked at last week, were complex, and based on a series of conflicts, broken treaties, hostilities between warring Indian nations, and the discovery of gold in the Black Hills (sacred to the Indians), which happened because of an expedition he led there. It was also one of the final battles supporting the U.S. Government's brutal enforcement of Manifest Destiny to accommodate exponentially increasing numbers of white settlers.

Lt. Col. George Armstrong Custer led the 7<sup>th</sup> Cavalry into battle. His Regiment consisted of 12 companies and included 646 soldiers and some civilians, as well as his brothers, Capt. Thomas Custer and Boston Custer, a civilian. Although Custer's Crow Scouts had apprised him of the location of the village, they did not know or had not conveyed the massive size of the Indian encampment—1800 or more warriors.

Unprepared, Custer split his regiment—into five companies, about 210 men and civilians which he kept with him, and seven companies, headed by Capt. Frederick Benteen and Major Marcus Reno, both of whom disliked him and were inclined to be subordinate. On Custer's orders, all 12 companies would attack along the river, coming from different directions. Unfortunately, Custer was relying on inaccurate or conflicting information and depending on his own prior (and highly successful) experiences in the Indian Wars. He assumed the warriors were smaller in number and would flee. He would capture women and children to serve as hostages and human shields—a practice that had worked well for him in the past. Not this time. His five companies were annihilated. Benteen, Reno, and their companies all survived, because they were not on the hill with Custer but holed up elsewhere awaiting support and rescue.

Was Custer a doomed hero, a villain, a foolish leader, a brilliant military tactician? The question remains unanswered today.

Custer was dashing and controversial. No one, then or now, has a neutral opinion of him. He was a dichotomy: hated and loved; smart and stupid; careless and caring; possessed of historical memory but not historical mind; a dedicated womanizer and devoted husband; considered by some to be a military genius, yet at West Point he excelled in demerits and graduated last in his class. He was vain, often



**Lt. Col. George Armstrong Custer. Public Domain photo.**

wearing a red scarf and floppy hat into battle. Yet he was also fearless, always riding into battle at the head of his troops. During his day, Custer was considered a national hero because of his Civil War service. Today, the mere mention of his name is enough to incite accusatory hatred or passionate defense. He still has a cult following around the world.

He went by many names: Autie, after early childhood attempts to pronounce his middle name; Fannie, by West Point Cadets because of his girlish looks and curly blond hair; Cinnamon because of hair oil he used; Aut or General, by his beloved

*Continued next pg*



## BIGHORN, THE COMBATANTS: U.S. ARMY AND GEORGE ARMSTRONG CUSTER

### From previous pg

wife, Libby; Old Iron Ass, by fellow 7<sup>th</sup> Cavalrymen, due to his tireless ability to stay in the saddle; Old Leather Britches, by soldiers and Indians because of the buckskins he often wore; *Pashanka*, or Long Hair, by the Lakota; *Ouchess*, or Creeping Panther, by the Cheyenne; *Son of the Morning Star* by his Arika and Crow Scouts, because he seemed to be blessed by the Cosmos.

Custer began his military career in the Civil War. Following his graduation (at the bottom of his class) in 1861 from West Point, Custer was sent to the Battle of Bull Run, where he was cited for bravery under fire. He led a one-man-charge that resulted in capturing a Union officer, five enlisted men, and...the Confederate battle flag, the first one taken in the war. He became known for leading charges and rallying troops. Custer leapfrogged—captain, major, lieutenant colonel, colonel, and brigadier general—to become the youngest general in the Union ranks.

The press lapped it up. They saw a rising star, calling him “The Boy General,” and the Custer legend was born. He made excellent copy—a young, dashing hero with golden curls, who wore a decorative uniform highlighted by a bright red necktie so his troops could recognize him in battle. In addition, Custer was no ambulance general—he was always several horse-lengths ahead of his troops on any charge. And several times, had his horse shot out from beneath him! He captured the first battle flag taken by the Union Army at Williamsburg and received the white flag of surren-

der from the Confederates at Appomattox, April 1865. The Civil War ended on Custer’s doorstep.

Custer was appointed Lt. Col. 7<sup>th</sup> Cavalry in July 1866 and sent to fight the Indian wars the next year, where he again excelled. Then, he was court-martialed in 1867 for Absence without Leave from his command; conduct prejudicial to good order and military discipline. He took some men to get medical help but was punished because he should have been pursuing Indians. He was immediately sentenced to be suspended from his rank and command for one year and to forfeit his pay for the same period. Gen. Sheridan, who became a life-long friend, reinstated him 10 months later to pursue the Cheyenne.

Oddly, Custer also befriended the Indians he was pursuing, who recognized him as one of their own, or family, because of a long relationship he had with Monah-seetah (Meotzi), who considered him her “husband.” This may have been the reason his body was not mutilated after the battle, as were those of the others in his company. It was also claimed that they had a son, Yellow Swallow together—so named for the Custer-like golden streaks in his hair. This was unlikely. Custer had gonorrhea at West Point and was probably sterile. Monaseetah’s child may have been fathered by his brother, Tom Custer.

Custer was married to Libby Custer, who played a major role in Custer’s story...in Bighorn, and beyond. They met in 1862, in Monroe, Michigan, where he had been

staying with his sister during assignments. They were married in 1864. Custer continued advancing in his military career during the Civil War, and afterward, in the Indian Wars. Libby often accompanied him (together with their dogs and a pet pelican!) on military deployments. Gen. Sheridan, Custer’s superior, had an affection for Libbie and allowed her in the cavalry camps when other wives were barred from access. The Custers spent 12 years together until his death at the Little Bighorn in 1876. From an existing abundance of correspondence between them, and Libbie’s own testimony, they had a deep and passionate love for one another. After his death, Libbie chronicled their lives together and memorialized him in light of his military career. Her books: *Boots & Saddles*, *Tenting on the Plains*, and *Following the Guidon* are still available today.

Next week: Bighorn, The Combatants: *Indian Warriors and Spiritual Leaders*. To learn more about the Battle of the Little Bighorn, the back story and combatants on both sides, join Kate and guest George Gleason, volunteer guide at the Battlefield, for two presentations next week: Monday, Jan. 23rd, 1 pm at the Montrose Senior Center and Wednesday, Jan. 25, noon, at the new Montrose Rec Center Flex Rec on Mayfly Drive in the Colorado Outdoors Complex. For that one, bring a brown bag lunch. Hot and cold drinks will be available for a donation. Kate will also have for sale books and DVD video of the battle at both locations. More here. <https://kathrynrburke.com/history>



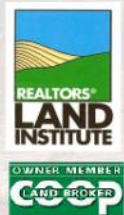
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# MIRROR CHURCH DIRECTORY

## ALL SAINTS ANGLICAN CHURCH

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

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

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

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

## BIBLE BAPTIST CHURCH

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

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

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

## CHRIST LUTHERAN CHURCH

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

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

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

## FIRST CHURCH OF THE NAZARENE

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

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

*disciples in Montrose Colorado and around the world.*

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

## FIRST PRESBYTERIAN CHURCH MONTROSE

**Affiliation:** Presbyterian  
**Address:** 1840 E Niagara Rd. Montrose CO. 81401 **Office Hours:** M-Thu 9AM - 12PM **Contact:** 970-249-4732, [\[form@fpcmontrose.com\]\(mailto:form@fpcmontrose.com\), \[www.fpcmontrose.com\]\(http://www.fpcmontrose.com\)  
\*\*Pastor:\*\* Jesse Mabanglo  
\*\*Worship Service times:\*\* 9:30AM, Student Worship at 6PM. \*We strive to encourage, challenge and support one another\*](mailto:in-</a></p>
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*er through spiritual growth, worship, and service in our community, country, and world. We also encourage children and youth to grow their relationship with Christ through our children and student ministries.*

## HILLCREST CONGREGATIONAL UNITED CHURCH OF CHRIST

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

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

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

## MONTROSE MEDITATION CENTRE

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

# MIRROR CHURCH DIRECTORY From previous pg

## MONTROSE UNITED METHODIST CHURCH

**Denomination Affiliation:** United Methodist

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

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

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

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

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

**Worship service times:**

8:30 a.m. Sanctuary & Virtual

9:45 a.m. Christian Education & Fellowship

11 a.m. 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)



## YOUR BRAIN ON NATURE – THE INFLUENCE OF PERSONALITY TYPE



By Lauren Hall Ruddell, Ph.D.

*Greetings Mirrorites!*

Does every single person who spends time in nature benefit equally? The answer is yes, no, and it depends.

I have heard many professionals outside of academia state, "What I wouldn't give for a one armed scientist." This puzzling stance is a joke on academicians and scientists like me who tend to say, "well, on the other hand..." That's because when it comes to human beings, there are exceptions to absolutely everything, except death, and even that is debatable if cloning becomes a thing. Yet we humans like categories, it helps us to think about broad topics or problems in coordinated and logical way. Psychology lends itself well to categories. It needs them for diagnosis and therapy. But they are not inflexible and engraved in stone.

For instance, during WWII America, two women changed the course of psychology. Using Carl Jung's works on personality, they investigated and expanded on his thinking. Katharine Cook Briggs and her daughter, Isabel Briggs Myers believed that if people understood each other better, they'd work together better and there'd be less conflict. They hoped their matrix of 16 personality types would make the post-war world a better place. It took about two decades for this instrument to be perfected. And although still not perfect, it's pretty darned informative.

I had never taken one of the many free tests you can partake in until a couple of



*Photo courtesy of Nathaniel Ramirez*

weeks ago. I actually took a few, to see what sort of cross validity the results might have. There is no one test, only questions that indicate attributes that will place you, more or less squarely, in one of the 16 personalities. After taking three free tests provided by different platforms of approximately 30 questions, I found that I am pretty much an INTJ, ) Introversion, iNtuition, Thinking, and Judging). We tend to be researchers, writers, academics and business leaders. We greatly value time alone, particularly time alone in nature rather than in groups. Fits me to a T. I was surprised, however, that my type was not as high on the tree-hugger end of things as I might have supposed. According to a recreation agency in the upper mid-west that studied the MBTI categories of folks that used the extensive trail system most often, my people were only the fifth most abundant personality type on the trails.

Judging from my personal preferences, I was surprised and disappointed. So what was going on here? Were all of the MBTI questionnaires rubbish, or is there a little bit of nature vs. nurture going on? What about other personality types and their

relationship to the natural world?

Twin studies on the MBTI categories indicate that some of the attributes are indeed heritable, whereas others exert less influence on the manifestation of our selfness. For instance, twins raised separately shared a 60% likelihood of the same Extraversion-Introversion and Thinking-Feeling tendencies. But Sensing-Intuition and Judgment-Perception is only 40 percent. So there is definitely room for personality development through one's childhood environment and experiences.

The folks most likely to be nature lovers are usually natural introverts like me. Extraverts can be found outdoors, of course, but they like more thrill-seeking types of outdoor pursuits. Introverts like day hiking, backpacking, even some peak bagging and rafting, but sky diving and ziplines, not so much. There are MBTI types that wouldn't be caught dead in the outdoors unless a family picnic or wedding was being held there. Wilderness, no way. This personality type (ESFJ) are extraverts who prefer people, first, last, and in between. This is not to say that these folks always hate nature, they just usually have no interest in it.

*Continued next pg*



## ***YOUR BRAIN ON NATURE – THE INFLUENCE OF PERSONALITY TYPE***

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

Personality types with a strong connection to nature do accrue cognitive, emotional, and memory benefits that some other personality types miss out on. But there are benefits that have no relation to one's perspective on the outdoors. The effects of sunlight on skin for adequate Vitamin D and one's retina for regulation of circadian rhythms are independent of attitude and preferences. Breathing fresh air works for everyone to elevate energy, and of course the same is true for exercise. Some personality types may just need more self-discipline than others to get outdoors.

Oh, and those childhood outdoor activities? The nature vs. nurture debate now holds that childhood experiences are more potent in determining adult preferences and behaviors than novel adult experiences. Therefore, even kids with an indoor-people-oriented personality type should be rigorously encouraged to be outside as much as possible, since such activities are formative for creating an abiding nature connection that persists into adulthood. Childhood nature experiences have been shown to influence adult attitudes toward connectedness to nature (Rosa, et al, 2018). Connectedness to nature has a strong positive correlation with good mental health and subjective wellbeing. Connectedness to nature is positively correlated with time spent in nature, which is positively correlated with reducing blood pressure, heart rate, muscle tension, cortisol and even psychosomatic complaints, all of which are positively correlated with better mental and physical health. Adults can certainly learn to feel a greater connection to nature than they did as kids, but it's an effortful battle. Regardless of personality type, children need to spend as much time in nature as possible to allow their potential for connectedness, be it much or little depending on personality type, to blossom to the greatest extent possible.

This spring, regardless of our personality

types, we should all make it a resolution to spend as much time in nature, either alone or with others, as we can possibly

manage. And be sure to bring the kids.

For more information on MBTI, email me at [agescapesnow@gmail.com](mailto:agescapesnow@gmail.com)

*The 5th Annual*

# **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>**  
**2:00pm~Pavilion**

**Student Age Competition Only**  
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**montroseeducationfoundation22@gmail.com**



# Local Immunization Providers

## PEAK PROFESSIONALS

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

## PEDIATRIC ASSOCIATES

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

## NORTHSIDE HEALTH CENTER

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

## CEDAR POINT HEALTH

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

## BASIN CLINIC

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

## UNCOMPAHGRE MEDICAL CENTER

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

## DELTA COUNTY HEALTH DEPT

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

## RIVER VALLEY FAMILY HEALTH CENTERS

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

## THE PIC PLACE

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

## MESA COUNTY HEALTH DEPT

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

## VFC (VACCINES FOR CHILDREN)

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

## 340b

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



**CITY MARKET SOUTH**

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

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

**WALGREENS**

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

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

**CVS (IN TARGET)**

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

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

**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 & J) |

**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.

## COMMUNITY NEWS BRIEFS

### REGISTRATION STARTS NOW FOR NEXT SESSION OF NEW HORIZONS BAND OF MONTROSE *NH Band of Montrose is offered through the Montrose Recreation District 50+ Activities*

#### *Special to the Mirror*

MONTROSE- The next session of the New Horizons Band of Montrose will be Feb. 1 - April 26, 2023.

The Montrose Recreation District 50+ Activities will again offer this 12-week band instrument class. This concert band is an entry point for adults with no prior music experience, along with adults once active in a school music program. No previous musical experience is required. Classes are taught by retired band director/music educator Kim Lundgren. Organized in February 2022, the New Horizons Band of Montrose has members playing a variety of instruments and looks forward to adding new band members. There will be an Informational Meeting on Wednesday, January 18, 2023, 9:30 am at the Field House in Montrose, 25 Colorado Avenue, 81401. Information shared will include

rehearsal information, how to obtain a quality and affordable band instrument, instrument repair, supplies needed, and more. Classes for the next session be on Wednesday mornings, 9:30 to 10:30 AM, from February 1 - April 26, 2023 at the Field House in Montrose, 25 Colorado Avenue, 81401. There is no class on April 5.

The fee for 12 classes is \$40, with registration and payment made through the Montrose Recreation District. Information about registration is in the Fall Recreation District booklet and at the MRD website. Or you may call the Montrose Senior Center at 970-249-7705.

Participants will also pay \$10 to the instructor for music. Participants will need to provide their own band instrument and supplies, and can learn to play clarinet, flute, saxophone, trumpet, trombone, or



baritone/euphonium. This concert band program is organized in partnership with the New Horizons International Music Association, founded in 1991 to encourage music making for those 50+. According to NHIMA founder Roy Ernst, "Playing music in groups supports good mental and physical health, besides being an unending source of joy."

# The Mirror:

For coverage that never leaves  
our readers out in cold ...







# Cabin Fever Craft Show

Over 70 vendors for your shopping pleasure  
Hourly door prizes  
Free admission

## VENDORS NEEDED

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  
EXTENDED  
ONE DAY



For Vendor information  
call Debbie 970.531.2438 or  
email: [montrosefootwear@aol.com](mailto:montrosefootwear@aol.com)



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# SAVE THE DATE! LOCAL EVENTS CALENDAR

## ONGOING-

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

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

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

**NURSE FAMILY PARTNERSHIP**-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.16-Dr. Martin Luther King. Jr. Day**

**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**-On Jan. 18, Rand Greubel will speak about a dig conducted east of Durango for Highway 550, by Alpine Archaeology. They excavated seven sites including three with early Puebloan structures dated around AD 800, as well as burials. The sites indicate a large and complex Native American occupation during the Pueblo I period. The public is invited, free admission. Wednesday Jan. 18, 7 pm, at Montrose Methodist Church, 19 S. Park Street. Rand is a resident of Montrose who has worked in local archaeology for over 30 years.

More information at: [https://www.chipetachaptercas.org/news/2023/Chipeta\\_2023\\_01.pdf](https://www.chipetachaptercas.org/news/2023/Chipeta_2023_01.pdf)

**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.

**Feb. 6**-The Montrose Giving Club quarterly meeting will be on Feb. 6 at 5:30 ...Remington's at the Bridges.

Contact the Montrose Mirror:  
970-275-0646

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

*Montrose High School Division Award Winners-L-R Jose Chavez Alvarez, Carissa Trask, Hunter Hess, Vivika Printz, Kimberli Cota Valencia, Dmarian Lopez, Reign Icasiano, Jericho Tosi, Alejandro Gonzalez and Sawyer Lutz. Courtesy photo.*

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